



**12<sup>th</sup> – 19<sup>th</sup> August 2025**

**Technical Guide & Roadbook – V5 6 August 2025**

*\*Every effort has been made to make this Road book as complete as possible. Finalized Technical guide and any last minute changes or errors needing correction will be communicated to participants via email.*

# Welcome to the MyWhoosh Championships 2025

## The Ultimate Test of Endurance, Strategy, and Resilience!

Building on the success of the 2023 MyWhoosh Championships, this year's event will bring together the best cyclists from around the world to compete for an equal share of a massive \$1 million prize pool across six competitive categories.

### RACE SERIES – OVERVIEW

- 7 Days of Racing (With a rest day on the 17<sup>th</sup> August between stage 5 & 6)
- Total racing distance  
**Men - 440km | Women - 340km**
- Elevation gain  
**Men - 5000+ meters | Women - 3800+ meters**
- Equal prize money for men and women
- \$1+ Million Prize Pool
- A mix of flat, hilly, mountain, and time trial stages
- Every finisher receives an exclusive 2025 MyWhoosh Championships kit worth \$500

### RACE TIMINGS AND SCHEDULE MEN:

CAT 1:	16:10 pm GST
CAT 2:	16:00 pm GST
CAT 3:	15:50 pm GST
CAT 4:	15:40 pm GST
CAT 5:	15:30 pm GST
CAT 6:	15:20 pm GST

### RACE TIMINGS AND SCHEDULE WOMEN:

CAT 1:	13:10 pm GST
CAT 2:	13:00 pm GST
CAT 3:	12:50 pm GST
CAT 4:	12:40 pm GST
CAT 5:	12:30 pm GST
CAT 6:	12:20 pm GST

## REGISTRATION & QUALIFICATION PROCESS

Registration for the MyWhoosh Championships 2025 will open on **22<sup>nd</sup> June 2025 12pm GST** and end on **3rd August 2025 12pm GST**.

- All participants are required to register on the [MyWhoosh Events Page](#).
- Registration is subject to approval by MyWhoosh and MyWhoosh reserves the right to refuse registration for any reason.
- Riders must use devices, smart trainers, heart rate monitors and power meters that meet the minimum technical requirements of MyWhoosh. ([Check the equipment list here](#))

**REGISTRATION LINK WILL BE LIVE ON THE 22<sup>nd</sup> JUNE, 2025 12pm GST time**

[Men's Registration](#)

[Women's Registration](#)

### Qualifications:

- All registered participants must take the **MYWHOOSH POWER PASSPORT TEST** to be eligible to race in the MyWhoosh Championships. ( [Watch Tutorial - MyWhoosh Power Passport Test](#))
- Riders who race or have raced **SRC** (Sunday Race Club) in the last 3 months, are automatically eligible to race the MyWhoosh Championships without a new power passport test.
- It is strongly recommended by MyWhoosh that new racers complete at least one SRC before the MWC. Without this race data, riders will be at a high risk of ANL/DSQ

## REGISTRATION & SELECTION PROTOCOL: TEAM FORMATION

All team members should belong to the same category.

A team must have a minimum of 3 and a maximum of 5 racers for each stage to be eligible for team prizes.

The team time will be calculated by adding up the top 3 riders' times during each stage. Each team must complete every stage to be eligible for the overall team classification.

All riders on any team are eligible for all individual prize money.

Any team whose member count is below the minimum required will be disqualified and will not be eligible for team classification.

Once a team has been formed, the team leader must send an email to [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com) with the team's name and team member names with their team members CC'd in the same email.

The MyWhoosh Link App can also be used to communicate with other riders and form teams.

If a participant is unable to/ does not wish to form or join a team before the final deadline, said participant will be required to participate as an individual rider.

All team members must race in the assigned team each stage in order to be eligible for team prize money.

## CLASSIFICATIONS

**GENERAL CLASSIFICATION:** Each stage, the cumulative time of all riders by adding all the previous stages' times will be published as the General Classification. At the conclusion of the 7 stages, the rider with the lowest cumulative time will be awarded as the General Classification Winner.



**YOUTH CLASSIFICATION:** Each stage, the cumulative time of all riders by adding all the previous stages' times will be published as the General Classification. At the conclusion of the 7 stages, the rider below the age of 23 with the lowest cumulative time in the GC will be awarded the Youth Classification Winner. Participants will be required to provide their ID or Passport identification upon registration to verify their age and eligibility to participate in the category.



