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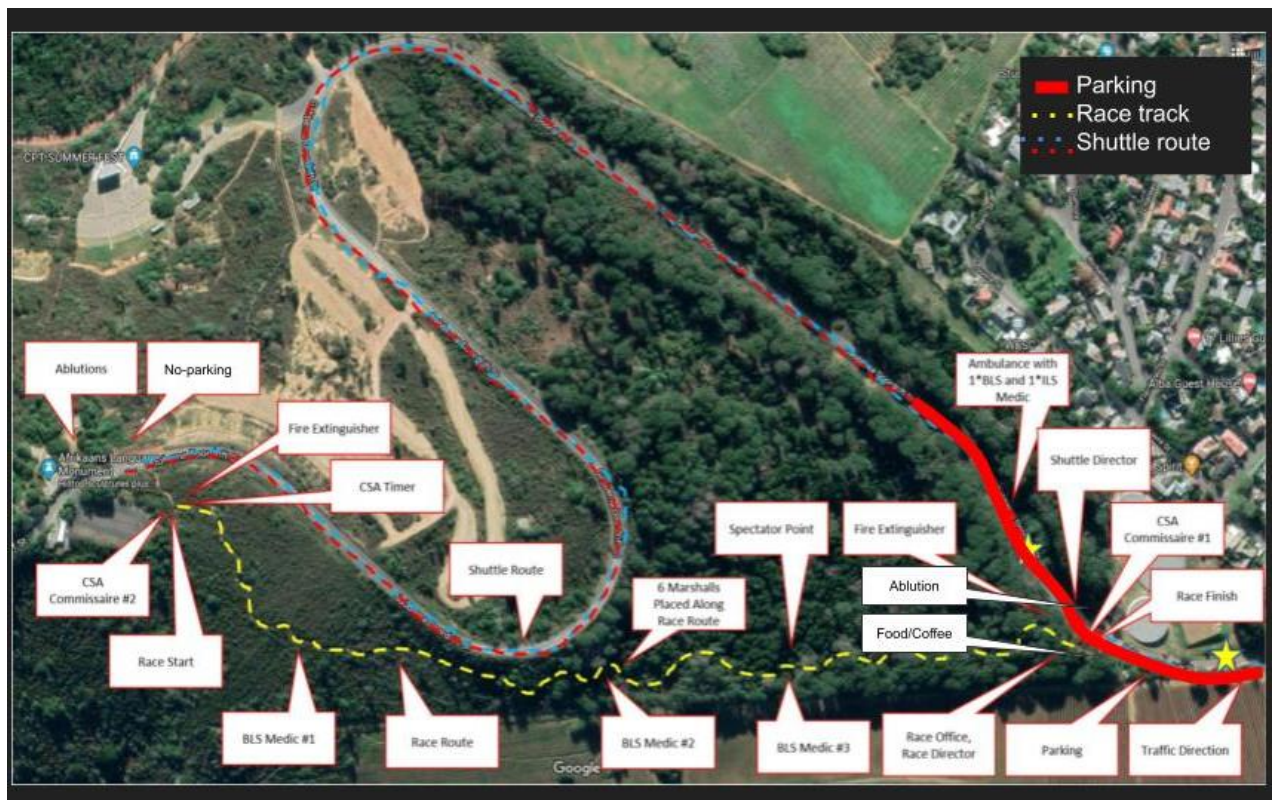
**ARM OUR RIDE**

## WC DH Series #4 Paarl 21, 22 October

After a long winter break WC DH is back with a bang for our last two races of 2023. The committee has used the time away from active racing to continue to build on and improve our events. The big addition for the remainder of 2023 will be an extension to our World Class timing system which will now give us **intermediate times** and a **Speed Trap!** We will be using these races to pilot the new additions so we can be fully locked and loaded to make 2024 the best season yet where the Committee is planning on hosting no less than **8 races!** Congratulations to all our riders that competed in Europe this year – the competition was fierce! To all who suffered injuries, heal up, this sport can be brutal at any level, especially at international level.

Well done to Bruni for the series win and to Jackson Goldstone for an unbelievable win in Mont Sainte Anne.

