



Tour De
WINDHOEK 20**23**

A FOUR DAY ROAD RACE IN AND AROUND WINDHOEK



16-19 FEBRUARY 2023

TECHNICAL GUIDE

WITH THANKS TO OUR SPONSORS...



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ORGANISATION

TOUR OFFICIALS & RACE ORGANISERS

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REGULATIONS

Team representatives are requested to confirm their starters and collect their race numbers as well as timing chips at registration from 16H30 till 17H00 on Thursday 16 February 2023 at Pupkewitz Megabuild, Lifestyle Centre, Kleine Kuppe. The registration tables can be found at the far end of the store near the tools section - up the stairs on the platform.

The team managers' meeting, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires Panel, is scheduled for 17H00 at the registration venue stated above.

GENERAL REGULATIONS

1. The Tour de Windhoek shall be run under the Rules and Regulations of the UCI and NCF together with those mentioned and added below.
2. The organisers reserve the right to amend and/or adjust any stage if any circumstance arise which makes it unsafe or unfit for cycling.
3. Any infringement of any of the Rules and Regulations of the race by any competitor or helper, shall make the competitor liable to time penalties or disqualification.
4. The race jury consists of the Race Director, Chief Commissaire and Finish Line Judge.
5. The race jury reserves the right to make any kind of neutralisation, should circumstances demand.
6. Apart from time penalties that they inflict, the race jury may deprive a competitor of part or all of the prize money or bonuses won and refund these amounts to the general classification.

7. Any appeal against a race jury decision may be lodged with the race jury in writing and accompanied by the sum of N\$500.00 (non refundable if the appellant's case is lost).
8. Any appeal must reach the race jury not later than one hour after the official race results were sent out by email to each Team Manager.
9. All cyclists shall sign the official sign-on sheet, at least 30 minutes before the start of the stage. Failure to do so, will indicate WITHDRAWAL from the tour.
10. Leaders jerseys will be handed out by the race organisers before the start of the following stage.
11. Riders required to report to the Medical Control Officer shall do so immediately after the Protocol Ceremony.
12. All race results will be sent via email to all Team Managers (within 90min of the official finish of the stage) and displayed at the start of the next stage. Team Managers should make sure that correct email addresses are handed to the Registration Officer during registration.
13. All traffic rules shall be strictly observed with special attention paid to traffic lights, level crossings, stop signs and keeping to the left-hand side of the road.
14. The organisers shall under no circumstances hold themselves responsible, IN ANY WAY, for cycling, motor cycling or civil offences.

15. Each team is allowed one service vehicle only and will, for the duration of the Tour, be under the jurisdiction of the Chief Commissaire/Race Director. Each vehicle will be provided with a TDW sticker for each side door.
16. Service vehicles will be placed in the race according to each team's best placed rider on individual classification. Placement for stage one will be done by draw of numbers during the compulsory pre-race meeting.
17. All drivers that receive a vehicle will have to hand in a copy of their drivers licence before receiving the keys to their vehicle.
18. All vehicles supplied by the organisers, shall only be used for the purpose of the Tour.
19. Any accidents, whether to competitor or vehicle must be reported to the Race Director as soon as possible AND on the same day.
20. No other material may be affixed or displayed in any manner whatsoever to any car within the jurisdiction of the race.
21. The leader in each category will wear the appropriate jersey. No race sponsor's advertising may be partially or wholly be covered by any other advertising. No vehicle branding in opposition to the main sponsors may be displayed.

