

Time Schedule

Wednesday 8 August 2018

- 17h00 Registration at The Dog Box, next to the restaurant at Swadini, a Forever Resort
- 20h00 Registration closes
- 19h00 Officials meeting
- 19h30 Team Managers meeting

Thursday 9 August 2018 – Swadini – Hoedspruit – Swadini

Please note: Every day all races start at the booms in front of reception and finish at the fountain and the Forever Resort sign except for the criterium.

- 08h30 Siren will mark the start of the signing on period
- 09h00 Start of Stage 1 for Elite & U/23
- 09h05 Start of Stage 1 for Vets Men 30+, Vets Men 40+, 50+ & Junior Men
- 09h10 Start of Stage 1 for U/17 Boys & Open categories
- 18h00 Prize giving and Team Managers meeting at The Dog Box next to the restaurant

Friday 10 August 2018 – Swadini – JG Strijdom Tunnel towards Graskop and turn around

- 08h30 Siren will mark the start of the signing on period
- 09h00 Start of Stage 2 for U/17 Boys & Open category
- 09h30 Start of Stage 2 for Elite & U/23
- 09h40 Start of Stage 2 for Vets Men 30+ & Vets Men 40+, 50+ & Junior Men
- 18h00 Prize giving and team managers meeting at The Dog Box, next to the restaurant

Saturday 11 August 2018

08h00 Time Trial

13h00 Swadini – Orpen Gate - Swadini

08h00 Start of Stage 3A, Time Trial, with 1 minute intervals according to GC after stage 2, starting in the following order:

- Elite & U23 men
- Vets 30+
- Vets 40+
- Juniors
- Open
- U/17
- Vets 50+

Please note: NO jersey presentation after Stage 3A

12h30 Siren will mark the start of the riders sign-on period

13h00 Start of Stage 3B for U/17 boys and Open group

13h20 Start of Stage 3B for Elite & U/23 men

13h30 Start of Stage 3B for Vets Men 30+, 40+, 50+ & Junior Men

18h00 Prize giving at The Dog Box next to the restaurant

Sunday 12 August 2018 – Criterium

07h30 Start of Stage 4 for U/17 boys & Open group

08h15 Start of Stage 4 for Vets Men 30+ & 40+, 50+ & Junior Men

09h15 Start of Stage 4 for Elite & U/23 Men

11h00 Final Award Ceremony at The Dog Box, next to the restaurant

Commissaires and Personnel

Ambulance	Oom Boet	083 269 6630
President Commissaire	Bart Harmse	083 227 4500
Elite & U/23	Peter Bailey	084 588 3860
Commissaire Vets 30+, Vets 40+ & Junior Men	Pieter Aucamp	076 111 7111
Commissaire Vets Men 50+, U/17 Boys & Open Group	Koos van Tonder	082 786 9594
Motorbike marshals	Craig Bezuidenhout	082 952 9794
Chief Judge	Janet Oosthuizen	076 483 2666
Judge	Dinie Wagener	072 215 4823
Chief Timekeeper	Awie Storm	084 957 3539
Results	Peter Bailey	084 588 3860
Sweep vehicle	Gert de Jager	083 655 4694

Race Specific Regulations

The tour shall be governed by the UCI REGULATIONS, except for the following provisions:

