



2019 RIDER GUIDE

INTRODUCTION

Welcome to Steeple CX Cup

The home of cyclocross in South Africa, we aim to bring you a challenging and fun experience in an ever growing festival atmosphere. We recommend you and your family come for the day and enjoy all the racing and festivities.

What is cyclocross all about?

Steeple CX Cup is all about bringing the rich heritage of cyclocross to you with an African twist. Cyclocross has its roots in northern France and Belgium where road riders would race across frozen fields and roads to keep fit during winter. They often raced between towns with only the church steeple as their guide. Rules were few, and so obstacles came into the mix as riders took the shorterst route to the steeple.

Today cyclocross or CX is raced all over the world on courses made up of mixed terrains with obstacles. Courses are 2.5 to 3.5km long and races are timed, with times being based on the course difficulty on the day.

This exciting form of racing offers a unique format with undulating courses which test bike skills and deliver fitness gains like nothing else. All this while having fun, racing your mates and challenging for better seeding and overall series points.

Cyclocross bikes are the most effective weapons of choice, but CX does not discriminate and so all geared bikes are allowed.



WENDY DAFFARN - EVENT DIRECTOR

LOUIS DAFFARN – RACE DIRECTOR

On behalf of Steeple CX Cup, our Sponsors and Partners, we would like to welcome all Riders and guests to the 1st season of Steeple CX Cup!

Our aim is to be amongst the best cyclocross races in the world and we thank you for selecting our race.

Here's wishing you a great race day!

Good luck, be safe and enjoy the racing!

REGISTRATION

Race Day: 8h30 to 9h10

Registration will take place in the Race Village at Race Venue (Klein Constantia Wine Estate or Rondebosch Boys High School Fields). You may pick up your registration packs during these times.

Please ensure we have all your entry details, including your ICE (In Case of Emergency) contact person and medical aid details. All entry forms must be signed to acknowledge the Indemnity & Waiver.

RACE BRIEFING

Race Day: 15 minutes before each race start time

Attendance at race briefing is highly advised. Race briefing will convey key course information, directional signage and rule explanations for final clarity. The dynamic cyclocross environment requires us to be flexible and make adjustments to race times, durations and courses to ensure safe and fun racing, so please don't skip race briefing.

BIKE PORN SELFIES

Race Day: Anytime before heading to race briefing

Cyclocross is about your bike, at least that's our view. Sometime during the day make your way to the podium to have a 'CX Bike Porn Selfie' taken. Have a snap of your cyclocross bike taken and watch out for it on the Steeple CX Bike Porn section of our website. Pimp your ride to raise your profile and awareness. Remember to hashtag any images you post with **#steeplexcup**

RACE VENUES & VILLAGES

Our Race Villages offer a variety of food and drinks. Many of our partners will have their products on display for sale. Please take time to engage with them and enjoy the vibe in the Race Village, it's a big part of the CX culture.

KLEIN CONSTANTIA WINE ESTATE



RONDEBOSCH BOYS HIGH SCHOOL FIELDS



COURSES

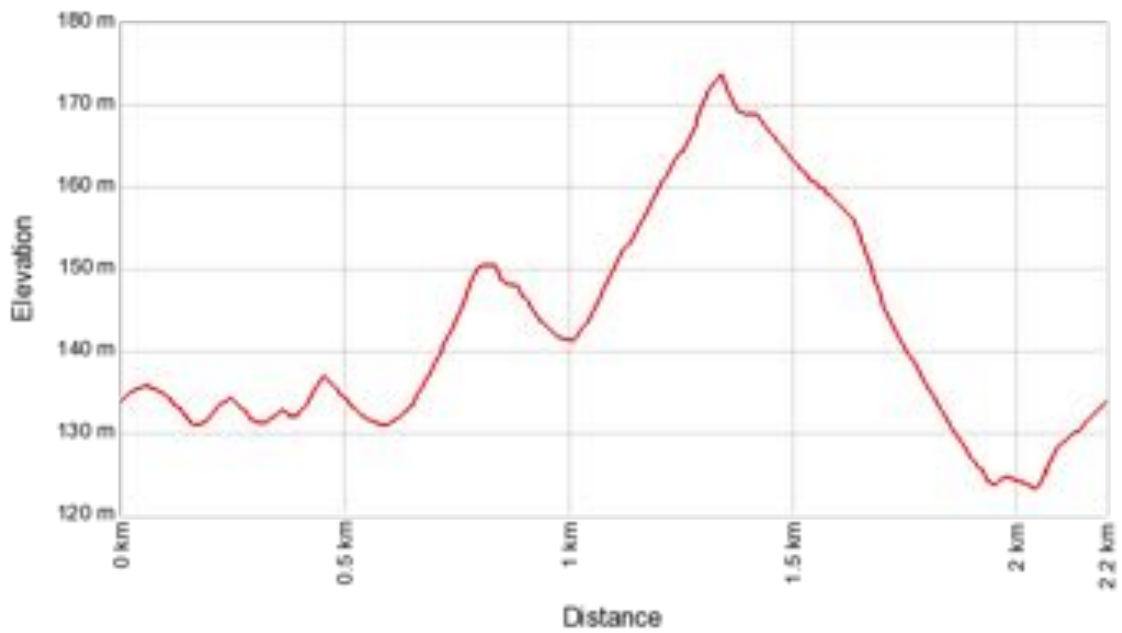
We have taken all the learnings from the 2018 events and the Rider feedback into account as we designed and set the courses. Our focus was on more undulations, more 'obstacles', more spectator friendly and closer to traditional cyclocross tracks. We trust the course delivers a true CX test, fun experience and heart-rate max-out session.

