

The 4th instalment of SA's most popular Team "time-trial" Event – THE WOA IQEMBU CYCLE CHALLENGE will take place in Durban on the M4 on SEPTEMBER 6th starting at 7am

What is this all about?

- A TEAM EVENT over 100km/60km or 40km (the route being a 10km ride out along the M4 north – starting at the Moses Mabhida Precinct Area – riding back 10km back into town) = the fastest flattest cycle route you will ever ride
- The 100km do it 5 times (5 laps of 20km) – the 60km do it 3 times (3 laps of 20km) – the 40km do it 2 times (2 laps of 20km)

What events are on offer?

100km TEAM EVENT

- Between 5 and 8 riders make up the team
- The time for each team is recorded once your 5th rider crosses the line
- Each team does 5 laps of the 20km circuit = 100km
- 100km teams will start at 7am and leave at spaced out intervals
- Road Bikes and TT bikes are allowed
- 3 Categories
- MEN – WOMAN – MIXED
- For a mixed team to qualify – at least one of the 5 riders to cross the line that records the teams finish time has to be a lady
- TOP 3 in all the above categories
- <https://iqembucyclerace2026.myactive.co.za/CaptureDetails/Registration.aspx>

60km TEAM EVENT

- Between 4 and 6 riders to make up the team
- The time for each team is recorded once your 4th rider crosses the line
- Each team does 3 laps of the 20km circuit (3 laps of 20km = 60km)
- 60km Teams will leave directly after the last 100km team has left – spaced intervals between teams will apply
- 3 categories
- MEN – WOMAN – MIXED
- For a mixed team to qualify – at least 1 of the 4 riders crossing the finish-line to record the finish time has to be a lady
- <https://iqembucyclerace2026.myactive.co.za/CaptureDetails/Registration.aspx>

40km TEAM EVENT

- Between 2 and 4 riders to make up the team
- The time for each team is recorded once the 2nd rider of each team crosses the finish-line
- Each Team does 2 laps of the 20km circuit (2 laps = 40km)
- 40km Teams leave directly after the 60km teams – paced intervals between these teams will apply
- MEN – WOMAN – MIXED
- For a mixed team – at least 1 of the 2 riders has to be a lady
- <https://iqembucyclerace2026.myactive.co.za/CaptureDetails/Registration.aspx>

EACH ENTRANT gets a pair of custom cycle race socks – finishers medal – goodie bag and finish drinks at the end

OPEN to ALL – clubs – families – training groups – fun teams – serious teams – fit – the not so fit

REGISTRATION will be at DVH CYCLES in Durban North on the Saturday 5th SEPT 9am to 1pm

RACE STARTS 7am on SUNDAY 6th SEPTEMBER next to the Kings Park Swimming Pool across from Moses Mabhida Stadium

PRIZE-GIVING – 10am

CUT OFF is 11:30am

For more info

Email us back events@triathlonplussa.co.za