



***LOWVELD TOUR***

***SWADINI***

***9 - 12 AUGUST 2018***



## **Time Schedule**

### **Wednesday 8 August 2018**

17h00	Registration at Air Relax next to the swimming pool 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 boom in front of reception and finish at the fountain and the Forever Resort sign except for the criterium.**

09h00	Start of Stage 1 for Elite & U/23
09h05	Start of Stage 1 for Vets Men 30+, Vets Men 40+ & Junior Men
09h10	Start of Stage 1 for U/17 Boys; Vets 50+; Ladies & Open categories
18h00	Prize giving and Team Managers meeting at Air Relax next to the swimming pool

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

09h00	Start of Stage 2 for U/17 Boys; Vets 50+; Ladies & Open category
09h30	Start of Stage 2 for Elite & U/23
09h40	Start of Stage 2 for Vets Men 30+ & Vets Men 40+ & Junior Men
18h00	Prize giving and team managers meeting at Air Relax, next to the swimming pool

## **Saturday 11 August 2018**

### **Stage 3A**

#### **08h00 Swadini – Orpen Gate – Swadini**

08h00	Start of Stage 3A for U/17 boys; Vets 50+; Ladies and Open group
08h20	Start of Stage 3A for Elite & U/23 men
08h30	Start of Stage 3A for Vets Men 30+, 40+ & Junior Men
18h00	Prize giving at Air Relax next to the swimming pool

### **Stage 3B**

#### **13h30 Time Trial**

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

## **Sunday 12 August 2018 – Criterium**

07h30	Start of Stage 4 for U/17 boys; Vets 50+; Ladies & Open group
08h15	Start of Stage 4 for Vets Men 30+ & 40+ & Junior Men
09h15	Start of Stage 4 for Elite & U/23 Men
11h00	<b>Final Award Ceremony at Air Relax, next to the swimming pool</b>

## Commissaires and Personnel

Ambulance	Oom Boet	083 269 6630
President Commissaire	Bart Harmse	083 227 4500
Elite & U/23	Rudi van Wyk	082 569 8510
Commissaire Vets 30+, Vets 40+ & Junior Men	Pieter Aucamp Koos van Tonder	076 111 7111 082 786 9594
Commissaire Vets Men 50+, U/17 Boys; Ladies & Open Group	Riaan Koegelenberg	082 565 7303
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 for KOM, Points and jersey
  - 30+ Vets Men, 40+ Vets Men and Junior Men, including Best Young Rider jersey for first Junior
  - 50+ Vets Men; Ladies (own pink jersey) 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 and prize money 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 and will be subject to penalty.**

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 ALLOWED IN U/17 AND JUNIOR 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+

- 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 Ohrigstad
- 4 **Hotspot** at 17,8 km (J M Boshoff Suikerplaas)
- 5 After 22 km turn right at T-junction onto R527 towards Hoedspruit.
- 6 Enter Hoedspruit at 35 km
- 7 After 37 km turn left on the R40 towards Phalaborwa
- 8 **KOM** at 44 km (Miershoop)) (positions 1 – 3)
- 9 **Hotspot** at 60 km (Pub)
- 10 At 64 km turn left on the R530 towards Ohrigstad
- 11 **KOM** at 71,7 km (Phuza Moyi) (positions 1 – 3)
- 12 At 87 km turn left
- 13 At 97,1 km turn left on the R527 towards Hoedspruit
- 14 **Hotspot** at 100 km (Blue Cottage)
- 15 After 114 km turn right on the R40 towards White River/Orpen Gate
- 16 At 125 km turn right towards Forever Resort Swadini
- 17 **Finish** at 136 km

<b>Hotspots:</b>	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
<b>Finish:</b>	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

