OLDMUTUAL

DOUBLE CENTURY

EVENT GUIDE

208KM | 21 NOVEMBER 2026





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Thank you to our generous sponsors.

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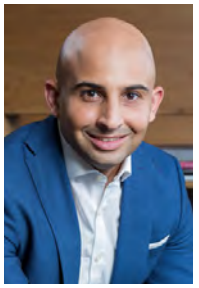
WELCOME

It's the journey – and who you share it with.



From Old Mutual

There is something rather special about the Old Mutual Double Century. Perhaps it's the challenge of 208 kilometres, the beauty of the route through the Overberg, or the satisfaction of reaching Swellendam under your own steam. But for me, what makes this event truly memorable is the people you share it with.

I've completed seven Double Centuries, and each has its own story. My first was almost a decade ago, in a makeshift team and I can safely say it was a baptism of fire! Our ambition was simple: get all 12 riders to Swellendam in one piece, which we (barely) did! Since then, the challenge has evolved, the training has become more rigorous, nutrition has become a cornerstone and over the years the times have got faster. But the essence of the event, and what makes the Double Century unforgettable, has never changed.

Over 208 kilometres, you quickly discover that individual strength only gets you so far. Success depends on teamwork, trust and looking out for one another. Knowing when to take a turn at the front, when to tuck in, and when to ease back to support a teammate is what makes the difference. The strongest rider isn't necessarily the most important; it's how the whole team works together that counts.

I think there's a very real parallel here with life, business and investing. Meaningful achievements rarely happen overnight. They are built through discipline, consistency and the small decisions we make every day. Whether preparing for a long-distance ride or building long-term financial security, showing up, staying committed and keeping your eye on the bigger picture matter enormously. More importantly, the achievements that matter most are rarely ours alone. They are made possible by the people around us, the teammates, colleagues, friends and family who help us keep moving forward when the road gets tough.

As title sponsor, Old Mutual is proud to be part of an event that embodies so many of these values. And as a cyclist, I'm equally proud to be on the start line alongside so many people who share a passion for the ride.

To everyone taking part this year, enjoy every kilometre. Look after your teammates, celebrate the small victories and take a moment to appreciate the people riding beside you. The finish line is always satisfying, but the memories you'll treasure most are often made along the way.

And when the Three Sisters are finally behind you, I can personally recommend a well-earned chocolate Steri Stumpie!

Ride hard. Laugh often. Get there together.

Farhad Sader
Managing Director, Old Mutual Wealth

OLDMUTUAL



From Golazo

It is a real privilege to welcome you to the 2026 Old Mutual Double Century, one of South Africa's truly iconic cycling challenges.

For more than three decades, the Double Century has brought people together around something that goes far beyond cycling. It is 200 kilometres of endurance and determination, but above all, it is about teamwork, friendship and achieving something together that would be so much harder to achieve alone.

This year will be particularly special for me, as I will take on my very first Double Century. I am excited to experience the beauty of the Overberg from the bike, to feel the atmosphere of this remarkable event and to share the road with so many people united by the same passion and the same challenge.

At Golazo, we believe passionately in the power of sport. Sport moves us, connects us and inspires us to discover what we are capable of. It creates friendships, strengthens communities and helps build a healthier and happier society. The Old Mutual Double Century captures that spirit beautifully.

To every cyclist standing on the start line, enjoy the journey. Support your teammates when the road gets tough, celebrate the moments that make you smile and remember that the greatest achievement is not simply reaching the finish line, but getting there together.

My sincere thanks go to the organisers, volunteers, support crews and local communities who make this extraordinary experience possible.

I wish you an unforgettable ride. And this year, rather than welcoming you from the sidelines, I look forward to sharing every kilometre of the challenge with you.

See you on the road in Swellendam.

Bob Verbeeck
Founder and CEO, Golazo



From the PPA

On behalf of the Pedal Power Association, welcome to the 2026 Old Mutual Double Century.

By the time you roll out of Swellendam, you'll have put in months of early starts and long rides. I hope that somewhere in those 208km you get to repay a teammate who pulled you through a tough training ride. Chances are you'll both get your turn.

Thank you to the support crews, marshals and volunteers who give up their Saturday to help get everyone home safely, and to the people of Swellendam for welcoming us back.

Please listen to the marshals and give other riders and road users room. From all of us at the PPA, have a safe ride and enjoy that finish.

Stephen Hayward
Chairman, Pedal Power Association



From the Premier of the Western Cape

The Old Mutual Double Century has become as much a part of the Western Cape's identity as our wine farms and beaches. It showcases our province as South Africa's 'Capital of Cycling'.

Cycling allows me to connect more closely with our province and its people – something I truly value.

> ***"Every time I get on my bicycle, I am reminded of the incredible beauty and diversity of the Western Cape."***

Every time I get on my bicycle, I am reminded of the incredible beauty and diversity of the Western Cape. When I traverse the roads of our province, from the seat of my bike, I am also reminded of the power of cycling. It is so much more than just a pastime or mode of transport; it connects us to opportunities.

I encourage all our residents to get out on our roads and bike paths, to experience for themselves the joy, freedom, and well-being that cycling brings.

A heartfelt thank you to Old Mutual, the Pedal Power Association, and Golazo for their continued commitment to promoting cycling – not only as a means of mobility, but also as a way to build a healthier, more connected community.

Alan Winde
Premier, Western Cape Government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MAKE THE MOST OF YOUR

OMDC WEEKEND

The **2026 Old Mutual Double Century** will take its riders on a 208km lap of the Overberg, turning Swellendam into a cycling festival for a glorious November weekend. Here's everything you need to know to make the most of every cyclist's bucket-list team time trial.

The show goes on

The Old Mutual Double Century will use the Swellendam Show Grounds as its event base. You will meet here, collect your race packs here, leave from here and return here triumphant after a 208km adventure around the majestic Overberg area. The best place to unwind after your excellent ride is right here, mingling with the locals and your newfound friends, sharing war stories and triumphs over a celebratory cold one.

We want you to hang with us long after the event; there's plenty to eat, drink and do while you welcome in your fellow warriors of the road, as they too celebrate their finish with photos on the Old Mutual Photo Stage. Finishing the Old Mutual Double Century is well worth some self-congratulation!

Shop local

Visit All Mountain Co. Bicycle Store when you're in town for the Old Mutual Double Century. They will cater for all your cycling needs and necessities. You can find them at Shop 19 Carlton Mall, Voortrek Street, Swellendam, and at the Show Grounds for any last-minute emergencies.



Squirt smooth operators

As proud product sponsors, Squirt want you to use as little energy as possible to get around the 208km route; a well-lubricated chain can make a huge difference. They will have a lube station on race day. Check out their excellent Barrier Balm for ultimate bottom comfort on a long day out – you'll find a sample sachet in your goodie bag.

Sharing is caring SWD Connect will provide free wifi in the race village, so you can update your Strava, and tag us in your ride pics – social handles below!





SOCIAL MEDIA INFORMATION
www.doublecentury.co.za

FACEBOOK
@oldmutualdoublecentury

INSTAGRAM
@oldmutualdoublecentury

#OldMutualDC
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The Food Lover's Market

Celebrate the completion of your 2026 Old Mutual Double Century with a team braai. Food Lover's Market will be providing braai hampers to all teams entered at this year's event. Teams can collect their team braai hampers from the Show Grounds, next to the hall – either on Friday during number collection, or Team Support Drivers can collect on Saturday after the race, to enjoy a quality afternoon of team building. Just in case you didn't bond enough during your 208km bikeventure!

Who will be Kings of the Atlantic Seaboard?

