

THE MPUMALANGA ROAD CHAMPIONSHIPS

WILL TAKE PLACE ON

19 - 20 JANUARY 2019

AT

LOSKOPDAM, A FOREVER RESORT

<u>ROAD RACE</u>	<u>TIME TRIAL</u>	<u>HILL CLIMB</u>	<u>CRITERIUM</u>
2019/01/19 08:00 START AT FOREVER RESORT LOSKOPDAM IN THE DIRECTION MIDDELBURG	2019/01/19 14:00 Start on the T-Junction Groblersdal/Stoffberg, direction Groblersdal	2019/01/20 08:00 6 km from Loskopdam on the Stoffberg road Profile to follow later	2019/01/20 10:00 Loskopdam resort

Registration and Line Entries will take place in the KUDU Hall.

Friday, 18 January 2019– 18:00 to 20:00

Saturday, 19 January 2019 – 06:00 to 07:00

For further information please contact:

Hendrik Wagener 082 741 1514

The Annual Prestigious reward ceremony will take place at 19h00 on
19/01/2019 in the Rhino Hall.

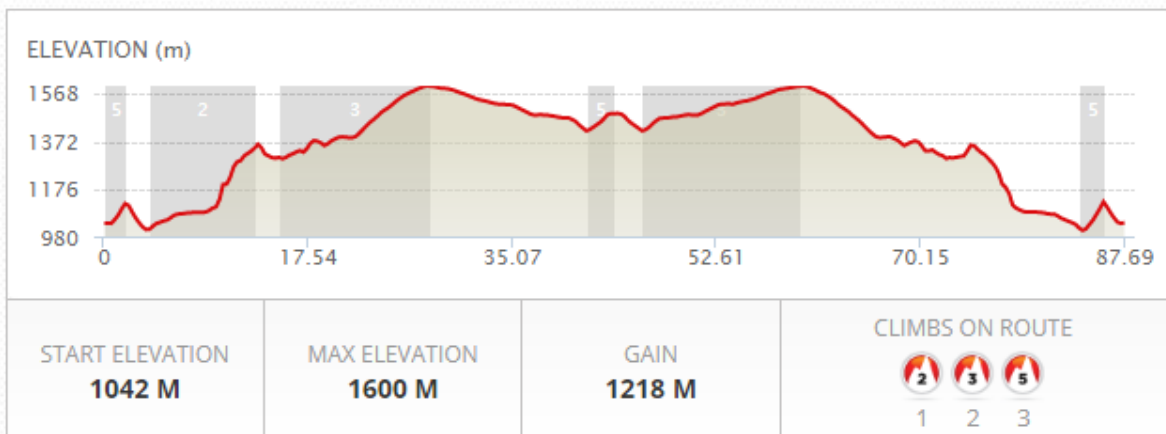
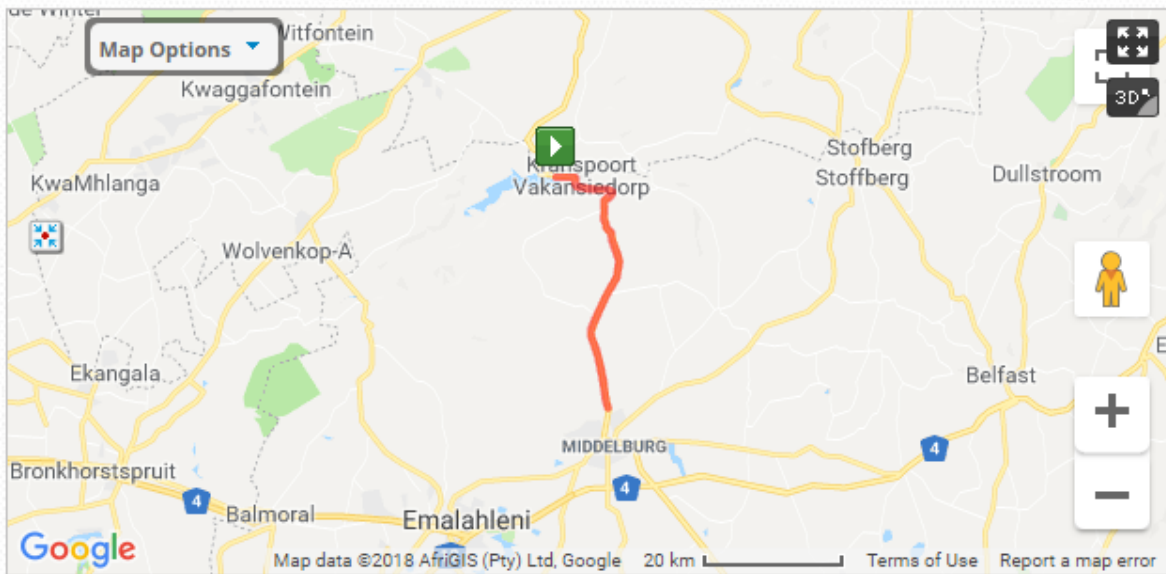
The prize giving for the medal winners of the MPU champs for the road
and time trial of 19/01/2019 will also take place at the reward ceremony.

