



# Heineken & MTN Present The WINDPOMP XCM / XCO / XCG / Weekend Stilbaai, 26 - 27 April 2025



## RACE VILLAGE

**STABLES Restaurant** is situated 1.2km outside STILBAAI before the bridge crossing the GOUKOU River. **We host the event at Stables as the RACE Village.**

**TURN OFF from N2 between Albertinia & Riversdale.** Follow R305 for 27km. Venue is on your **LEFT** before crossing the BRIDGE into Stilbaai.



1. **INTRO.** The WINDPOMP series of events of APRIL 2025 will offer a great weekend of cycling in Stilbaai with MEDALS and PRIZE Money for category winners. Open the link to look at the 60km route. The video on the 60km route below;

[https://youtu.be/Z\\_URZCy\\_q18?si=j0\\_Av4dbUxuPHRzI](https://youtu.be/Z_URZCy_q18?si=j0_Av4dbUxuPHRzI)

TIME KEEPING; Grevile & Sharon Radock of GREAT Time.  
PROGRAM;

Saturday 26 April 2025, XCM & XCG event for all categories starting @ 08H00.

We submit our program under the rules and regulations of EDEN Cycling.



2. **ROUTE Options.** The XCM mountain biking sections follow the 106km route of the very successful WINDPOMP marathon event. All marathon routes start and stop in the WINDPOMP Race Village at STABLES.

XCG ROUTE, 106KM, Start 08H00, 28 April

<https://www.strava.com/routes/3315650723954576220>

3. **START.** The XCG starts on Saturday the 26th of April 2025 and the XCO on Sunday the 27th, 08H00 from the WINDPOMP Race Village Area next to Stables. The GRAVEL event starts at 08H00 on Saturday the 26th of April 2025 at the RACE Village @ Stables.



4. **RACE FORMAT.** Cyclists can enter the marathon event known as the XCM, the Cross Country event known as an XCO and the GRAVEL event known as the XCG event. The GRAVEL event follow the guidelines of Cycling SA.

**Definition:**

*Gravel biking is riding a bike on gravel, natural, jeep track or any unpaved surface using any type of bike including cyclo-cross, mountain bike or hybrid.*

**Gravel Bikes:**

4.1 Gravel bikes use drop handlebars, bikes must have two working brakes.

4.2 Mountain bikes, Hybrid and other bikes with "straight" handlebars may use "bar ends" The use of "aerobar" extension or "Tri-Bars" s are not permitted on any bike. These bikes are not classified as "Gravel Bikes"

4.3 Gravel Bikes shall be powered by human power alone.

4.4 We follow the guidelines similar to the SA National championships podium finishers where they may only use a bicycle classified as a 'Gravel Bike' .

**Age Categories and Distances:**

*Refer to Cycling SA MTB Regulations for Cross Country Marathon Rules.*

*Riders need to be 19+ yrs*

5. **CATEGORIES.** The race caters for the following categories! Nippers (9 - 10), Sprogs (11 - 12), Youth (Sub Juniors) (13 - 14), Juniors (15 - 18), Elite (19 - 29), Vets (30 - 49) and Masters (50+). ALL the Category winners can expect gifts or prize money.
6. **ENTRIES & REGISTRATION.** You can enter online @ EntryNinja . Entries CLOSE on Thursday the 24th of April 2025 at 14H00.

**PRIZE Giving happens direct after completion of each category event.**

**XCG, 12H00**

7. **CONTACT US.** You can contact any of the EDEN Protocol CREW managing the event to discuss details of the WINDPOMP XCO, XCO or XCG events.

Race Logistics & Prize Giving, Francois Botha 083 318 0765  
Race Admin & Time Keeping, Sharon Radock 076 709 6487

Route Management, Shaun Prinsloo 067 826 1018  
Medical Backup & Sponsor Support, Ann 082 838 3301



## 9. PROGRAM & COSTING STRUCTURE

CLASS	DISTANCE	FEE
<b>Saturday 26th of April Start 08H00</b>	<b>GRAVEL Event (XCG)</b>	
Senior Men & Woman (19 - 29) Sub Vet Men & Woman (30 - 39) Veteran Men & Woman (40 - 49) Master Men (50 - 59)	106 km - Cycling SA Membership Required	R490.00

Name & Surname

Cell No

Medical & No

Cycling SA No

Category (Age on 31 December of year)

## 10. DATES

**XCG Champs** : Saturday 26<sup>th</sup> of April 2025, 08:00 - 13:00

## 11. VENUE

[Stables Stilbaai](#) - Windpomp Race  
Village

## 12. SPONSORS

Powered by : Heineken, MTN, ISUZU & CP Nel Motors, Mosselbaai.

## 13. COURSE DEMARCATION & RACE VILLAGE PREPARATION

The courses are temporarily marked and will be fully marked by Thursday the 24<sup>th</sup> of April 2025. The race village will be completed by Friday the 25<sup>th</sup> of April 2025. Special area demarcated for team gazebos in TECH Area.

## 14. RACE ENTRY & REGISTRATION

Online Entries only : [www.cyclingsa-events.co.za](http://www.cyclingsa-events.co.za)

Entries close : Thursday 24<sup>th</sup> of April 2025

## 15. MEDICAL SERVICES

Paramedics and ambulances will be on site from Saturday 26<sup>th</sup> of April 2025.



**Emergency contact only for this event: Frontier Medics 083 242 0509**

**16. PARKING - applicable to Friday, Saturday and Sunday**

Secure parking will be available (see Map)

**17. SPECTATORS**

Spectators are welcome.

Be aware to stay off the race line at all times.

No spectators allowed in the Tech / Feed zone.

**18. RACE AND COURSE DIRECTOR**

Race Director: Jan Heenop

**19. EVENT ORGANIZER**

iALA Educate PtyLtd

**20. COMMISSAIRES**

PCP: Karin Bench

APCP: Sharon Ruddock

