

**KWA ZULU NATAL**  
**2020**  
**TIME TRIAL**  
**&**  
**ROAD RACE**  
**CHAMPIONSHIPS**  
**&**  
**Interclub Competition**  
*Hosted by Absolute Motion Cycling club*



This event will be held under UCI and Cycling South Africa rules and regulations.

**License Requirements:** Active CSA Membership required.

**Closing date for entries:** 15 January 2020 – Time Trial  
22 January 2020 – Road Race

**Online Entries:** [www.roag.co.za](http://www.roag.co.za)

Admin enquiries to be directed to Dallah Paul (0827815656)  
[dallah@cyclingsa.com](mailto:dallah@cyclingsa.com)

**Gear Check RR:** 05:00 – 05:45 (U17 boys & U19 Girls)  
07:00 – 07:45 (U19 boys)  
10:00 – 11:00 (U15 Boys & U17 Girls)  
11:00 – 11:30 (U11, U13 Boys & Girls)  
11:00 – 11:30 (U15 Girls)

First 5 over the finish line to report immediately for another gear check.

The following gear restrictions as measured by one full revolution of the chain wheel set will apply:

Under 11: Equal to and not more than 6,227 metres.

Under 13: Equal to and not more than 6,227 metres.

Under 15: Equal to and not more than 6,626 metres.

Under 17: Equal to and not more than 6,897 metres.

Under 19 Equal to and not more than 7.93 metres.

**KEEP TO LEFT SIDE OF THE ROAD. THERE IS NO FULL ROAD CLOSURE**





## TIME TRIAL

Date: 25 January 2020

Venue: Harburg School

Registration 1: Callan's Bike Tech, Unit 26, Hilton Business Park, 6 Quarry Rd, Hilton  
Thursday 23<sup>rd</sup> and Friday 24<sup>th</sup> 12:00 to 17:00

Registration 2: Harburg School  
Saturday 25<sup>th</sup> 06:00 to 11:00

**NOTE: Bike Checks for All categories - 15 minutes before your start.**

Individual Start Times will be available once confirmed by the Commissaires. This information will be emailed directly to entrants by 22 January 2020.

**NO LATE ENTRIES WILL BE ACCEPTED FOR THE TIME TRIAL**

Category	Gender	Distance	Entry Fee
U11	Boys	10km	200
U13	Boys	10km	200
U15	Boys	15km	250
U17	Boys	15km	250
U19	Men	30km	250
U23	Men	30km	250
Elite	Men	30km	250
30-34	Men	30km	250
35-39	Men	30km	250
40-44	Men	30km	250
45-49	Men	30km	250
50-54	Men	20km	250
55-59	Men	20km	250
60-64	Men	20km	250
65-69	Men	15km	250
70+	Men	10km	250

Category	Gender	Distance	Entry Fee
U11	Girls	10km	200
U13	Girls	10km	200
U15	Girls	10km	200
U17	Girls	15km	250
U19	Women	15km	250
U23	Women	30km	250
Elite	Women	30km	250
30-34	Women	20km	250
35-39	Women	20km	250
40-44	Women	20km	250
45-49	Women	20km	250
50-54	Women	15km	250
55-59	Women	15km	250
60-64	Women	15km	250
65+	Women	15km	250

*Please ensure you arrive at the start venue at least 1hr before your start.*

**Team Managers Meeting: 25 January 06:30 at Harburg School**





## ROAD RACE

Date: 26 January 2020

Venue: Harburg School

Registration 1: Callan's Bike Tech, Unit 26, Hilton Business Park, 6 Quarry Rd, Hilton  
Thursday 23<sup>rd</sup> and Friday 24<sup>th</sup> 12:00 to 17:00

Registration 2: Harburg School  
Saturday 25<sup>th</sup> 06:00 to 11:00

Registration 3: Harburg School  
Sunday 26<sup>th</sup> 05:00 to 12:00

**LATE ENTRIES WILL BE TAKEN AT REGISTRATION 1 FOR THE ROAD RACE**

Category	Gender	Distance	Entry Fee	Start
Tandem		<b>80km</b>	500	05h50
U17	Boys	<b>80km</b>	250	06h05
50-54	Men	<b>80km</b>	250	06h05
55-59	Men	<b>80km</b>	250	06h05
60-64	Men	<b>80km</b>	250	06h05
U19	Women	<b>80km</b>	250	06h10
U23	Women	<b>80km</b>	250	06h10
Elite	Women	<b>80km</b>	250	06h10
30-34	Women	<b>80km</b>	250	06h10
35-39	Women	<b>80km</b>	250	06h10

