



TCS Wi-Fi



Newsletter 2023/3 Jonkershoek WC & SA DHI – 29,30 April 2023

Dear Downhillers, locals and visitors

This is another chance to score points for the 2023 season. WC DH take a winter break after this one and open again, in October. Jonkershoek is a S.A. DHI National#3 and Western Cape DH#3 Event. We owe huge thanks to Kyle Gifford (Eco Tourism Manager) and Bennet Nel (Ex-downhiller and race track builder par-excellence) and his MTO Trails-team for maintaining the DH line in Jonkershoek.

SAT	29 APRIL	WC DH	WC DH #3 SA DH NAT#3	JONKERSHOEK
SUN	30 APRIL	WC DH	WC DH #3 SA DH NAT#3	JONKERSHOEK
JUNE: WC: 9-11 Lenzerheid (Swit), 15-18 Leogang (Aus), 30-2(Jul) Val di Sole (Italy)				

Please enter soon to avoid disappointment. Only very valid "Emergency" late entries will be accepted. Enter like everybody else through [great-time](https://entries.great-time.co.za/). Please contact Kerry on 083 445 3223.

Great Time entry link: <https://entries.great-time.co.za/>

Race points: This is a W-Cape Log and a SA national DH race. On a National level, only the 2nd race run counts. On a WC provincial level, both runs count.

CSA membership and Licences (for Elites and Junior Men). It is very much the RIDER'S OWN PERSONAL responsibility to insert their CSA membership number when they enter. The CSA member-number is the **main identifier** for rider's ranking, the points log and registration

EVENT TIMING: Approximate timing – subject to change (injury free)

SATURDAY – PRACTICE DAY	
REGISTRATION- If you have a good reason for being late, please make arrangements for a friend to collect your number plate and alert Kerry Jones. 083 445 3223	07:30 – 11:30
NEW SCHEDULE PRACTICE: Please do not stop IN the track ever! B RIDERS: Nipper, Sprogs, Sub Jun - 14 years OPEN: Mixed session – all riders A RIDERS: Experienced Youth, Junior, Vets & Elites	08:00 - 10:00 10:00 -11:30 11:30 -14:00

SUNDAY – RACE DAY	
C & RD to brief Marshals, Medics, Divers & Shuttles	07:00- 07:30
COMPULSORY RIDERS BRIEFING – See WCDH-Updates Commissaire: As you board the trailers.	07:10- 07:15
SHUTTLES BEGIN / PRACTICE OPEN – No stop practice	07:15- 08:30
WC 1ST TIMED RUN / SA SEEDING RUN	09:00-11:30
LUNCH BREAK	11:30- 12:30
WC 2ND TIMED RUN / SA RACE RUN	12:30- 15:00
PRIZE GIVING	15:15

On race day, official start times will be posted at the race station gazebo for the seeding run and the race run. Please consult these times (take a picture) and **be at the race start** at least 30 min before your race. We will also post a screen shot on our WC DH What's App group **WCDH-Updates**: <https://chat.whatsapp.com/Lxvj3FzNi9f6ZNUGjc0RI3> (use this link to join the group.)

Logistical arrangements: For more than 2 guests: Jonkershoek Nature Reserve is managed by CapeNature, and as such requires a conservation fee (permit of R60pp) to enter. This can either be done at the gate with SnapScan and Zapper, no cash, or it can be done in advance (R60pp) by downloading the MTO app on your mobile phone. Race entrance fee allows free entry for the rider and 2 guests. However this does NOT allow you to take a bike into the reserve and ride the trails. You are merely a spectator. Get your stickers at reception when you register.

Vehicles are not allowed inside the nature reserve, so please make use of the parking areas outside the gate or along the sides of Jonkershoek Rd. Please park correctly.

The race-village will be located inside the gate to the nature reserve, on a grass patch behind the previous registration area. Registration, riders briefing (also via Whats app), shuttles and the prize giving will all be done at the race village. The food and coffee trailers will also be located at the racing village. (Buy food before going up to the road gap.)