1. The Lowveld Tour is organized under a sanction granted by Cycling South Africa and Mpumalanga Cycling Union.
2. Any infringements of these rules and regulations may result in penalties, fines and/or disqualification.
3. The commissaires of the race will have the authority to pull off riders who represent a danger to the field.
4. The leaders of all classifications will be provided with a **leader's jersey** specific to each classification **that must be worn by the leader**.
5. The following categories ride for the same prizes and jerseys:
 - 30+ Vets Men, 40+ Vets Men and Junior Men, including Best Young Rider jersey for first Junior
 - 50+ Vets Men and U/17 Boys, including Best Young Rider jersey for first U/17
 - At the final prize giving the winner of each category will receive their own individual overall winner's jersey with their own prize money, as well as a jersey for the first lady and first open rider.
6. Any riders suffering a mishap in **the final 3 kilometers** of any mass start road stage may be given the finish time had the mishap not occurred. The rider's finish order will be at the end of the group he was riding in when the mishap occurred. A referee must observe the mishap, and the rider must cross the line with his bicycle, provided he is physically able to do so.
7. **Any crossing of the centerline** will be subject to penalty, whether it is done as an act of safety, rider neglect or intent to take unfair advantage during the race. The penalty can include a time penalty or disqualification from the event.
8. **Any hanging on motor vehicles of any sort or pacing behind them** will result in immediate expulsion from the remainder of the race.
9. Any dangerous behavior to other riders or spectators will be subject to penalty or expulsion.
10. Any use of profanities or inappropriate behavior will be subject to penalty or expulsion.
11. No individual support. Any violations will result in penalties to the rider being supported. Three violations will result in disqualification.
12. No radio communication between riders and team managers will be allowed, except in the time trial race.
13. **Race numbers** must be worn in all stages. Race numbers must be returned after the last stage of the event. Riders abandon the race must give their numbers to their commissaire.
14. **Frame numbers** will also be provided, and must be affixed to your bike in the place designated by the race official.
15. **Altering of back numbers and frame numbers are not allowed.**
16. **An award ceremony will take place every day as indicated in time schedule.** The top three stage finishers and classification leaders must be available for this ceremony.

17. **Gear ratios for U/17 and Junior categories** will be checked.
18. **NO disc brakes will be allowed in the U/19 & U/17 categories.**
19. Time trial bikes and time trial equipment will be allowed for all categories.
20. In the time trial stage, support vehicles will be allowed if organized or arranged with commissaires. Only managers with a valid license will be considered.
21. **Support vehicles** will only be allowed in the race caravan by timely registration. Only managers with a valid license will be considered for registration. The team manager's details must be submitted with the entry to receive permission to provide service. Riders must come back to the support car to take bottles; it will not be permitted to advance through groups to service riders. No feeding will be allowed in the first 50 km and last 20 km.
22. **Trash and water bottles MAY NOT** be discarded along the racecourse. Riders in violation of this rule are subject to fines, time penalties and/or disqualification.
23. Public urination in or near start/finish venues will not be tolerated and violation of the rule will result in fines and or disqualification in addition to any criminal charges from local municipalities. Riders will be allowed to take natural breaks during road race stages only in rural areas free of spectators.
24. Riders who **fall behind the follow caravan** during road race stages are not guaranteed traffic control at intersections and must follow all normal traffic regulations.
25. Should a rider abandon the race his/her number must be returned to the race referee or the sweep vehicle and he/she is expelled for the remainder of the tour.
26. Please note that elimination times will not apply, however, if you are not able to complete a particular stage, for whatever reason, you will not be able to participate further in the tour.

The organizers will provide traffic control and medical support. Riders must be aware that these are open courses and be aware of all potential traffic hazards. On all the stages, the riders must be aware of all traffic and must **OBEY ALL RULES** of the road.

When a race incident occurs, the Tour Director, Chief Commissaire or race referee reserve the right to make any kind of neutralization should circumstance demand such action.

If there are less than 10 riders per category the prize money will be halved.

