

Gauteng and Northern Regions Track Championships 2025

6-7 December 2025

RACING HANDBOOK

HOSTED BY



General Provisions

The Gauteng and Northern Regions Provincial Track Championships will take place on the 6th and 7th of December 2025 at Hector Norris Park, Turf Road, Glenesk, Johannesburg.

The Championships will be held in accordance with the Regulations of the Union Cycliste Internationale (UCI) unless otherwise ruled by the National Federation.

The Provincial Championships will take place weather permitting. There will be **no** extension of the Championships past Sunday 7th of December 2025. In case of stoppages, priority will be given to Elite events. The racing format may also be modified at the discretion of the President Commissaire in response to prolonged stoppages, with the possibility of events being cancelled due to insufficient time to complete them.

Entries and Registration

Eligibility

This event is open to CSA members registered in the Gauteng Province as well as members from the surrounding provinces that do not host their own provincial Track Champs – Kwa Zulu Natal, Free State, Mpumalanga, Limpopo and North West.

For safety reasons, only seasoned Track Riders, riders that have recently competed in at least TWO league, national or provincial races or riders who have successfully completed a track introduction (Learn to Ride) course with an accredited coach, will be allowed to participate. Organisers may verify and confirm your eligibility to participate with your Provincial/Regional Track Commission or Coach.

All riders must be in possession of valid Cycling SA membership. All riders must present a copy of their membership at registration and upon demand during the event. **No day memberships will be sold for the event.**

Cyclists are not considered registered until all administrative requirements have been fulfilled:

- Entry form has been completed
- Indemnity form has been signed
- Entry fee has been paid in full
- Cycling SA Track Racing Licence or Membership has been verified

Age Categories

In all cases, the age of the competitor shall be determined by their age on **31st of December 2025**.

Masters will be judged in 5-year age categories for individual timed events and will be split into two masters' groups for bunch races, depending on number of entries received - typically 35-49 and 50+.

Masters who opt to race any event as an elite or lower age cat will be entered as such and will remain in that cat for all events at this Provincial Championships. *See latest CSA Track rules point 6.5.1 and 6.5.2 for clarity.*

Youth cyclists will compete in age categories U11, U13, U15 and U17. Provision will be made for both Boys and Girls categories.

For individual races, categories may be combined with others of similar ability to form bunches of a minimum of four riders. A suitable distance approximately halfway between the two categories' distances will be ridden. When individual categories are combined, medals will be awarded separately.

Consult the Race programme as well for clarity on combined events and the number of podiums.

Qualification

At the discretion of the organisers, dependant on entry numbers, numbers for timed events may be limited based on riders previous times set and recorded.

The final call with regards to qualification will remain with the race director and Gauteng Track Commission.

There are no qualification time standards for bunch races.

Entries

Entries for all events will open Monday the 17th of November 2025 and close at 12:00 midnight on the Wednesday the 3rd of December 2025. Final teams for team events need to be submitted by 12:00 midday on Saturday 6th of December 2025.

You can enter here: <https://hectornorristrackcycling.co.za/eventsbhp>

Entry fees are non-refundable.

Entry Fees:

Elite, Junior & Master R450

Youth and Para R350

No late entries will be accepted.

Entry fees to be paid to:

Bank: Capitec

Account Holder: MR GAVIN KILPATRICK

Account Type: Savings Account

Account number: 1550311008

Branch Code: 470010

Reference: CSA Membership Number - Surname

Entries will be done online. Proof of payment must be emailed to stevendike1@gmail.com

no later than midnight on Wednesday the 3rd of December 2025.

Registration

Registration will be open from 06h30 on 6th of December and will remain open until 8h30.

Events start at 8h00 on both race days. Riders are expected to register no less than 1 hour before their first event is expected to start. Indicative start or break times are just that, the event organiser will not be held liable for missed starts due to changes in the programme or events running ahead of schedule.

Riders are requested to check start lists and forward any queries by WhatsApp to Steven Dike on

083 251 5567 before 06h00 on race day.

At Registration, riders and managers will be able to:

- Confirm the events you have entered
- Hand in the signed indemnity form
- Verify your Cycling SA Racing Licence or membership for U17 and below
- Collect your race numbers and accreditation
- Confirm Team Manager accreditation

Accreditation

Only Licensed and accredited team managers will be allowed on the infield to support riders.

Schedule

Events and schedules are subject to change and/or cancellation depending on entries received. A copy of the program will be available on the Hector Norris Track Cycling Website.

Regulations

General

The Gauteng Provincial Track Championships will be conducted in accordance with:

- The General Regulations of the Union Cycliste Internationale (UCI) as published on the UCI web site.
- The Cycling South Africa Track Racing handbook as published on the CSA web site.

An official notice board will be positioned at the Hector Norris Park Club House, where results and notices will be posted.

Once a rider is registered and on the official start list, they will be fined should they not appear on the start line unless they have officially withdrawn with the President Commissaire (PC).

Riders who arrive late for their start will not be allowed to start.

Equipment

Bike checks may be conducted at the discretion of the PC and can be conducted at any time. Announcements with regards to bike checks will be made at the venue.

With regards to any electronic display device, as per rule 3.2.005, "In addition, any electronic device with display (for instance, speedometer or power meter) must be hidden so it cannot be read by the riders".

Riders may carry no object on them or on their bicycles that could drop onto the track. They may not bear or use on the track any music player or radio communication system or cell phone.

