

PROGRAMME

Saturday 02 October

14h00 – 18h00	Registration in Forever Resort Swadini
18h00	Managers meeting – only managers and officials with a valid CSA license
18h30	Officials meeting

Sunday 03 October - Individual Time Trial

09h00	U/11 Girls	10 km
	U/11 Boys	10 km
	U/13 Girl	10 km
09h45	U/13 Boys	12 km
	U/15 Girls	12 km
10h45	PRIZE GIVING	
11h00	U/15 Boys	15 km
	U/17 Girls	15 km
12h00	U/17 Boys	20 km
13h00	PRIZE GIVING	

Monday 04 October - Criterium

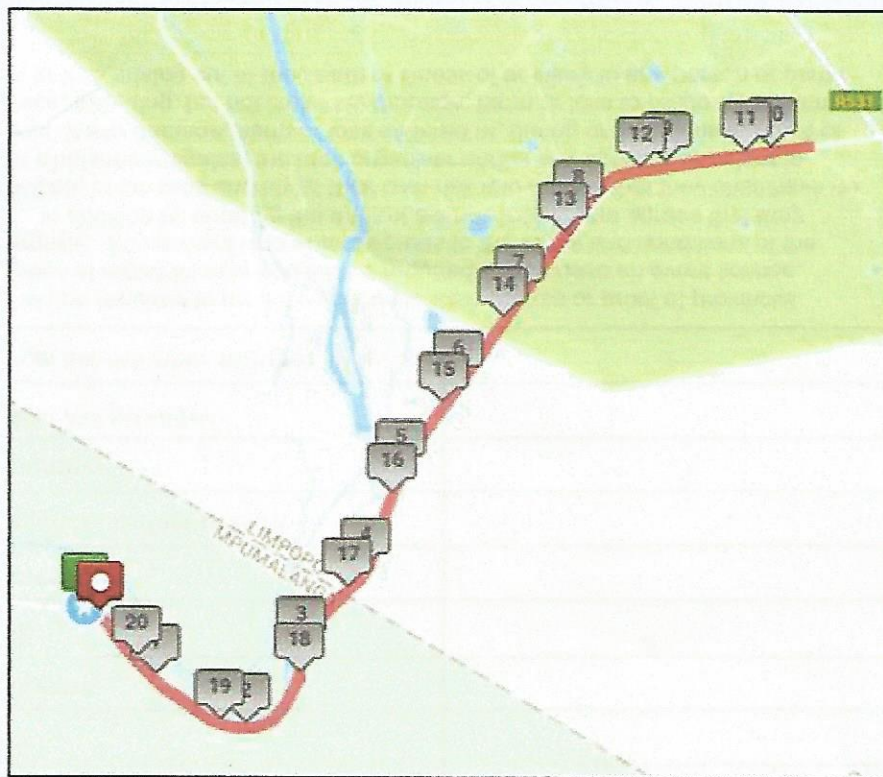
08h00	U/11 Boys and Girls	10 minutes + 1 lap
08h20	U/13 Boys and Girls	15 minutes + 1 lap
08h50	U/15 Boys and Girls	20 minutes + 1 lap
09h30	U/17 Girls	25 minutes + 1 lap
10h10	U/17 Boys	25 minutes + 1 lap
12h00	PRIZE GIVING	

Tuesday 05 October - Road Race

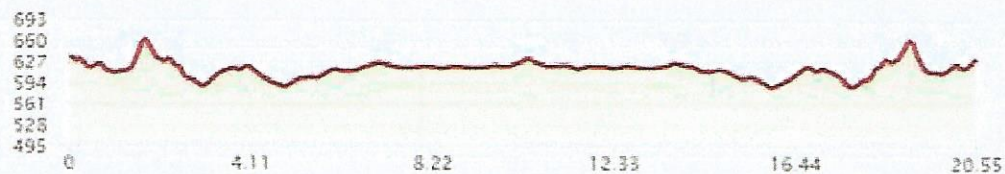
09h00	U/17 Girls	56 km
09h10	U/15 Boys	56 km
09h00	U11 Girls	20 km
09h10	U/11 Boys	20 km
09h20	U/13 Girls	20 km
10h00	U/13 Boys	42 km
10h10	U/15 Girls	42 km
10h45	U/17 Boys	74km
13h00	PRIZE GIVING	

Individual Time Trial - 03 October

1. Start at the fountain at the t-junction.
2. Go straight
3. U/11 Boys and girls and U/13 Girls make a u-turn at 5 km
4. Finish at 10 km
5. U/13 Boys and U/15 Girls make a u-turn at 6 km
6. Finish at 12 km
7. U15 boys & U/17 Girls make a u-turn at 7.5 km – finish at 15 km
8. U/17 boys make a u-turn at 10 km (Moholoholo gate) and finish at 20 km



ELEVATION (m)



START ELEVATION
635 M

MAX ELEVATION
662 M

GAIN
246 M

CLIMBS ON ROUTE

Monday 04 October - Criterium

Circle route inside the Forever Resort grounds.



