



# Panorama TOUR

SOLO & TEAMS

**5- 8 AUGUST 2023**

WHITE RIVER



[WWW.MYACTIVE.CO.ZA](http://WWW.MYACTIVE.CO.ZA)

# Time Schedule

## Friday 4 August 2023

13h00 Registration at Casterbridge  
17h45 Registration closes  
19h00 Welcome and opening

## Saturday 5 August 2023

07h30 Sign on  
08h15 Start of Stage 1  
17h00 Prize giving at the Barnyard (only podium winners)

## Sunday 6 August 2023

07h30 Sign on  
08h15 Start of Stage 2  
17h00 Prize giving at the Barnyard (Only podium winners)

## Monday 7 August 2023

07h30 Sign on  
08h15 Start of Stage 3  
17h00 Prize giving at the Barnyard (only podium winners)

## Tuesday 8 August 2023

07h00 Start of Time Trial in reverse order of GC with 30" intervals

- Individual riders (non-competitive)
- Teams (non-competitive)
- Teams (competitive)

Prize giving: TBA at The Barnyard

# Stage Details

**Saturday 5 August 2023**

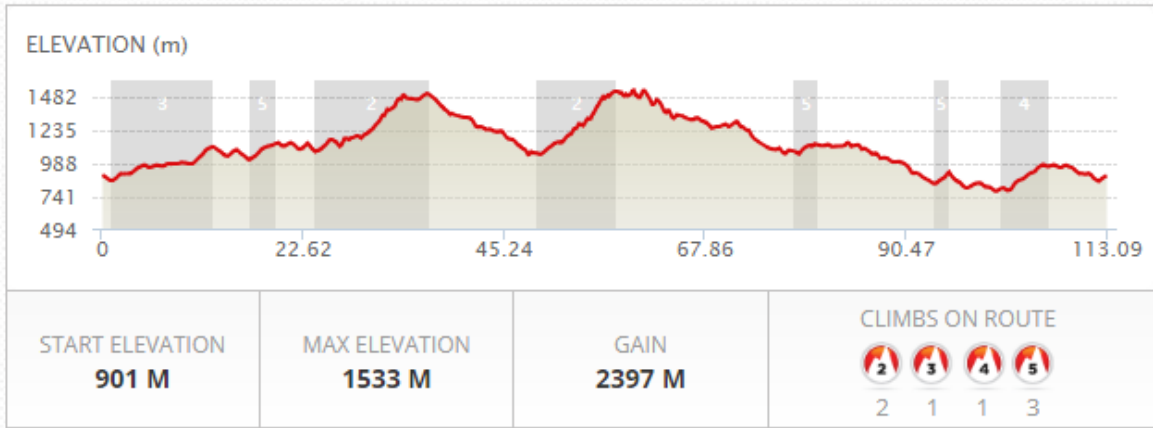
**Stage 1** Casterbridge - Sabie and Long Tom pass - Casterbridge

**08h15 Start for all participants**

1. Start at Casterbridge, turn left. Neutral zone starts
2. On 1.3 km at T-junction turn right into Kiepersol road
3. On 2 km turn right into William Lynn Street
4. At 4-way stop go straight
5. On 5 km at T-junction turn right towards Sabie. End of neutral zone
6. **Hotspot and waterpoint** on 33 km (Spitskop)
7. On 47.2 km at the T-junction turn left
8. On 47.5 km at stop sign turn left
9. On 47.7 km at stop sign turn left towards Lydenburg
10. On 56.2 km turn left towards Mbombela on R40
11. **Waterpoint** on 57.7 km (View Point)
12. On 88 km turn left towards White River
13. **Waterpoint** on 93.5 km
14. On 104.6 km at T-junction turn right towards White River on R537
15. On 106.5 km turn left into Impala road
16. At 4-way stop go straight
17. On 109.5 km at stop sign, turn left into Kiepersol road
18. On 109.8 km at the T-junction turn left on R40
19. **Finish** on 111.5 km at Casterbridge

