

**PARACYCLING**  
**2010 NEDBANK NATIONAL CHAMPIONSHIPS**  
**Port Elizabeth**  
 25 - 31 March 2010



CYCLIST SURNAME:   
 FIRST NAME:

ID NUMBER:

DATE OF BIRTH:

AGE AT 31 DEC 2009:

GENDER:

T-Shirt Size

CSA Lic No.(Snrs only):

COMPUTER NUMBER:

CLASSIFICATION *(mark with an X)*

CP Div1

CP Div2

CP Div3

CP Div4

LC1

LC2

LC3

LC4

HCA

HCB

HCC

Blind/VI

*(mark with an X where applicable)*

PARTICIPATING AS TEAM MEMBER OF A REGION

or

\*PARTICIPATING AS AN INDIVIDUAL

*\* Note: A cyclist may participate in National Championships as an individual, representing their club which must be affiliated to SASAPD or CSA*

Sponsor's Brandname:

REGION:

Name of Regional Cycling Convenor:

Email of Regional Cycling Convenor:

Tel of Regional Cycling Convenor:

CLUB:

Name of Club Chairperson

Email of Club Chairperson

Tel of Club Chairperson

**Club Chairperson's endorsement  
 that cyclist is in good standing  
 (applicable to cyclists participating  
 as individuals)**

Signature of Chairperson:

Please indicate which a X the events you will take part in

TRACK EVENTS						3km
JUNIORS (M & F)		500m TT	800m	1000m TT	1500m	Pursuit
CP1		N A	M&F	N A	M&F	N A
CP2		N A	M&F	N A	M&F	N A
CP3		only female	N A	only male	N A	M&F
CP4		only female	N A	only male	N A	M&F
LC1		only female	N A	only male	N A	M&F
LC2		only female	N A	only male	N A	M&F
LC3		only female	N A	only male	N A	M&F
LC4		only female	N A	only male	N A	M&F
VI Tandem		only female	N A	only male	N A	M&F

TRACK EVENTS				3km	4km
SENIORS (M & F)		500m TT	1000m TT	Pursuit	Pursuit
CP1		N A	N A	N A	N A
CP2		N A	N A	N A	N A
CP3		only female	only male	M&F	N A
CP4		only female	only male	only female	only male
LC1		only female	only male	only female	only male
LC2		only female	only male	only female	only male
LC3		only female	only male	only female	only male
LC4		only female	only male	only female	only male
VI Tandem		N A	M&F	M&F	N A

ROAD EVENTS			
Juniors & SENIORS (M & F)		TIME TRIAL	ROAD RACE
CP1			
CP2			
CP3			
CP4			
LC1			
LC2			
LC3			
LC4			
HCA			
HCB			
HCC			
VI Tandem			

MEDICAL AID DETAILS			
Main member:	<input type="text"/>	Medical Fund:	<input type="text"/>
Main member cell nr:	<input type="text"/>	E-mail:	<input type="text"/>
Plan:	<input type="text"/>	Medical Fund No:	<input type="text"/>

### **COMPETITION RULES AND REGULATIONS**

- 1) Gear restrictions will be enforced within the junior cycling age groups for tandems and bicycles, for the track events.

<b><u>Gear restrictions</u></b>	
u/14	52 X 17
u/16	52 X 16
u/19	52 X 14

- 2) Tandems: VI cyclists will compete in the age category of their pilot. Pilots must have a valid CSA licence
- 3) Colour coded helmets must be worn according to UCI regulations.
- 4) All senior riders must be in possession of a valid 2010 CSA license.
- 5) All entries must reach Mike Burns before or on **4 December 2009 24:00**.
- 6) Withdrawals may take place until 20 January 2010. No new entries will be allowed after **4 DEC 2009**
- 7) Cyclist must compete in their provincial colours.  
(Only brandnames that are registered at CSA and on the rider's cycling license may be visible)
- 8) Cyclists entering as individuals must compete in their club colours.
- 9) Cyclist who are uncertain of their classification may participate, but will not be eligible for placings in the competition
- 10) **Entry FORMS must be submitted to the SASAPD REGIONAL CYCLING CONVENORS.**  
(Convenors will send copies to both SASAPD and the NATIONAL CYCLING CONVENOR)
- 11) **Payment of ENTRY FEES of R100 must be paid into the SASAPD REGIONAL account.**
- 12) **CYCLIST ENTERING AS INDIVIDUALS ONLY must submit their ENTRY FORM directly to the National Cycling Convenor Mike Burns by Fax: 0865510409**

**Payments of R100 Entry fee must be paid into the Account below. Proof of payment accompany the entry form.**

WPCYCLINGPD  
Bank: NEDBANK  
Branch: STELLENBOSCH  
Branch No: 107110  
Acc. No.: 2071375831

***Any queries to be emailed to [kburns101@gmail.co.za](mailto:kburns101@gmail.co.za)***