22. Official racing numbers shall be issued and shall be worn unaltered.
- two numbers shall be attached to the lower back for the prologue as well as stage 1, 3, 4 and 5.
 - one number shall be attached to the centre of the lower back for stage 2.
- All racing numbers shall be properly affixed in the correct places and are not to be folded or mutilated in any way.
23. All riders should have a timing chip fixed to the bottom left-hand side of the front fork for the duration of the Tour. Riders with a permanent tag or chip may use that, alternatively one will be supplied for a refundable deposit. Please ensure that borrowed chips be returned after the Tour.
24. The starting order for the teams during the team time trial is as follows: women's teams start at 17H00, reverse order of stage 1. Once they are finished, there will be a 5min break, followed by the mens start in waves of 5 teams. Teams ranked 15-11 will start first, followed by teams 10-6 and teams 5-1, all in reverse order from the 1st stage ranking.
25. Feeding during stage 1, 3 and 5 will be allowed from the team vehicle after the first 50km and before the last 15km of the race. Feeding on stage 2 and 4 is not allowed.
26. No vehicles may follow riders on stage 2 and 4, a technical area is allocated for any technical problems. On the team time trial, 2 neutral service points will be allowed.
27. Pacing another rider is only allowed if the rider started in the same starting group. Three different groups (Elite Tour, Ladies Tour and Light Tour) will be on the road at the same time.
28. Pacing behind an official or non-official vehicle is not allowed.

Tour De Windhoek Light RULES:

Riders can miss a stage but will then be racing, out of competition, but must then please not interfere with the racing side of the race.

TOUR STRUCTURE

The tour will include five competitions:

- | | |
|-------------------------|--------------------|
| 1 Overall Leader | 4 Best Young Rider |
| 2 King Of The Mountains | 5 Team Competition |
| 3 Points Competition | |

1. Overall Leader (Men & Women)

This will be determined by the actual racing time of competitors after adjustments have been made for penalties. Stage 4 will NOT count towards the individual rankings. Lapped riders on stage 4 will get time penalties towards their individual and team ranking.

2. King of the Mountains (Men & Women)

The King of the Mountains competition shall be determined by the allocations of points at mountain primes. The points scoring shall be on a progressive basis and the competitor with the highest score shall be the winner of the competition.

- Mountain Primes
- Category ONE primes: 8, 6, 5, 4, 3, 2, 1 for the first seven positions
- Category TWO primes: 6, 4, 3, 2, 1 for the first five positions
- Category THREE primes: 4, 3, 2, 1 points for the first four positions
- Category FOUR primes: 3, 2, 1 points for the first three positions

Men

- Stage 1 KOM 4 - 58km
- Stage 1 KOM 4 - 72.4km
- Stage 1 KOM 4 - 94.6km

- Stage 3 KOM 3 - 22km
- Stage 3 KOM 2 - 28km
- Stage 3 KOM 3 - 45km
- Stage 3 KOM 2 - 51.5km

- Stage 5 KOM 4 - 4.5km
- Stage 5 KOM 4 - 72.5km

Women

- Stage 1 KOM 4 - 43.2km
- Stage 1 KOM 4 - 64.8km

- Stage 3 KOM 3 - 22km
- Stage 3 KOM 2 - 28km

- Stage 5 KOM 4 - 4.5km
- Stage 5 KOM 3 - 48.3km

3. Points Competition (Men & Women)

The Points Competition shall be determined by the allocations of points at (a) stage finishes and (b) hot-spot primes. The point scoring shall be on a progressive basis and the competitor with the highest score shall be the winner of this competition.

(a) Stage finishes

8, 6, 4, 2 points for the first four (4) positions: stage 1, 3, 4, 5

(b) Hot-spot primes

4, 3, 2, 1 points for the first four (4) positions

Stage 4: 8, 6, 4, 2

Men

- Stage 1: 9.2km
- Stage 1: 100km
- Stage 3: 6km
- Stage 3: 104km
- Stage 4: 10min
- Stage 4: 20min
- Stage 4: 30min
- Stage 4: Final
- Stage 5: 21.3km
- Stage 5: 55.7km

Women

- Stage 1: 9.2km
- Stage 1: 70.8km
- Stage 3: 6km
- Stage 3: 65km
- Stage 4: 10min
- Stage 4: 20min
- Stage 4: Final
- Stage 5: 21.3km
- Stage 5: 31.5km

4. Best Young Rider (Men & Women)

This shall be the cyclist who is under the age of 23 on 16 February 2023 and who is placed highest in the overall classification. Note: To qualify for the Under 23 competition, competitors must provide proof of age during registration by show of birth certificate.