Tuesday 05 October - Road race

Route for U/17 Boys

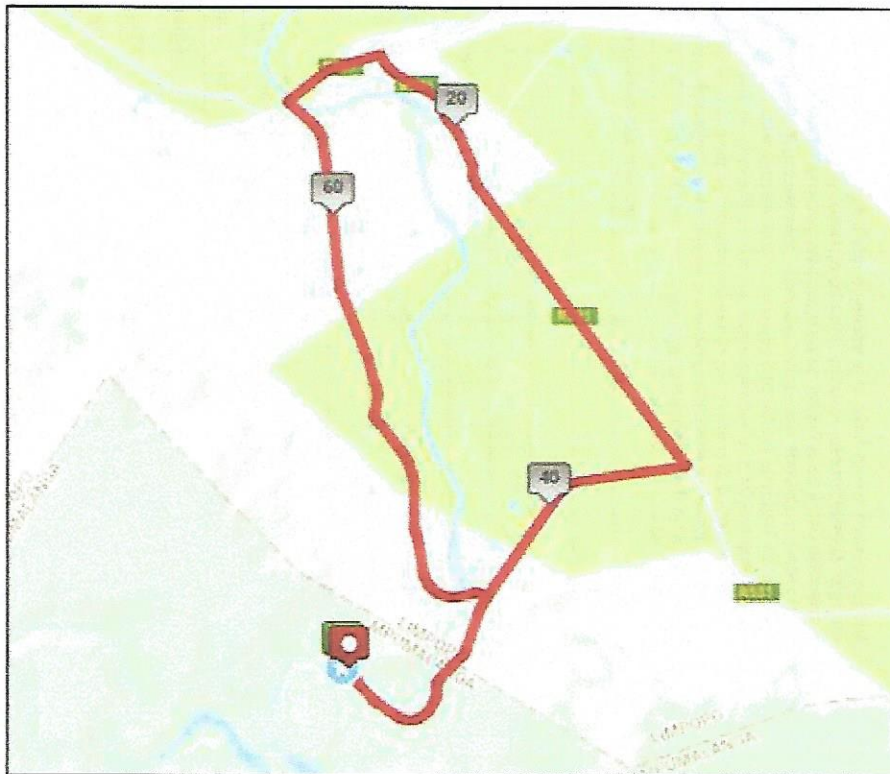
- 1 Start** at entrance of Swadini, a Forever Resort.
- 2** After 100m turn left.
- 3** After 10.5km turn left at T-junction onto R36 towards Orighstad
- 4** After 22km turn left at T-junction onto R36. Orighstad
- 5** After 24km turn left after the bridge on Jonkmanspruit.
- 6** After 37km turn left at T-junction towards Klaserie.
- 7** After 42.5km turn left on the R531 towards Orighstad.
- 8** After 53km turn left at T-junction onto R36. Orighstad
- 9** After 55km turn left after the bridge on Jonkmanspruit.
- 10 After 68.5km turn right towards Swadini.**
- 11 Finish** at 74km.

Route for U/17 Girls & U/15 Boys (56 km)

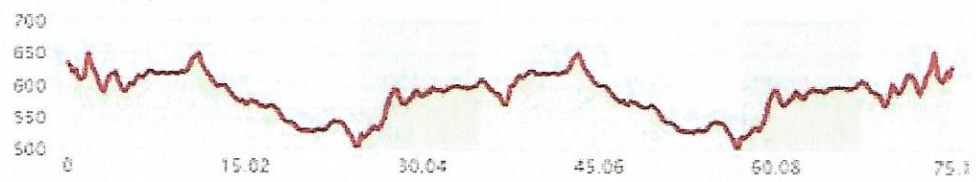
1. Start at snake park
2. After 2 km turn left after the bridge to Jonkmanspruit
3. After 15 km turn left at T-junction towards Klaserie
4. After 20.5 km turn left on R531 towards Orighstad
5. After 31 km turn left On R36 (Orighstad)
6. After 33 km turn left onto Jonkmanspruit
7. After 50 km turn right towards Swadini
8. Finish at 56 km

Route for U/13 Boys & U/15 Girls (42 km)

- 1 Start** at entrance of Swadini, a Forever Resort.
- 2** After 100m turn left.
- 3** After 10.5km turn left at T-junction onto R36 towards Orighstad
- 4** After 22km turn left at T-junction onto R36. Orighstad
- 5** After 24km turn left after the bridge on Jonkmanspruit.
- 6** After 37km turn right towards Swadini
- 7 Finish** at 42km.



ELEVATION (m)



START ELEVATION

637 M

MAX ELEVATION

656 M

GAIN

721 M

CLIMBS ON ROUTE



Route for U/11 Boys & Girls & U/13 Girls

1. Start at the boom at reception.
2. After 100m turn left at t-junction
3. Go straight.
4. After 10 km make a u-turn at Moholoholo gate.
5. Finish at 20 km



ELEVATION (m)



START ELEVATION
635 M

MAX ELEVATION
662 M

GAIN
246 M

CLIMBS ON ROUTE