## PAARL SITE PLAN



**ENTRIES** have been open for the last two races since January....

Book NOW for **Series # 4 at Paarl, on 21, 22 October**

And **WC DH Champs at Hellsend on 4,5 November**

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

- Each race, with its banner, date & venue will appear on the Great Time entry portal
- Click on whichever race you want to enter
- You will have to provide a CSA membership number (which requires you to belong to a club - please opt for Western Province Downhill Cycling Club- Helen accepts you and your profile becomes 'active'.)

**CSA MEMBERSHIP** (runs for one calendar year) for 2022/3 ...it is only R250 for adults and R150 for younger riders. This is for essential for everybody, it insures you and allows you to earn WC DH points and to be a part of the WC and National Series. **You will NOT be eligible for prizes and points without a valid CSA number.** CSA Membership is a 'license' for all categories other than **Elite & Junior**, who require a valid CSA membership **and** active domestic racing license.

A day licence merely allows you to ride with us for the day and is essentially for a once-off for newbies. **No points or results may be accumulated on a day licence.** **Day Licenses may podium in a PROVINCIAL event only, not a National cup event.** We strongly encourage all riders to get a CSA membership. A compulsory day licence (R50.00) is available online and at registration for newbies. For confirmation see: <https://www.cyclingsa.com/memberships/>

A CSA membership & a domestic racing **licence**, are required for Elites (18+) and Juniors (17, 18 yrs.) for National Cup events. This applies to SA Championships as well the UCI categories. They must have racing licenses. For provincial events, (elites and juniors) only membership is required.

Please add yourself to the **Western Cape Downhill What App group** for up-to-the-minute info **WCDH-Updates**. We post important pre-race notifications and screen shots of start lists etc. We try not to spam you ever!

<https://chat.whatsapp.com/Lxvj3FzNi9f6ZNUGjc0R13>

## **LOGISTICS**

Parking is permitted inside the side line of the road heading up towards the Taalmonument.

- Please don't park or wait on the road itself and take careful action NOT to block traffic heading to or from the Taalmonument. We rely on special permission from the Taalmonument to make use of the track facility and that relationship comes under severe strain when we obstruct the free

flow of their visitors. Do not make a U-turn in the road, turn at the top and bottom of the shuttle route.

- They are also hosting their own event on the day which means that there will be more traffic competing for use of the road.

Shuttling: Special request also to all riders NOT to obstruct the road when:

- Waiting in the Q to get on the shuttle
- When disembarking the shuttle at the top and waiting to get on track.

Toilets:

- There will be mobile toilet facilities at the start of the track and down at the race village.
- Please don't use the facilities at the Taalmonument as they are for the exclusive use of visitors to the Taalmonument.

## **SPONSORS**

A huge shout out to all our sponsors for 2023. We cannot thank you enough for your ongoing support of our sport:

**SRAM**, our faithful, trusted supporter for many years is our title sponsor.

**All Mountain** and **TCS WiFi** continue to provide support as our official timing sponsor.

**Leatt** provide us with an official "Leatt Technical Section".

**Pyga** are official shuttle sponsors.

**Kamikaze** and **Armour Ride** are our headline sponsors.

**Bike Network** are our official media partners for the season and Myles will make sure that our sponsors get great media coverage as well as preparing the exciting race reports.

**Bike Park Uitsig** and **CSixx** make race day possible with course preparation, medals and trophies.

**Brandsigns** Holdings for design and printing of our number boards.

Sponsorship options are open for 2024. We have a bumper season planned with more races than ever before. Please email or call Gareth Jones and he will send you our tiered sponsorship options. Get in early, we are cooking.

Gareth: 083 291 1559 or [gjj.world@gmail.com](mailto:gjj.world@gmail.com).

Many **NUMBER BOARDS** are still outstanding. We are going to have to enforce a R100.00 deposit (like BMX) if they are not returned. The boards are expensive and we don't wish to push entry fees up even more just yet! Please get outstanding number boards to Kerry Jones or Helen Erlangsen ASAP.