Medals to all finishers

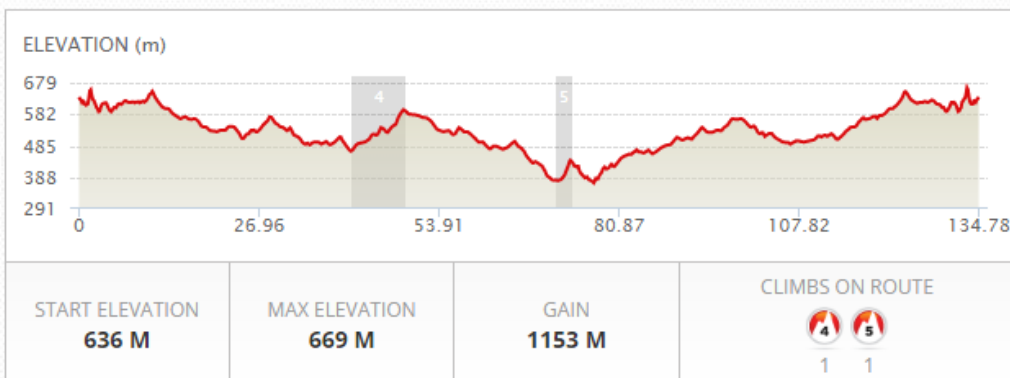
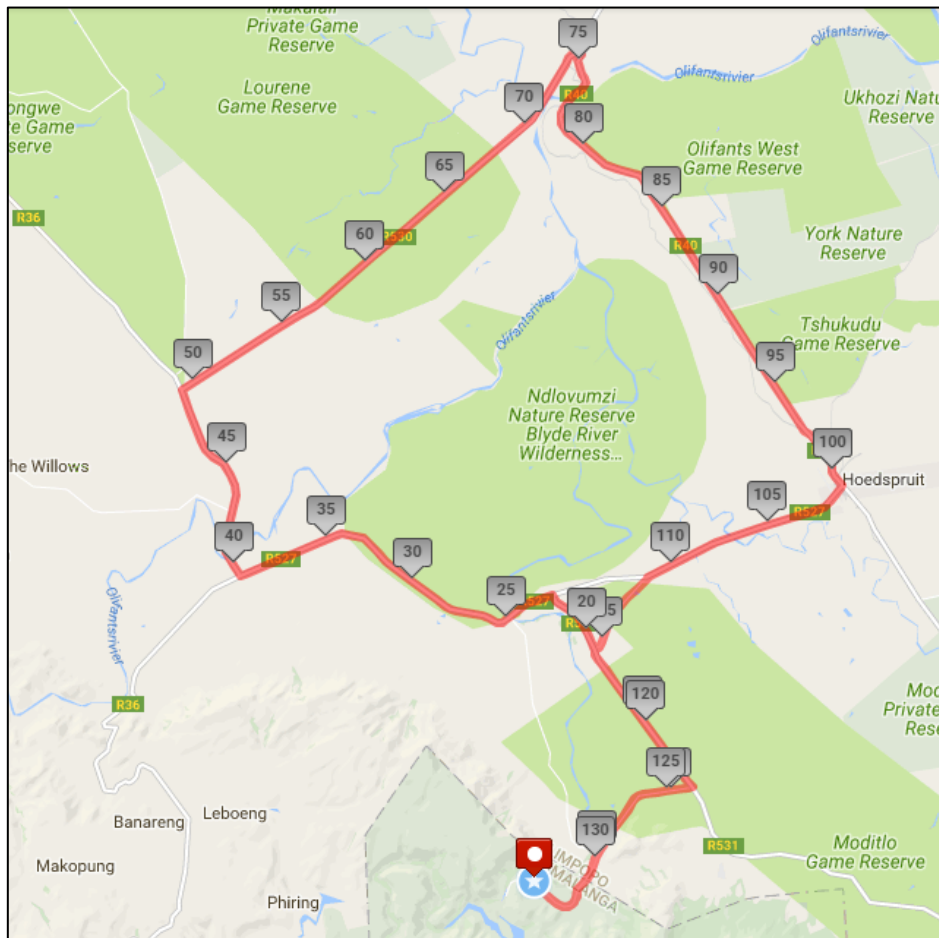
Stage Details

Thursday 9 August 2018 - Swadini – Hoedspruit - Swadini Stage 1 for Elite, U/23 & Junior Men and Vets Men 30+, 40+ & 50+

- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 10.5km turn left at T-junction onto R36 towards Orighstad
- 4 **Hotspot** at 17km (J M Boshoff Suikerplaas)
- 5 After 22km turn left at T-junction onto R36. Orighstad
- 6 After 38km turn right towards Tzaneen, R36.
- 7 **KOM** at 47km (Tower) (positions 1 – 3)
- 8 After 48km turn right towards Phalaborwa, R530.
- 9 **KOM** at 65km (Phuza Moyi) (positions 1 – 3)
- 10 **Hotspot** at 71km (Bridge)
- 11 After 74km turn right towards Whiteriver, R40.
- 12 **Hotspot** at 77km (Olifantsriver bridge)
- 13 **KOM** at 97km (Tower – Berlin) (positions 1 – 3)
- 14 After 100km at stop sign turn right towards Orighstad/Hoedspruit- R527. Enter into Hoedspruit town.
- 15 After 111km turn left on R531 towards Orpen.
- 16 After 116km turn left on R531 towards Orpen.
- 17 After 123km turn right towards Swadini.
- 18 **Finish** at 135km

Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 -
4				
K.O.M Points:	K.O.M. 1:	3 - 2 - 1		
	K.O.M. 2:	3 - 2 - 1		
	K.O.M. 3:	3 - 2 - 1		

Stage 1 Elite, U/23 & Junior Men and Vets Men 30+, 40+ & 50+_Map & Profile



CLIMB DETAILS

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Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	40.85 km/48.87 km	8.01 km	475 m/591 m	1.4%
	71.50 km/73.90 km	2.40 km	374 m/430 m	2.4%

Click here for interactive route: <http://www.mapmyride.com/routes/view/1481726869>

Stage 1 for U/17 Boys and Open Group

- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 10.5km turn left at T-junction onto R36 towards Orighstad
- 4 **Hotspot** on 17km (J M Boshoff Suikerplaas)
- 5 After 22km turn left at T-junction onto R36. Orighstad
- 6 After 24km turn left after the bridge on Jonkmanspruit.
- 7 After 37km turn left at T-junction towards Klaserie.
- 8 After 42.5km turn left on the R531 towards Orighstad.
- 9 **Hotspot** on 49km (J M Boshoff Suikerplaas)
- 10 After 53km turn left at T-junction onto R36. Orighstad
- 11 After 55km turn left after the bridge on Jonkmanspruit.
- 12 After 68.5km turn right towards Swadini.
- 13 **Finish** at 75km

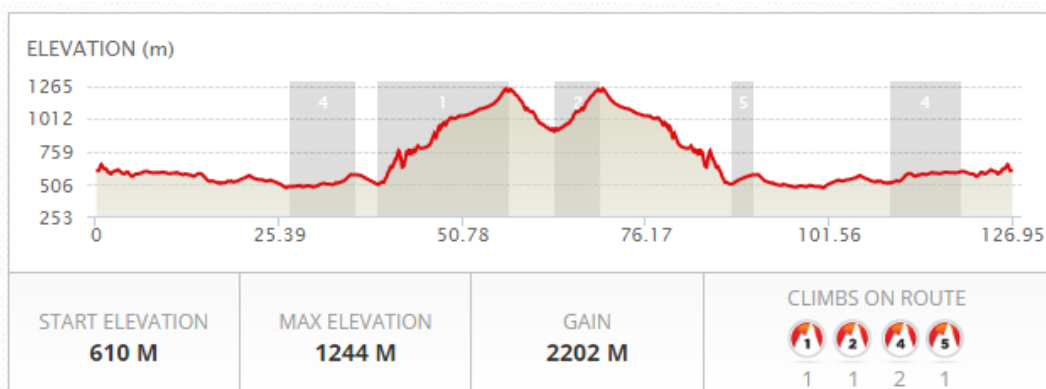
Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

Click here for interactive route: <http://www.mapmyride.com/routes/view/1481738752>
Friday 10 August 2018 – JG Strijdom Tunnel - Graskop and Return

