



## Newsletter 2024/2 - WC DH #2 Spice Route - 3, 4 February 2024

What a fabulous race we had at Paarl with all you awesome riders. Very few, minor injuries are always my best races ... please keep it that way the whole season. Western Cape Downhill is hosting EIGHT races this year! The bumper season has begun and now this weekend, we head to the brand new and exciting track at Spice Route. Some of our more experienced riders and advisors were allowed to walk and ride the track to offer feedback so that we may tweak any issues before this weekend.



2024 WCDH	
20 & 21 Jan	Paarl WC DH CUP #1
3 & 4 Feb	Spice Route WC DH CUP #2
24 & 25 Feb	Zevenwacht SA DH CUP #2
2 & 3 Mar	Spice Route SA DH CHAMPS
20 & 21 Apr	Jonkershoek WC DH CUP #3
18 & 19 May	Zevenwacht WC DH CUP #4
12 & 13 Oct	TBC WC DH CHAMPS
2 & 3 Nov	TBC WC DH FUN FINALS

UPCOMING DATES:

**WC Downhill**

Enter at —  
entryninja.com

The Western Cape Downhill riders did us proud at the first downhill national at Sabie on the weekend (27<sup>th</sup> & 28<sup>th</sup> January). Our riders took several of the top spots. Results will be out this week, but they were available live on <http://www.alge-results.com/#/>. Our second Western Cape race will provide an opportunity for riders to practice the brand-new Spice Route track in Paarl before the SA Champs at the beginning of March. NOTE: We moved the original date so as not to clash with DARKFEST on the 10<sup>th</sup> of February.

We have placed the second SA National Cup race on the **24<sup>th</sup> and 25<sup>th</sup> of February at Zevenwacht**, one week before the **SA Champs. Champs is on the 2<sup>nd</sup> and 3<sup>rd</sup> of March at Spice Route**, so that upcountry people may stay the week to avoid extra expenses on air flights. Entry for all these races is open at great-time and you may enter at your leisure.

**ENTRY: 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)

CSA membership (runs for one calendar year). This is for everybody; it insures you and allows you to earn WC DH points. A day license merely allows you to ride with us for the day and is essentially a *once-off for newbies*. No points may be accumulated on a day license. A compulsory day license (R50.00) is available at registration for newbies. <https://www.cyclingsa.com/memberships/> CSA licenses are available for Elite riders and Junior riders who want to score UCI points.

Cycling South Africa membership is compulsory for 2024. The membership allows you to partake in any discipline, Cross Country, Marathon, Downhill, Enduro.

CSA Membership	275
Affiliate Fee	50
Support License	250
International Racing License	350
	925

You can only become a part of the Series Log Results with a valid CSA licence (CSA ruling). It is the rider's RESPONSIBILITY TO ENSURE THAT REGISTRATION (Monique) HAS YOUR VALID CSA NUMBER before **RACE ENTRIES CLOSE ON SATURDAY AT 11:30 AM.**

If you have a real problem collecting your race number before 11:30 am on Saturday, please text Kerry Jones. MOBILE: 083 445 3223. You will not be able to race on Sunday if you haven't registered on Saturday.

*SpiceRoute*  
DESTINATION



## Final countdown - The amazing new Spice Route track is here ...

The time has finally arrived for you to experience the brand-new DH track @ Spice Route. The track was tested this past weekend, and the feedback has been overwhelmingly positive!!! This track is unlike anything we have in the WC and will test riders on a completely different level. Even though several restrictions were imposed as part of the planning application that preceded the build, the build team still managed to



create an awesome track that will no doubt stimulate lots of conversions between riders and online. We believe the gradient of this track will also prepare you all much better for international standards.

As this is a brand-new track that has not yet seen a rainy season, the track is super loose. That coupled with the gradient is what makes for a super exciting challenge. Some test riders compared it to a rip current where your best line of defence is not to fight it but to allow it to take you along and spit you out on the other side.

**SAFETY** is our priority, and given the above **it is important to take note of the following:**

- **Track walk/roll** - we **STRONGLY** suggest riders do a track walk/roll before riding the track. For Nippers and Sprogs a track walk will be **MANDATORY** (and we strongly suggest accompanied by a parent). For this we are providing two options. **Option 1:** Track walk on Friday @ 4PM. **Option 2:** Myles Kelsey will lead the track roll (on bike) with the shuttle departing promptly at 7am on Saturday morning. We encourage you to make sure you are there on time (15 minutes before the first shuttle departs) for your

group. The track walk shuttle for group B riders will depart at 10:20. **Track “slow roll down”** instead of a track walk is that we simply don't have the luxury of time on our side. Myles Kelsey with the help of other senior riders who rode this last weekend will be leading the track roll-downs. They know where to stop and this is basically to prevent riders from hitting the wrong line. Rider safety is our primary concern, we are confident that the track is rideable for ALL age groups. Our “testing” this last weekend proved this and that the riders were quickly able to assess whether they would be doing the A or B lines. Again, we reiterate that this is not a track where lines are most important but rather negotiating the gradient and looseness of the track.

