



NPO-309-335

Newsletter 2026/2- SA National#2 & WCDH#2 Jonkershoek

28 February / 1 March 2026

Western Cape Downhill is proudly committed to a pollution-free ride. In short: what comes with you, goes home with you. We're a leave-no-trace community — the only thing we want left behind on our trails is tyre tracks and good vibes. Please take all your rubbish home. If you can carry it up the mountain, you can definitely carry it back down. Let's keep our riding spots wild, beautiful, and trash-free.

Western Cape Downhill is delighted to host our second national event of the year at the breathtaking Jonkershoek Nature Reserve in Stellenbosch. This remarkable venue offers a world-class riding environment, and we are truly privileged to make use of such a beautiful natural space. We extend a warm welcome to all riders, families, supporters, and spectators, and wish everyone a safe, enjoyable, and successful event filled with great racing and good sportsmanship. To help the weekend run smoothly and avoid any confusion, please take a few moments to read through this newsletter carefully. Your cooperation helps us ensure a well-organised event for all.

Our social media master, Myles Kelsey from Bike Network, posted this on Instagram about the course recently: [WC DOWNHILL | Tips and advice from @myleskelsey for Rd 2 of the Commencal/SRAM Western Cape DH scheduled for weekend of 28 Feb and 1 Mar in Jonkershoek... | Instagram](#)

Myles Kelsey, our resident coach, will have a track roll (on bikes) as opposed to a track walk. Catch the first shuttle up on Saturday and join Myles Kelsey for a slow roll down with many stops to inspect the track.

And if you missed the Zevenwacht Race Report, here it is:

<https://bikenetwork.co.za/photo-epic-2026-commencal-sram-western-cape-sa-cup-dh-rd-1-zevenwacht/>

Here is a course preview from 2025: <https://bikenetwork.co.za/course-preview-sa-cup-sram-wc-dh-jonkershoek/>

This is a National CSA event and CSA requires us to enter through their portal. <https://www.easyreg.co.za/events/sa-national-dhi-cup-series> 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).
- **Note that there is a difference between membership and a licence.**
- <https://www.cyclingsa.com/memberships/>
- The membership allows you to partake in any discipline: Cross Country, Marathon, Downhill, Enduro. This is for everybody; it insures you and allows you to earn WC and SA DHI points and be included in the results log. 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 (R60.00) is available at registration for newbies.
- **CSA licenses** are compulsory for Elite and Junior (Men) riders who wish to ride in the nationals and podium.

The Cycling South Africa website <https://www.cyclingsa.com/> and our own WC Downhill site (<https://wpdownhill.co.za/>) offer much information for newcomers. Please check out what insurance your CSA membership offers and the prerequisites necessary before a claim can be made. Please acquaint yourselves with the CSA Holland Benefits: [CyclingSA Membership Benefits - Cycling South Africa](#)

"The injured cyclist MUST be attended to by a medic on-site at the event where they are injured. This offer is only available to all CyclingSA members.

If you require emergency medical response and transport, please immediately contact the Africa Assist Med Net 24-Hour Emergency contact centre on 010 211 4822. View the service provided here. For any other queries, please mail Aandhclaims@holland.co.za"

Race day Information: Please join this [WhatsApp group](#) for all race info:

Sponsors for 2026: A huge shout-out to all our 2026 sponsors.

Many thanks to our faithful sponsors for all their support. We value your support and consider you partners.

Welcome to the new sponsor, Commencal South Africa. Rooted in gravity racing, Commencal South Africa is stoked to be one of our title sponsors for the Western Cape Downhill this year. They work with the fastest, gnarliest, and most steezy downhill riders like local legend Theo. Go check out Commencal's newest bikes and gear that they will be showing off at all races.