**MASTERS CLASSIFICATION:** Each stage, the cumulative time of all riders by adding all the previous stages' times will be published as the General Classification. At the conclusion of the 7 stages, the rider aged 45 and above with the lowest cumulative time will be awarded the Masters Classification Winner. Participants will be required to provide their ID or Passport identification upon registration to verify their age and eligibility to participate in the category.



**NOTE:** Masters classification participants will be given a different jersey at the pen, regardless of which category they belong to.



**GCC CLASSIFICATION:** At the end of the series the first GCC rider in the GC will be winning the GCC rider classification. All riders that are citizens and residence of the 6 GCC countries are eligible in this category. (The following countries fall under the GCC countries: Bahrain - or Kingdom of Bahrain, Kuwait, Oman - or Sultanate of Oman, Qatar, Saudi Arabia - or Kingdom of Saudi Arabia (KSA) and the UAE - United Arab Emirates).

### SPRINT WINNER:

- Each road stage (excluding Stage 6 Time Trial) will have a variety of Sprint checkpoints throughout the course.
- Sprint checkpoints will have points available for collection by finishing in the top 5 of any Sprint checkpoint. The top 5 shall be defined as the first through the checkpoint and not the fastest through the segment.
- At each stage, sprint points accumulated from all the sprint checkpoints in that stage will be calculated to select the Stage Sprint Winner.
- At the end of the series, sprint points from all the stages will be calculated to select the Overall Sprint Winner.
- Each sprint checkpoint will have the same amounts of points.

NOTE: Points will only be displayed in Web Results



<b>Position:</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>
<b>Points:</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

## KING AND QUEEN OF THE MOUNTAIN:

- Each road stage (not Stage 6 Time Trial) will have a variety of Climb checkpoints throughout the course.
- Climb checkpoints will have points available for collection by finishing in the top 5 of any climb checkpoint. The top 5 shall be defined as the first through the climb checkpoint and not the fastest time through the segment.
- At each stage, climb points accumulated from all the climb checkpoints in that stage will be calculated to select the Stage King/Queen of the mountain winner
- At the end of the series, climb points from all the stages will be calculated to select the Overall King/Queen of the Mountain.
- Different climb checkpoints will have different points based on the difficulty level.

NOTE: Points will only be displayed in Web Results



<b>Position:</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>
<b>Points for C2 and below:</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Points for 1C:</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>
<b>Points for HC:</b>	<b>15</b>	<b>12</b>	<b>10</b>	<b>8</b>	<b>6</b>

## Stages Overview - Men: [Course Graphs](#)

Stages	Date	Route	Distance	Elevation
Stage 1	12-Aug	Japan	56.3km	460m
Stage 2	13-Aug	Arabia	65km	419m
Stage 3	14-Aug	AlUla	55km	392m
Stage 4	15-Aug	Zurich	80.8km	1401m
Stage 5	16-Aug	Japan	66.2km	1756m
<b>Rest Day (17 Aug)</b>				
Stage 6	18-Aug	Australia - TT	33.6km	600m
Stage 7	19-Aug	Colombia	83.4km	293m

## Stages Overview - Women: [Course Graphs](#)

Stages	Date	Route	Distance	Elevation
Stage 1	12-Aug	Japan	43.2km	355m
Stage 2	13-Aug	Arabia	65km	419m
Stage 3	14-Aug	AlUla	44.3km	363m
Stage 4	15-Aug	Zurich	53.9km	932m
Stage 5	16-Aug	Japan	45.5km	1018m
<b>Rest Day (17 Aug)</b>				
Stage 6	18-Aug	Australia - TT	33.6km	600m
Stage 7	19-Aug	Colombia	55.6km	195m

## PRIZE MONEY

Prize money will be awarded to the winners of each stage and the overall classification winners. All prize money will be paid out at the end of the championship. The prize money for both men and women will be the same, with different categories having different splits.

### General Classification Winners

- Top 10 Individual Winners
- Top 7 Team Winners
- Top Master Winner (45+)
- Top Youth Winner (Under 23)
- Sprint Winner

- King/Queen of Mountain
- Top GCC Rider

### Stage-Wise Winners:

- Individual Stage Winner
- Stage Sprint Winner
- Stage King/Queen of Mountain

**Total Prize Pool - \$1,000,000+**

\*A breakdown of the prize money (all amounts in U.S. Dollars) are as follows:

## Category-Wise Prize Breakdown

### Category 1

Team Classification (Top 7 Teams)	Prize (\$)
1st Team	\$23,325
2nd Team	\$22,000
3rd Team	\$15,904
4th Team	\$13,783
5th Team	\$12,723
6th Team	\$11,663
7th Team	\$10,602
<b>Total Teams Prize:</b>	<b>\$110,000</b>