The prize giving for the medal winners of the MPU champs for the hill
climb and criterium on 20/01/2019 will take place at 12:00 in the Rhino
hall.

<u>AGE CATEGORY</u> <u>GENDER CATEGORY</u>	<u>TIME TRIAL</u>	<u>HILL CLIMB</u>	<u>ROAD RACE</u>	<u>CRITERIUM</u>
U/11 BOYS & GIRLS U/13 GIRLS	6 6	TBA	20 20	10 Min + 1 lap
U/13 BOYS U/15 GIRLS U/15 BOYS U/17 GIRLS	10 10 10 10	TBA	20 20 20 20	10 min + 1 lap
VET LADIES 40-44 VET LADIES 45-49 VET LADIES 50-54 VET LADIES 55-59 VET MEN 60-64 VET MEN 65-69 VET MEN 70+	15 15 10 10 10 10 10	TBA	50 50 50 50 50 50	15 min + 1 lap
VET LADIES 30-34 VET LADIES 35-39 JUNIOR LADIES U/17 BOYS VET MEN 50-54 VET MEN 55-59	15 15 15 15 15 15	TBA	50 50 50 50 50 50	15 min + 1 lap
JUNIOR MEN U/23 MEN ELITE MEN U/23 LADIES ELITE LADIES VET MEN 30-34 VET MEN 35-39 VET MEN 40-44 VET MEN 45-49	20 20 20 20 20 20 20 20 20	TBA	88 88 88 88 88 88 88 88	20 min + 1 lap

