



# Lowveld Tour

## *The Way Better Tour Swadini 6 – 9 August 2017*





## **Time Schedule**

### **Saturday 5 August 2017**

16h00	Registration at The Dog Box, next to the restaurant at Swadini, a Forever Resort
18h00	Registration closes
18h00	Officials meeting
18h30	Team Managers meeting

### **Sunday 6 August 2017 – 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+ & Junior Men
09h10	Start of Stage 1 for U/17 Boys, Vets Men 50+ & Open categories
18h00	Prize giving and Team Managers meeting at The Dog Box next to the restaurant

### **Monday 7 August 2017 – Swadini – JG Stijdom 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, Vets Men 50+ & 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 The Dog Box, next to the restaurant

## **Tuesday 8 August 2017 – Time Trial & Criterium**

- 09h00 Start of Stage 3A, Time Trial, with 1 minute intervals according to GC after stage 2, starting in the following order:
- Open
  - U/17
  - Vets 50+
  - Vets 40+
  - Vets 30+
  - Juniors
  - Elite & U23 men
- Please note: NO jersey presentation after Stage 3A
- 13h30 Start of Stage 3B for Vets men 50+, U/17 Boys and Open group
- 14h15 Start of Stage 3B for Vets Men 30+, Vets Men 40+ and Junior Men
- 15h15 Start of Stage 3B for Elite & U/23 Men
- 18h00 Prize giving and team managers meeting at The Dog Box, next to the restaurant

## **Wednesday 9 August 2017 – Swadini – Orpen Gate - Swadini**

- 07h30 Siren will mark the start of the riders sign-on period
- 08h00 Start of Stage 4 for Vets men 50+, U/17 boys & Open group
- 08h20 Start of Stage 4 for Elite & U/23 Men
- 08h30 Start of Stage 4 for Vets Men 30+ & 40+ & Junior Men
- 12h00 Final Award Ceremony at The Dog Box, next to the restaurant**

## 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 ALLOWED IN ANY CATEGORY.**
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

### **Sunday 6 August 2017 - 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 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

<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		

## Stage 1 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
	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>

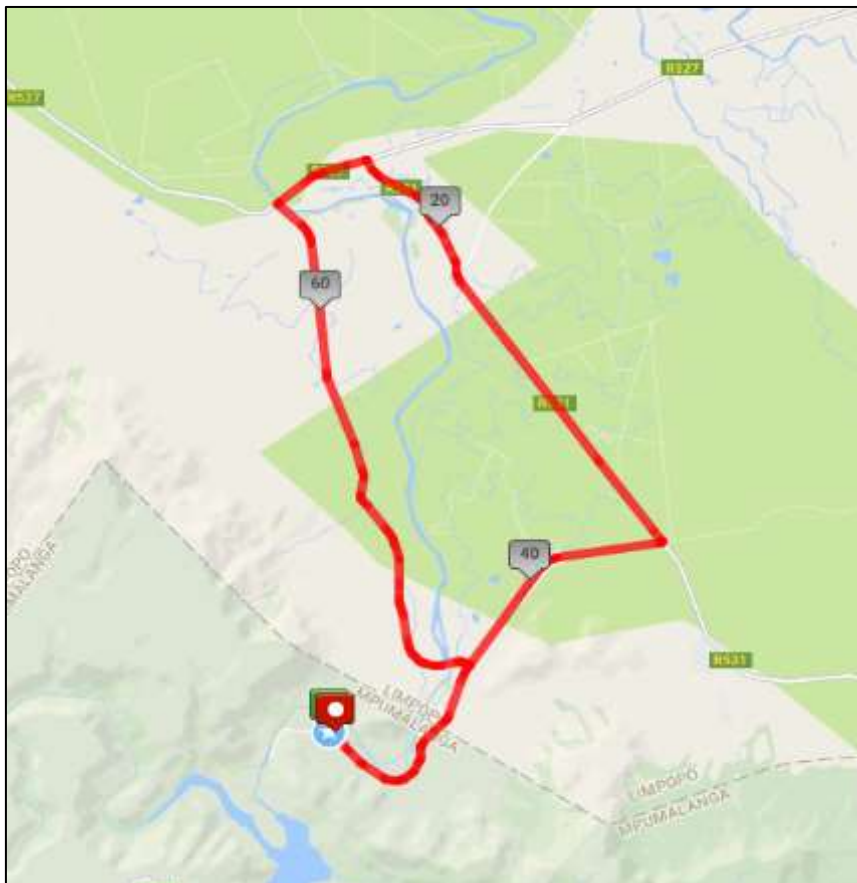


## Stage 1 for U/17 Boys, Vets Men 50+ and Open Group

- 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

<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 Men 50+ 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>