**Map and Profile Stage 1** Casterbridge - Sabie - Long Tom pass - Casterbridge





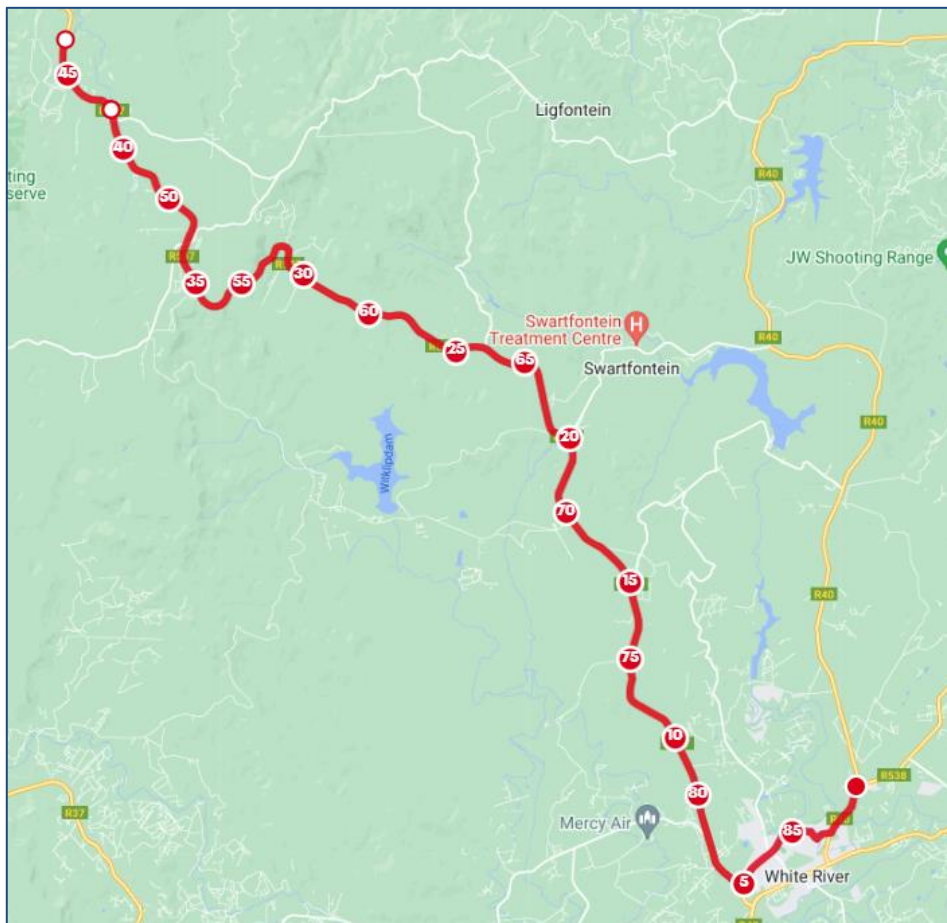
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**Sunday 6 August 2023**

**Stage 2** Casterbridge - Sabie - Casterbridge

**08h15** Start for all participants

**Map and Profile Stage 2** Casterbridge - Sabie - Casterbridge





CLIMB DETAILS					
	CATEGORY	AVG. GRADE	ELEVATION	DISTANCE	
01	5	2.0%	GAIN 230 m	LENGTH	11.22 km
02	5	3.5%	GAIN 102 m	LENGTH	2.91 km
03	2	3.1%	GAIN 396 m	LENGTH	12.73 km
04	3	3.5%	GAIN 251 m	LENGTH	7.12 km
05	5	1.6%	GAIN 72 m	LENGTH	4.41 km