**ALGE LIVE TIMING** [www.alge-results.com](http://www.alge-results.com).

**Attached:** NB: New riders please read the attached detailed instructions for race starts. (**TimingSys2023**).

Live timing as always will be available online at [www.alge-results.com](http://www.alge-results.com). If you ever need to check your time or have any queries, please do this at the race station and not at the finish line with the timers – they need to focus on the race. A reminder that the Commissaire is in charge of the course on race day and makes all racing decisions regarding the event.



**SHUTTLES:** we are excited to announce that you will be whisked to the top of the trail in state of the art, new Ford Bakkies (pick-ups). Special thanks to Novel Ford Paarl in partnership with Paarl Trails for sponsoring the vehicle for this Paarl event. Pietie Nelson, our shuttle master requests that all riders queue respectfully from the back of the lines. IF you are able to help shuttle please laissez with Pietie Nelson: [pn@stonecube.co](mailto:pn@stonecube.co) and 082 417 5547

**EVENT PLAN:** 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: <b>Please do not stop IN the track ever!</b>	
<b>B RIDERS:</b> Nipper, Sprogs, Sub Jun - 14 years	08:00 - 10:00
OPEN: Mixed session – all riders	10:00 -11:30
<b>A RIDERS:</b> Experienced Youth, Junior, Vets & Elites	11:30 -14:00
SUNDAY – RACE DAY	
C & RD to brief Marshals, Divers, Medics	07:00 – 07:20
COMPULSORY RIDERS BRIEFING	07:20 – 07:30
SHUTTLES BEGIN / PRACTICE OPEN – <b>No stop practice</b>	07:30 – 08:30
WC 1ST TIMED RUN	09:00 – 11:30
<b>LUNCH BREAK</b>	<b>11:30-12:00</b>
WC 2ND TIMED RUN	12:00-14:30
PRIZE GIVING	15:00

## REMINDERS

**Compulsory** protective gear: 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.

**Food:** Graham, our resident coffee Guy will be there, and he will extend his range of delectable snacks to include some delicious treats to go with your coffee. Mark, our gourmet chief, has sold his truck but Wicked Bites will be there to tempt our taste buds with chips, burgers, hot dogs and wraps.

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

**Second Hand clothing:** Kit can be expensive. Tas Grey has offered to provide a table for 'for sale' downhill clothing, accessories and equipment on Saturday & Sunday morning only. Please attach a price tag with your name and phone number to each item. Hopefully this will connect the buyer with the owner of the goods and you may pay your money.

**Code of conduct for riders:** A rider must always act in a polite manner and permit any faster rider to overtake without obstructing. The command 'rider' should alert a slower rider to move over. Riders must respect the countryside and ride only on the official route. The rider must avoid polluting the area. **Please take YOUR rubbish home. The committee are not responsible for your litter.** No glass containers are permitted on or near the course. A rider must not use offensive or abusive language during the race, act in an anti-sporting manner, be disrespectful to the officials or ignore the race regulations.

**Race points:** CSA national events count only one seeding run (where riders score 25% of points on the National log) and one final race run, (the only run that counts). However, for the W-Cape Log, both runs will score full race points.

**Age Categories and Classes:** The Downhill Categories below are the only official Provincial and National classes that will be awarded medals. However, fun riders and eMTB (restricted to the 32kph assist level) may enter for the Saturday practice session only and enjoy the day having fun with WC DH. Hopefully some clever rider can set up timed Strava for Saturday.

We would love a big influx of lady-riders but for prize giving this year we will limit medals to the following three classes only.

- Junior Women – **8 to 18** (from 8-18 years).  
We have not had nipper and girl sprogs for some time!
- Elite Women – **19 +**
- **Master** Women – **30 +**

Ladies, enter under your actual age group on the entry form, so that your points will still be recognised in your age category, esp. for older women who wish to race in Sub-vets, Vets & Masters internationally.