The race track is located inside the reserve and the race cannot be seen from the race village at the entrance. The most popular spectator point is at the road gap. This requires a ~15 minute hike, so bring comfortable shoes and sun protection. Please note that the rider's shuttle route runs far away from the race track so can't be used to double up as a spectator shuttle. Capacity allowing, we will use the shuttles to ferry spectators to the road gap only on race day. However, rider-shuttling will have to take precedence at all times. The shuttles will start adjacent to the race village and will only run to the track starting point. Riders are required to peddle back to the race village from the finish between practice runs and after their race runs.

Shuttles: Please wear your helmet while taking the shuttle. WC DH have a good reputation with shuttling thanks to a band of kind parents who offer to use their cars to shuttle. Many thanks. Please queue respectfully from the back of the lines. Jonkershoek has a long shuttle. To reduce waiting time **we are in need of parents who are able to drive shuttle vehicles or offer 4X2 with diff-lock or 4x4 vehicles that could be used**, please *laissez* with Pietie Nelson: pn@stonecube.co and 082 417 5547. We would like to run 6 trailers, so vehicles and volunteers are essential for this race.

Sponsors: Once again we honour our title sponsor SRAM for their continued support. We also wish to thank all our other supporters included in this newsletter, Leatt, PYGA, All Mountain, TCS Wifi, Kamikazi, Armour our Ride, CSixx and Constantia Bike Park.

Registration will take place near outside the coffees hop at the gate at the entrance to the Jonkershoek Reserve. You will be given number boards. If you have a good reason for being late, please make arrangements for a friend to collect your number plate and alert Kerry. Please ensure that you return these boards after the race on Sunday. On race day, **Great-Time (official timers) will post your start times for the seeding run and the race run at the registration gazebo**. Please consult these times (take a picture) and be at the race start at least 30 min before your race.

Number boards: We are looking for a parent to remove the number boards at the end of the race run. This will help all those who forget to return them after the race. Thanks Gina for 'just doing it' at most races.

Greville will be the official timer for this race. Our timing system had an 'opsie' in KZN. We are unsure about live-timing. IF available, (unofficial) times will be online at www.alge-results.com.

Jonkers is open 7 days a week and the track to open to anyone who wants to walk it inside the usual park hours. Myles Kelsey, our resident expert, will be on the first shuttle and will look around for newbies or anyone who would like a guide down the track in their first run.

It IS In your own interest to have a **CSA membership** (runs for one calendar year) for 2021/2 ...it is only R250. This is for everybody, it insures you and allows you to earn WC DH points. A day licence merely allows you to ride with us for the day and is essentially for a *once-off newby*. No points may be accumulated on a day licence. A compulsory day licence (R50.00) is available at registration for these non-competitive riders.

The Cycling South Africa website <https://www.cyclingsa.com/> and our own WC Downhill site (<https://wpdownhill.co.za/>) offer much information for newcomers. Any great pics to share: Please send to our website lady: Leigh Brookstein: haskinsfive@gmail.com

Wanted: We are looking for a bicycle-inspired, Excel fundi who would be able to become involved with Gareth Jones and our timing system. Please contact Gareth 083 291 1559.

Chris Taylor will be our official photographer. Please contact him directly via Instagram for awesome pictures. (Chris- 071 371 0105)

PLEASE BE RESPONSIBLE FOR YOUR OWN WASTE.