5. Team Competition (Men & Women)

This will be determined by the addition of the actual racing time of the best three riders in a team after adjustment have been made for penalties per stage.

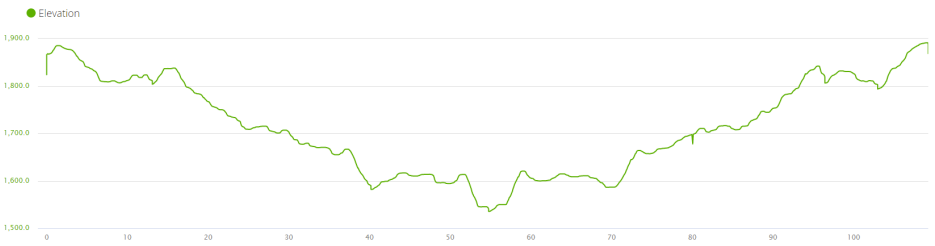
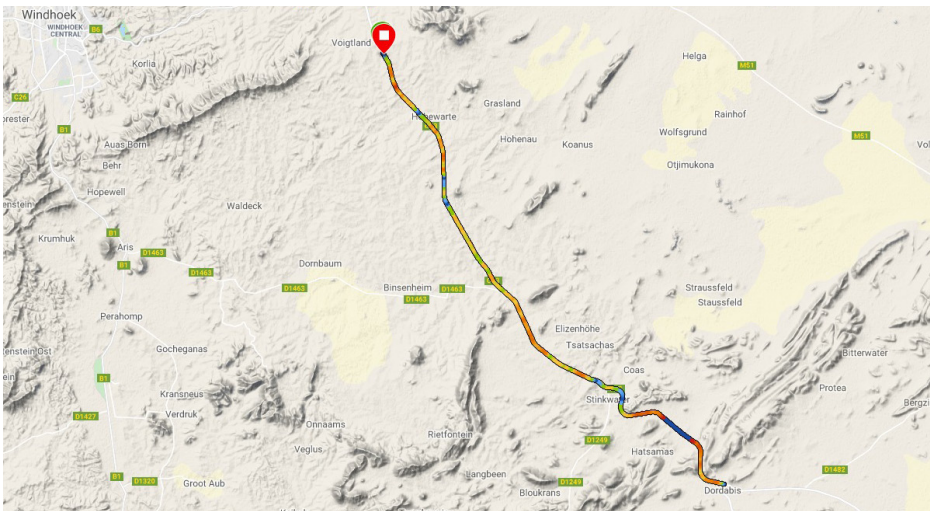
PROLOGUE | PUPKEWITZ MEGABUILD