Stage 2 for U/23, Elite, Junior Men, Vets men 30 – 49 & 50+

- 1 Start at reception of Swadini, a Forever Resort
- 2 After 100m turn left
- 3 After 5 km turn left towards Jonkmanspruit
- 4 After 17.5 km turn left towards Lydenburg on the R527
- 5 **HOTSPOT** at Appelblaar farm stall at 20 km
- 6 **KOM** and water point at the entrance of Strijdom Tunnel at 42 km (Position 1 – 4)
- 7 **KOM** at 56.5 km (Position 1 – 5)
- 8 **Turning Point:** After 63 km make **U-turn** back towards Swadini
- 9 **KOM** at 68 km (Position 1 – 3)
- 10 Water point at 86 km
- 11 After 110.5 km turn right towards Jonkmanspruit R527.
- 12 **HOTSPOT** at sign Christo Redelinghuys 113 km
- 13 After 122.8 km at T-junction right towards Swadini, a Forever Resort
- 14 **BEWARE:** Cattle grid at 115 km
- 15 **Finish** at 126 km

Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4
K.O.M Points:	K.O.M. 1:	4 - 3 - 2 - 1		
	K.O.M. 2:	5 - 4 - 3 - 2 - 1		
	K.O.M. 3:	3 - 2 - 1		



CLIMB DETAILS

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Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	26.73 km/35.94 km	9.21 km	488 m/584 m	1.0%
	39.04 km/57.17 km	18.12 km	510 m/1,236 m	4.0%
	63.47 km/69.78 km	6.31 km	925 m/1,235 m	4.9%
	87.90 km/91.10 km	3.20 km	510 m/582 m	2.3%
	110.03 km/119.84 km	9.81 km	520 m/605 m	0.9%

Click here for interactive route: <http://www.mapmyride.com/routes/view/1481992633>

Stage 2 for U/17 and Open group

- 1 Start at reception of Swadini, a Forever Resort
- 2 After 100m turn left
- 3 After 5 km turn left towards Jonkmanspruit
- 4 After 17.5 km turn left towards Lydenburg on the R527
- 5 **HOTSPOT** at Appelblaar farm stall at 20 km
- 6 **KOM** and water point at the entrance of Strijdom Tunnel at 42 km (Position 1 – 4)
- 7 **Turning Point:** After 42 km and KOM make **U-turn** back towards Swadini
- 8 After 67 km turn right towards Jonkmanspruit R527.
- 9 **HOTSPOT** at sign Christo Redelinghuys 69.5 km
- 10 After 79 km at T-junction right towards Swadini, a Forever Resort
- 11 **Finish** at 84 km

Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4
K.O.M Points:	K.O.M. 1:	4 - 3 - 2 - 1		

Saturday 11 August 2017 - Individual Time Trial 20km
Road race: Swadini – Orpen – Swadini