<https://www.mapmyride.com/routes/view/5085483085>

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## Monday 7 August 2023

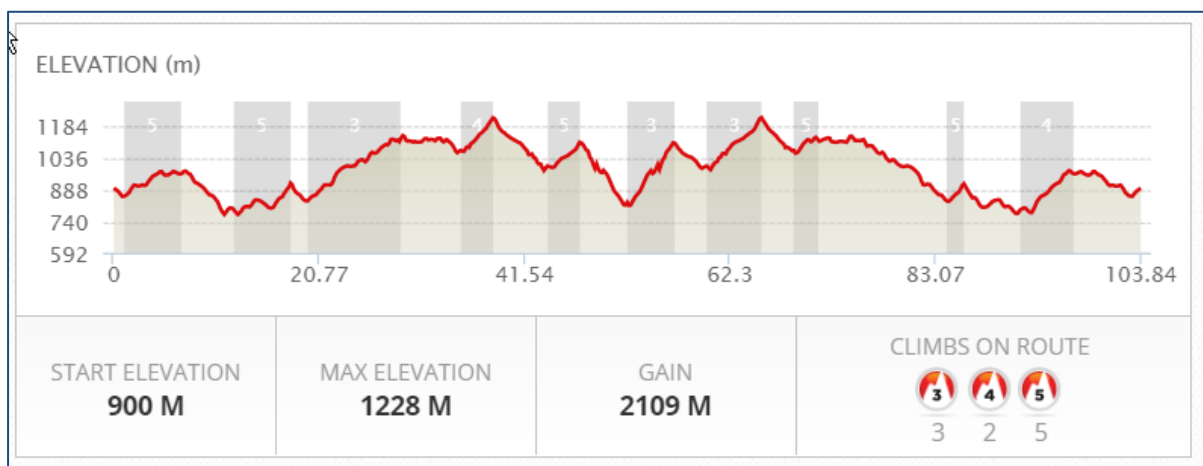
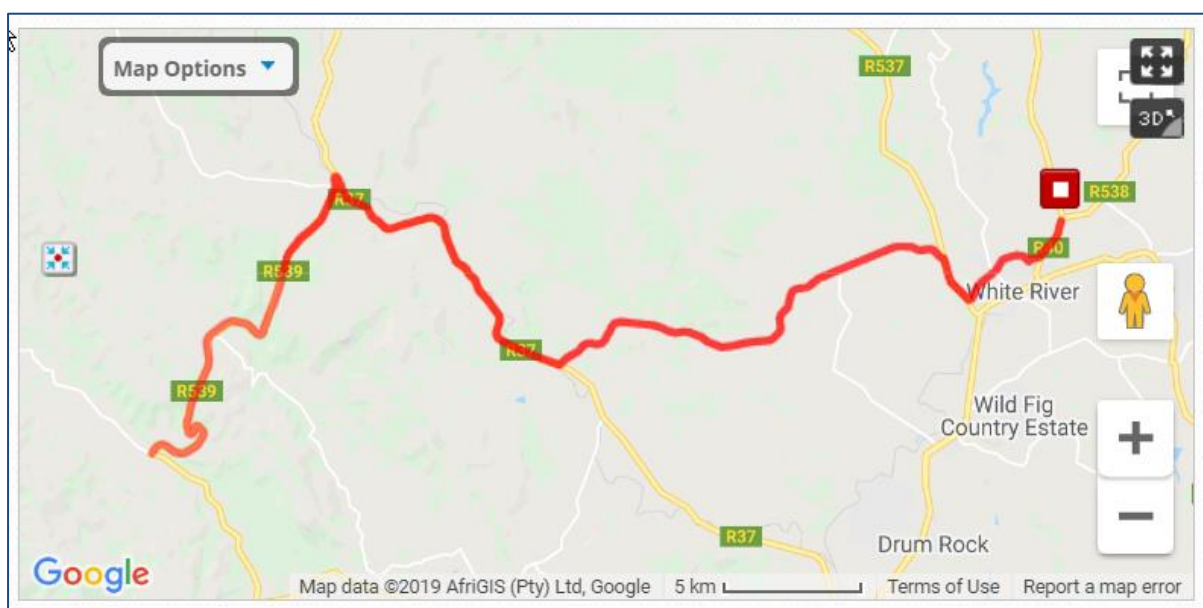
**Stage 3**      Casterbridge – Sudwala - Casterbridge

**08h15**      **Start for all participants**

1. Start at Casterbridge, turn left. Neutral zone starts
2. On 1.3 km at T-junction turn right into Kiepersol street
3. On 2 km turn right into William Lynn street - beware speed bumps
4. At 4-way stop go straight
5. On 5 km at T-junction turn right towards Sabie. End of neutral zone
6. On 7.2 km turn left towards Brondal
7. On 24.4 km turn right on R532 towards Sabie
8. On 37.3 km turn left on the R539 towards Sudwala
9. **Waterpoint** on 39.6 km (MTO Group Paradise falls sign)
10. Turn-around on 52 km just at the T-junction
11. **Hotspot and waterpoint** on 60.5 km (Schagen sign)
12. On 69 km turn right on R37/40 towards Mbombela (Nelspruit)

13. On 81 km turn left towards White River
14. **Waterpoint** on 87 km
15. On 98 km at T-junction turn right towards White River on R537
16. On 100 km turn left into Impala road
17. At 4-way stop go straight
18. On 101.5 km at stop sign, turn left into Kiepersol road
19. On 102 km at the T-junction turn left on R40 towards Casterbridge
20. **Finish** on 103.8 km at Casterbridge