Individual GC Top 10	Prize (\$)
1st	\$12,000
2nd	\$10,200
3rd	\$9,000
4th	\$7,800
5th	\$7,200
6th	\$4,800
7th	\$3,600
8th	\$2,400
9th	\$1,800
10th	\$1,200
<b>Total GC Prize:</b>	<b>\$60,000</b>

Special Jersey Winners	Prize
Sprint Winner	\$3,000
KOM Winner	\$3,000
Young Rider Winner	\$3,000
Masters Rider Winner	\$3,000
GCC Winner	\$3,000
<b>Total Special Prizes:</b>	<b>\$15,000</b>

Place	Prize (per stage)
1st (Stage Winner)	\$750
2nd on Stage	\$450
3rd on Stage	\$300
KOM Winner (per stage)	\$150
Sprint Winner (per stage)	\$150
<b>Total:</b>	<b>\$1,800</b>

### Category 2

Team Classification (Top 7 Teams)	Prize
1st Team	\$13,200
2nd Team	\$10,200
3rd Team	\$9,000
4th Team	\$7,800
5th Team	\$7,200
6th Team	\$6,600
7th Team	\$6,000
<b>Total Teams Prize:</b>	<b>\$60,000</b>

Individual GC Top 10	Prize (\$)
1st	\$7,000
2nd	\$5,950
3rd	\$5,250
4th	\$4,550
5th	\$4,200
6th	\$2,800
7th	\$2,100
8th	\$1,400
9th	\$1,050
10th	\$700
<b>Total GC Prize:</b>	<b>\$35,000</b>

Special Jersey Winners	Prize
Sprint Winner	\$1,800
KOM Winner	\$1,800
Young Rider Winner	\$1,800
Masters Winner	\$1,800
GCC Winner	\$1,800
<b>Total Special Prizes:</b>	<b>\$9,000</b>

Place	Prize (per stage)
1st (Stage Winner)	\$395
2nd on Stage	\$260
3rd on Stage	\$130
KOM Winner (per stage)	\$105
Sprint Winner (per stage)	\$105
<b>Total:</b>	<b>\$995</b>



### Category 3

Team Classification (Top 7 Teams)	Prize
1st Team	\$8,360
2nd Team	\$6,460
3rd Team	\$5,700
4th Team	\$4,940
5th Team	\$4,560
6th Team	\$4,180
7th Team	\$3,800
<b>Total Teams Prize:</b>	<b>\$38,000</b>

Individual GC Top 10	Prize (\$)
1st	\$4,800
2nd	\$4,080
3rd	\$3,600
4th	\$3,120
5th	\$2,880
6th	\$1,920
7th	\$1,440
8th	\$960
9th	\$720
10th	\$480
<b>Total GC Prize:</b>	<b>\$24,000</b>

Special Jersey Winners	Prize
Sprint Points Winner	\$1,400
King/Queen of Mountains	\$1,400
Young Rider Winner	\$1,400
Masters Winner	\$1,400
GCC Winner	\$1,400
<b>Total Special Prizes:</b>	<b>\$7,000</b>

Prize Type	Amount (per stage)
Stage Winner	\$280
2nd on Stage	\$200
3rd on Stage	\$140
KOM Winner	\$70
Sprint Winner	\$70
<b>Total:</b>	<b>\$760</b>

### Category 4

Team Classification (Top 7 Teams)	Prize
1st Team	\$5,720
2nd Team	\$4,420
3rd Team	\$3,900
4th Team	\$3,380
5th Team	\$3,120
6th Team	\$2,860
7th Team	\$2,600
<b>Total Teams Prize:</b>	<b>\$26,000</b>

Individual GC Top 10	Prize
1st	\$3,400
2nd	\$2,890
3rd	\$2,550
4th	\$2,210
5th	\$2,040
6th	\$1,360
7th	\$1,020
8th	\$680
9th	\$510
10th	\$340
<b>Total GC Prize:</b>	<b>\$17,000</b>

Special Jersey Winners	Prize
Sprint Winner	\$1,000
KOM Winner	\$1,000
Young Rider Winner	\$1,000
Masters Winner	\$1,000
GCC Winner	\$1,000
<b>Total Special Prizes:</b>	<b>\$5,000</b>

Place	Prize (per stage)
1st (Stage Winner)	\$250
2nd on Stage	\$160
3rd on Stage	\$90
KOM Winner (per stage)	\$50
Sprint Winner (per stage)	\$50
<b>Total:</b>	<b>\$600</b>