In the last few years, the Old Mutual Double Century has been host to an (informal) race within a race, a challenge, a battle royale amongst select teams of riders. Hailing from Cape Town's Atlantic Seaboard, these teams have challenged each other to prove their Cape supremacy on the roads of the Overberg at the OMDC. At home, they train on the same routes and drink at the same coffee shops. There is grudging acknowledgement and mild respect amongst the riders throughout the year, but as the Double Century draws closer, all niceties cease. Weaker riders are culled from the respective herds. Tactics are drawn up. Battle plans take shape. All for the title of Kings of the Atlantic Seaboard. To honour these riders and their commitment to racing the OMDC, we have opened a (fun) category to officially recognise the Old Mutual Double Century Kings of the Atlantic Seaboard, who will be officially acknowledged at prizegiving. May the best (dressed) team win.

And the winners are...

Race Day prize-giving will take place at 16:00 at the Show Grounds. Finishing the 208km course is no mean feat – those who do really deserve high accolades! We'd like all teams to stick around and be part of the medal ceremony and celebrations under the bedouin tent at the end, as the winning teams take to the stage. The victors cover the course in astonishing speed, and being celebrated by peers will show the the *gees* and camaraderie that is a key part of OMDC.



La Perla Classic (pictured) were crowned Kings of the Atlantic Seaboard in 2025.

Smells like team spirit

Van Loveren Wines will be at prize-giving again this year, providing bubbles for the winners and sponsoring the annual Team Spirit Award: a special prize for the most special team on the day.



A LEGACY BEYOND THE FINISH LINE

Getting a team through the Old Mutual Double Century takes more than strong legs. It takes patience, encouragement and a willingness to help someone through a difficult patch, even when your own legs are making a convincing case for stopping.

The Carrol Boyes Legacy Trophy recognises that same spirit beyond race day.

Introduced to celebrate a team making a meaningful difference through cycling, the annual award honours resilience, inclusivity and transformation. Results matter at the Double Century, of course. This trophy also acknowledges the work that gets more people onto bikes, builds confidence and gives riders the opportunity to belong.

That might mean using cycling to uplift a community, mentoring newcomers or helping to make the sport more accessible. It could mean persevering through difficult circumstances and, along the way, inspiring others to keep going.

Much of this work happens quietly. Someone lends a bicycle. Someone gives up a Saturday morning to guide a nervous rider. A team makes room for a newcomer, then keeps showing up until that newcomer becomes a regular. These contributions deserve recognition, too.



Purpose Power Pedal ParaDCSA, the winners of the 2025 Carrol Boyes Legacy Trophy. The team was made up of five visually impaired tandems and two amputee cyclists.

The floating trophy is a one-of-a-kind Carrol Boyes design, capturing the teamwork and perseverance at the heart of the event.

For Carrol Boyes, the award extends a commitment to creativity, empowerment and legacy. Known for South African design and innovation, the brand is building on its Double Century sponsorship by acknowledging people whose contribution to cycling reaches beyond their own ride.

The floating trophy is a one-of-a-kind Carrol Boyes design, capturing the teamwork and perseverance at the heart of the event. Awarded each year, it will provide an ongoing reminder of what a cycling community can achieve when people invest their time and energy in others.

At an event built around teamwork, there is a fitting place for an award like this: one that celebrates the riders who help others find their feet on the pedals, and a place in the bunch.

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IMPORTANT PRE-RACE INFO

Essential times, dates and other details for the **2026 Old Mutual Double Century.**



BEFORE YOU RIDE

Race pack and number collection

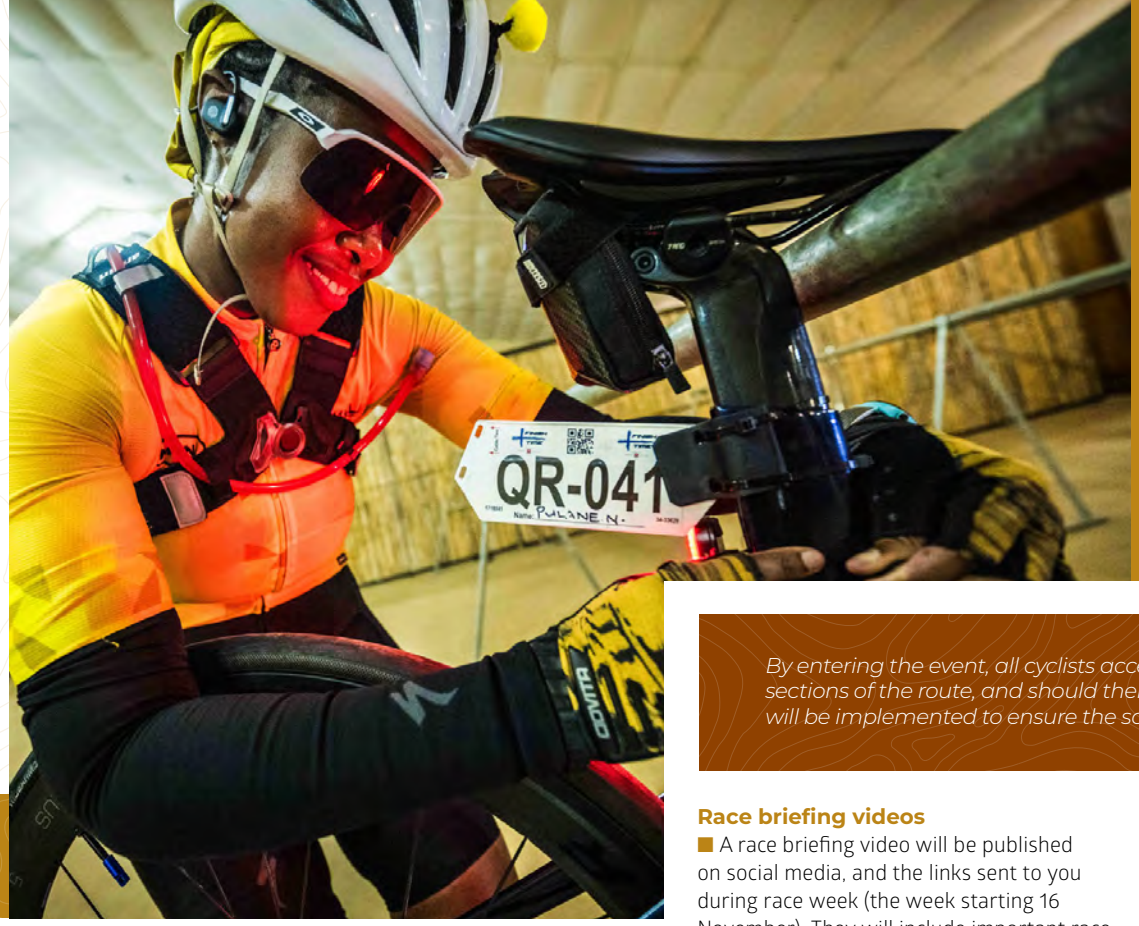
The team captain or a representative must collect the team's race numbers on one of the following dates.

■ **Tuesday, 17 November 2026**
Cape Town, Southern Suburbs
Golazo Office: 65 Avenue de Mist, Rondebosch
14:00-18:30

■ **Wednesday, 18 November 2026**
Cape Town, Northern Suburbs
Chris Willemse Cycles – Shop 12C, Willowbridge North, Carl Cronje Drive, Bellville Park
13:00-17:00

■ **Friday, 20 November 2026**
Swellendam
*Swellendam Show Grounds, Swellendam**
12:00-18:00
**Please note that there will be NO parking available at the Show Grounds, but there will be limited parking in Station Street.*

Please note: *NO registration (race pack collection) will be done on Race Day morning!*





By entering the event, all cyclists accept that there may be roadworks on sections of the route, and should there be roadworks in effect, certain measures will be implemented to ensure the safety of all cyclists

Substitutions

The deadline for online substitutions was Monday, 9 November 2026. Changes and additions can still be made via the team admin link, but the individual collecting the race packs on behalf of the team will need to pay a penalty fee of R200 per addition or change at registration.