Riders in the Under 17 category and younger must comply with the Youth Restrictions as published on the CSA web site.

Riders Numbers

As per UCI rule 3.2.009, riders shall bear 2 number panels, except in the following specialities where they shall bear just one:

The Time Trial

The Individual Pursuit

The Team Pursuit

The Team Sprint

One number to be pinned on the left hip of the cyclist and the second number on the lower back.

Cyclists with long hair must plait the hair in such a way that the number can be seen by the commissaires.

Anti-doping Control

The Anti-doping Commission of the UCI or Drug Free Sport may designate an Anti-doping Inspector and Doctor for the Provincial Track Championships.

Riders required to report to anti-doping control shall be determined by the Anti-doping Regulator, the Track Commission, UCI Anti-doping Inspector and Doctor or otherwise.

It is advised that you make yourself aware of anti-doping rules, regulations and procedures. This can be done at <http://www.drugfreesport.org.za/education/>

Clothing

Riders are encouraged to compete in Club Jersey. CAC and National championships jerseys to be worn in accordance with CSA Track regulations.

Previous National champions may ride with the Champions stripes on their collar and cuffs in the events and disciplines in which they held the title.

Event specific regulations

Sprint

Structure of the sprint competition will be determined as indicated on the race program.

Keirin

First 6 riders according to 200m qualifying times.

1500

Should the number of entrants exceed 18 for each age category, heats will be held.

Scratch Race

Should the number of entrants exceed 36, heats will be held.

Points Race

Should the number of entrants exceed 36, heats will be held.

Individual Pursuit and Time trial

Qualifying times required to start, podiums awarded based on times achieved on the day of the championships, number of competitors will not affect medals.

Madison

The Madison will be raced as an open event for riders U17 and up, entries will be screened and approved at the discretion of the race director. Dependant on entries, a compulsory practice session may be held in advance of the event to enable officials to screen entrants to ensure safety for the main event.

Team Sprint

On rider per team required to meet Sprint Qualifying times for team to start. Structure of competition to be determined based on number of entries as indicated on final race program

Team Pursuit

On rider per team required to meet IP Qualifying times for team to start. Structure of competition to be determined based on number of entries as indicated on final race program

General Information

Spectators & Parking

Entry to the track will be charged at R 20 per adult and R10 per youth. This entry fee applies to competitors, commissaires and spectators alike.

Security will be available at the track, however, anything left overnight is at your own risk.

Please keep vehicles locked at all times and keep an eye on your kit bags, wallets, phones etc, the organisers cannot be held responsible for any loss.

Track Open Times

The track will be open as follows:

- 07h00 to 08h00 on race days.
- During all intervals except during Medal Ceremonies.

Riders must always wear a helmet while riding on the track.

Riders' race numbers must be visible at all times while riding on the track.

The commissaires are in control whenever the track is open for riding.

No motor-pacing will be allowed during the championships.

Riders wanting to practise standing starts must do so in the days prior to the event, no practice standing starts will be allowed on event days – start gates will not be available during the event.

Riders are not permitted to stop on the track (against the rail) when the track is open for riding.

Riders must observe track etiquette whenever the track is open for riding.

Riders will not be permitted to jump over the fence onto the track at any time during the championships.

The sprinter's lane (section between the blue band and the red line) is reserved for pacelines and hard efforts. Slow riders to ride in single file on the stayer's line unless they are overtaking or doing an effort.

Only officials may cross the track while the track is open for riding.

No riders will be allowed on the track when it is officially closed.

Open sessions will be booked in the Hector Norris Park calendar during the week prior to the event to enable participants to have access to the track for training. Please check the Hector Norris Park website for more information: <https://hectornorristrackcycling.co.za/eventshnp/>

Riders Area

Gazebos can be erected in designated areas only. A plan will be provided at registration showing designated areas.

Nobody will be allowed to sit inside the track.

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Please keep vehicles locked at all times and keep an eye on your kit bags, wallets, phones etc, the organisers cannot be held responsible for any loss.

General Rules

No one except officials, riders going to their starting station, managers with accreditation and accredited photographers will be allowed in the centre of the track.

No animals will be allowed at Hector Norris Park Track.

Awards Ceremony

Awards Ceremonies will be held as indicated on the programme.

Riders placed in each event shall make themselves available at the time required by the organisers for the awards ceremony.

Riders who cannot attend the awards ceremony must advise the President Commissaire or the Technical Delegate so that the ceremony is not delayed while trying to locate a rider.

As per UCI rule 1.2.113, riders shall appear at official ceremonies wearing competition clothing. Sneakers are permissible instead of cycling shoes

No headwear may be worn.

Awards

Championship winners per age category shall be awarded a gold medal.

The second and third placed riders shall receive a silver and bronze medal, respectively.

No championship jerseys will be awarded.

Managers' Meeting / Riders Briefing

The managers' meeting will be held at 07:00 on Saturday 6th of December 2025 in front of the clubhouse at Hector Norris Park. All team managers are required to attend this meeting. Only team managers and coaches who are able to produce their relevant CSA licences at the managers' meeting, will be eligible for accreditation. Accreditation for licensed managers, mechanics, and coaches to be done at the managers' meeting. Accreditation must be always kept on your person. Email any queries to the race director.

Contact Details

Race Director: Steven Dike

Email: stevendike1@gmail.com Mobile/WhatsApp: 083 251 5567

President Commissaire: Janet Oosthuizen

Email any queries to stevendike1@gmail.com or WhatsApp to 0832515567.