Category	Gender	Distance	Entry Fee	Start
U19	Men	<b>120km</b>	250	08h00
U23	Men	<b>120km</b>	250	08h00
Elite	Men	<b>120km</b>	250	08h00
30-34	Men	<b>120km</b>	250	08h00
35-39	Men	<b>120km</b>	250	08h00
40-44	Men	<b>120km</b>	250	08h00
45-49	Men	<b>120km</b>	250	08h00

Category	Gender	Distance	Entry Fee	Start
U15	Boys	<b>40km</b>	250	11h15
65-69	Men	<b>40km</b>	250	11h15
U17	Girls	<b>40km</b>	250	11h30
40-44	Women	<b>40km</b>	250	11h30
45-49	Women	<b>40km</b>	250	11h30
50-54	Women	<b>40km</b>	250	11h30
55-59	Women	<b>40km</b>	250	11h30
60-64	Women	<b>40km</b>	250	11h30
65+	Women	<b>40km</b>	250	11h30

Category	Gender	Distance	Entry Fee	Start
U11	Boys	<b>24km</b>	200	11h45
U13	Boys	<b>24km</b>	200	11h45
70+	Men	<b>24km</b>	200	11h45
U11	Girls	<b>24km</b>	200	11h50
U13	Girls	<b>24km</b>	200	11h50
U15	Girls	<b>24km</b>	200	11h50

*Please ensure you arrive at the venue at least 1hr before your start time.*

**Prize Giving: 10h00 & 14h00**

**Team Managers Meeting: 26 January at 05:30 at the Harburg School**





## **INTERCLUB COMPETITION**

For 2020 we will be introducing an interclub competition at the KZN Road Champs.

We want to encourage club participation and will be introducing a magnificent trophy to the winning club.

Points will be allocated to:

1<sup>st</sup> 2 women from a club across the line (U19 to U40)

1<sup>st</sup> 2 women from a club across the line (40+)

1<sup>st</sup> 4 men from a club across the line (Junior, U23 and Elite)

1<sup>st</sup> 2 men from a club across the line (30-49)

1<sup>st</sup> 2 men from a club across the line (50-65)

Points are allocated as you cross the line. If you are 1<sup>st</sup> you get 1 point and 10<sup>th</sup> is 10 points.

The club with least number of points will be the winner.