Riders Briefing

1. **Correct kit & number board essential**
2. **Please queue politely- no pushing to the front.**
3. **Be sure to thank all marshals**
4. **This is a W-Cape Log and a SA national DH race. On a National level, only the 2nd race run counts. On a WC provincial level, both runs count.**
5. **Be AT THE START 30 minutes before your race run. No prompting.**
6. **IF you encounter a red flag in your race run (rider down), please consult the Commissaire (Riaan du Preez) at the end/finish line (and not the timers)**
7. **Return your number board**
8. **No stopping in the track. Move off the track to watch others - from well-off to the side.**
9. **Grevile's times will be the official times. Not the digital-alge timing. Alge will be the back-up.**
10. **Have fun**

An approved full-face helmet must be worn both when racing and when training on the course. Broad full-length trousers made from rip-resistant material incorporating protection. Broad-cut shorts made from rip-resistant material plus rigid knee and calf protectors with a long sleeved shirts and full finger gloves.

Cycling SAMTB strongly recommends that riders wear the following protection: Back, Elbow, Knee and Shoulder protection with a rigid surface, Thigh padding, Shin padding

Addendum1: RACING CLASSES OFFERED BY WC DH- reminder that if the class is small one must move up a class to the next available class

Downhill - DH - Youth Groups			
Pre-Entry	R550	Late Entry	R600
Category	Ages	Male	Female
Nipper	8-10	DNB	DNG
Sprog	11-12	DSB	DSG
Sub-Junior	13-14	DJB	DJG
Youth	15-16	DYM	DYW

Downhill - DH - UCI & Masters			
Pre-Entry	R550	Late Entry	R600
Category	Ages	Male	Female
Junior	17-18	DJM	DJW
Elite	19 +	DEM	DEW
Sub Veteran	30-39	DSV	DSW
Veteran	40-49	DVM	DVW
Master	50-59	DMM	DMW
Gr Master	60 +	DGM	DGW

Sports Classes			
Pre-Entry	R550	Late Entry	R600
Category	Ages	Cat Code	
ALL Women SP	11 +	SAW	
Junior Men SP	11 - 18	SJM	
Senior Men SP	19 +	SSM	

SHUTTLE ONLY			
Pre-Entry	R400	Late Entry	R450

eBikes - Sat Strava			
Pre-Entry	R400	Late Entry	R450
eBikes M & F	19 +	SEB	

Too few entrants into a class? Just a reminder that.....it is sometimes wiser to move to a higher class in order race competitively. MTB rules for prize giving state that:

- If there is one person in a category – no awards – move up/another class
- If there are two in a class – only 1st gets an award
- If there are three in a class –1st and 2nd get an award
- If there are five in a class –1st , 2nd and 3rd get an award

Provincial WCDH PRIZE GIVING ORDER – only 3 women's classes for prize giving

NB	NIPPER BOYS	8-10
SB	SROG BOYS	11-12
JB	SUB-JUN BOYS	13-14
YM	YOUTH MEN	15-16
JM	JUNIOR MEN	17-18
JW	JUNIOR WOMEN	8-18
MW	MASTER WOMEN	30-60
(OLD BALLIES)		
SV	SUB VET	30-39
VM	VET MEN	40-49

MM	MASTER MEN	50-59
GM	GRANDMASTER	60+ (seldom an entry)
EW	ELITE WOMEN	18+
EM	ELITE MEN	18+

National WCDH PRIZE GIVING ORDER – only 4 women’s classes for prize giving

NB	NIPPER BOYS	8-10	
SB	SROG BOYS	11-12	
JB	SUB-JUN BOYS	13-14	
YM	YOUTH MEN	15-16	
YW	YOUTH WOMEN	15-16	(Bruwer, Cramer, Rossouw)
JM	JUNIOR MEN	17-18	
JW	JUNIOR WOMEN	8-18	(Botha, Byrnes, Gundy)
MW	MASTER WOMEN	30-60	(Brookstein, Nel)

(OLD BALLIES)

SV	SUB VET	30-39	
VM	VET MEN	40-49	
MM	MASTER MEN	50-59	
GM	GRANDMASTER	60+	(seldom an entry)
EW	ELITE WOMEN	18+	(Frankie, Beanie, Roxy, Anvia, Cheri, Gina)
EM	ELITE MEN	18+	