KLEIN CONSTANTIA WINE ESTATE – ROUTE



KLEIN CONSTANTIA WINE ESTATE – PROFILE

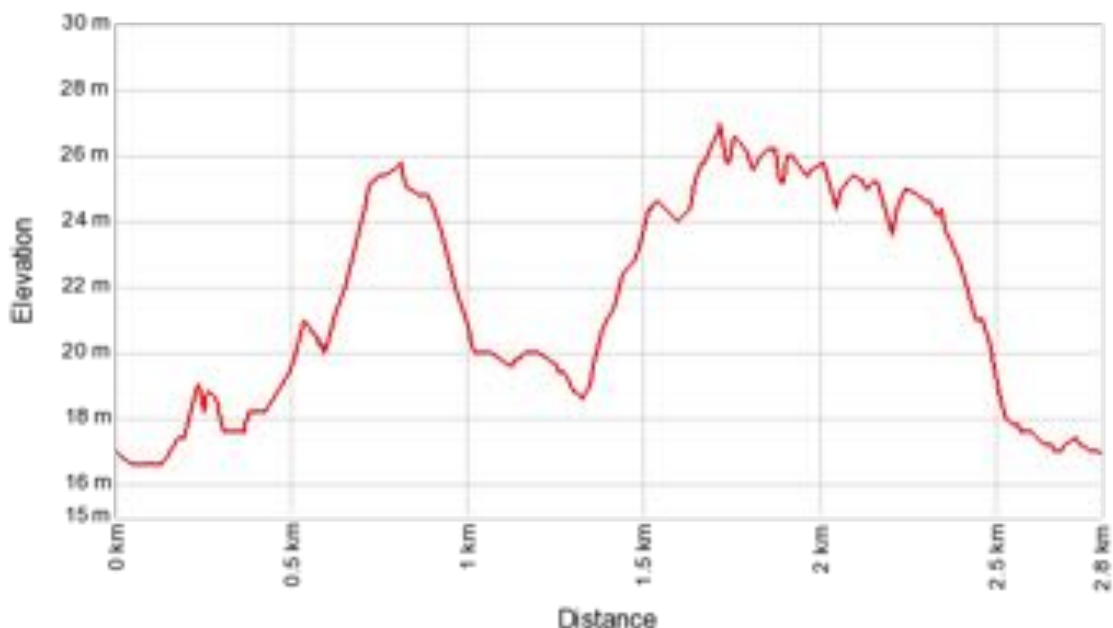
Steeple CX Cup Klein Constantia 2019



RONDEBOSCH BOYS HIGH SCHOOL FIELDS – ROUTE



Steeple CX Cup Rondebosch 2019



CATEGORIES and POINTS

RACE CATEGORIES

CAT	ELIGIBLE RIDERS	RACE DURATION	ELIGIBLE BIKES
MEN			
CAT MA	Men’s Elite & Seeded Age-Groupers	60 minutes	Cyclocross Bikes
CAT MB	Men’s Racing Age-Groupers	50 minutes	Cyclocross or Mountain Bikes
CAT MC	Men’s Social Age-Groupers	40 minutes	Cyclocross of Mountain Bikes
CAT MD	Men’s Novice Age-Groupers	30 minutes	Cyclocross of Mountain Bikes
WOMEN			
CAT WA	Women’s Elite & Racing Age-Groupers	40 minutes	Cyclocross Bikes
CAT WB	Women’s Social Age-Groupers	30 minutes	Cyclocross of Mountain Bikes
CAT WC	Women’s Novice Age-Groupers	20 minutes	Cyclocross of Mountain Bikes