## Category 5

Team Classification (Top 7 Teams)	Prize
1st Team	\$4,400
2nd Team	\$3,400
3rd Team	\$3,000
4th Team	\$2,600
5th Team	\$2,400
6th Team	\$2,200
7th Team	\$2,000
<b>Total Teams Prize:</b>	<b>\$20,000</b>

Individual GC Top 10	Prize
1st	\$2,400
2nd	\$2,040
3rd	\$1,800
4th	\$1,560
5th	\$1,440
6th	\$960
7th	\$720
8th	\$480
9th	\$360
10th	\$240
<b>Total GC Prize:</b>	<b>\$12,000</b>

Special Jersey Winners	Prize
Sprint Winner	\$600
KOM Winner	\$600
Young Rider Winner	\$600
Masters Winner	\$600
GCC Winner	\$600
<b>Total Special Prizes:</b>	<b>\$3,000</b>

Place	Prize (per stage)
1st (Stage Winner)	\$210
2nd on Stage	\$140
3rd on Stage	\$70
KOM Winner (per stage)	\$40
Sprint Winner (per stage)	\$40
<b>Total:</b>	<b>\$500</b>

## Category 6

Team Classification (Top 7 Teams)	Prize
1st Team	\$3,300
2nd Team	\$2,550
3rd Team	\$2,250
4th Team	\$1,950
5th Team	\$1,800
6th Team	\$1,650
7th Team	\$1,500
<b>Total Teams Prize:</b>	<b>\$15,000</b>

Individual GC Top 10	Prize
1st	\$1,600
2nd	\$1,360
3rd	\$1,200
4th	\$1,040
5th	\$960
6th	\$640
7th	\$480
8th	\$320
9th	\$240
10th	\$160
<b>Total GC Prize:</b>	<b>\$8,000</b>

Special Jersey Winners	Prize
Sprint Winner	\$400
KOM Winner	\$400
Young Rider Winner	\$400
Masters Winner	\$400
GCC Winner	\$400
<b>Total Special Prizes:</b>	<b>\$2,000</b>

Place	Prize (per stage)
1st (Stage Winner)	\$170
2nd on Stage	\$100
3rd on Stage	\$70
KOM Winner (per stage)	\$30
Sprint Winner (per stage)	\$30
<b>Total:</b>	<b>\$400</b>

## Official Ruleset (v2.0.5):

All riders are required to read and adhere to the full MyWhoosh Esports Ruleset:

Link here: [MyWhoosh Esports Ruleset](#) (v2.0.5, PDF)

### Rider Responsibilities

All participants must:

- Set the **Trainer Difficulty Gradient** in MyWhoosh to **at least 50%**.
- Use the **default manufacturer slope** on all power devices.
- Ensure accurate and uninterrupted **power, cadence, and HR data**.
- Ensure that secondary devices are connected and recording data in the app.
- **Do not tamper** with any device or modify data in any form.
- Compete in **appropriate clothing for live-stream broadcast**.
- Enter the event start pen in ample time before the designated start time.

Additional notes:

### MWC pre-event weigh in.

Participants need to **record** and **submit** their weigh in video on the pre-verification form 60 - 30 min prior to the start of their stage 1 start time. You will have to upload the unlisted weigh-in video to YouTube and share the link in the pre-verification form here: [LINK](#).

**It is essential that riders select the correct drop-down event name in the race submission box on the pre verification form. All categories will have their own assigned drop down:**

MWC Category 1 pre-event weigh in  
MWC Category 2 pre-event weigh in  
MWC Category 3 pre-event weigh in  
MWC Category 4 pre-event weigh in  
MWC Category 5 pre-event weigh in  
MWC Category 6 pre-event weigh in

**If you do not select the correct drop down, we will not get your pre-event weigh in and you will be ANL. Please give yourself plenty of time to submit your video as uploads can take several minutes depending on Wi-Fi strength. Riders may only drop a maximum 1kg from their last MyWhoosh verified weigh in.**

For height video, equipment video, your Strava link, primary and secondary power source you write N/A.

Category 1 riders will be required to submit a DAILY weigh in video during this 60 – 30min pre start time slot. For all other categories, we only require this before the start of Stage 1.

MyWhoosh may request further weight verification throughout the MWC from riders across all categories. The accepted protocol for weigh-in, height and equipment videos can be found in APPENDIX - B (PRERACE PROTOCOL) of the [MyWhoosh Cycling Esports Rules and Regulations](#) .

A valid **weigh-in video** is mandatory for all competing riders. The following **step-by-step protocol** must be strictly followed.