<b>K.O.M Points:</b>	K.O.M. 1:	3 - 2 - 1
	K.O.M. 2:	3 - 2 - 1

## Stage 1 Elite, U/23 & Junior Men and Vets Men 30+, 40+



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

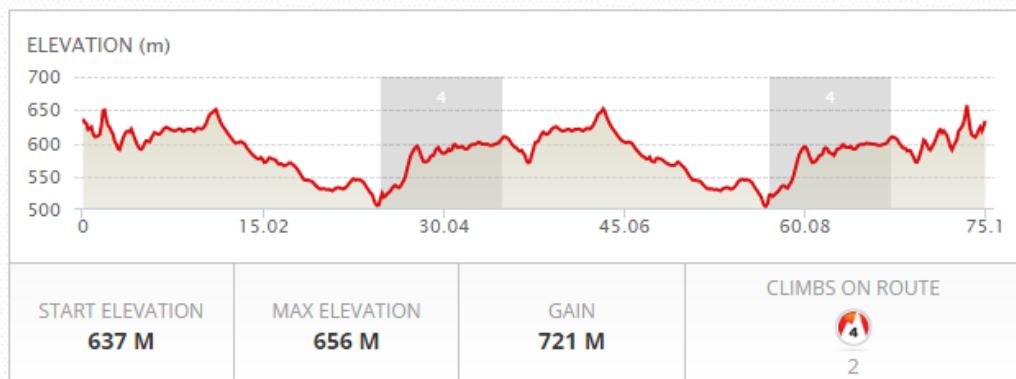
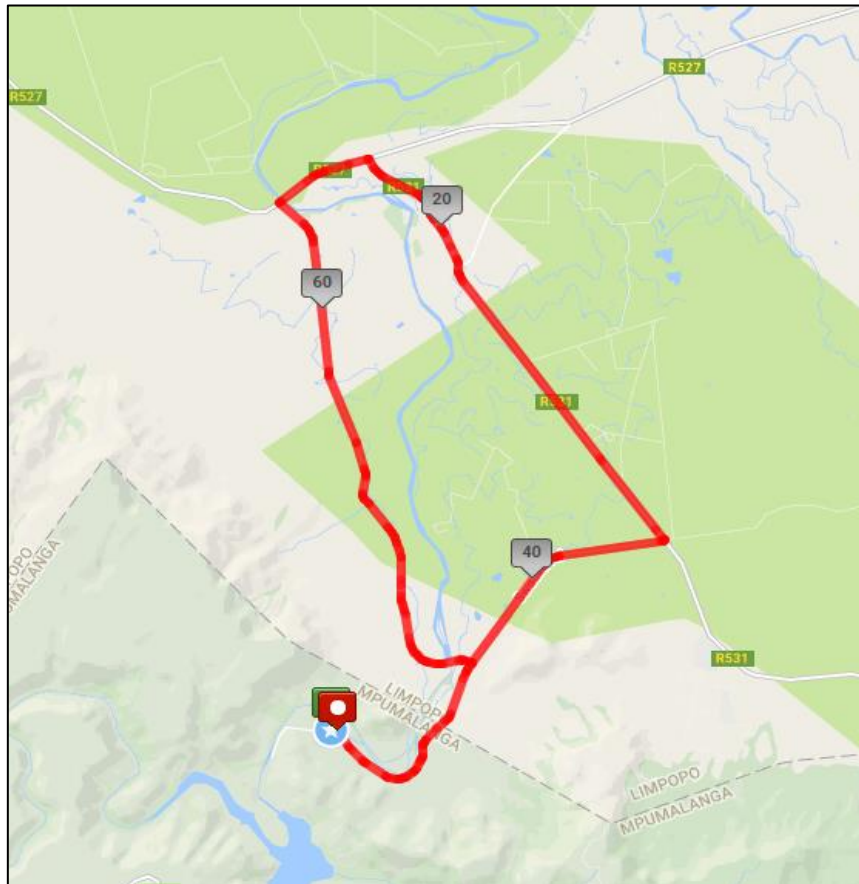
## Stage 1 for U/17 Boys ; Vets 50+; Ladies and Open Group