STEEPLE CX CUP POINTS

RIDER POSITION	POINTS	RIDER POSITION	POINTS
1 ST in Category	20	6 TH in Category	10
2 ND in Category	18	7 TH in Category	8
3 RD in Category	16	8 th in Category	6
4 TH in Category	14	9 TH in Category	4
5 TH in Category	12	10 TH in Category	2

RULES

1. Bike Number Boards will be supplied at Registration Packs. All riders must ride with a number board where numbers are clearly visible to timing officials
2. All Riders are required to ride cyclocross or mountain bikes. All gearing and braking systems are allowed. No BMX, tandems or recumbents are allowed.
3. Riders may ride the course before registration closes. Riders on the course after registration closes can be disqualified.
4. Bikes and helmets being in good and safe working order is the responsibility of Riders. Race officials reserve the right to reject any bike/helmet deemed to be potentially unsafe. If a bike or helmet is rejected the Rider will be required to correct the problem before participating in the race.
5. Shoes must be worn by Riders for the entire event.
6. No MP3 players or cell phones are permitted on the course. Riders will be disqualified if caught using one with or without earphones.
7. Cyclocross bikes enjoy preferential position on the start. Riders self-seed in the start area. Talk to those around you to ensure you are not going to get ridden over when the start gun goes.
8. Only cyclocross bikes are eligible for podium places, series points and series prizes.
9. Riders are expected to heed directions and instructions of all race officials and marshalls at all times.
10. Riders may walk with their bike, if necessary, but may not make progress on the course without their bike.
11. The 80% elimination rule will apply to each Category during racing. Any rider completing less than the same number of laps as the winner or not completing the same number of laps within 80% of the winners time will receive a DNF race result.
12. No water bottles are permitted on bikes while racing, unless the temperature is above 25 degrees Celsius, and then only small bottles that are virtually the same length as a bottle cage are permitted.
13. Littering is not permitted on the course. Riders purposefully littering will be disqualified.
14. All Riders must be 16 years old on Race Day.

RIDER CHANGES and SUBSTITUTIONS

Riders are required to confirm at Registration which events they are racing on the day. Riders may change between Categories at Registration.

Riders may allow a substitute Rider to race in their place. Substitute Riders need to complete an entry form and have written confirmation from the original Rider to show at Registration.

TIMING, PLACINGS and PODIUM PRESENTATIONS

We use manual timing at our events. We endeavour to produce results which accurately reflect the race results. Should your race result not be what you expected, please email team@steeplecx.co.za and we will investigate and make corrections. We allow 5 days after race day for issues to be logged. Once issues logged within this period and resolved, race results are final.

Podium presentations will take place after all races are completed.

Steeple CX Cup is not only about the winners. In line with French racing traditions, the Lanterne Rouge for Riders on cyclocross bikes will receive a prize.

GENERAL RULES and REGULATIONS

1. Medical personnel shall have ULTIMATE and FINAL authority to remove a Rider from a race if the Rider is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any Rider will result in disqualification.
2. No Rider may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification. The Medical Control Rules set forth by Drug Free Sport will be binding all Riders. Riders may be requested to undergo drug testing procedures before and after the events.
3. Fraud, theft, abusive treatment of officials, volunteers or others and acts of poor sportsmanship are ground for immediate disqualification.
4. If a Rider decides to withdraw from a race at any time, it is the responsibility of the Rider to report to the Finish Line officials.
5. T3 Multisports (Pty) Ltd and Steeple CX Cup officials reserve the right to make rule changes at any time provided all Riders are notified.
6. If weather or other conditions are such, the format, time or duration of a race can be changed at the discretion of the Race Director. Riders impacted by any changes have no recourse to refunds.
7. All images, persons' names, video and audio recordings in broadcasts, telecasts, the press, internet and in all types of printed material including advertisements for this or other similar events, if the images pertain to Steeple CX Cup may be used for free by the race organisers.

8. Those Riders without medical insurance / medical aid, will be admitted only to a government hospital if hospitalisation is required.
9. International Riders or Riders without medical insurance / medical aid need to provide the race organisers with credit card details at Registration.