### Required Equipment

- **Digital scale** (precision of 0.1kg minimum)
- **Known calibration weight** (e.g. gym plate or kettlebell over 10kg with weight clearly marked)

### Step-by-Step Recording Procedure – VIDEO GUIDE [LINK](#):

1. **Place the scale** on a hard, flat surface in the centre of a room — with no nearby objects or surfaces.
2. Complete a live time and date search clearly showing the time and date on screen.
3. **Show the camera:**
  - The scale in its empty surroundings
  - The **underside of the scale**
  - The scale at **zero reading**
4. Place the known weight on the scale and **show the reading**.
5. Remove the weight and show the scale at **zero again**.
6. **Stand on the scale** and show your body weight clearly.
7. Prove **no support** is being used by either:
  - Reversing the camera and lifting it
  - Showing your full reflection in a mirror
8. Step off the scale and show **zero reading**.
9. **Move the scale 30cm**, then:
  - Stand on the scale **with the calibration weight** and show the new reading
  - Step off and show **zero** again
10. **End the recording**.

### Upload & Submission

- Upload the video as **unlisted** on YouTube.
- Submit the link via the **pre-verification form** (provided during registration).
  - Qualifiers this **must be** submitted between **60-30 minutes prior** to your event start time.
- Do **not share or publish** the video publicly.
- Enter the recorded weight (whole number only) into the **MyWhoosh application**.

**Note:** The weight used will be the integer value (e.g., 74.1kg and 74.9kg both round to 74kg in-game).

### Technical Information:

- For all inquiries regarding verification, regulations & equipment, riders should consult the [Sunday Race Club's technical guide](#).
- In the event this document conflicts with the above rules & regulations, this technical guide shall take precedent. Please use this technical guide as your primary source of information.

### FAQ:

- **Weigh in data**

There may be spot weigh checks during the championships, any riders weighing in outside an acceptable tolerance as judged by the MyWhoosh race jury will be ANL.

- **Crash rules**

In the event of a crash the rider must put in all efforts to get themselves back into the event as per the link in the video on how to re-join. If you do not manage to get back in the event [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com) must be contacted as soon as possible. There will be a support person readily available throughout the event to support where necessary.

- **DNF rules**

Riders need to finish one stage to move on to the next.

All riders need to finish the event to be eligible for any team money.

Should a rider win an individual stage, they will be eligible for that money as a stand-alone event. In the instance a rider places for a team but then does not finish the event, their placing will still count in the overall team classification, but they will not be eligible for any overall team prize money.

- **ANL rules**

1 x ANL during the event – no eligibility for any of the overall classifications including individual prizes but can still contribute to team result/be eligible for overall team classification

2 x ANL during the event – Will be withdrawn from the event and be categorized as DSQ.

- **DSQ**

Removed from all championship results – Teams, Individual and Ranking.

Riders must also ensure their PPT values are aligned with their current physiological ability to avoid getting ANL or DSQ.

- **Adding rider back in rules**

In the light of technical difficulties beyond the riders control, the race jury may, in exceptional circumstances, add a rider back into the group they were in or attribute a finish estimation time to allow the rider to proceed to the following stage. The race jury's decision is final in this regard.

- **Categories**

Once entries have closed, riders will be provided a draft start sheet from which teams can be formed. It is at this point riders may request to ride up a category should they so wish. MyWhoosh will need to approve these requests before they will be allocated to the start sheet. MyWhoosh race control will leave this process open for 5 days, after which any team or category changes will be prohibited. Once finalised, a fixed start sheet will be sent out to all riders.

- **Team classification**

The teams classification is calculated on the best three daily stage times, not the overall times for the MyWhoosh championships. The best 3 rider performances from a team per stage will count towards the overall team classification.

- **Ties**

If there is a tie in the Overall Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the overall general classification standing.

If there is a tie in the general/team/youth/master's classification, the rider/team with the highest finishing place in the most recent stage will be given the higher position.

If there is a tie in the Stage Sprint/KOM Classification ranking, the Sprint/KOM Winner is decided by the overall general classification standing.

If there is a tie in the Stage general classification, the rider with the highest place in the Overall general classification will be given the higher position.

- **Livestream**

Riders may be requested to mandatory livestream via google meet during the championships. This will form part of our verification process. The Zoom livestream link that is available to join is for the broadcast only and not used by our verification team.

- **Age competitions.**

Youth Classification

Age: 23 years and younger or turning 23 anytime in 2025. Born on or after January 1, 2002. ID proof will be required upon registration.

Master Classification

Age: 45 years and older or turning 45 anytime in 2025. Born on or before December 31, 1980. ID proof will be required upon registration.

**For more information, visit [www.mywhoosh.com](http://www.mywhoosh.com) or reach out to [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com)**