- 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 Ohrigstad
- 4 **Hotspot** on 17km (J M Boshoff Suikerplaas)
- 5 After 22km turn left at T-junction onto R36 towards Ohrigstad
- 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 Ohrigstad.
- 9 **Hotspot** on 49km (J M Boshoff Suikerplaas)
- 10 After 53km turn left at T-junction onto R36 towards Ohrigstad
- 11 After 55km turn left after the bridge on Jonkmanspruit.
- 12 After 68.5km turn right towards Swadini.
- 13 **Finish** at 75km

<b>Hotspots:</b>	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
<b>Finish:</b>	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4



## Stage 1 U/17 Boys; Vets 50+; Ladies and Open Group Map & Profile



### CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	24.83 km/34.95 km	10.11 km	515 m/605 m	0.9%
	57.18 km/67.29 km	10.11 km	515 m/605 m	0.9%

Click here for interactive route: <http://www.mapmyride.com/routes/view/1481738752>

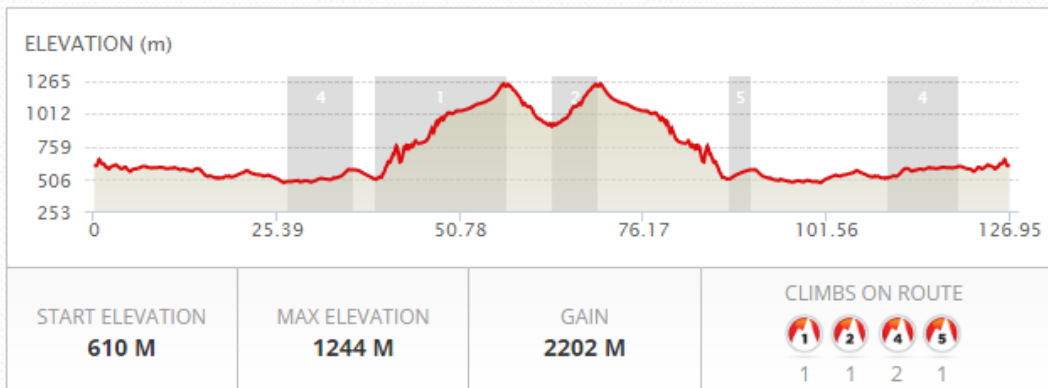
**Friday 10 August 2018 – JG Strijdom Tunnel - Graskop and Return**

**Stage 2 for U/23, Elite, Junior Men, Vets men 30 – 49**

- 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 20 km (Appelblaar farm stall)
- 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** and waterpoint at 68 km (Position 1 – 3)
- 10 After 110.5 km turn right towards Jonkmanspruit R527.
- 11 **HOTSPOT** at sign Christo Redelinghuys 113 km
- 12 After 122.8 km at T-junction right towards Swadini, a Forever Resort
- 13 **Finish** at 126 km

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

## Stage 2 Map and profile for U/23, Elite, Junior Men, Vets men 30 – 49



### CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

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%

## Stage 2 for U/17; Vets 50+; Ladies 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

<b>Hotspots:</b>	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
<b>Finish:</b>	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