For changes made online after race numbers have been collected, the R200 can be paid at the admin desk before starting the ride on race day. If the correct procedure is not adhered to and a team member is found to be riding without completing a valid substitution, the entire team will be disqualified.

No changes or substitutions of team members are possible on Race Day.

Basic rules of entry

■ No OMDC entrant may give their number or timing board to another person. In the case of tandems, both riders' FinishTime timing boards must be appropriately affixed to the bike. ***NB*** *Other timing chips will NOT work at the 2026 OMDC;* all riders must use the permanent FinishTime timing board. If you do not have one, you will need to purchase one. No board, no ride, no result – bikes will be checked in the line-up to the start. Teams will not be allowed to start without all team members displaying the FinishTime timing boards.

■ A cyclist may not dispose of any litter along the OMDC route except in the refuse bins provided. Penalties for littering range from fines to disqualification.

■ We appeal to cyclists to ride no more than two abreast.

Race briefing videos

■ A race briefing video will be published on social media, and the links sent to you during race week (the week starting 16 November). They will include important race information about the route, roadworks and the neutral zones, how to navigate to and from the Team Support Zones, and support vehicle information.

■ *It is strongly advised that the whole team watch the videos* (possibly at a team meeting) to ensure that every team member is aware of the information therein and to minimise any confusion on Race Day.

Long-haul bike transporters

Long-haul bike transporters will facilitate bike collections during registration hours – from 12:00 to 20:00 on Friday, 20 November – at the Show Grounds. Please ensure you have your bike transporter's contact details handy to avoid any issues when collecting your bike.

■ **VIP Bicycle Logistics**
Contact: Barend van Heerden
barend@bicyclelogistics.co.za
082 571 5557
www.bicyclelogistics.co.za

■ **Cycle Transport**
Contact: Wynand Theron
wynand@cycletransport.co.za
082 334 4274
cycletransport.co.za

■ **Echelon Bike Transport**
Contact: Mike Sema
bookings@echelonbiketrans.co.za
071 418 4046
www.echelonbiketrans.co.za

■ **Move My Bicycle Transport**
Contact: Nick Porteous
nick@movemybicycle.co.za
072 878 9221
movemybicycle.co.za



IMPORTANT RACE DAY INFO

Everything you need to know for your memorable day in the saddle.

RACE DAY EMERGENCY NUMBER 087 820 5605

Please save this number to your phone in case of an emergency. It will also be printed on your race number.



FOUR THINGS
YOU NEED TO START THE RACE

1 OFFICIAL OMDC RACE NUMBER
To be worn low down on your back.

2 FINISHTIME TIMING BOARD
The FinishTime timing board MUST be affixed to your bicycle horizontally and visibly, preferably on your seat post below your saddle.

3 NUMBER BOARD (included in your race pack) To be cable-tied to your handlebars, facing forwards.

4 HELMET – No helmet, no ride.



HOW TO MOUNT YOUR FINISHTIME TIMING BOARD



1 PREPARE
Work out where you are going to mount your timing board on your bike. Line up the holes of the mount and the holes in the board, with the number the correct way up. Push the cable ties through the holes.

2 MOUNT
The best mounting point is on your seat post, below your saddle and saddle bag. The number must be clearly visible from the side, and the board must be horizontal and unobstructed for the most accurate results. Some smaller bikes might require a more creative solution; if there is not a lot of seat post visible, look for options mounting it around the frame, but ***always with the board horizontal.***

3 FINISH
Make sure the board is pointing backwards, parallel to the rear wheel direction, so that it is out of the way of your powerful legs. Pull the cable ties tight and trim them so that they don't interfere with your thighs as you pedal. And, you are done.



WHEREVER YOU MOUNT IT, KEEP IT HORIZONTAL!

FINISH TIME

SPORT SPLITS

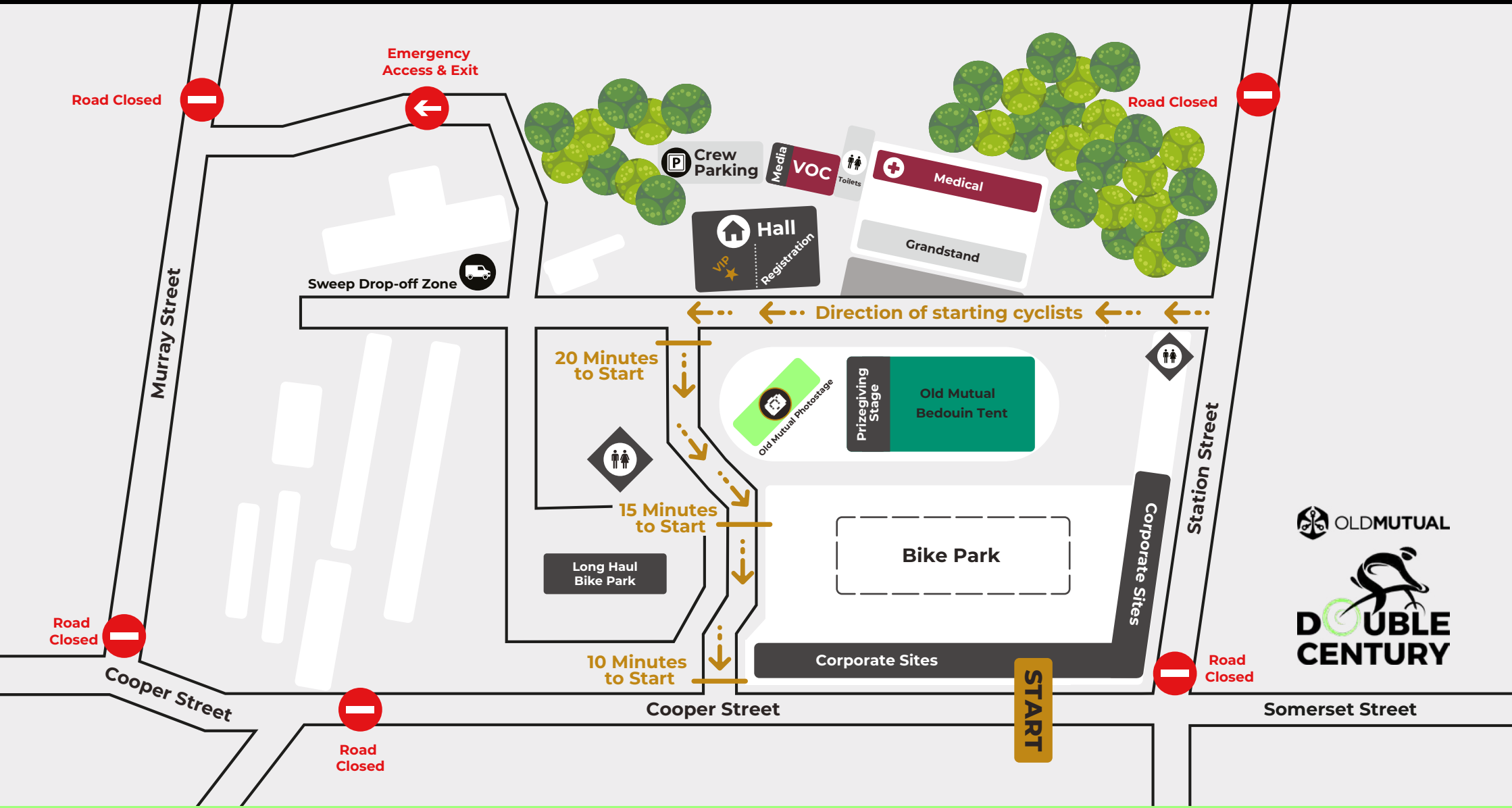
Race Day timing and your FinishTime board

FinishTime will do the timing. No timing chip other than that your permanent FinishTime road timing board, purchased with your entry can be used. All team members must mount the FinishTime timing board on their bikes in the appropriate manner *(see above)*.