MPU Champs road race

19/01/2019



CLIMB DETAILS

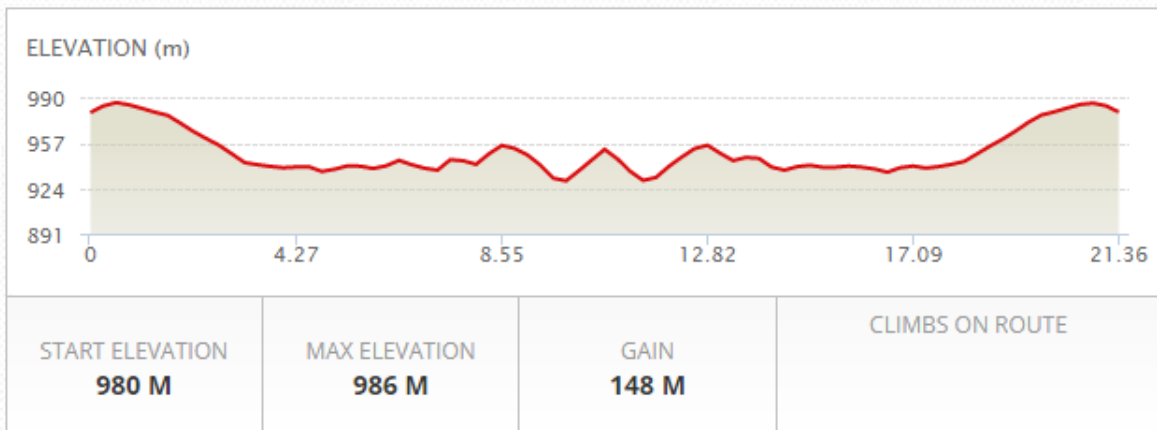
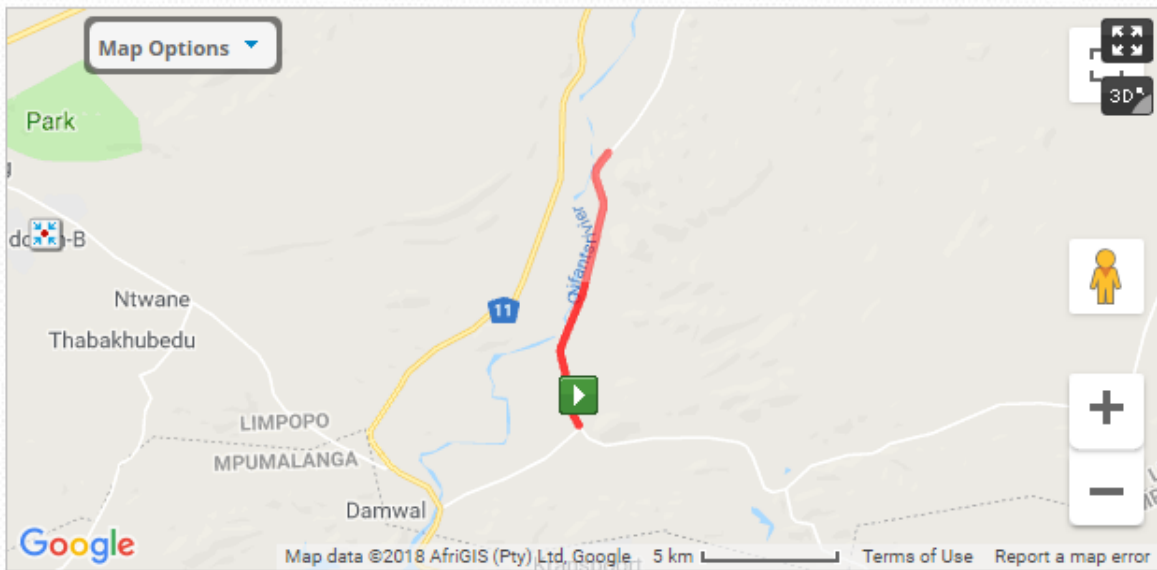
[Learn About Climb Ratings](#)[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	0.10 km/1.90 km	1.80 km	1,042 m/1,099 m	3.2%
	3.91 km/13.03 km	9.12 km	1,019 m/1,344 m	3.6%
	15.13 km/27.96 km	12.83 km	1,304 m/1,597 m	2.3%
	41.59 km/43.89 km	2.30 km	1,424 m/1,491 m	2.9%
	46.20 km/59.83 km	13.63 km	1,424 m/1,597 m	1.3%
	83.88 km/85.98 km	2.10 km	1,019 m/1,100 m	3.9%

1. Start at entrance of Loskopdam, a Forever Resort direction Middelburg
2. Turn around on the 20 km sign, 50 km sign and 88 km sign for the various age categories.
3. Finish at Loskopdam, a Forever Resort.