We welcome back our long-time sponsor, **SRAM – Cape Cycle Systems**. **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. Our good friend Archie is also back with **Kamikaze**, while Chris and his team at the **Bike Park Uitsig** are back in the mix. **FUZION FOTON MALMESBURY** will be sponsoring 2 Foton vehicles to shuttle our riders safe up the mountains as well as 2 Haval vehicles to transport spectators up to the Gap Jump

Logistical arrangements:

Jonkershoek Nature Reserve is managed by MTO trails on behalf of both MTO trails and CapeNature, and as such requires a conservation fee (R90pp MTB / R80pp Hiking) to enter. Permits can be purchased directly upon arrival at the gate or online at www.mtotrails.com. The race entry fee allows free entry for the rider and 2 guests. However, this does NOT allow guests to take a bike into the reserve and ride the trails - you are merely a spectator. Get your visitor stickers at registration 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 wisely.

Shuttles: WCDH is a non-profit, community organisation and we rely on support from parents and riders. Julian Oosterhuizen, our shuttle master, requests that all riders queue respectfully from the back of the lines. To reduce waiting time, we are always in need of parents who can drive shuttle vehicles or drive their own

vehicles for a few runs. Please liaise with Julian and join the fab-band of shuttle drivers WhatsApp group: Contact Julian on julian@sparkmatic.co.za and 079 640 8641

The Race-Village

Registration will occur outside the coffee shop at the gate at the entrance to the Jonkershoek Reserve. 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. If you have a real problem collecting your race number before 11:30 am on Saturday, please text **Monique Etsebeth - 082 559 3007**. Please ensure that you **return the number boards after the race on Sunday**. We leave **a box at the finish line** on Sunday after the race run, number two. **There will be a R50.00 fine** for boards not returned.



You will not be able to race on Sunday if you haven't registered and collected your number board by 11:30 on Saturday. The timer, Morne Rossouw, sets up the Sunday race order on Saturday afternoon. The final times for the seeding (first) run will be posted on the WhatsApp group on Saturday night.

Riders' briefing (also via WhatsApp), Sunday morning at 07:10 will all be done at the shuttle pick-up point. Riders are loaded and ready to go thereafter.

Prize-giving will be located inside the gate to the nature reserve, on a grass patch behind the shuttle loading area. The food and coffee trailers will also be located at the racing village. Buy food before going up to the road gap.

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 it 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 must pedal back to the race village from the finish (which is far away from the race village) between practice runs and after their race runs.

Race Day

Official start times and valuable information are posted on our WhatsApp group: WCDH Updates- link above.

Please consult these times (take a picture) and **be at the race start at least 30 min before your race.** We cannot call you for your run; we are spread out on this course. Parents, please help young riders. **If you miss your time slot, you miss your run.** Please take your water, it is often hot, to the start if you wish. Our Commissaire and starter will have a black bag to store personal items (reusable plastic water bottles, raincoats), which they send to the race station after the race. You need to remember to collect these items. Do not litter at the start.

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 run that counts for the win).

Rider Alert: 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.

Live timing will be available online at www.alge-results.com. If you would like to check times or have any queries, please do this online or at the race station/road gap (whichever works best for us) and not at the finish line with the

timers – they need to focus on the race. A re-run is only granted if a rider is stopped on the track with a red flag by a marshal due to a rider being on the track. The rider needs to consult with the commissaire (Riaan) for a re-run. A huge thanks to Sanel Rossouw for doing our backup, manual timing.

Official results are to be found on Great Times, but results are also available on the live timing at <http://www.alge-results.com/#/>