Stage 3A - Road race: Swadini – Orpen – Swadini

Stage 3B - Individual Time Trial 20 km

### Stage 3A for Elite, U/23 & Junior Men and Vets Men 30 - 49

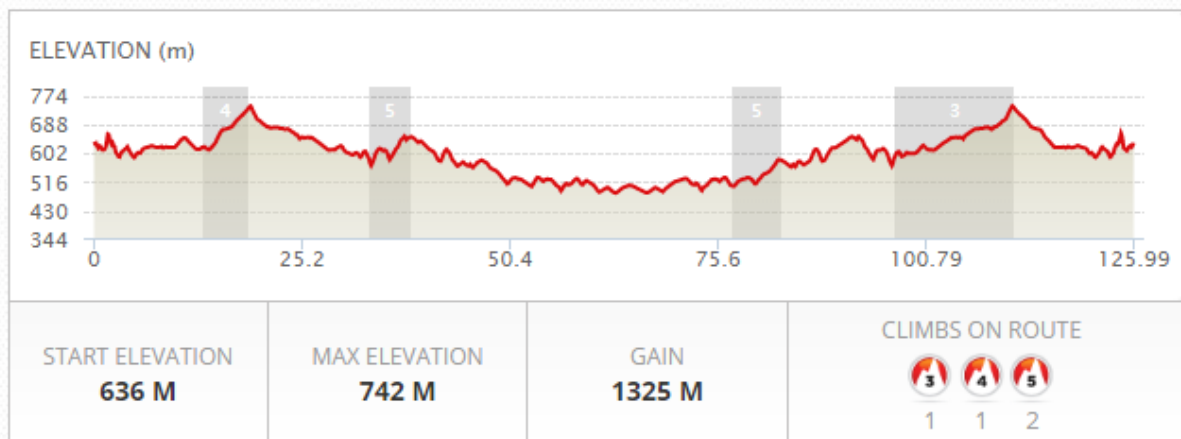
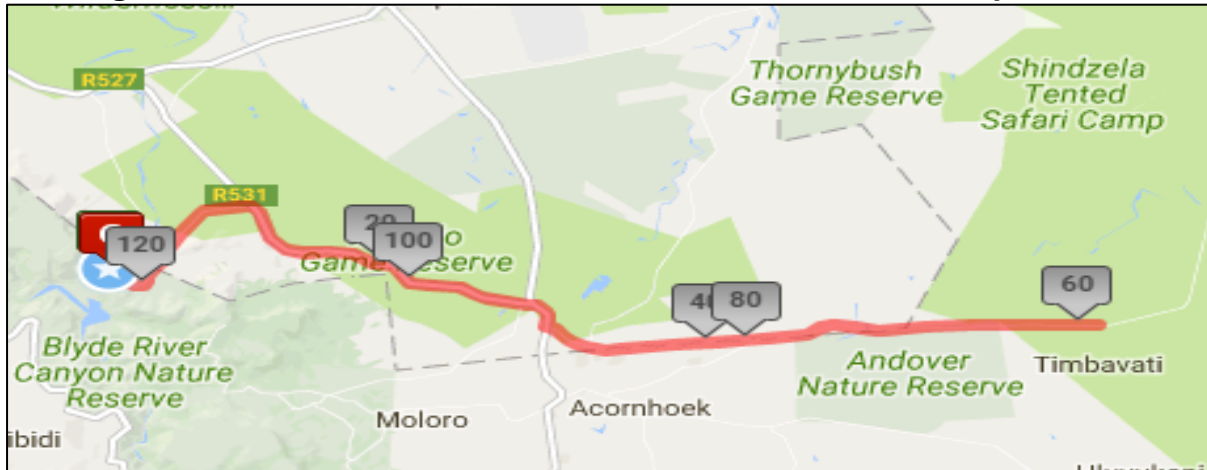
- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 11km turn right towards Orpen on R531.
- 4 **Hotspot** at 13km (Kampersrus)
- 5 **KOM** at 30km (A M Villa) (positions 1 – 3)
- 6 At 31km turn left towards Orpen Gate on R531
- 7 **KOM** at 37.5km (Statue) (positions 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** at 106km (Kampersrus)
- 13 After 111km turn left towards Swadini.
- 14 **Finish** at 121km

<b>Hotspots:</b>	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
<b>Finish:</b>	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

<b>K.O.M Points:</b>	K.O.M. 1:	3 - 2 - 1
	K.O.M. 2:	3 - 2 - 1
	K.O.M. 3:	3 - 2 - 1

