

Nedbank Time Trial

Nedbank Windhoek Pedal Power series

Carin Park

23 June 2024

No registrations on the day
Individual Time Trial 09:00 | Team Time Trial 10:00




For enquiries please contact:
windhoekpedalpower@hotmail.com





Date:	Sunday, 23 June 2024	Race Start:	9h00
Venue Start/ Finish	Carin Park, B1		
Race Directors:	Ruan Gouws	Race Commissaire:	TBC
Support Vehicles:	Teams, Individuals, U10 Boys & Girls only		
Registration:	ONLINE ENTRIES ONLY, STRICTLY NO LATE ENTRIES WILL BE ACCEPTED		
Race enquiries:	windhoekpedalpower@hotmail.com		

Race Categories	Group	Start Times	Cutoff	31 Dec 2024	Support Vehicle	Feeding from Vehicle	Distance Km	
Mens Teams	1	Starting from 10h00	11h30	17+	YES	YES	34 km Turn around on the Okapuka/ NamPoultry bridge	Each team to be allocated separate start times within the 10:00 - 11:00 time slot. Start times will depend on current Team Ranking, with last ranked team starting first.
Open Individual Men	2	Starting from 09h00	10h30	17+	NO	NO	20 km Turn around on the Jan Japan bridge	Each rider to be allocated separate start times within the 09:00 - 10:00 time slot. Start times will depend on current Ranking placing, with last ranked rider starting first.
Open Individual Ladies	2			17+				
U/16 Boys	2			15-16				
Master Men	2			50-59				
Ladies Teams	3	Starting from 10h00	11h30	17+	YES	YES	34 km Turn around on the Okapuka bridge	Each team to be allocated separate start times within the 10:00 - 11:00 time slot. Start times will depend on current Team Ranking, with last ranked team starting first.
Sports Men	4	Starting from 09h00	10h30	17+	NO	NO	20 km Turn around on the Jan Japan bridge	Each rider to be allocated separate start times within the 09:00 - 10:00 time slot. Start times will depend on current Ranking placing, with last ranked rider starting first.
Sports women	4			17+				
Mountain Bike Ladies & Men	4			17+				
Grandmaster Men	4			60+				
Master Woman	4			50+				
U/16 Girls	4			15-16				
U/14 Boys	4			13-14				
Grand Master Women	5	Starting from 09h00	10h30	60+	NO	NO	12 km Turn around on the Paratus bridge	Each rider to be allocated separate start times within the 09:00 - 10:00 time slot. Start times will depend on current Ranking placing, with last ranked rider starting first.
U/14 Girls	5			13-14				
Para-athlete:B Visually impaire	5			17+				
Para-athlete:C1 to C5	5			17+				
Para-athlete:H1 to H5	5			17+				
U/12 Boys	5			11-12	NO	NO		
U/12 Girls	5			11-12				
U/10 Boys	5			9-10	YES	NO		
U/10 Girls	5			9-10				

General Information
Please note: To avoid serious collisions at the finish line, no spectators or parked cars will be allowed at least 100m from the finish line.
Distances may vary when measured with different equipment
Absolutley no drafting allowed within the individuls group. No drafting allowed between different teams.
Support vehicles for U/10 Boys and Girls and Mens and Ladies teams only, stricly no other start groups. All the general support car rules will apply.
Support vehicles are not allowed to pace their riders back to the team under any circumstances and no riders may ride in a car's slip. Any rider caught behind a car will result in the team's disqualification. Only 1 support vehicle per team.
Support cars are to remain at least 20m behind the bunch. Have your hazards on at all times.
Support car drivers need to be aware of their surroundings and all cyclists at all time.
If a cyclist and/or a support car need to stop for any reason, please ensure that you move completely off the road.
As a safety precaution, support vehicles are not allowed to drive next to a bunch to communicate with a cyclist.
Availability of support vehicles are the teams own responsibility and not that of the WPP Committee.
Cyclists must feed at the back of the bunch only. Feeding on the side of the bunch is prohibited.
Cyclist (Individual and Team Riders) may not slip from another start group, only in their own start group.
Earphones are not permitted during a race. Failure to adhere to this will result in DQ.
Traffic rules are to be obeyed at all times.
Important: Please keep a distance of at least 10 metres from the timing device after finishing.
Result queries will be accepted until Monday 18:00 where after no more changes nor corrections will be done.Please email queries to windhoekpedalpower@hotmail.com