- **Practice day shuttles** - Given ongoing work to complete the shuttle loop (not open yet), we will be restricted to a single shuttle train for this weekend's race. To balance the field and to minimize Q times, we will be running **a strict shuttle schedule**. Please refer to the below shuttle schedule to see your allocated time. It is critical that we follow the shuttle schedule times to give every rider the same fair practicing opportunity. PLEASE NOTE that the below groups are not FINAL and are subject to change based on the entries that we receive. ONLY Nippers and Sprogs that have participated in the track walk or roll will be allowed on track between 8am and 10:20am on Saturday morning. For Group A riders we will be controlling the start to ensure that faster riders start before the slower riders. Group B riders will **only** be allowed on the shuttles departing from 11am onwards with the last shuttle departing at 14:20. For both Group A&B it is critical that the faster riders in the group go first on each shuttle run and we rely on you to arrange yourselves in this order as we load the shuttles at the bottom. Faster riders to go onto the back trailers as you will be offloaded at the top where the back trailers are closest to the start so please take note of this.
- **Race Day Shuttles** will be a challenge and we appreciate your cooperation on the day. Unfortunately, there will be **ONLY ONE** practice run and it is vitally important that we get the day started as per our planned schedule to avoid the day running late. The start time of the event is 9am and therefore we must follow the schedule provided below. We will send off the shuttles in batches of about 30 riders per batch which we will post closer to the time based on the entries that we receive so please be on the lookout for that.

- **Spectators** - given the gradient and natural terrain, spectators will only be permitted at allocated spectator points accessible from the bottom of the track, the only exception being #6 which can only be accessed via the shuttle route. Like the Taalmonument route, the hip jump is easily accessible from the race village and the best viewing point. Higher spectator points (#4 & #5) should only be accessed via the alternate spectator route. Given the speed of the track, the gradient which is not walking friendly, and the number of blind bends, we strongly urge spectators **not to walk on the track at any point**.
- **Social media posts** - as per previous comms a sponsored production is in the making to introduce the track on a global basis. **Please please** refrain for now from posting any footage of the track as it risks invalidating that important sponsorship that was key to making this track a reality. We will advise once this restriction is lifted.
- **Location** - Spice Route Destination, Suid Agter Paarl Road, Paarl: When you drive into Spice Route Destination, head up the paved road to the T-Junction, Turn Left to the Main Parking lot and park there. All the Toilets, Food, Drinks and other attractions will be at the main complex on the left. The Race Village will be at the top of the Parking Lot
- **Food and drink** - **No Food or drinks are allowed to be brought in from the outside whatsoever**, all food and drinks need to be purchased from a vendor or tenant on Spice Route.
- **Parking** - Parking is only allowed in the designated parking areas, there is more than enough parking on the left and right sides of the complex. absolutely no parking in the vineyards or driving above the parking lot. Any teams need to set up on the top parking lot in the designated area.
- **Brand vendors** - Any brand or business that would like to sell or display products or branding needs approval from event organizers (Darren Herbst)
- **Registration** - will be in the wine-tasting centre, just off the parking lot.
- **Track open times** - This track has taken months of very hard work and a long approval process to get to the current stage. Unfortunately for various reasons, mainly lack of rain and water, we need to preserve the track as much as possible for not only this event and S.A. Champs in March, but the future. It was therefore decided that the track will only open for practice on Saturday 3rd Feb and the race on Sunday 4th Feb. No riding will be allowed before. After the race on Sunday 4th Feb, the track will again be closed to the public. We will need the time to make



some additional changes before the S.A. Champs in March. Please respect this decision and anyone found on the track outside these times will be treated as trespassers and dealt with accordingly. The teams have put in an immense amount of work on this project, and we need to make sure we provide the best track possible. We hope that after the S.A. Champs in March, we will be able to open it regularly.