5km Sprint for Yellow 16 February 18:00

STAGE 1 | DORDABIS 17 February 07:00

TDW DISTANCE: 109km Turn around at 54.8km
MEN

S Sprint: 9.2km & 100km **K** King of the Mountains: 58km, 72.4km & 94.6km



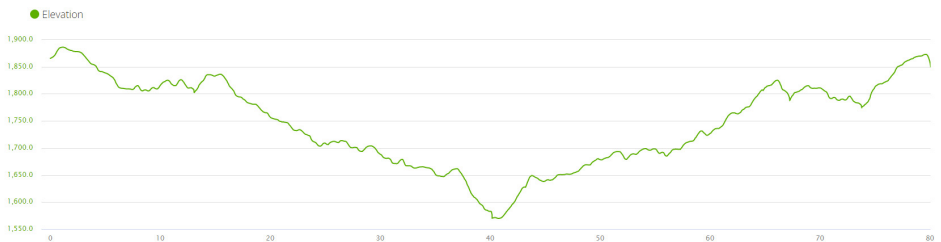
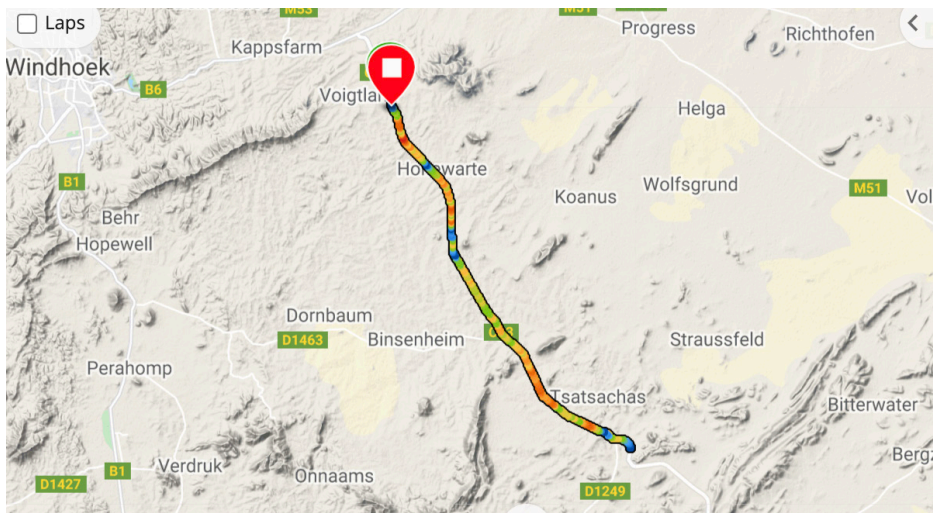
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STAGE DETAILS

TDW DISTANCE: 80km Turn around at 40km
WOMEN

S Sprint: 9.2km & 70.8km **K** King of the Mountains: 43.2km & 64.8km

TDWLight DISTANCE: 80km Turn around at 40km

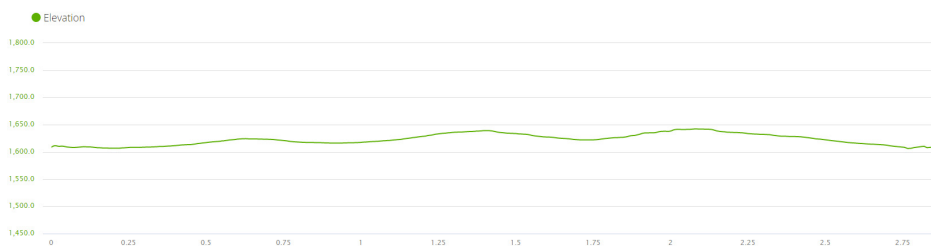


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STAGE 2 | TEAM TIME TRIAL 17 February 17:00

TDW DISTANCE: 15.6km 6 laps of 2.6km, anti-clockwise
MEN

TDW DISTANCE: 10.5km 4 laps of 2.6km, anti-clockwise
WOMEN



Please note: Only branded team vehicles will be allowed on the track. Gates will close at 16H55, 5 min before the start of the Women's Team Time Trial. Thereafter teams and spectators may only enter the track on foot.