**Monday 7 August 2017 – 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 BEWARE: Cattle grid at 4 km
- 4 After 5 km turn left towards Jonkmanspruit
- 5 After 17.5 km turn left towards Lydenburg on the R527
- 6 **HOTSPOT** at Appelblaar farm stall at 22 km
- 7 **KOM** and water point at the entrance of Strijdom Tunnel at 42 km (Position 1 – 4)
- 8 **KOM** at 56.5 km (Position 1 – 5)
- 9 **Turning Point:** After 63 km make **U-turn** back towards Swadini
- 10 **KOM** at 68 km (Position 1 – 3)
- 11 Water point at 86 km
- 12 After 110.5 km turn right towards Jonkmanspruit R527.
- 13 **HOTSPOT** at sign Christo Redelinghuys 113 km
- 14 After 122.8 km at T-junction right towards Swadini, a Forever Resort
- 15 BEWARE: Cattle grid at 115 km
- 16 **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		





## 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%

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

## Stage 2 for U/17, Vets men 50+ and Open

- 1 Start at reception of Swadini, a Forever Resort
- 2 After 100m turn left
- 3 BEWARE: Cattle grid at 4 km
- 4 After 5 km turn left towards Jonkmanspruit
- 5 After 17.5 km turn left towards Lydenburg on the R527
- 6 **HOTSPOT** at Appelblaar farm stall at 22 km
- 7 **KOM** and water point at the entrance of Strijdom Tunnel at 42 km (Position 1 – 4)
- 8 **Turning Point**: After 42 km and KOM make **U-turn** back towards Swadini
- 9 After 67 km turn right towards Jonkmanspruit R527.
- 10 **HOTSPOT** at sign Christo Redelinghuys 69.5 km
- 11 After 79 km at T-junction right towards Swadini, a Forever Resort
- 12 **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
<b>K.O.M Points:</b>	K.O.M. 1:	4 - 3 - 2 - 1		

## Tuesday 8 August 2017 - Individual Time Trial 20km & Criterium

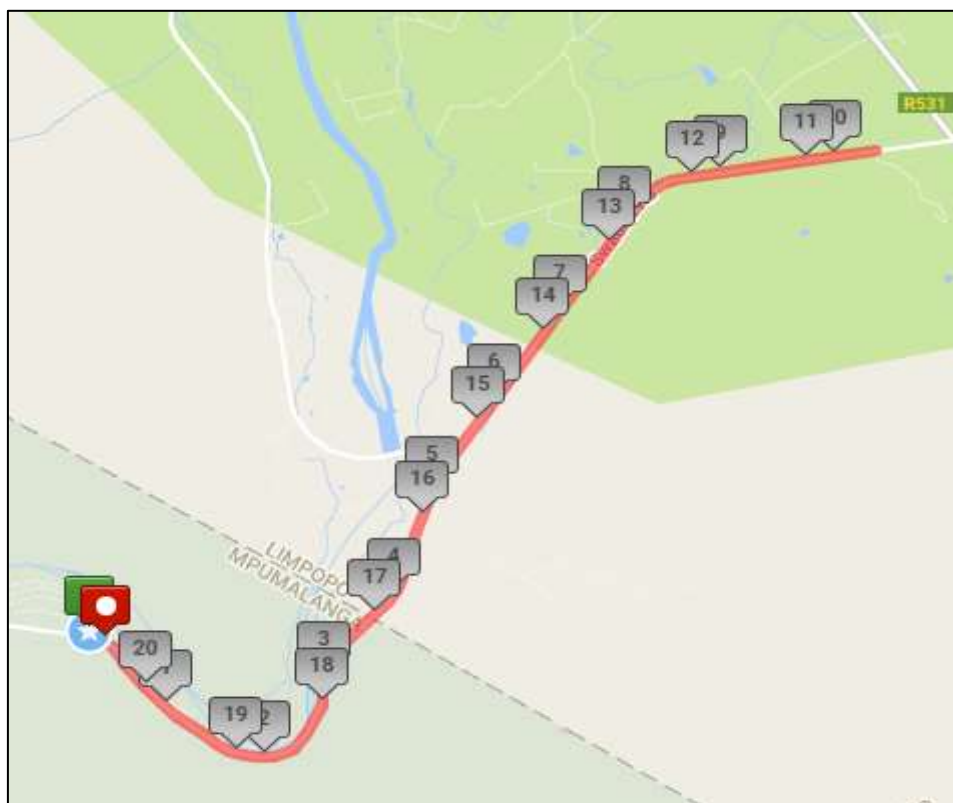
### Stage 3.1 Time Trial

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:

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

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

### Stage 3.1 Map & Profile



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

## Stage 3.2: Criterium

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

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

### *U/17 Boys, Vets Men 50+ 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.

Riders who has been lapped and called off, **MUST** leave the circuit immediately.