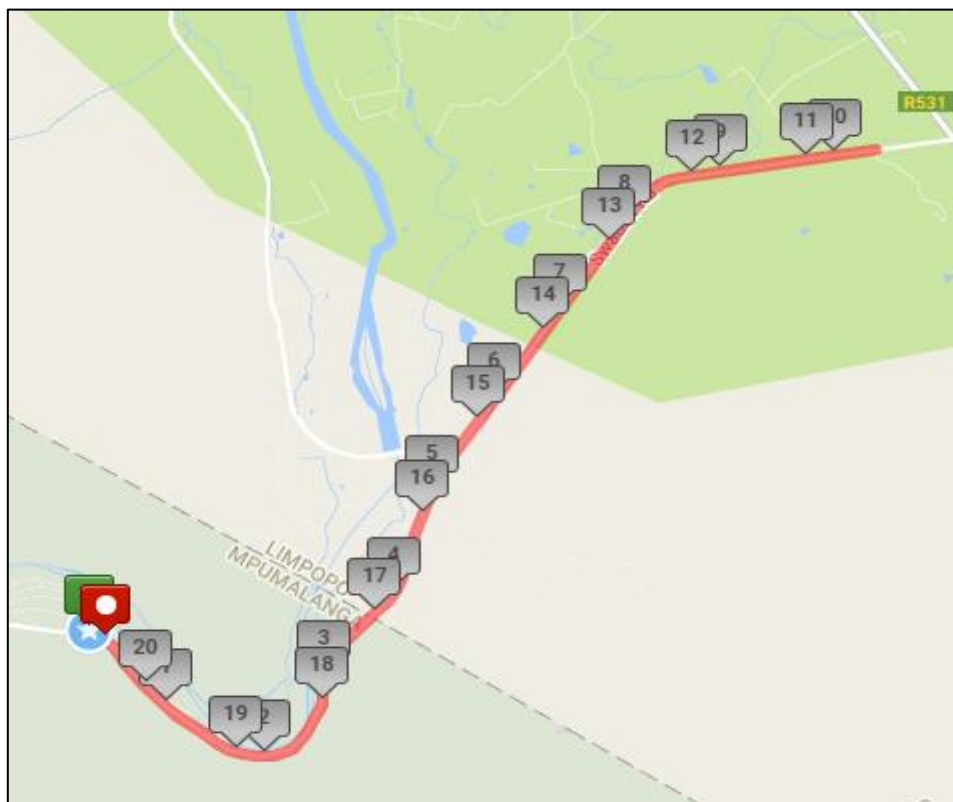
Stage 3A Time Trial

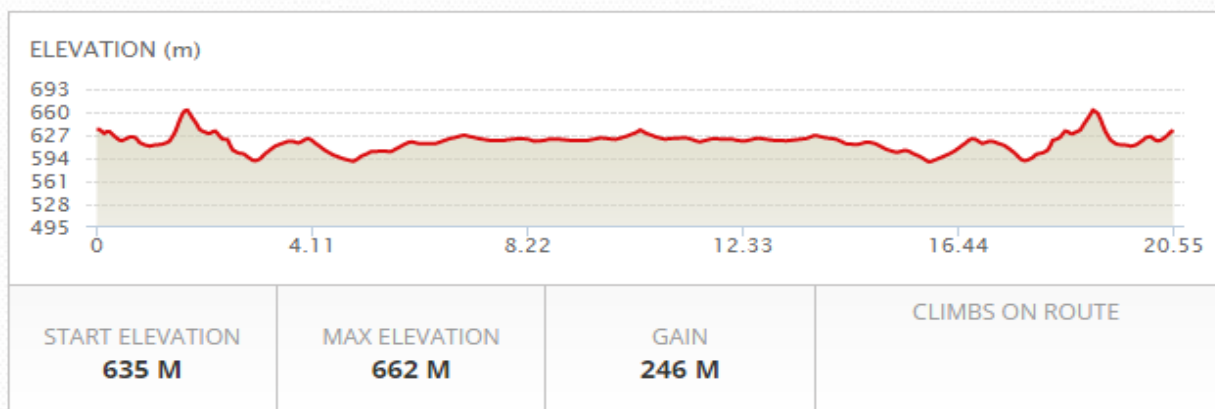
1 The time trial is 20 km and will start at 09h00 with one minute intervals between riders based on GC after stage 2 starting in the following order:

- Elite & U/23 Men
- Vets 50+
- Vets 40+
- Vets 30+
- Juniors
- Open
- U/17

There will be no points or time bonuses on this stage.

Stage 3A Map & Profile





Click here for interactive route: <http://www.mapmyride.com/routes/view/1483065115>