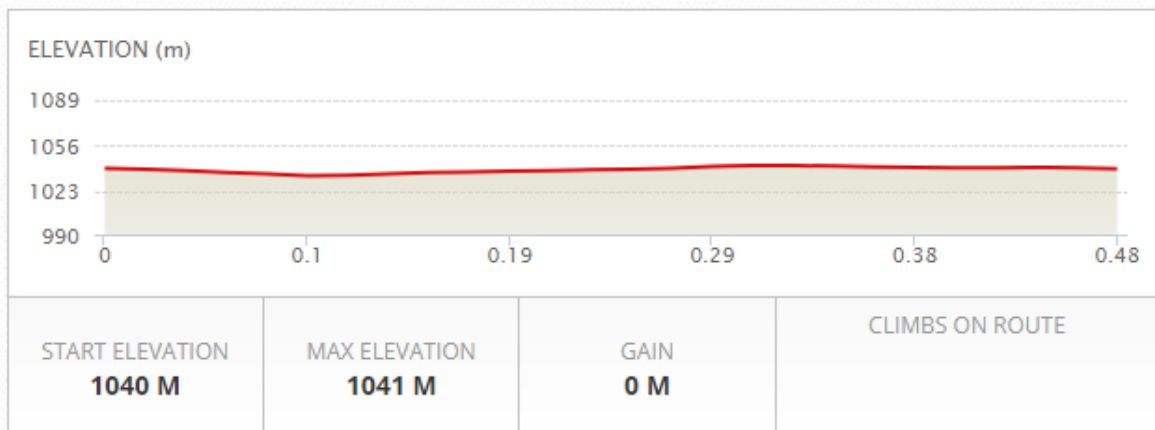
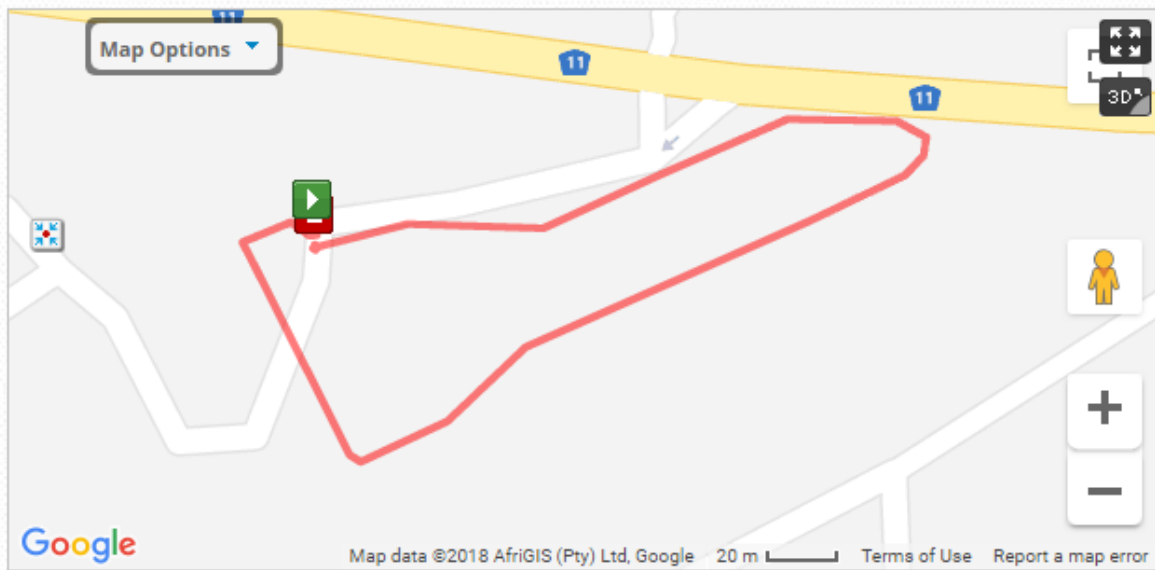
MPU Champs TimeTrial

19/01/2019



1. From Loskopdam, a Forever Resort, travel for 5 km in the direction of Groblersdal.
2. Turn right towards Stoffberg for 6 km.
3. Start at the T-junction .
4. Finish at the T- junction.

MPU Champs Criterium
20/01/2019



1. Start and finish at entrance of Loskopdam, a Forever Resort

Pre Entries: E-Mail to hpwagener@vodamail.co.za before 15 January 2019

Entry Fee: R500 per cyclist for all 4 events Please mark
R150 per cyclist for Road Race
R150 per cyclist for Time Trial
R150 per cyclist for Hill Climb
R150 per cyclist for Criterium

Total Paid: R

Name & Surname: _____

License number: _____

Contact number: _____

Age category: _____

Age: _____ as on 31st December 2019

Gender _____

Indemnity: Any entrant who enters agrees to the terms and conditions of the race. In addition by entering the entrant acknowledges and agrees that they will participate in the race entirely at their own risk and agrees that they shall have no claim whatsoever against the race organiser and/or any sponsor or helper in respect to any damages, harm or loss suffered at, during or as a consequence of the race, including, but not limited to damage, harm or loss to property, or damage, harm or loss arising out of the death or illness of or injury to any person or party. The team manager herewith confirms that they are duly authorized to enter on behalf of each and every team member and specifically herewith indemnify the managers of any liability whatsoever caused.

Signature & Date:	
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