**Please note: NO jersey presentation after this stage**

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



### CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

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%

### Stage 3A for U/17 Boys; Vets 50+; Ladies and Open Group

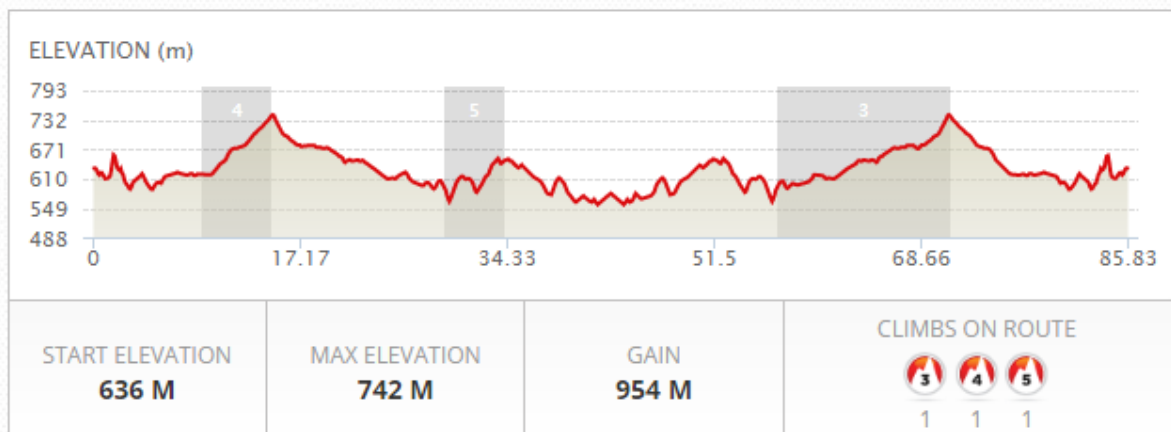
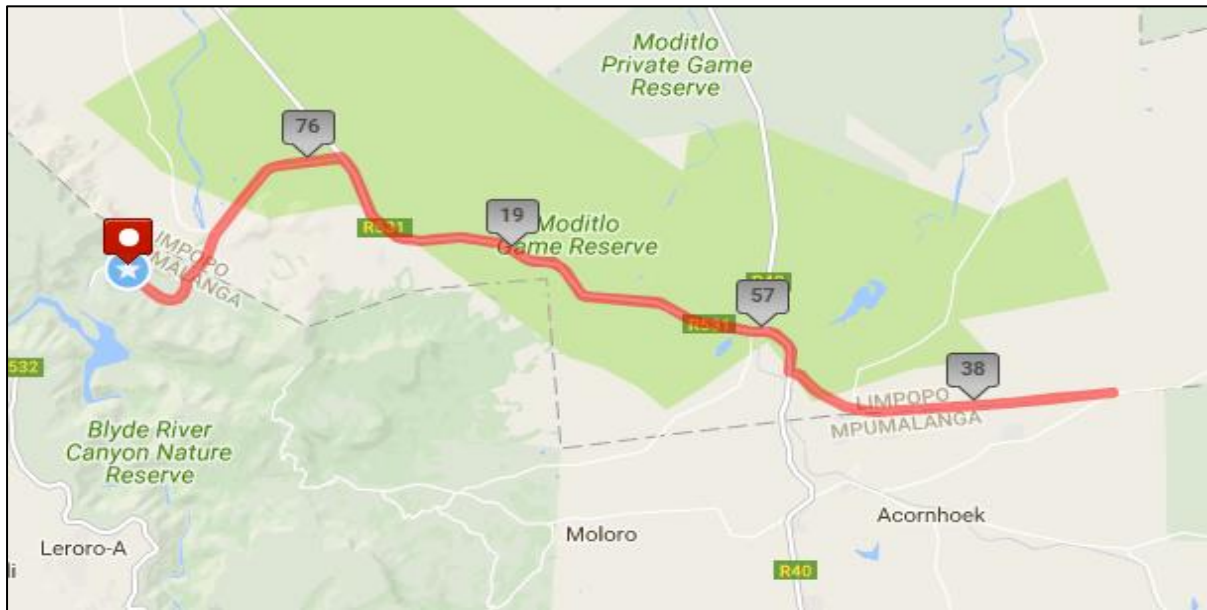
- 1 **Start** at reception of Swadini, a Forever Resort.
- 2 After 100m turn left.
- 3 After 11km turn right towards Orpen on R531.
- 4 **Hotspot** at 13km (Kampersrus)
- 5 **KOM** at 30km (A M Villa) (positions 1 – 3)
- 6 At 31km turn left towards Orpen Gate on R531
- 7 **KOM** at 37.5km (Statue) (positions 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 **KOM** at 59 km (under train bridge)
- 11 **Hotspot** 72km (Kampersrus)
- 12 After 74.8km turn left towards Swadini.
- 13 **Finish** at 85km