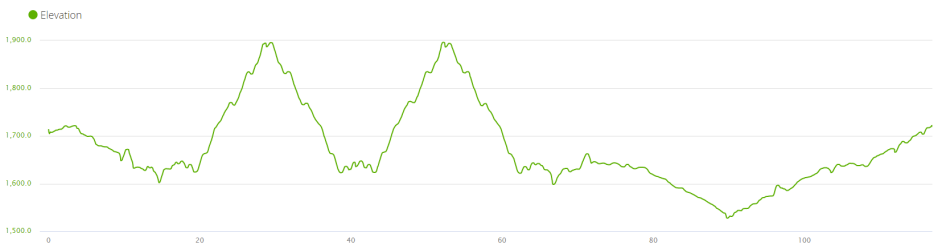
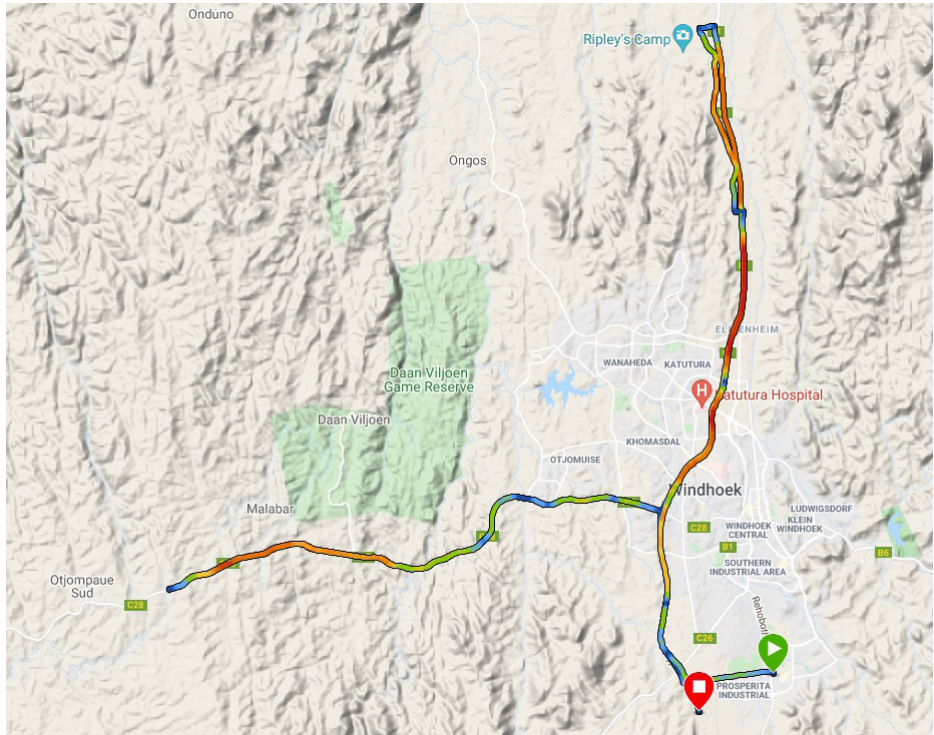
Women's teams start at 17H00, reverse order of stage 1. Once they are finished, there will be a 5min break, followed by the mens start in waves of 5 teams. Start 1 min apart. Teams ranked 15-11 will start first, followed by teams 10-6 and teams 5-1, all in reverse order from the 1st stage ranking. No TT bikes. Not for TDW Light riders Class.

