



# BOLAND RACE OF TRUTH

190KM TEAM TIME TRIAL

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**1 OCTOBER 2023 | 190KM | 10 RIDER TEAM TIME TRIAL | 2100M ASCENT**

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## RACE FACT FILE

Distance: 190km  
Elevation: 2100m

**Terrain:** Mildly undulating with Bains Kloof Pass and Bothmaskloof Pass the signature challenges

**Route touchpoints:** Wellington | Bains Kloof Pass | Tulbagh | Hermon | Riebeeck Kasteel | Bothaskloof Pass | Malmesbury | Paarl

**Start and finish:** Boland Landbouskool | Paarl

**Entry Fee:** R9700 per team

**Race start:** 06h30

**Race cut-off:** 16h30

**6 Water points:** 4 provided by the organisation and two team assistance zones

**Special Finisher's medal**

**Timed by RaceTec**

**TIME TRIAL BIKES NOT PERMITTED**

**Registration:**

Bicycle Garage, Laborie Centre Paarl: 30 September 09h00 – 15h00

Enter at [www.entryninja.co.za](http://www.entryninja.co.za)

Events office: [devillierscycling@gmail.com](mailto:devillierscycling@gmail.com)



AND RACE OF TRUTH  
190KM TEAM TIME TRIAL



**DE VILLIERS**  
NATIONAL CYCLING





# BOLAND RACE OF TRUTH

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**START/FINISH: BOLAND LANDBOUSKOOI | PAARL**





## BOLAND RACE OF TRUTH

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### LIMITED TO 100 TEAMS CONSISTING OF 10 RIDERS EACH

- Teams start in 30 second intervals. The picturesque route, which takes place on the beautiful cycling roads of the Cape Winelands and the Swartland, includes Bains Kloof Pass in Wellington and Bothmaskloof Pass in Riebeeck Kasteel.
- The race is presented by De Villiers National Cycling with seasoned race director Wynand de Villiers at the helm. De Villiers National Cycling also presents the Boland 100 Miler, Boland Gravel Monster, Paarl Boxing Day Championships and the Tour du Cap road races in the Boland, in addition to the Montecasino Classico, Emperors Palace Classic and Die Groot Trap in Gauteng.



# TEAM CATEGORIES

Teams places and times in the Race of Truth are determined by the fifth rider to cross the finish line. Entry categories are Overall Mixed, Women and Tandem.

## Overall Team

- A team in the overall category consists of men and women and does not resort under any one of the other three classifications. This is the most sought after competition of the Race of Truth.

## Mixed Team

- A team where at least three women finish in the first five team riders across the line, failing which the team will be classified Open.

## Women's Team

- An all-women team finishing with between five and 10 riders.

## Tandem Team

- All team members must be on tandems. Teams that feature normal bikes and tandems will receive an official time race time with an Overall Team classification, but are not eligible for any team prizes. Prizes will only be awarded if there are more than three teams participating as Tandem Teams.



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# ROUTE DESCRIPTION

The route runs on predominantly left turns on the beautiful quiet roads of the Cape Winelands and Swartland. The event starts at Boland Landbouskool and heads north before doing a right turn at the Paardeberg Winery to link up with the Malmesbury R45 back to Paarl.

It turns left at Lady Loch and on the outskirts of Wellington left again on the R44, but it's only a short stint on the R44 before doing a right turn at Chris se Winkel.

Following the right turn at Chris se Winkel, the race turns right on the Old Hermon Road, left on the Hexberg Road, right at Bosman Family Vineyards, right onto Hill Road and then it joins up with the R301 to start the Bains Kloof Ascent

It's 18km from where riders start the ascent to the top!

Although it's still early morning and the roads are quiet, riders are requested to exercise caution when dropping down the pass.

Following the Bains Kloof descent riders turn left onto the R43 towards Ceres. At the R46 T-junction the route turns left towards Wolseley at 80km.

The route passes by Wolseley, Tulbagh and at 124km the race turns right to pass through Hermon and past Riebeeck Kasteel before starting the ascent of Bothmaskloof Pass.

At the R44 which runs between Paarl and Malmesbury riders turn left towards Paarl.

The route links back up with the Paardeberg Road (right) to start the last stretch which runs on the same road on which the event started earlier to finish back at Boland Landbouskool.