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

**Please note: NO jersey presentation after this stage**



## Stage 3A U/17 Boys; Vets 50+; Ladies and Open Group Map & Profile



### CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

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%



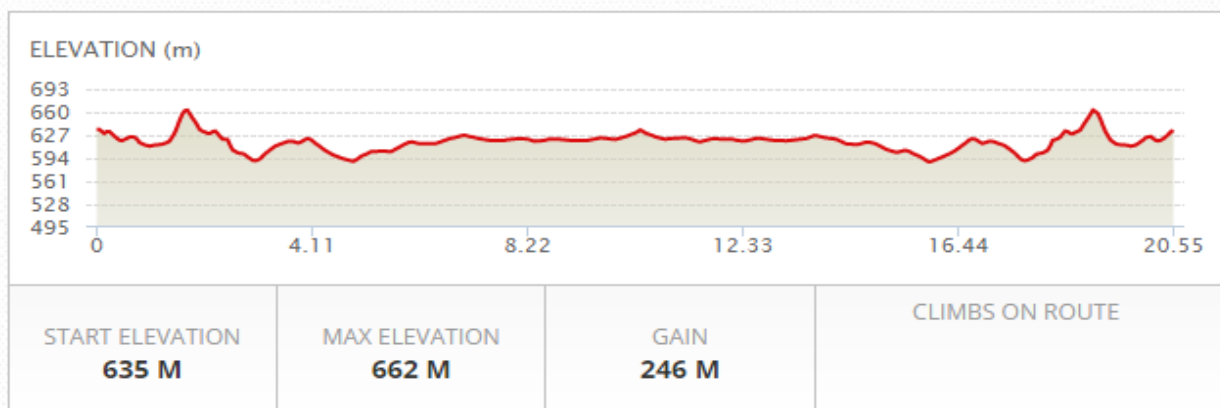
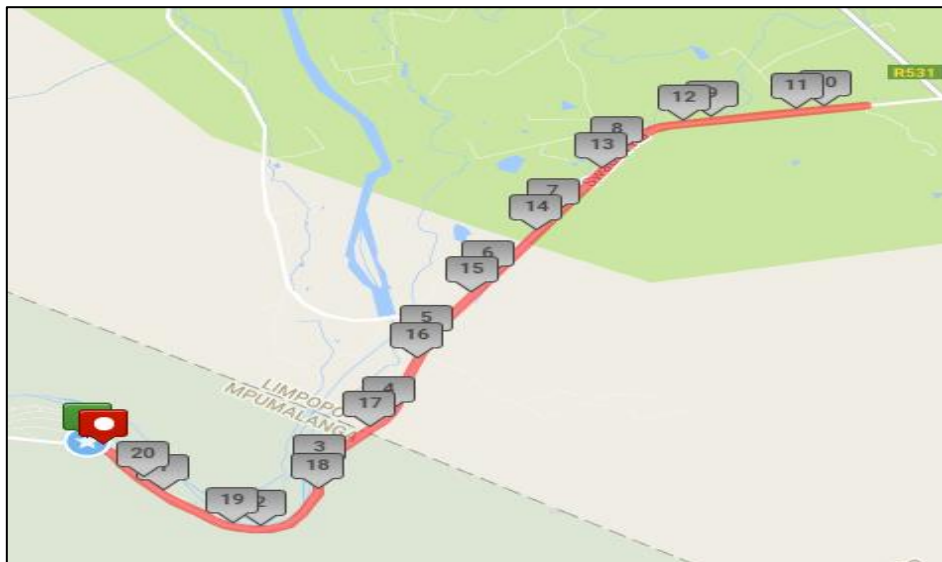
## Stage 3B Time Trial