STAGE 3 | PUPKEWITZ BYPASS 18 February 07:00

TDW DISTANCE: 117km

MEN

S Sprint: 6km & 104km **K** King of the Mountains: 22,28, 45 & 51.5km



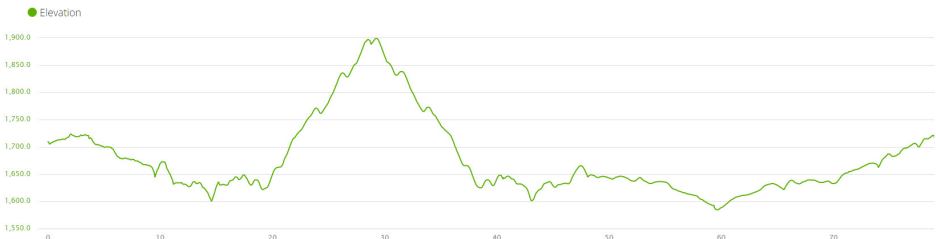
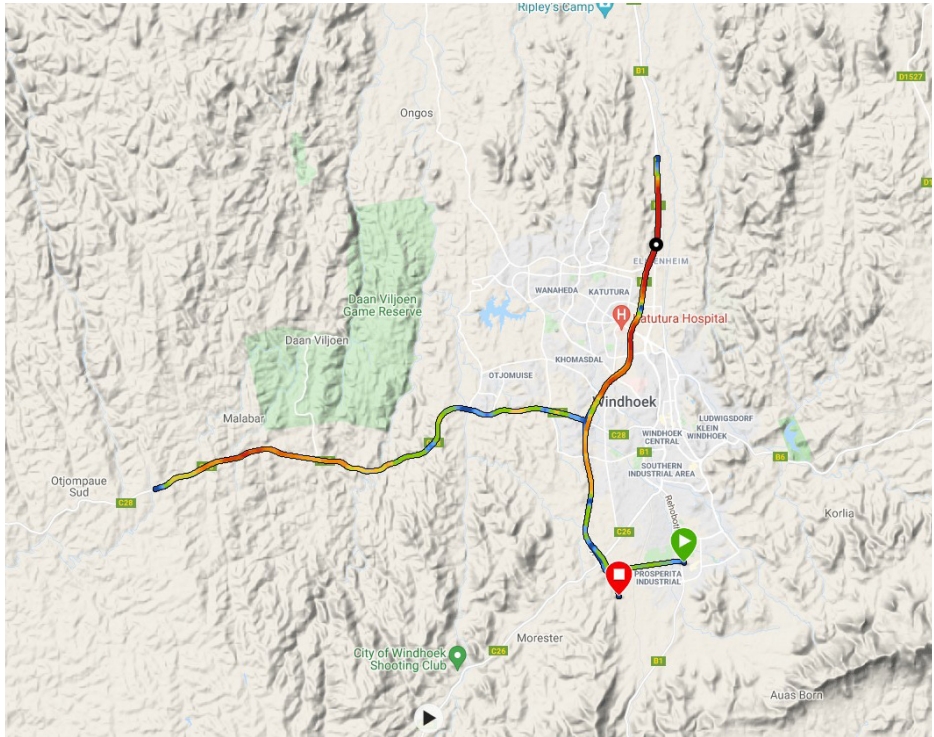
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TDW DISTANCE: 79km WOMEN

S Sprint: 6km & 65km

K King of the Mountains: 22 & 28km

TDWLight DISTANCE: 79km



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STAGE 4 | PUPKEWITZ MEGABUILD CRITERIUM

18 February 17:00

TDW LAP DISTANCE: 1.7km **DURATION: 40min plus 1 lap**
MEN 📍 Sprint: every 10min and on final lap

TDW LAP DISTANCE: 1.7km **DURATION: 30min plus 1 lap**
WOMEN 📍 Sprint: every 10min and on final lap



TDW Lite riders will be grouped according to their GC times. Slowest 30 ride 15min, followed by the next 30 and so forth.

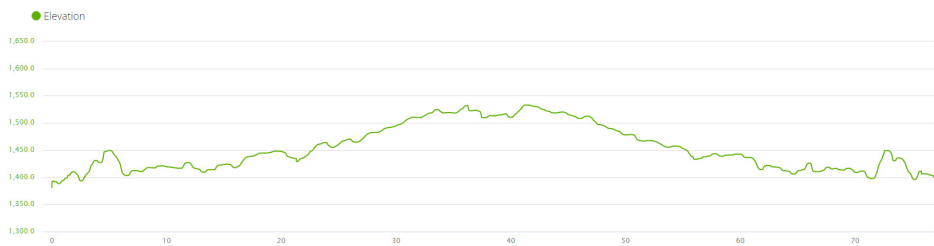
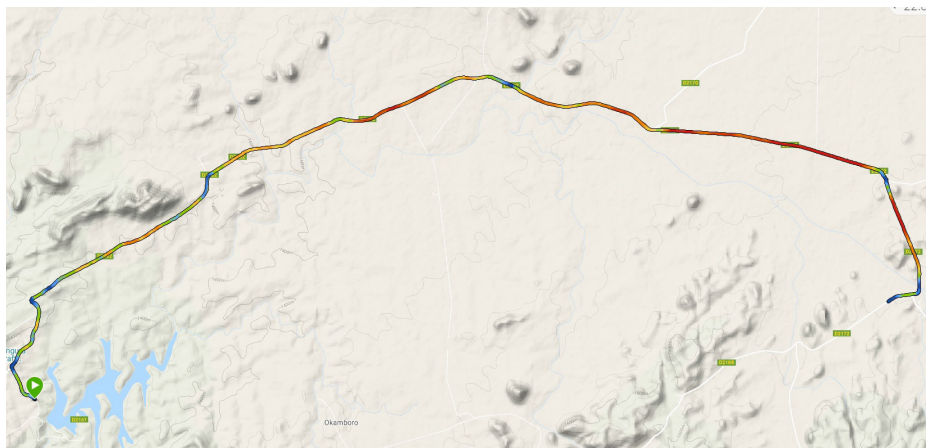
Riders lapped in the first 20 min receive a 3 min penalty added to their time and the team time.
Riders lapped from 20-30 min receive a 2 min penalty added to their time and the team time.
Riders lapped after this will be pulled from the race.