You may not use someone else's timing board, and you may not ride with another cyclist's number without adhering to the substitution procedure. Failure to comply with these requirements may result in the disqualification of your team. Timing boards are linked to your personal profile; if your board is lost, you will be required to purchase a new timing board from the race admin team at the registration venue. Team bikes will be checked in the line-up at the start. Teams will not be allowed to start without all their team members having FinishTime timing boards correctly mounted.

2026 Old Mutual Double Century Start Venue Map

Swellendam Show Grounds



Medical Emergencies: +27 87 820 5605

Visit Us: www.doublecentury.co.za

ROAD CLOSURES & DELAYS

The Old Mutual Double Century cycling event takes place on **Saturday, 21 November 2026** and attracts over 3000 participants. The event starts and finishes in Swellendam, and areas affected by the race include: SWELLENDAM, BONNIEVALE, ROBERTSON, ASHTON, MONTAGU, BARRYDALE & SUURBRAAK. Traffic will be controlled on a number of public roads to ensure the safety of the participants and the public.

The following temporary road closures have been approved by both the Swellendam Municipality and the Provincial Department of Roads and Public Works for the duration of the event.

ROADS	TIMES OF CLOSURE
Cooper St / Somerset Road – Swellendam	**03:00 – 08:00**
Murray Street & Station Street on either side of the Swellendam Show Grounds	**04:00 – 17:00**
Cooper Street – between Kok Street and Murray Street	**03:00 – 17:00**
Van Eeden Street – Swellendam	**11:00 – 17:00**
R324 – Tradouw Pass	**05:00 – 09:30**
R62 (between Barrydale & Montagu) – ONE SIDE CLOSURE	**08:00 – 10:30**
Van Riebeeck Road – Montagu	**09:00 – 11:30**
R62 Cogmanskloof Pass (Montagu side)	**08:30 – 11:30**
R62 Cogmanskloof Pass (Ashton side)	**08:30 – 11:30**
Zandvliet Road – Ashton	**08:30 – 12:30**
R317 – from Bonnievale towards Robertson Circle – ONCOMING SIDE CLOSURE	**10:00 – 13:30**
Voortrekker Road from Waterkant Street to R60 (Bonnievale)	**09h30 – 14h30**
Voortrekker Road from R60 to Waterkant Street (Bonnievale)	**09h30 – 14h30**
R60 (from R62 turnoff) to Swellendam – ONE SIDE CLOSURE	**11h00 – 16h30**



Thank you for your understanding and patience during the short delays that may be experienced as a result of the Old Mutual Double Century. For any queries or concerns, please contact us on **087 820 7223** (before the event) or on **087 820 5605** (Race Day enquiries only) or visit the website: **www.doublecentury.co.za**.

Race Village information

- Parking at the Show Grounds *is prohibited* on Friday and Saturday.
- Long-haul bike transport: bike collection and drop-off will be situated in the open field on your left as you enter the Show Grounds from Cooper Street.
- All Mountain Co. Bicycle Store will have a pop-up bike shop at the Swellendam Show Grounds during registration on Friday, 20 November, and on the morning of the event for any last-minute spares you may need. Additionally, there will be a mechanic on site.

Team line-up and start times

- All teams will be seeded to ensure the slowest start first and the fastest start last. This reduces exposure on the busy N2 stretch at the start, as well as making sure the more social teams finish as early as possible. Teams are seeded on previous Old Mutual Double Century results, as well as through the Cape Town Cycle Tour's general seeding system, which is based on the performance of the fastest four members of the team, not just the captain.

- ***2026 start procedure:***
Teams will enter the start area (Swellendam Show Grounds) from Station Street. Once in the start area, the full team will then line up in sequential order on the road leading out of the Show Grounds. Please look out for the 'minutes to go' boards stationed on the road in the Show Grounds. Teams must be present for the line-up in the start area at the time communicated to them.

- The start schedule is available on the Old Mutual Double Century website. **bit.ly/DCStartTimes**

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swdconnect.co.za
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Swellendam, 6740
T&Cs apply. Coverage dependent.



THE CHARLES MILNER MEDAL

The Charles Milner Medal was introduced to celebrate the team spirit that a ride such as the Old Mutual Double Century fosters among teammates. Teams that start and finish with all 12 cyclists are rewarded with this special medal, in addition to their normal finisher's medals. All teams that start and finish with all 12 team members together will be eligible for the Charles Milner Medal. There are no prizes for the fastest teams in the Charles Milner category.

All 12 finishers must present themselves together after finishing to receive this award. This will now take place shortly after you cross the finish line in Van Eeden Street, before you proceed down to the Show Grounds to collect your finisher's medals.

Categories for the 2026 Old Mutual Double Century are as follows:

- **Open Category –** A team consisting of all conventional cyclists, and which does not fit one of the other classifications.
- **Mixed Category –** At least three women must finish within the first six cyclists of this team. Failing to do so will result in this team being classified as an Open Team.
- **Women's Category –** An all-women team having anything between six and 12 female cyclists.
- **Tandem Category –** All team members must be on tandems with no conventional bikes. Teams with both conventional bikes and tandems combined will be given an official time, with an Open Team classification, but will not be eligible for any team prizes. (Only if more than five teams are participating as tandem teams, will prize money be awarded for this category). ©



Approximate travelling times to the start on Race Day

- **From Ashton –** 40 minutes
- **From Riviersonderend –** 40 minutes
- **From Montagu –** 1 hour and 15 minutes
- **From Bonnievale –** 45 minutes
- **From Barrydale –** 45 minutes
- **From Robertson –** 55 minutes
- **From McGregor –** 1 hour and 15 minutes

NB: *If you plan on travelling through to Swellendam via Tradouw Pass or Cogmanskloof Pass, please take note that they will be closed to vehicles from* ***05h00*** *to* ***09h30 (Tradouw Pass)*** *and from* ***08h30*** *to* ***11h30 (Cogmanskloof Pass).***



IMPORTANT ROUTE UPDATE

Due to flooding in the Overberg region earlier this year, which sadly washed away the Rooibrug, Drew bridge and Angora Road bridge, we have had to make some changes to the 2026 Old Mutual Double Century route.

WHAT YOU NEED TO KNOW

- **Route change:** The revised route will take riders through Bonnievale before rejoining the R60.

- **Team Support Zone**: The Bonnievale Team Support Zone will now be located just behind Bonnievale, and not before Bonnievale Cellars as previously situated. Teams will be neutralised at the very entrance of Bonnivale and proceed through a 4km neutral zone before reaching the Team Support Area.

- **Team Support Zone timing:** The allocated time in the Team Support Zone has been adjusted to 45 minutes to accommodate the longer neutral zone.

The updated route is available on Strava and on our website. We encourage all riders to review the changes and download the latest GPX file ahead of race day.
bit.ly/DCRouteDescription

THE NEW BONNIEVALE TEAM SUPPORT ZONE

DRIVING ROUTE FOR SUPPORT VEHICLES

NB Team Support Zones are strictly one directional traffic flow for vehicles.

Here is the route from Ashton Support Zone to the new Bonnievale Support Zone. The Team Support Zone is situated between the Golf Club and railway crossing on Voortrekker Street:

Point to point:

- Leaving the support Zone – Turn right onto Ashton Main Road
- Turn right onto the R60 (Swellendam)
- Turn right onto Bonnievale Turnoff into Support Zone Road (becomes Voortrekker Street)

Google maps link:
bit.ly/AshtonTSZtoBonnivaleTSZ

Here is the route back from the Bonnievale Support Zone to Swellendam:

Point to point:

- Voortrekker Street towards Bonnievale Main Road
- Left turn onto Bonnievale Main Road
- Right Turn onto Stormsvlei Road
- Continue Straight on R317
- Turn Left onto N2
- Continue straight towards Swellendam

Googleink:
bit.ly/BonnievaleTSZtoSwellendam



ROUTE DESCRIPTION

Cyclists, take note of the day's twists and turns.