### Stage 3.2 Map & Profile



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

**Wednesday 9 August 2017 - Swadini – Orpen Gate – Swadini**  
**Stage 4 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 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

<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		



## Stage 4 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
4	13.22 km/18.73 km	5.51 km	611 m/731 m	2.2%
5	33.25 km/38.26 km	5.01 km	590 m/650 m	1.2%
5	77.42 km/83.23 km	5.81 km	511 m/577 m	1.2%
3	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 4 for U/17 Boys, Vets Men 50+ 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

<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 4 U/17 Boys, Vets Men 50+ 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%

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

## 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		Vets 50+ & U/17		Open			
Elite	1	1	R 300.00	1	1	R200		R200					
		2	R 200.00			2	R100		R100				
		3	R100.00			3	R50		R50				
Elite	2	1	R 300.00	2	1	R200		R200					
		2	R 200.00			2	R100		R100				
		3	R100.00			3	R50		R50				
Elite	3A	1	R 150.00	3A	1	R 150.00		R 150.00					
		2	R100.00			2	R 100.00		R 100.00				
		3	R50.00			3	R 50.00		R 50.00				
Elite	3B	1	R 150.00	3B	1	R 150.00		R 150.00					
		2	R 100.00			2	R 100.00		R 100.00				
		3	R 50.00			3	R 50.00		R 50.00				
Elite	4	1	R 300.00	4	1	R 200.00		R 200.00					
		2	R 200.00			2	R 100.00		R 100.00				
		3	R100.00			3	R 50.00		R 50.00				
Overall	1	1	R 7 000.00	1	1	Forever Resort Voucher		Forever Resort Voucher		Gift pack			
		2	R 5 000.00			2	R 2 000.00		R 2 000.00		Gift pack		
		3	R 4 000.00			3	R1 000.00		R1 000.00		Gift pack		
		4	R 3 000.00										
		5	R1 000.00										
Points	1	1	R 1 000.00	1	1	R 500.00		R 500.00					
		2	R 500.00			2	R 300.00		R 300.00				
		3	R 200.00			3	R 200.00		R 200.00				
KOM	1	1	R 1 000.00	1	1	R 500.00		R 500.00					
		2	R 500.00			2	R 300.00		R 300.00				
		3	R 200.00			3	R 200.00		R 200.00				
Best U/23	1	1	R 2 000.00										

## Clover Lowveld Tour Hall of Fame

### **Winners 2010**

U/23 & Elite Men	Kevin Evans	15:20:39
Elite Ladies	Joanna van de Winkel	13:14:52
Vets Men 30-39	Jaco Ferreira	14:22:50
Vets Men 40-49	Issy Zimmerman	13:12:38
Vets Men 50+	Flip Krugel	14:23:25
Junior Men	James John Fourie	14:42:31
U/16 Boys	Rohan du Plooy	13:30:31

### **Winners 2011**

U/23 & Elite Men	Louis Meintjies	17:59:37
Elite Ladies	Lise Olivier	12:42:28
Vets Men 30-39	Jaco Ferreira	12:58:49
Vets Men 40-49	Werner Moolman	12:25:33
Vets Men 50+	Jonathan	13:16:15
Junior Men	Rohan du Plooy	13:04:47
U/16 Boys	J C Jantjies	13:02:06

### **Winners 2012**

Elite/U23	Max Knox	15.51'02
U23	Willie Smit	15.52'31
Elite Ladies	Lynette Burger	10.52'12
Vets Men 30-39	Andrew McLean	10.16'30
Vets Men 40-49	Samuel de Swardt	10.28'30
Vets Men 50+	Paul Furbank	10.54'12
Junior Men	Ryan Felgate	10.30'26
U16 Boys	Gustav Basson	11.05'20
Open	Robert-John Marshall	11.36'03

## Winners 2013

U/23 & Elite Men	Dylan Girdlestone	15:49:32
U23	Willie Smit	15.53'38
Elite Ladies	Heidi Dalton	11:07:14
Vets Men 30-39	Chad Short	11:44:12
Vets Men 40-49	Samuel De Swardt	10:13:18
Vets Men 50+	Shane Brown	10:47:45
Junior Men	Estephan Kotze	11:51:01
U/16 Boys	Eeno Swanepoel	10:38:59

## Winners 2014

U/23 & Elite Men	JC Nel	16.10'06"
Elite Ladies	Lise Olivier	11.10'14"
Vets Men 30-39	Jaco Ferreira	11.52'00"
Vets Men 40-49	Samuel De Swardt	10.21'39"
Vets Men 50+	Leon Olivier	10.38'45"
Junior Men	Jacques De Lange	12.23'38"
Junior Ladies	Catherine Colyn	11.33'02"
U/16 Boys	Dylan Le Roux	10.39'53"

## Winners 2015

U/23 & Elite Men	Willie Smit	16.12'51"
Elite Ladies	Lise Olivier	10.48'51"
Vets Men 30-39	Carl Lotter	11.18'35"
Vets Men 40-49	Thys van Jaarsveld	9.55'57"
Vets Men 50+	Paul Krause	10.18'18"
Junior Men	Tristan van Niekerk	12.06'30"
U/16 Boys	Rickardo Broxham	10.30'49"

## Winners 2016

U/23 & Elite Men	Willie Smit	10.24'48"
Elite Ladies	Cashandra Slingerland	11.13'47"
Vets Men 30-39	Alex Pavlov	11.13'23"
Vets Men 40-49	Thys Oosthuizen	11.36'16"
Vets Men 50+	Jose Antunes	10.24'48"
Junior Men	Jason Oosthuizen	11.22'53"
U/16 Boys	Rickardo Broxham	10.21'15"

## Sponsors



Margyn Promotions