STAGE 5 | VON BACH DAM 19 February 09:00

TDW DISTANCE: 77km

MEN

S Sprint: 21.3km & 55.7km **K** KOM: 4.5km & 72.5km



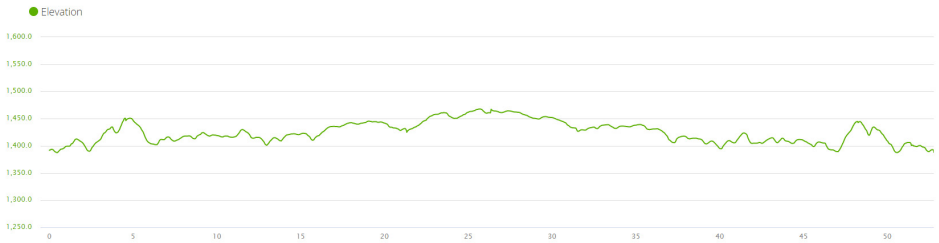
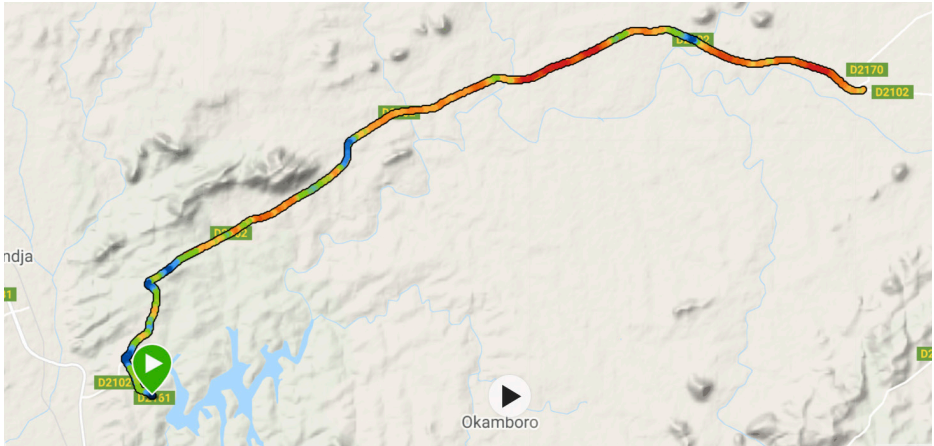
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TDW DISTANCE: 53km

WOMEN

S Sprint: 21.3km & 31.5km **K** KOM: 4.5km & 48.3km

TDWLight DISTANCE: 53km



[Click here for profile](#)

TIME SCHEDULE

16 FEBRUARY

Registration & Prologue

- 16:30** Registration
- 17:00** Race Briefing (Team managers Megabuild Lifestyle)
- 18:00** Prologue start Men
- 18:05** Prologue start Women

17 FEBRUARY

Stage 1

- 6:00** Registration
- 7:00** Start: TDW Men
- 7:05** Start: TDW Light
- 7:15** Start: TDW Women

Stage 2

Women's teams start at **17:00**, reverse order of stage 1. Once they are finished, there will be a 5min break, followed by the mens start in waves of 5 teams. Teams ranked 15-11 will start first, followed by teams 10-6 and teams 5-1, all in reverse order from the 1st stage ranking.