- **Permits** - this track forms part of the Paarl Trails network. As such, permits (day or annual) (<https://winelandstrails.com/>) is MANDATORY when making use of the track on non-race dates. Permit fees are important to fund the build and maintenance of tracks. Any rider caught making use of the track without the requisite permit will receive a 2-race ban, so please adhere to this requirement. (As per the previous point, please note that the track is currently closed, and will also be closed after this weekend until the SA Champs)
- **Private Shuttles** - in future (timing to be announced) the track will be available for private shuttling (excluding race weekends). A fee of R250 per vehicle must be paid in advance. Payment arrangements will be communicated in due course. As per the previous point, any rider making use of the trail would require a permit (day or annual), even when doing private shuttling.

## SATURDAY PRACTICE SHUTTLES

PLEASE NOTE that these groups are not FINAL and are subject to change based on the entries that we receive. Updated groups will be published on Friday

Shuttles depart from the bottom		
7:00	1	<b>GROUP A</b>  Morning session  Nippers Sprogs Youth Woman SubJnr Boys Sub Vet men Vet men Master Men
7:40	2	
8:20	3	
9:00	4	
9:40	5	
10:20	6	
11:00	7	<b>GROUP B</b>  Afternoon session  Elite Men Elite Woman Junior Men Youth Men
11:40	8	
12:20	9	
13:00	10	
13:40	11	
14:20	12	

## SUNDAY: RACE DAY

Sunday program	
7:05	Rider's briefing
7:15	Shuttles depart (Saturday 's Group A riders)
7:30	Track opens for Practice Runs
7:45	Shuttles at the bottom to load Saturdays Group B Riders
8:15	First batch of riders to be loaded for their race runs
8:30	Track is closed and first batch of riders at the top 30 minutes before their seeding run
9:00	Race starts