1 The time trial is 20 km and will start at 13h30 with one minute intervals between riders based on GC after stage 2 starting in the following order:

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

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

### Stage 3B Map & Profile



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

## Sunday 12 August 2018

### Stage 4 Criterium Elite, U/23, Junior Men, Vets Men 30 - 49

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

### U/17 Boys; Vets 50+; Ladies 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.

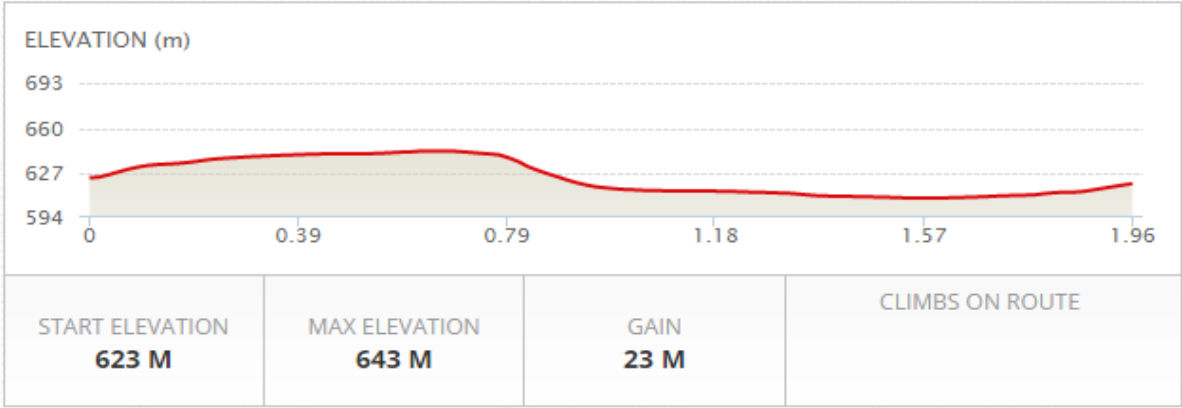
**Lapped riders will be called off and MUST leave the circuit immediately.**

There will be 2 hotspot laps with bonus points and seconds

<b>Hotspots x 2</b>	Points:	3 - 2 - 1	and time bonus	3 - 2 - 1
<b>Finish:</b>	Points:	10 - 6 - 4	and time bonus	10 - 6 - 4

### Stage 3.2 Map & Profile





## 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+ & Junior		U/17; Vets 50+; Ladies		Open	
Elite	1	1	R 200.00	1	1	R150		R150			
		2	R 100.00			2	R100	R100			
		3	R50.00			3	R50	R50			
Elite	2	1	R 200.00	2	1	R150		R150			
		2	R 100.00			2	R100	R100			
		3	R50.00			3	R50	R50			
Elite	3A	1	R 100.00	3A	1	R 100.00		R 100.00			
		2	R50.00			2	R 50.00	R 50.00			
		3	R50.00								
Elite	3B	1	R 100.00	3B	1	R 100.00		R 100.00			
		2	R 50.00 R 50.00			2	R 50.00	R 50.00			
Elite	4	1	R 200.00	4	1	R 150.00		R 150.00			
		2	R 100.00			2	R 100.00	R 100.00			
		3	R50.00			3	R 50.00	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		Forever Resort Voucher			
		2	R 300.00								
		3	R 200.00								
KOM		1	R 500.00		1	Forever Resort Voucher		Forever Resort Voucher			
		2	R 300.00								
		3	R 200.00								
Best U/23		1	R 1 000.00								

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