The route takes place on a very beautiful and special part of the Western Cape. The Boland is renowned for its cycling friendly roads and road users.



# TEAM SUPPORT FEEDING ZONES AND WATERPOINTS

1. The first waterpoint, which the organisation provides, is at Chris se Winkel at 32km.
2. The second waterpoint set up by the organisation is at the top of Bains Kloof Pass at 51km.
3. **The first team support zone starts shortly after the left turn at the R46 T-Junction at 80km. ONLY static feeding allowed, which means riders need to stop to collect bottles and eats from their support crew. No mobile feeding will be allowed. Vehicles can stop anywhere on the ride of the road within a 5km stretch following the left turn.**
4. The third organisation waterpoint shortly before the Gouda intersection at 107km.
5. The fourth organisation waterpoint is at the top of Bothmaskloof Pass at 137km.
6. **The final team support feed zone starts at 165km on the R45 to Paarl. Team vehicles can park on the side of the road for a 5km stretch to feed their riders.**



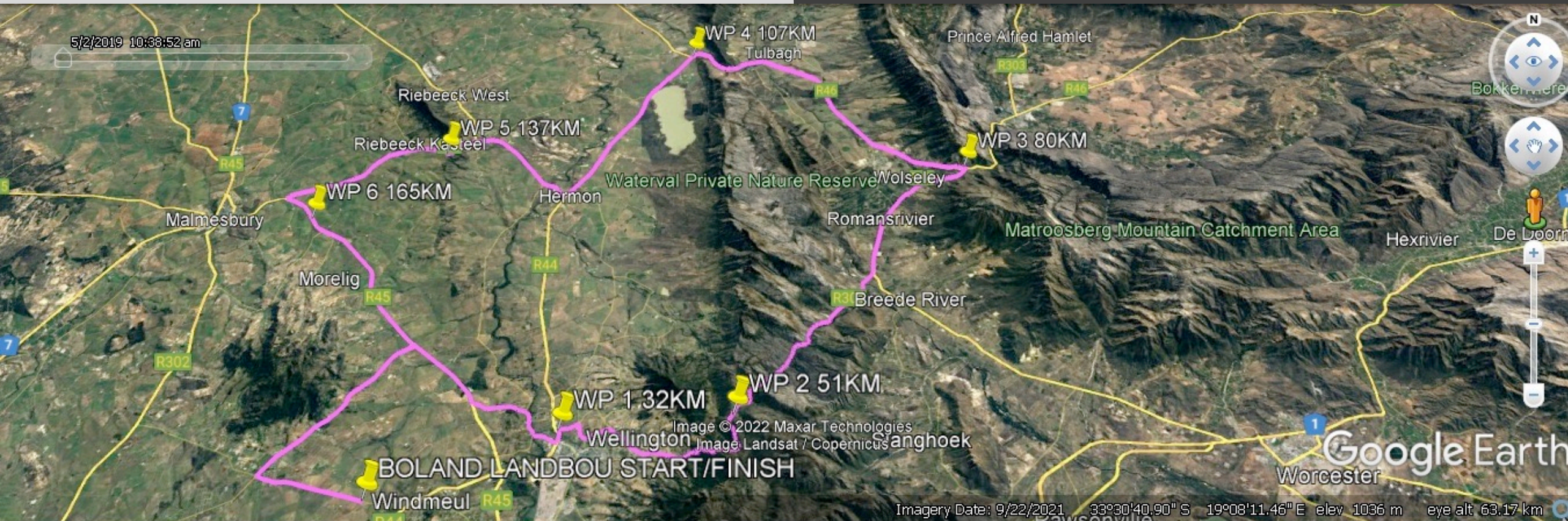
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# ROUTE MAP AND ELEVATION



Graph: Min. Avg. Max Elevation: 58, 194, 595 m  
Range Totals: Distance: 185 km Elev Gain/Loss: 2109 m, -2110 m Max Slope: 10.0%, -7.5% Avg Slope: 1.7%, -1.7%





## MORE INFO AND ENTRIES

- ENTER AT [www.entryninja.com](http://www.entryninja.com)
- For further information, email [devillierscycling@gmail.com](mailto:devillierscycling@gmail.com)



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