*Please Note :>>> To enter the DH Age Categories, you MUST have a current CyclingSA Membership. Otherwise enter Sports Class*

Downhill - DH - Youth Groups			
Pre-Entry	R580	Late Entry	R630
Category	Ages	Male	Female
Nipper	8-10	NB	NG
Sprog	11-12	SB	SG
Sub-Junior	13-14	JB	JG
Youth	15-16	YM	YW

Downhill - DH - UCI & Masters			
Pre-Entry	R580	Late Entry	R630
Category	Ages	Male	Female
Junior	17-18	JM	JW
Elite	19+	EM	EW
Sub Veteran	30-39	SV	SW
Veteran	40-49	VM	VW
Master	50-59	MM	MW
Gr Master	60+	GM	GW

eBikes - Sat Strava			
Pre-Entry	R450	Late Entry	R500
eBikes M & F	19+	EB	

Shuttle Only Sat			
Pre-Entry	R450	Late Entry	R500

**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

#### Categories

- Only **you** may change the province that you represent on your Entry Ninja and/or CSA. WC DH have nothing to do with this.
- You cannot change your category once you have raced in an event. Make sure that you enter the correct category for the full year.
- Your CSA Member number is the **main identifier** for your ranking, the point's log, registration and all. You may only score points and be a part of the series if you have a **CSA membership** number.

Good luck for the final two races of the season

The WC DH Committee and Helen

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## GLIMPSE AT A ROUGH 2024 CALENDAR

MONTH	DAY	DATE	EVENT	PROV/VENUE	
JAN	SAT	20	WC DH CUP#1	WC	PAARL
	SUN	21	WC DH CUP#1	WC	
<b>JAN</b>	<b>SAT</b>	<b>27</b>	<b>SA DH CUP#1</b>	<b>SABIE</b>	
	<b>SUN</b>	<b>28</b>	<b>SA DH CUP#1</b>	<b>SABIE</b>	
FEB	SAT	10	WC DH CUP #2	WC	TBA
	SUN	11	WC DH CUP #2	WC	
<b>FEB</b>	<b>SAT</b>	<b>24</b>	<b>SA DH CUP #2</b>	<b>WC</b>	TBA- ZEVENWACHT/JONK
	<b>SUN</b>	<b>25</b>	<b>SA DH CUP #2</b>	<b>WC</b>	
<b>MAR</b>	<b>SAT</b>	<b>2</b>	<b>SA DH CHAMPS</b>	<b>WC</b>	TBA
	<b>SUN</b>	<b>3</b>	<b>SA DH CHAMPS</b>	<b>WC</b>	
			ARGUS 10 MARCH		
			EPIC 17 – 24 MARCH		
			EASTER 29-1 MA/APRIL		
<b>APRIL</b>		<b>6</b>	<b>SA DH CUP#3</b>	<b>KZN</b>	
		<b>7</b>	<b>SA DH CUP#3</b>	<b>KZN</b>	
APRIL		20	WC DH CUP #3	WC	TBA- JONKERS/ZEVEN
		21	WC DH CUP #3	WC	
MAY		4,5	<i>DH World Cup - Europe</i>		
MAY		11,12	<i>DH World Cup - Europe</i>		
MAY		18	WC DH CUP #4	WC	
		19	WC DH CUP #4	WC	
MAY		16-19	<i>Masters World, Australia</i>		
JUNE		8,9	<i>DH World Cup - Europe</i>		
<b>JUNE</b>	<b>SAT</b>	<b>14</b>	<b>SA ENDURO CUP#1</b>		<b>SUMMER PLACE</b>
<b>JUNE</b>	<b>SUN</b>	<b>15</b>	<b>SA DH CUP#4</b>		<b>SUMMER PLACE</b>
<b>Youth Day</b>	<b>MON</b>	<b>16</b>	<b>SA DH CUP#4</b>		<b>SUMMER PLACE</b>
JUNE		22,23	<i>DH World Cup - Europe</i>		

For Information, check out:

The **Cycling South Africa** website <https://www.cyclingsa.com/>  
**WC Downhill website** <https://wpdownhill.co.za/> offer much information for new-comers.

Any **great pics** from events: Please send to our website lady: Leigh Brookstein:  
[haskinsfive@gmail.com](mailto:haskinsfive@gmail.com)