### Time Trail

10km – 1 lap

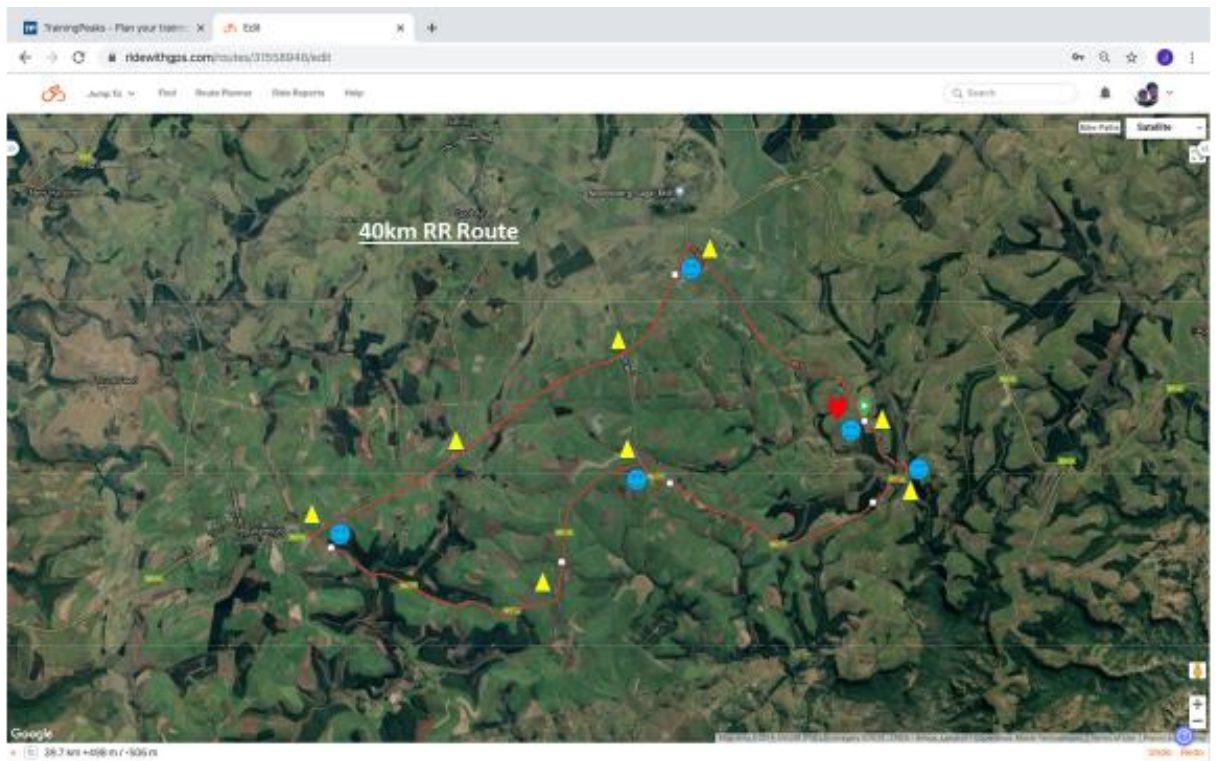
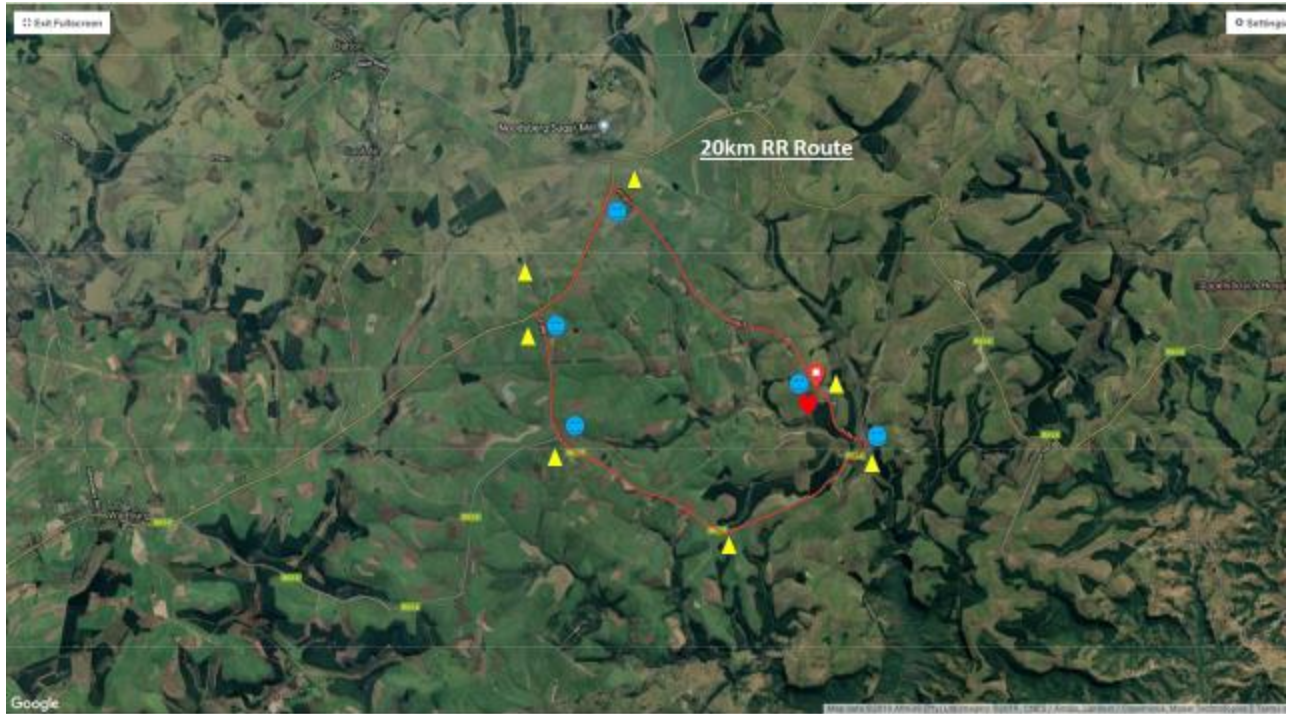
15km – Start at the turn point and do 1 ½ laps

20km – 2 laps

30km – 3 laps

40km – 4 laps





40km – 1 lap    80km – 2 laps    120km – 3 laps