18 FEBRUARY

Stage 3

- 6:00** Registration
- 7:00** Controlled start - all together
- 7:10** Rolling start at Western Bypass: TDW
- 7:12** Rolling start at Western Bypass: TDW
- 7:20** Expected finish: TDW Light
- 9:30** Rolling start at Western Bypass: TDW
- 9:30** Expected finish: TDW Women
- 10:30** Expected finish: TDW Men

Stage 4

- 16:00** Registration
- 17:00** Start
- 17:45** Finish

19 FEBRUARY

Stage 5

- 8:00** Registration
- 9:00** Start: TDW Men
- 9:02** Start: TDW Light
- 9:05** Start: TDW Women
- 10:30** Expected finish: TDW Light
- 10:30** Expected finish: TDW Women
- 11:00** Expected finish: TDW Men
- 12:00** Final prize-giving

PRIZE MONEY

IN NAMIBIAN DOLLARS (N\$)

As outlined below.

10% DEDUCTED TOWARDS NCF DEVELOPMENT PROGRAM.

TOUR DE WINDHOEK MALES

AGE CATEGORY	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH	TOTAL
<i>Open</i>	10 000	7 500	5 000	4 000	3000	2000	1500	1000	750	500	35 250
<i>King of Mountains</i>	3 000	2 000	1 000								6 000
<i>Sprinters</i>	3 000	2 000	1 000								6 000
<i>Best Young</i>	3 000	2 000	1 000								6 000
<i>Best Team</i>	4 000	3 000	2 000								9 000
	23 000	16 500	10 000								

TOUR DE WINDHOEK WOMEN

AGE CATEGORY	1ST	2ND	3RD	4TH	5TH	TOTAL
<i>Open</i>	10 000	7 500	5 000	4 000	3 000	29 500
<i>King of Mountains</i>	3 000	2 000	1 000			6 000
<i>Sprinters</i>	3 000	2 000	1 000			6 000
<i>Best Team</i>	4 000	3 000	2 000			9 000
	20 000	14 500	9 000			

TOUR DE WINDHOEK LIGHT

<i>AGE CATEGORY</i>	<i>1ST</i>	<i>2ND</i>	<i>3RD</i>	<i>TOTAL</i>
<i>Open Men (19-29)</i>	1 500	800	500	2 800
<i>Open Women (19-29)</i>	1 500	800	500	2 800
<i>U/14 Boys</i>	1 500	800	500	2 800
<i>U/16 Boys</i>	1 500	800	500	2 800
<i>U/16 Girls</i>	1 500	800	500	2 800
<i>Junior Boys (17-18)</i>	1 500	800	500	2 800
<i>Junior Girls (17-18)</i>	1 500	800	500	2 800
<i>Sub-Vet Men (30-39)</i>	1 500	800	500	2 800
<i>Sub-Vet Women (30-39)</i>	1 500	800	500	2 800
<i>Veteran Men (40-49)</i>	1 500	800	500	2 800
<i>Veteran Women (40-49)</i>	1 500	800	500	2 800
<i>Master Men (50-59)</i>	1 500	800	500	2 800
<i>Master Women (50-59)</i>	1 500	800	500	2 800
<i>Grandmasters (60+)</i>	1 500	800	500	2 800
	21 000	11 200	7 000	39 200



YELLOW JERSEY
N\$8 000



KING OF THE MOUNTAINS JERSEY
N\$3 000



Best Namibia Ryder
N\$3 000



SPRINTER'S JERSEY
N\$3 000



BEST YOUNG RIDER JERSEY
N\$3 000



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THANK YOU

TO OUR SPONSORS,
WINDHOEK TRAFFIC DEPARTMENT,
OUR HELPERS AND, OF COURSE,
OUR RIDERS