



MTB / CYCLING ACHIEVEMENTS



Four Kenridge MTB riders/cyclists have had outstanding results so far this year.

Here are some of their results:

Izzy Stermin (5JC)

Western Cape Road & Individual Time Trial Champs (14 & 15 January)

Izzy won both the u/13 individual time trial and road race at the Western Cape Championships.

These phenomenal results qualify Izzy to be awarded her Western Province colours for road cycling.

Xterra South Africa

This event was held on 21 January in Grabouw. Izzy took part in the 9-11 age category and finished 1st female.

The triathlon event comprised: 50m swim, 2,5km cycle and 1,5km trail run.

School Series XCM (Cross-Country Marathon)

The first of two school-series XCM races was held at Banhoek on Saturday, 28 January, with Izzy securing 1st place in the 20km MTB race. Kenridge were the overall winners of this series last year, so the Kenridge cycling team wants to defend this title in 2023.

Western Cape BMX

The 2023 BMX season started off on Sunday, 29 January with the Western Cape provincial points series, races 1 & 2, at Zone 7.

Izzy secured two 3rd place finishes.



Luc Rossouw (6CW)

Luc enjoys downhill racing and he has had great success already this year:

WC Downhill series 1 in Paarl – 2nd place, U/12

Downhill SA Nationals in Paarl – 2nd place, U/12

WC Downhill series 2 at Zevenwacht – 2nd place, U/12

Western Cape BMX

BMX WC Series at Zone 7 on Sunday, 29 January. Luc came 2nd in the U/12 age-group.

SA National Downhill Championships

Luc competed in the SA National Downhill Championships in Sabie, Mpumalanga on Sunday, 26 February, and finished second in his age-group for sprog boys.

Congratulations Luc!



Kendra Kitching (7IB)

Xterra South Africa.

This triathlon event was held on 21 January at the Grabouw Country Club. Kendra unofficially finished 1st in the U/13 age category. However, she was not registered with Triathlon SA, so her result was not acknowledged.

School Series XCM King Price Trailseeker at Banhoek on 28 January.

Kendra won silver (2nd place in the sub-junior category) and bronze (3rd place overall in the ladies 20km category).

Western Cape Cup XCO series #1 at Coetzenburg.

This was held on Sunday, 6 February. Kendra finished 4th.

Western Cape Cup XCO series #1 at Bloemendal.

This was held on Saturday, 25 February. Kendra finished 2nd in the sub-Junior girls category.

Jeanné Nell Cycling Classic.

Kendra took part in the 1st track event of the season at Bellville Velodrome where she finished 1st in the girls U/15 age-group.



Koos Burger (5RA)

It is Koos's 'off' year meaning that he is competing against riders a year older than he is.
Good practice for next year! 😊

Western Cape Road & Individual Time Trial Champs (14 & 15 January)

Koos had good rides and was competitive.

Xterra South Africa

This triathlon event was held on 21 January in Grabouw. Koos finished 5th in his age-group.

School series (XCM) King Price Trailseeker at Banhoek on 28 January.

Koos was 5th in the sprog category.



Well done to these Kenridge cyclists 😊