- Start in Swellendam
- Exit the town via Swellengrebel Road and turn left onto the N2.
- Left towards Suurbraak.
- Left onto the R324 up Tradouw Pass towards Barrydale.
- **34.5km Refreshment Station** at the top of Tradouw Pass. This station will have Coca-Cola and water.
- Left onto the R62.
- **58km R62 Metanoia Feeding Station** at the base of the Op De Tradouw climb, aproximately 6km before Tradouw Fruit. Here you will find Coca-Cola, water and a selection of food options.
- Over Op De Tradouw towards Montagu on the R62.
- **82km R62 Meulplaas Feeding Station** will provide cyclists with Coca-Cola, water and a selection of food options.
- Through the town of Montagu and through Cogmanskloof Pass.
- **112km** into the ride as you exit Cogmanskloof Pass, a neutral zone will start which will include the town of Ashton and the Team Support Zone in Zandvliet Road.

Each team's time will be paused for up to 45 minutes.

- **115km** into the ride, you will find your support vehicle at the **Team Support Zone** in Ashton. Please ensure that your support vehicle carries all your team's nutrition and drinks. Water will not be available.
- Left onto the R60 towards Robertson.
- Left at the Robertson circle towards Bonnievale.
- **146km Refreshment Station:** Just after the Rooibrug turnoff, opposite the petrol station. There is a Refreshment Station here with Coca-Cola and water.



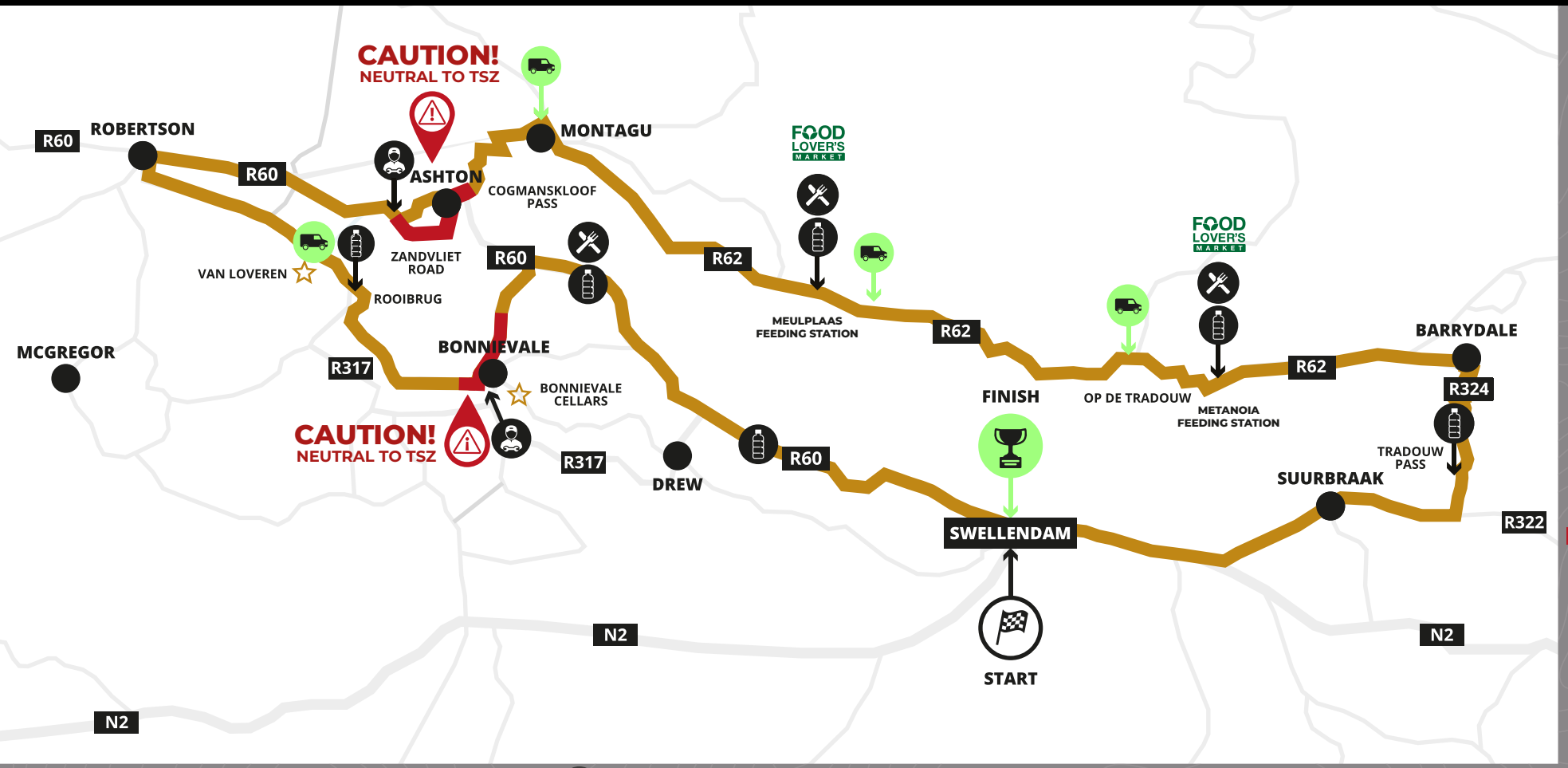
NOTE: *Support vehicles are only allowed at the two Team Support Zones, and nowhere else along the route. Failure to adhere to this could lead to the disqualification of the team.*

- **156km** Neutral Zone starts.
- **160km** The second **Team Support Zone** starts at the Bonnivale Golf Club. ***Your race time will be paused for up to 45 minutes.*** This is the only other point on the route where the support vehicle is allowed to feed the team. Please ensure that your support vehicle carries all your team's nutrition and drinks. Water will not be available at this point.
- Continue on Voortrekker road towards the R60.
- There are 2 new climbs in the final sector. Halfway up the first, turn right onto the R60 and continue towards Swellendam over one more before you reach the Three Stooges, a testing triplet of longer-than they-look-with-tired-legs climbs that bring you into Swellendam.
- **173m R60 La Montanara Feeding Station** will provide cyclists with Coca-Cola, water and food (boiled and salted baby potatoes, banana bread, cheese sandwiches and some fruit). **NB:** Please fill up with liquids here as it can get quite hot on Race Day, and the last 34km to the finish line are pretty brutal!
- **191km R60 Joubertsdal Refreshment Station** is the final stop of the race. It will provide cyclists with Coca-Cola and water **NB:** Please fill up with liquids here as it can get quite hot on Race Day, and the last 16km to the finish line are pretty brutal!
- Cyclists will turn left into Van Eeden Street towards the finish line – which is at the crest of a final 500m climb, just to remind you that finishing the Old Mutual Double Century is a proper achievement.

- **The Finish:** You have just completed the 2026 Old Mutual Double Century! Thank you for participating and safe travels home!