SpiceRoute  
DESTINATION



Track start

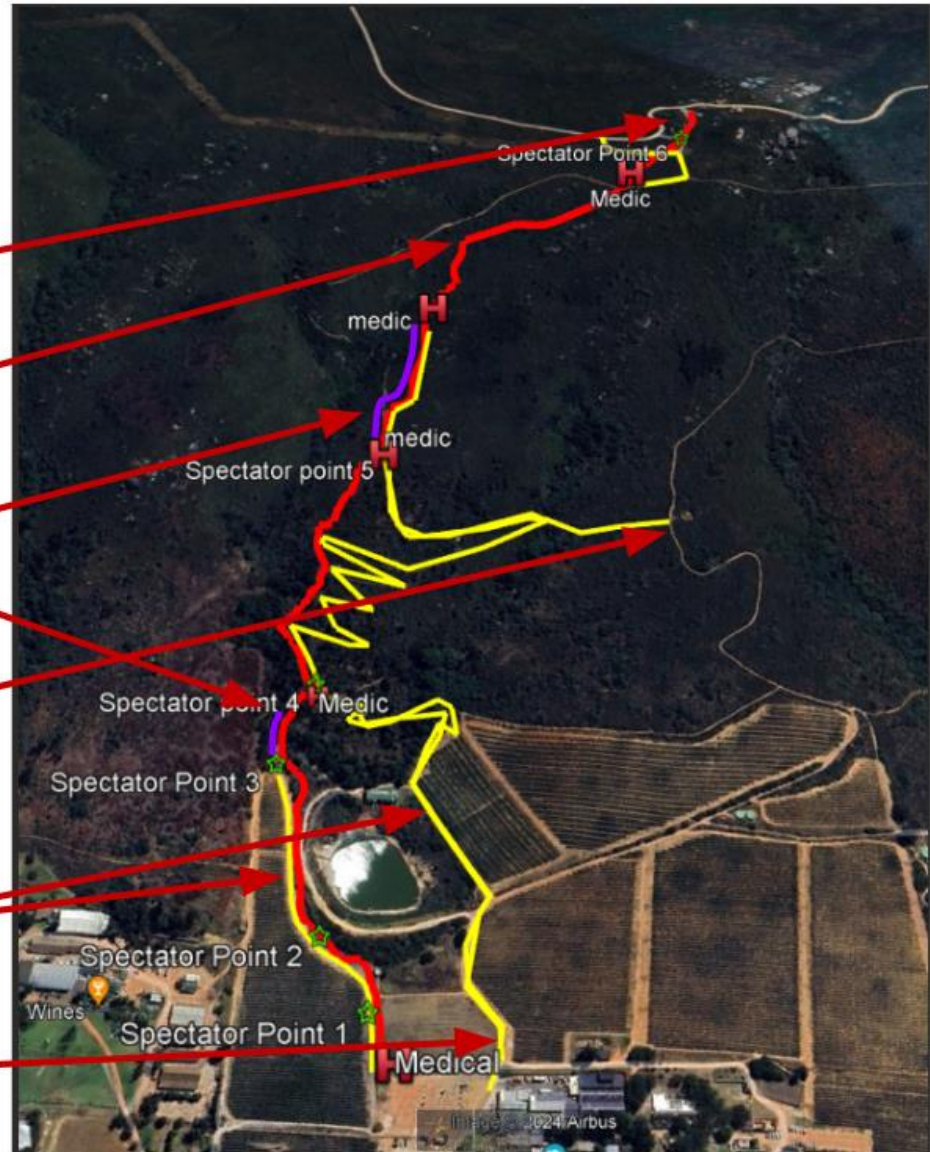
Track

No spectator zones

Ambulance

Spectator & Medics  
route

Shuttle pick-up







SpiceRoute  
DESTINATION



Hip jump - Spectator point

No spectators beyond hip jump

Track

Private Property

Please stay clear

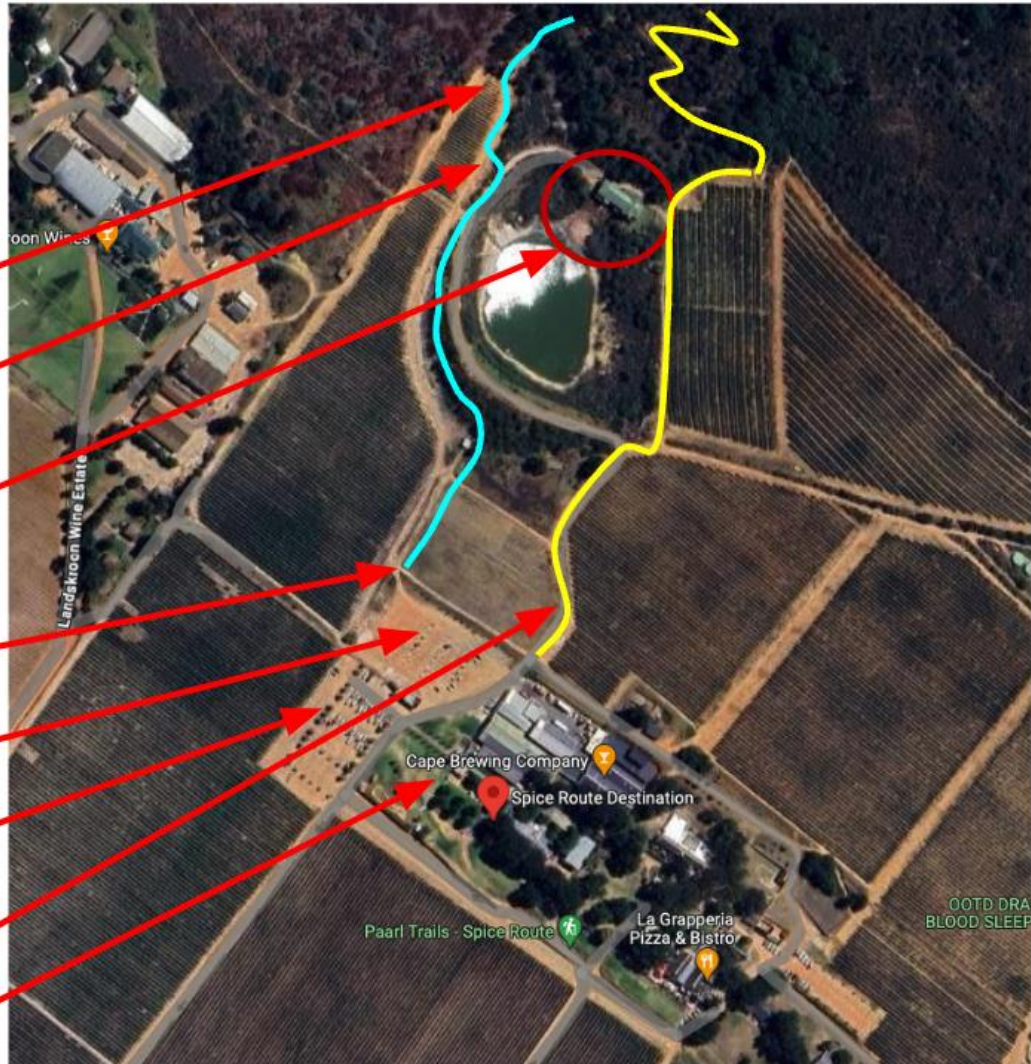
Finish line

Race Village

Parking

Alternative spectator route

Registration



**IDEAL 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 board 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>Group A</b> <b>Group B</b>	07:00 - 11:00 11:00 -14:20
SUNDAY – RACE DAY	
C & RD to brief Marshals, Divers, Medics	6:45
COMPULSORY RIDERS BRIEFING	7:05
SHUTTLES BEGIN / PRACTICE OPEN	7:15
WC 1ST TIMED RUN / SA SEEDING RUN	09:00 – 11:30
<b>LUNCH BREAK</b>	<b>11:30-12:00</b>
WC 2ND TIMED RUN / SA RACE RUN	12:00-14:30
PRIZE GIVING	15:00

**Registration** will take place in the wine-tasting centre, just off the parking lot. Registration will only take place on **Saturday until 11:30 am**– if you have not registered on Saturday, you will **not be on the start list** for Sunday and will not be allowed to race.

Please ensure that you return the number boards after the race on Sunday. 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 also post race times on the What app group: [WCDH Updates chat.whatsapp.com](https://chat.whatsapp.com/WCDHUpdates)

We will endeavour to have water at the top for the riders in case they have to wait in the sun, however, please take your OWN water. The starter will have 2 black bags: One for throw-away bottles and one for lost property, retrievable at the race station at prize giving. You need to remember to collect these items. Please do not cross the live finish line during the race. Please make children aware of this point.

**Timing:** We are the proud owners of an internationally accepted (ALGE), electronic timing system. Family may access your actual time while you are on

track remotely, online. Gareth & Kerry Jones manage the timing system, however, any race queries about a run need to be formally lodged with the Commissaire for the day, NOT the timers. A re-run is only granted if a rider is stopped in the track with a red flag by a marshal due to a rider being on the track. A huge thanks to Sanel Rossouw and Jeremy Felton for doing our back-up, manual timing. **NB: PLEASE read the attached detailed instructions (TimingSys2023). There are changes to the way that races are started.**