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 Monique Etsebeth. MOBILE: 082 559 3007	07:30 – 11:30
NEW SCHEDULE PRACTICE: <i>Please do not stop IN the track ever!</i> B RIDERS: Nipper, Sprogs, Sub Jun - 14 years OPEN: Mixed session – all riders A RIDERS: Experienced Youth, Junior, Vets & Elites It is very difficult to accommodate school sports and out-of-schedule practice. An email to Helen, a week ahead, might be accepted by CSA. eBikes: eBikes will practice with their respective age groups	08:00 - 10:00 10:00 - 11:30 11:30 - 14:00
SUNDAY – RACE DAY	
Briefing for Marshals, Divers, Medics	07:00 – 07:20
COMPULSORY RIDERS BRIEFING	07:20 – 07:30
SHUTTLES BEGIN / PRACTICE OPEN – No stop practice	07:30 – 08:30
WC 1ST TIMED RUN eBikes Downhill	09:00 – 11:30
LUNCH BREAK	11:30-12:00
WC 2ND TIMED RUN eBikes Downhill	12:00-14:30
PRIZE GIVING – 20 minutes after the last rider Please stay – there will be lots of give-aways.	15:00+

The final schedule will be communicated on the WhatsApp Group on Friday night, and final seeding run times on Saturday evening.

A note to spectators:

Please stay off the track during active racing.

PLEASE be responsible for your own carbon footprint. Don't ask me, "Where is a rubbish bin?" Put your rubbish in your backpack and take it home, please.



Please note: Chris Taylor is our **official photographer** for all WC DH events and all your race images will be available directly from him after all events. Should any third parties be interested in creating content (stills or video) they are required to submit a proposal and request written consent from the WC DH committee at least two weeks before the event."

GENERAL DETAILS:

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 (we are still looking for that wine sponsorship!) Please give Monique a call on 082 559 3007 or etsebeth.monique@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.

Chris Taylor is our official photographer and also supports our social media. No other photos may be sold without WCDH's consent. Please contact Chris directly via Instagram for awesome pictures. (Chris- 071 371 0105).

Our website is up and running again and looking like new.
www.wpdownhill.co.za A special thanks to Leigh Brookstein Haskins from DesignerMite Digital solutions for her time running the site and sponsoring the hosting costs. All news, race results, dates, etc., are there for all to view. Leigh info@designermite.co.za 083 640 4284



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.

Second-hand clothing: Kit can be expensive. Feel free to advertise good second-hand clothes or give away old clothes and shoes. 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 marshals 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 now have nipper and sprog girls – well done young ladies!

- 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			
Pre-Entry		Late Entry	
R580		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		Late Entry	
R580		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		Late Entry
R450		R500
eBikes M & F	19 +	EB

Shuttle Only Sat		
Pre-Entry		Late Entry
R450		R500

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

Copied from the CSA entry waiver:

WAIVER, DISCLAIMER, AND INDEMNITY

By entering and participating in this event, I confirm that the information provided is true and correct. I acknowledge that I am in good health, physically fit, and adequately trained to participate. I fully understand and accept the inherent risks associated with this event, including but not limited to accidents, injuries, equipment failure, and adverse weather conditions.

I agree to abide by all event rules, regulations, and instructions from the organisers. I understand that my participation is voluntary and at my own risk. I, therefore, indemnify and hold harmless Cycling South Africa, event organisers, sponsors, partners, volunteers, medical personnel, and any other associated entities or individuals from any liability, claims, damages, or losses—whether direct or indirect—that may arise from my participation in this event. This includes, but is not limited to, personal injury, illness, death, property damage, or financial loss.

I grant permission, in accordance with Section 51 of the Electronic Communications and Transactions Act 25 of 2002, for the use of my name, race details, photographs, video footage, and any related media for promotional and reporting purposes without compensation.

I acknowledge that my personal information will be treated in accordance with the Protection of Personal Information Act (POPIA). I consent to my information being shared with relevant parties involved in the organisation of the event for purposes such as registration, race timing, medical assistance, ranking, and event administration. Additionally, I permit my details to be shared with specified partners only for services or products I have subscribed to.

I understand and accept that entry fees are non-refundable under any circumstances.

By proceeding with my entry, I confirm that I have read, understood, and agree to the terms outlined in this waiver, disclaimer, and indemnity.

Refunds will only be considered when applied for prior to the event closing date.

A 10% handling fee will be applicable to all event entry refunds.