2026 Old Mutual Double Century Route Map



Map Icons

- Start Line
- Refreshment Station
- Feeding Station
- Team Support Zone
- Old Mutual Mechanical Support Vehicle
- Finish Line
- Neutral to Team Support Zone

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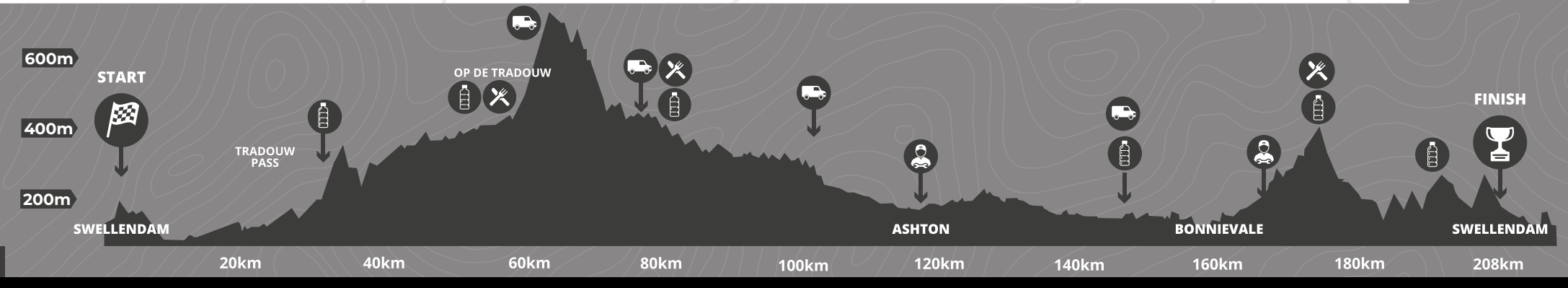
DOUBLE CENTURY



RIDING THE ROUTE

Be prepared for your day on the bike.

Rules of the road
All cyclists must obey the instructions of the marshals on the ground and on bikes. If you see or hear a marshal with a whistle, please be advised that a danger zone is approaching. Please exercise caution immediately!

As this event does not have complete road closures, cyclists must keep to the left of the centre white line at all times and allow vehicles to overtake. Failure to comply with this rule will lead to the disqualification of the entire team. The N2 is dangerous, with fast-moving traffic. You must therefore cycle in single file, within the road shoulder, and exercise extreme caution when overtaking.

On-route bike mechanics
There will be bike mechanics on the OMDC route, but they will only be able to provide basic mechanical assistance to cyclists. It is up to each cyclist to ensure they have enough emergency spares spread across their team members to manage any mechanical trouble.

Once again, there will also be four mechanical support vehicles, kindly sponsored by Old Mutual and strategically positioned at locations along the route.

Cut-off times
Cyclists are required to reach the OMDC finish line in Swellendam by 16h45. Cut-offs will also be implemented along the route, and at the exits of the Feeding Stations and the Team Support Zones. A sweep vehicle will indicate the rolling road closure of the course. The rolling road closure is calculated from the time the last team crosses the start line. Any cyclist found on the route after the cut-off time will face disqualification.

- **Op De Tradouw Feeding Station:** 09:00
- **Ashton Team Support Zone Entrance:** 11:30
- **Ashton Team Support Zone Exit:** 12:15
- **Bonnievale Team Support Zone Entrance:** 13:45
- **Bonnievale Team Support Zone Exit:** 14:30
- **R60 Feeding Station:** 15:15
- **Finish:** 16:45

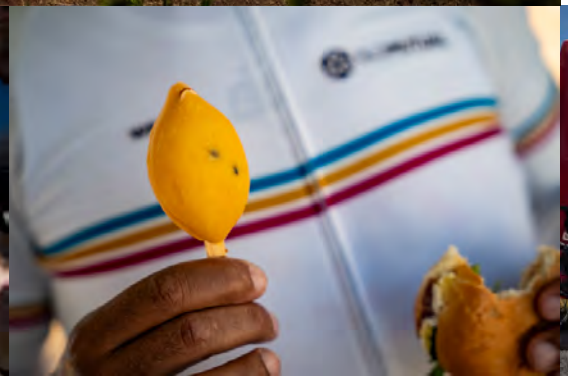
Sweep options
Cyclists who are unable to continue the race at either of the two Team Support Zones (Ashton or Bonnievale) should board their own team support vehicle. Cyclists unable to complete the race elsewhere on the route should call the Race Day Emergency Number to report that they need a sweep vehicle, which will transport them to the Swellendam Show Grounds.



To minimise the time that Cogmanskloof Pass must be closed, and to ensure a relatively open road for the racing teams, no team will be allowed to enter Cogmanskloof Pass (roughly 107km into the event) before 09:30. The Cogmanskloof is closed to cars from 08:30, and will be clear of traffic by 09:30. If you think you may reach this point before 09:30, please request a later start. If you arrive too early and are forced to stop, you will NOT be credited with any time lost. There will be a second check at the exit from the Ashton Team Support Zone.









Team support & neutral zones
There are **two neutral zones** on the OMDC route:
- **1** From the intersection of the R60/R62 to the end of the Ashton Team Support Zone.
- **2** Bonnievale Team Support Zone.

HOW DO THEY WORK?

1. Ashton Team Support Zone
The neutral zone will start as you exit Cogmanskloof Pass. The pass will be a timed part of the race. Riders will pass through a timing point to 'clock out' just before the intersection of the R60/R62. From here, you will have up to 45 minutes of neutral time to traverse the neutral zone through the town of Ashton, and meet up with your support vehicle and refuel in the Team Support Zone.

The team's time will stop once the team's sixth cyclist crosses the timing point at the beginning of the neutral zone, and will start again when the first cyclist of the team crosses the timing point at the end of the Team Support Zone in Ashton. Zandvliet Road is closed to public vehicles. Only front-and-back accredited support vehicles will be allowed access.

GO WHERE THE ROAD ENDS.

When tarmac turns into crunchy gravel, yellow lines give way to thorny bushes and coffee shops are replaced by snack stops under the shade of a tree, you need kit that's ready to take on the adventure with you.

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2. Bonnievale Team Support Zone

The Team Support Zone is on Voortrekker Street, just after the Bonnievale Golf Club as you exit the town of Bonnievale. Total time allocated from the start of the neutral zone leading to the Team Support Zone to the end is up to 45 minutes.

This time will NOT count towards the team's total riding time if all rules are adhered to. The team's time will stop once the team's sixth cyclist crosses the timing point at the beginning of the neutral zone just before you enter the town of Bonnievale, and will start again when the first cyclist of the team crosses the timing point at the end of the Team Support Zone.

This section of the road is closed to public vehicles. Only front-and back-accredited support vehicles will be allowed access. It will take approximately 20 minutes for the team's support vehicles to get from the Ashton Team Support Zone to the Bonnievale Team Support Zone. Furthermore, it will take the fastest teams approximately one hour to get from Ashton to Bonnievale.

Support vehicle rules & etiquette

- Cyclists may only feed from their team's support vehicle at the two Team Support Zones. It is the responsibility of the Team Captain as well as the team support crew to know these areas. Teams WILL face disqualification if their support crew is found to be assisting their team anywhere on the route outside of the two designated Team Support Zones. Riders may not accept any seconding from members of the public on the route. This rule will be strictly enforced.
- Team support vehicles may not travel on any part of the route other than along designated support-vehicle routes.
- Teams may only have one accredited support vehicle, displaying front and back accreditation (a vehicle sticker corresponding to the team's number), at each of the Team Support Zones. There is a different coloured accreditation for each of the Zones. This accreditation can be found in the Team Driver pack, collected at registration. Teams may have two different vehicles, each attending one Team Support Zone, but both vehicles are not permitted at the same zone.
- Support vehicles must park off the road, in their designated parking area.
- Team support crew must take note of their team's race number, as the parking areas are allocated according to each team's race number.
- 10 teams are allocated per parking area; you may park anywhere within your number range.
- Please keep the road clear whenever possible.
- Obey the rules of the road.
- Be respectful to other road users.
- Please do not leave any litter behind!