### Map and Profile Stage 3 Casterbridge – Sudwala - Casterbridge



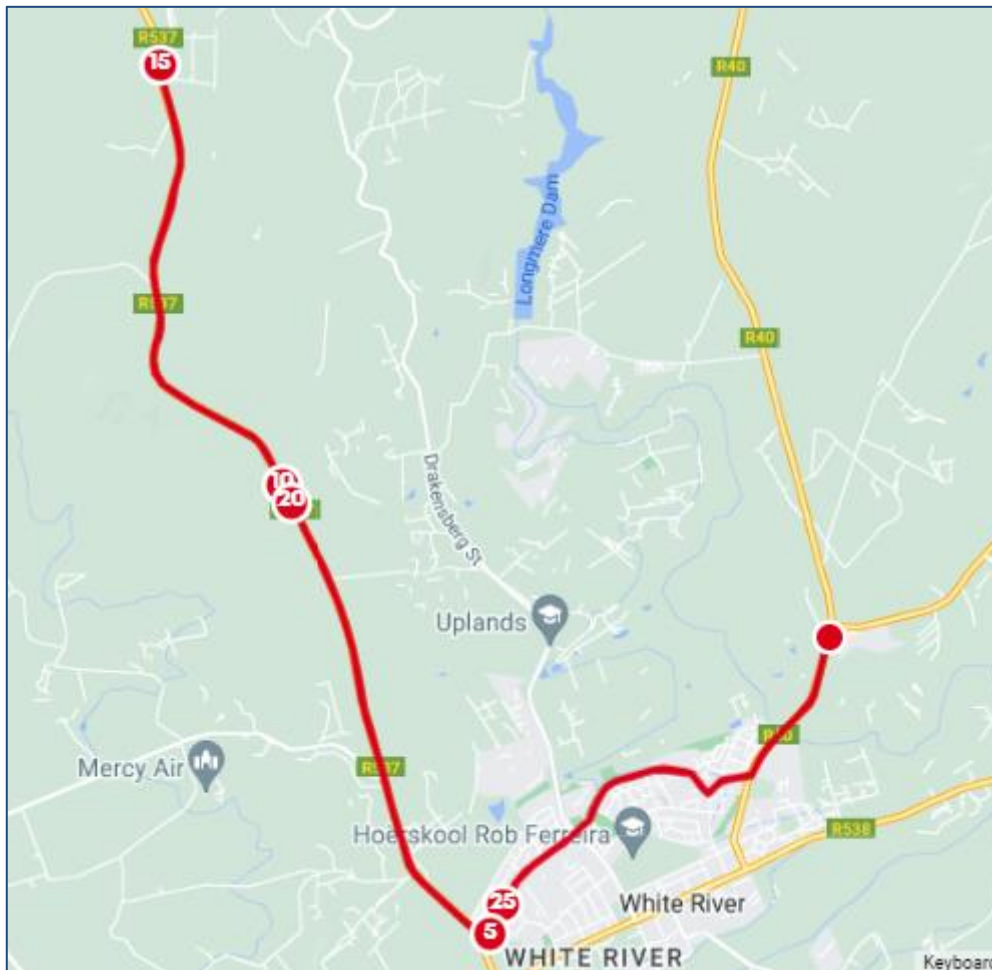
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# Tuesday 8 August 2023

## Stage 4 Time trial

Start 07h00

### Map and Profile Stage 4



CLIMB DETAILS					
	CATEGORY	AVG. GRADE	ELEVATION		DISTANCE
01	5	2.0%	<i>GAIN</i>	230 m	<i>LENGTH</i> 11.35 km
02	5	2.2%	<i>GAIN</i>	52 m	<i>LENGTH</i> 2.41 km

<https://www.mapmyride.com/routes/view/5085496825>

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# Rules and Regulations for Panorama Tour

- Participants will start and finish the tour with the same bike - no changing of bicycles will be allowed for the duration of the tour.
- No Time Trial bikes or equipment will be allowed.
- The tour consists of teams with 2 riders per team in all categories. Should one rider of the team abandon the race, the other rider is allowed to finish the tour, but no prizes will be awarded to this rider
- Single riders are not allowed to ride with other single riders to form a team or to get support. They are also not allowed to get or give assistance or work together with official teams.
- No team vehicles, team managers or supporters will be allowed in the convoy.
- Riders are only allowed to support their own teammate.
- No individual support will be allowed. Any violations will result in penalties to the rider being supported
- Teammates are not allowed to be more than 2 (two) minutes apart from each other during the race and at the finish.
- Spare wheels or extra batteries for e-bikes will be allowed to be left at the water points at the riders own risk.
- E-bikes are allowed to participate in the tour, but no prizes/jerseys will be awarded the these riders
- The leaders of all categories will be provided with a leader's jersey specific to each category. The jersey will be worn by the leaders as indicated after each stage.
- NO I-pods, earphones, earpieces, or any radio links will be allowed during the race.
- Should a rider abandon the race his/her numbers and timing chip must be returned to the commissaire or the sweep vehicle or the announcer and he/she is expelled for the remainder of the tour.
- **Race numbers and frame numbers** must be worn in all stages. **Riders are required to wear one body race number** affixed to the appropriate position on the back. **It is forbidden to fold or cut body or frame numbers issued to competitors. Altering numbers will subject to penalty.**
- **All race and frame numbers as well as timing chips must be returned at the finish after the last stage.**

## Time Penalties

- |                   |                  |
|-------------------|------------------|
| 1. First offence  | 30 minutes       |
| 2. Second offence | 1 hour           |
| 3. Third offence  | Disqualification |

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