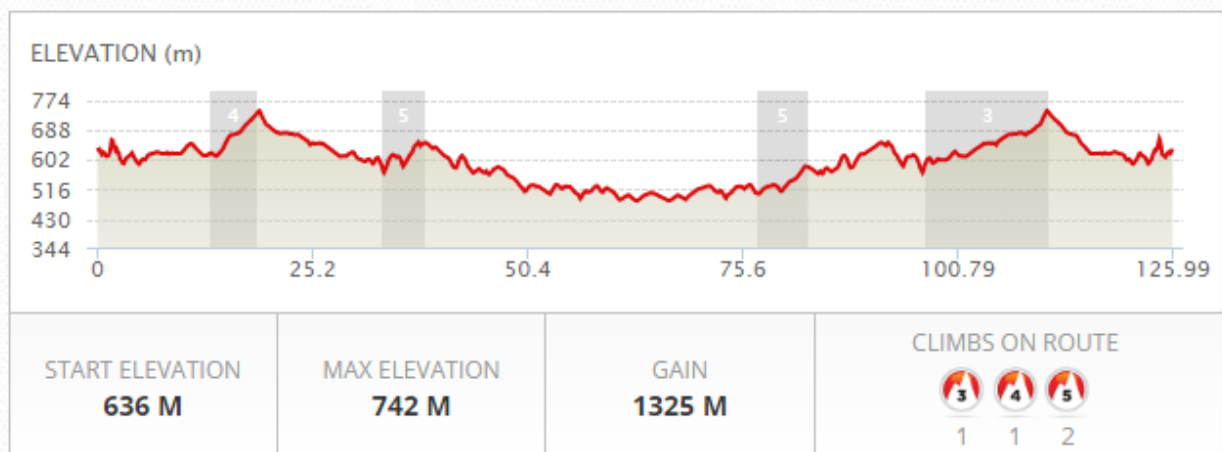
Stage 3B for Elite, U/23 & Junior Men and Vets Men 30+, 40+ & 50+

- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 11km turn right towards Orpen on R531.
- 4 **Hotspot** at 13km (Kampersrus)
- 5 **KOM** at 30km (A M Villa) (positions 1 – 3)
- 6 At 31km turn left towards Orpen Gate on R531
- 7 **KOM** at 37.5km (Statue) (positions 1 – 3)
- 8 **Hotspot** at 49km (Sandringham)
- 9 **Turning point:** After 60km make **U-turn** back towards Swadini (Southern Africa Wildlife – Orpen Gate)
- 10 After 91km turn right towards Phalaborwa on R40
- 11 **KOM** at 93.5km under train bridge (positions 1 – 3)
- 12 **Hotspot** 106km (Kampersrus)
- 13 After 111km turn left towards Swadini.
- 14 **Finish** at 121km

Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

K.O.M Points:	K.O.M. 1:	3 - 2 - 1
	K.O.M. 2:	3 - 2 - 1
	K.O.M. 3:	3 - 2 - 1

Stage 3B Elite, U/23 & Junior Men and Vets Men 30+, 40+ & 50+ Map & Profile



CLIMB DETAILS

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Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	13.22 km/18.73 km	5.51 km	611 m/731 m	2.2%
	33.25 km/38.26 km	5.01 km	590 m/650 m	1.2%
	77.42 km/83.23 km	5.81 km	511 m/577 m	1.2%
	97.05 km/111.47 km	14.42 km	589 m/732 m	1.0%

Click here for interactive route: <http://www.mapmyride.com/routes/view/1483088572>

Stage 3B for U/17 Boys and Open Group

- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 11km turn right towards Orpen on R531.
- 4 **Hotspot** at 13km (Kampersrus)
- 5 **KOM** at 30km (A M Villa) (positions 1 – 3)
- 6 At 31km turn left towards Orpen Gate on R531
- 7 **KOM** at 37.5km (Statue) (positions 1 – 3)
- 8 **Turning point:** After 42.9km make **U-turn** back towards Swadini (Acornhoek)
- 9 After 54km turn right towards Phalaborwa on R40
- 10 **Hotspot** 72km (Kampersrus)
- 11 After 74.8km turn left towards Swadini.
- 12 **Finish** at 85km

Hotspots:	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

K.O.M Points:	K.O.M. 1:	3 - 2 - 1
	K.O.M. 2:	3 - 2 - 1

Stage 3B U/17 Boys and Open Group Map & Profile





CLIMB DETAILS

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Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	8.91 km/14.72 km	5.81 km	617 m/732 m	2.0%
	29.14 km/34.15 km	5.01 km	590 m/650 m	1.2%
	56.68 km/71.11 km	14.42 km	589 m/731 m	1.0%

Click here for interactive route: <http://www.mapmyride.com/routes/view/1483131193>

Sunday 12 August 2018

Stage 4 Criterium Elite, U/23, Junior Men, Vets Men 30+, 40+ & 50+

1. Circle route inside the Forever Resort grounds.
2. 45 minutes + 1 lap
3. Laps: 1.96 km

U/17 Boys and Open Group

1. Circle route inside the Forever Resort grounds.
2. 30 minutes + 1 lap
3. Laps: 1.96 km

PLEASE NOTE:

There is no lap of grace on this circuit.