**Race points:** CSA rulings at national events, provide for 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. Paarl is a WC DH event.

**Sponsors for 2024:** A huge shout-out to all our sponsors for 2024.

We welcome back our long-time Title Sponsor, **SRAM. All Mountain** and **TCS Wifi** are once again our timing sponsors and will also look after your bikes for you in the race villages this season. Also, back again this year is **Leatt**, again taking on the role of technical section sponsor. For those who raced at the last event of 2023 will attest that having intermediate splits through these technical sections adds to the excitement! Our good friend Archie is also back with **Kamikaze**, while Chris and his team at the **Bike Park Uitsig** are back in the mix. Last, but certainly not least, **Schwalbe Tires** has joined the DH party and will be our official Tire partner for the season. Look out for some Magic Mary's and Big Betty's coming your way!!!!

Discussions with more possible sponsors are ongoing and if you want to get involved and get social media exposure for your business while supporting this great sport, please get in touch. It is never too late to offer sponsorship in the form of money or prizes (remember that wine sponsorship that we are looking for!) Please give Gareth a call on 083 291 1559 or [gjj.world@gmail.com](mailto:gjj.world@gmail.com).

Once again 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 prepare the exciting race reports.

## **GENERAL DETAILS:**

**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 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, and Shin padding.

**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 mornings 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 politely 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.** We keep a litter bag at the race station for OUR 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.

**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 classes. We have not had nipper or sprog girls for some time!

- Youth Women – 8-16 (our ruling)



- Junior Women – 17 to 18
- Elite Women – **19 +**

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				Downhill - DH - UCI & Masters				eBikes - Sat Strava							
Pre-Entry		R580		Late Entry		R630		Pre-Entry		R450		Late Entry		R500	
Category	Ages	Male	Female	Category	Ages	Male	Female	Category	Ages	Male	Female	Category	Ages	Male	Female
Nipper	8-10	NB	NG	Junior	17-18	JM	JW	eBikes M & F	19 +	EB					
Sprog	11-12	SB	SG	Elite	19 +	EM	EW	Shuttle Only Sat							
Sub-Junior	13-14	JB	JG	Sub Veteran	30-39	SV	SW	Pre-Entry	R450	Late Entry	R500				
Youth	15-16	YM	YW	Veteran	40-49	VM	VW								
				Master	50-59	MM	MW								
				Gr Master	60 +	GM	GW								

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

- If there is one person in a category – no awards – move up/to 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

Good luck for the racing season, The WC DH Committee and Helen