Support vehicle route

- All team support vehicles must follow the designated routes.
- Maps and directions will be included in the Team Driver pack. ©

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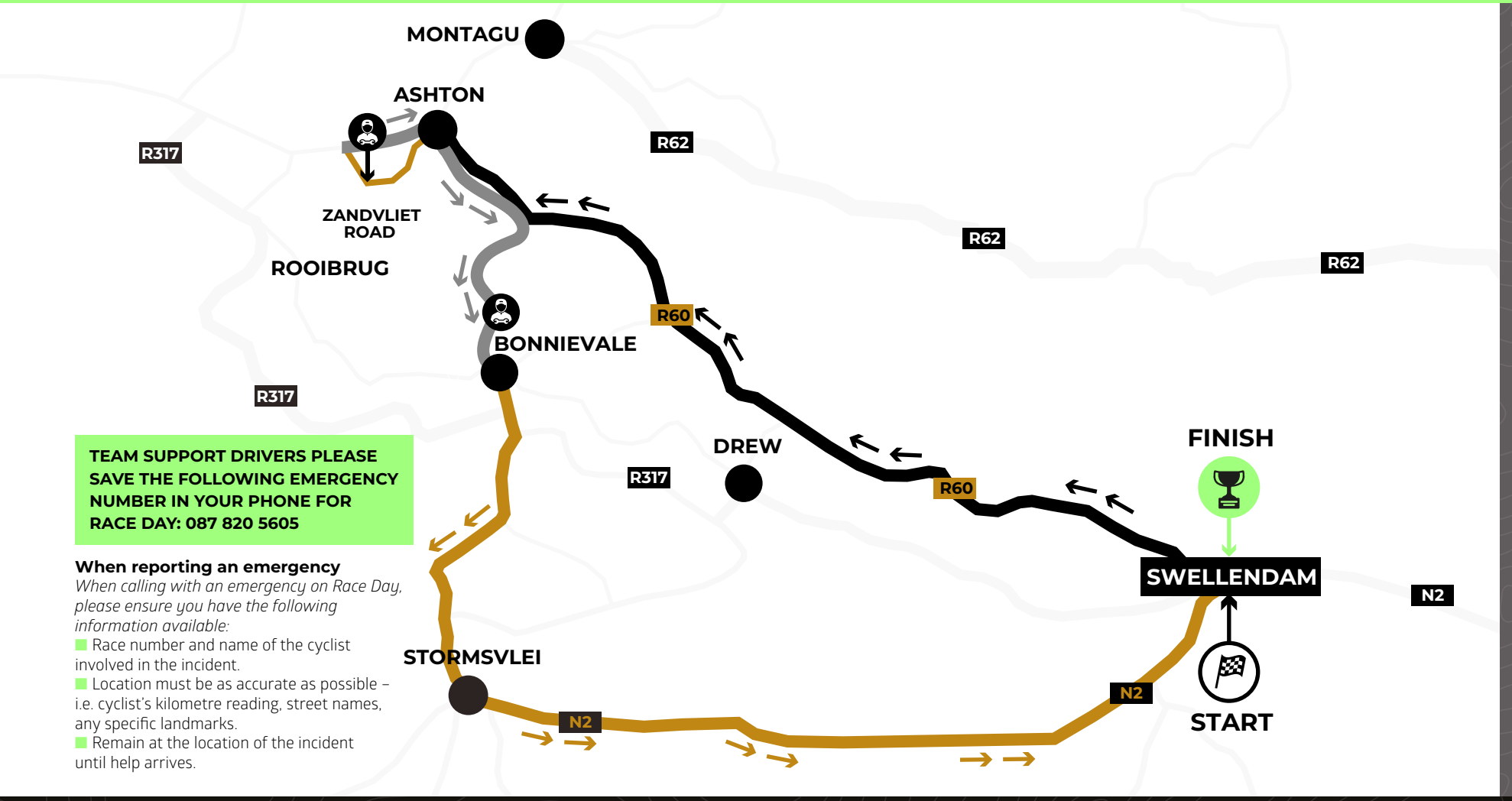
2026 Old Mutual Double Century Support Vehicle Route



TEAM SUPPORT DRIVERS PLEASE SAVE THE FOLLOWING EMERGENCY NUMBER IN YOUR PHONE FOR RACE DAY: 087 820 5605

When reporting an emergency

When calling with an emergency on Race Day, please ensure you have the following information available:

- Race number and name of the cyclist involved in the incident.
- Location must be as accurate as possible – i.e. cyclist's kilometre reading, street names, any specific landmarks.
- Remain at the location of the incident until help arrives.

Map Icons

- Start Point
- Team Support Zone
- Finish Line

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Swellendam to Ashton (50km)

- From Swellendam drive North towards Swellengrebel Road
- Turn left onto Swellengrebel Road
- Turn right onto the R60 towards Ashton
- Travel on the R60 for 44km
- At the T-Junction, turn left into Ashton
- From the T-Junction, travel 2.4km on the R60 and turn left into Zandvliet Road

Ashton to Bonnievale (18.1km)

- The Team Support Zone is one-directional traffic
- Exit the Team Support Zone and turn right onto Ashton Main Road
- Turn right onth the R60 (Swellendam)
- Turn Right onto Bonnievale Turnoff into support Zone Road (becomes Voortrekker Street)
- The Team Support Zone is located between the golf Club and the railway crossing on Voortrekker Street

Bonnievale to Swellendam (58.5km)

- The Team Support Zone is one-directional traffic
- Voortrekker Street towards Bonnievale Main Road
- Left Turn into Bonnievale Main Road
- Right Turn onto Stormsvlei Road
- Continue Straight on R317
- Turn Left onto N2
- Continue straight towards Swellendam

THINGS TO SEE AND DO

Known for its historical architecture and beautiful natural surroundings, Swellendam boasts a variety of activities for visitors to enjoy. Visit **swellendam.com** for all information!

Add a visit to the Cheese Shop to your dairy – it's a haven of local, artisan and gourmet cheeses, fine foods, unique gifts and warm country hospitality two kilometres outside Swellendam on the R60.

(Look out for this sign!)



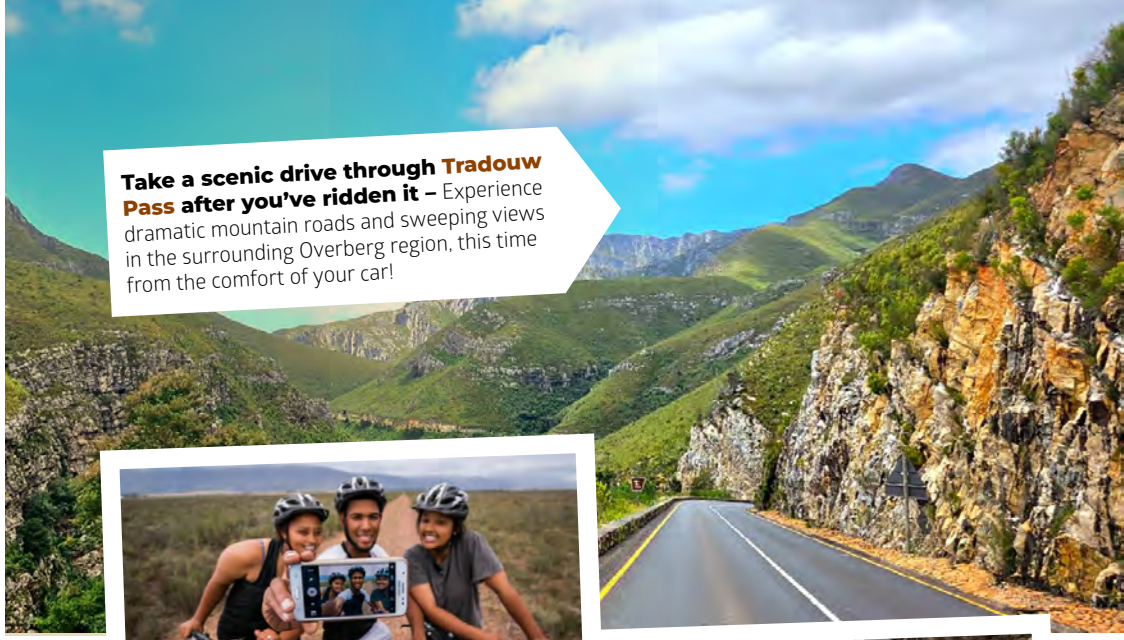
Browse Swellendam's heritage architecture – Wander the town's historic streets to admire Cape Dutch buildings and the charming ambience of South Africa's third-oldest town.