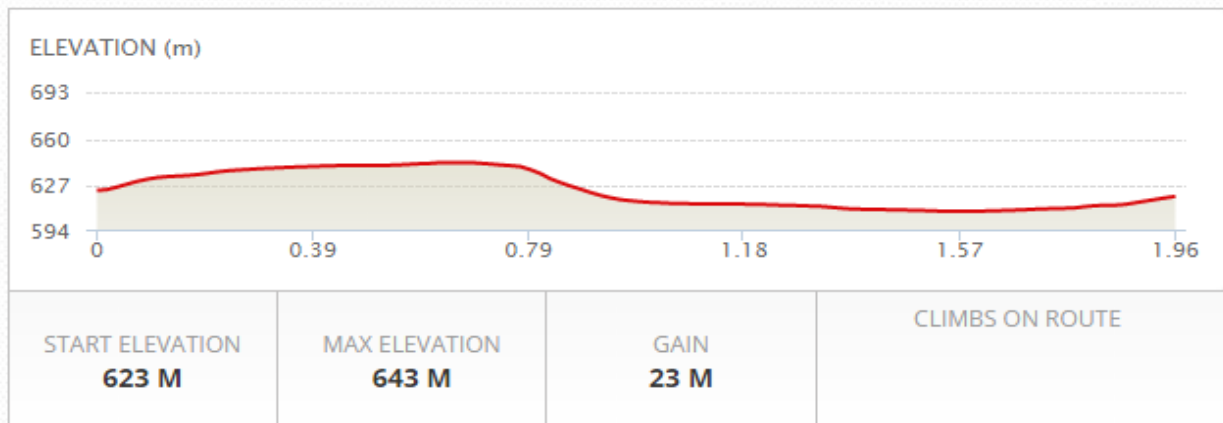
Lapped riders will be called off and **MUST** leave the circuit immediately.

There will be 2 hotspot laps with bonus points and seconds

Hotspots x 2	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
Finish:	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

Stage 3.2 Map & Profile





Click here for interactive route: <http://www.mapmyride.com/routes/view/1483079371>

Prizes

Group 1

Group 2

Group 3

Group 4

Categories in Groups 2 & 3 compete for the same jersey and podium positions on individual stages. Overall prizes will be given to each category individually at the final prize giving.

STAGE			Elite & U/23	STAGE		Vets 30+, 40+, 50+ & Junior	U/17	Open
Elite 1	1	1	R 200.00	1	1	R150		
	2		R 100.00		2	R100		
	3		R50.00		3	R50		
Elite 2	1	1	R 200.00	2	1	R150		
	2		R 100.00		2	R100		
	3		R50.00		3	R50		
Elite 3A	1	1	R 100.00	3A	1	R 100.00		
	2		R50.00		2	R 50.00		
	3		R50.00					
Elite 3B	1	1	R 100.00	3B	1	R 100.00		
	2		R 50.00		2	R 50.00		
			R 50.00					
Elite 4	1	1	R 200.00	4	1	R 150.00		
	2		R 100.00		2	R 100.00		
	3		R50.00		3	R 50.00		
Overall	1		R 4 000.00		1	Forever Resort Voucher	Forever Resort Voucher	Gift pack
	2		R 3000.00		2	R 1 000.00	R 500.00	Gift pack
	3		R 1 000.00		3	R500.00	R300.00	Gift pack
	4		R 500.00					
	5		R200.00					
Points	1		R 500.00		1	Forever Resort Voucher	R500.00	
	2		R 300.00					
	3		R 200.00					
KOM	1		R 500.00		1	Forever Resort Voucher	R500.00	
	2		R 300.00					
	3		R 200.00					
Best U/23	1		R 1 000.00					

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