WWW.SANPARKS.ORG / UMSHANTI / SIAS KARSTEN / ALICIA WHITTING



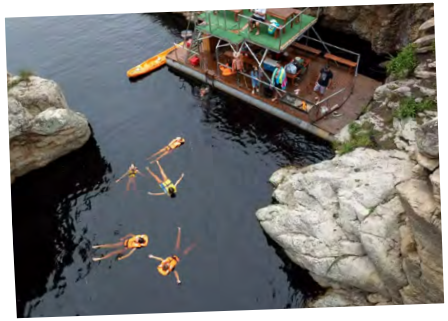
Take a scenic drive through Tradouw Pass after you've ridden it – Experience dramatic mountain roads and sweeping views in the surrounding Overberg region, this time from the comfort of your car!

Visit the Bontebok National Park – Explore this pristine reserve along the Breede River and spot the rare bontebok antelope, enjoy trails and picnicking in nature.

Walk the trails of the Marloth Nature Reserve – Just outside town, this reserve covers the Langeberg mountains and offers wild views and quiet nature time.



Visit the Bee Things honey store – Discover raw South African honey flavours, learn about beekeeping and support local producers.



Enjoy a boat cruise or canoeing at Buffeljagsrivier – Head just outside of town for water-based fun, hiking or a relaxing time in nature.

Support local conservation with the Southern Overberg Botanical Society – Learn about the region's fynbos biodiversity, or join nature walks and talks by the society.

Explore the whimsical Fairy Sanctuary – A magical garden walk and gallery perfect for a lighter-hearted afternoon.





THE FINISH

What to do once you're done.

Finish Line to Show Grounds





The finish line

This is located in Van Eeden Street in Swellendam, a short drive/uphill walk from the Race Village at the Show Grounds. There will be signage directing cars to a parking area adjacent to the finish line. Cyclists will cycle through a neutral zone to get back to the Show Grounds. Charles Milner medals can be collected shortly after you have crossed the finish line in Van Eeden Street.

Team photos

- There will be an Old Mutual Double Century photo stage at the Show Grounds, where you can have your photo taken with your team to commemorate the day. Photos will be sent to the team captain after the event, courtesy of Old Mutual. The photo stage will be open from 04:00 to 18:00, on a first-come-first-served basis. Bikes are not allowed on the stage; there will be a bike rack available where you can leave your bike.
- Action Photo will be taking photos out on the route during the day; these will be available for purchase online at www.actionphotosa.com.

Results

These will be available at www.finishtime.co.za.

Protest procedures

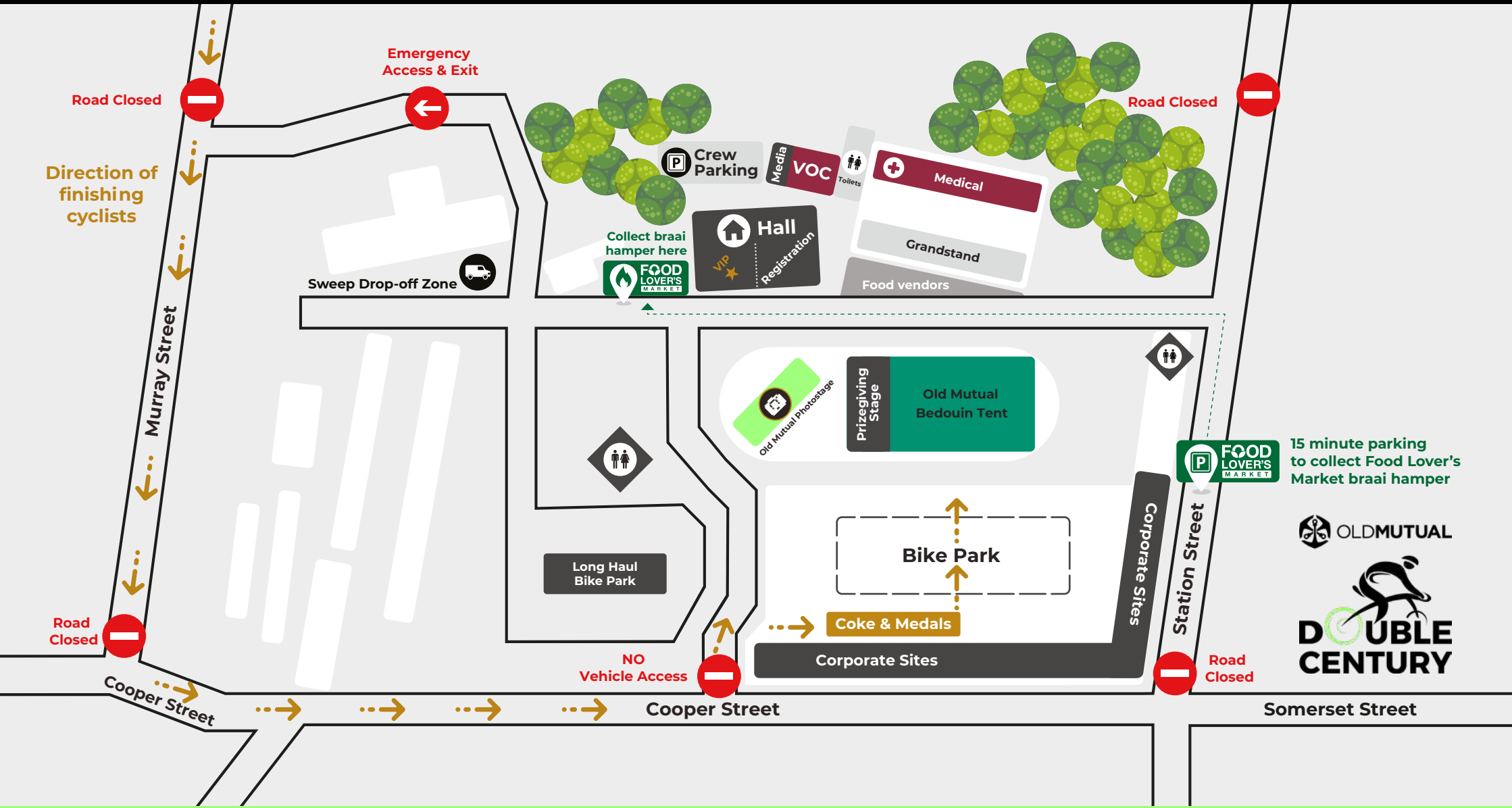
Any protests relating to the race, and all protests relating to 1st, 2nd and 3rd place, must be made BEFORE 15:00 at the Venue Operation Centre (VOC) at the Swellendam Show Grounds.

Support vehicle protest procedures

- Support vehicle offences must be called in to the VOC on 087 820 5605.
- All offences will be logged.
- A text/phone call will be made to the driver to inform them of the offence.
- Support vehicles will drive under protest and must report to the VOC when arriving back at the finish line.
- Depending on the offence, the whole team could be disqualified.
- Marshals will be monitoring the behaviour of all support-vehicle drivers.

2026 Old Mutual Double Century Finish Venue Map

Swellendam Show Grounds



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