

Bio Anabolics

The **Jock Cycle Classique** returns to its roots, going back to a **3-stage one day event**.

Date: 24 July 2010

Start/Finish: Barberton High School

Enter online: www.cyclelab.com

Entries close: 13 July 2010



JOCK Cycle Classique

Returning to the 3-stage format of the traditional event, the 2010 Jock Cycle Classique will afford riders, who have dwindled into winter hibernation, the opportunity to kick back into action and get a good day's training mileage in their legs to start preparing for the big spring rides.

Stage distances

Stage 1: BARBERTON TO NELSPRUIT VIA HILLTOP – 45km

Stage 2: NELSPRUIT TO KAAPMUIDEN VIA BOULDERS – 45km

Stage 3: KAAPMUIDEN TO BARBERTON – 50km



3 STAGES... 140km... 1 DAY



What you get for your entry

- Breakfast in Nelspruit after the 1st stage
- Pasta lunch in Kaapmuiden after the 2nd stage
- Free long sleeved special edition Jock T-shirt (3 stage event only, other entrants can purchase a shirt at R70)
- Well stocked goody bag with lots of endurance aids
- Free copy of Cyclingnews Magazine
- Some of the best waterpoints and local hospitality you'll ever experience
- All cyclists receive free entry into the Barber Reef Festival, including a live performance by Gerhard Steyn, which will start after the prize giving (family members entrance at R40 per person)
- Well marshaled and quiet roads
- Excellent race control
- Great camaraderie!
- Lovely Lowveld sunshine
- The satisfaction of conquering some of cycling's greatest climbs and the prestige of having completed South Africa's toughest single day race!

Entry fees

3-stage event (full package): R450

3-stage event (budget package): R350

2-stages: R250

1 stage: R140

GENERAL INFORMATION

Rules and regulations

THE JOCK WILL BE RUN ACCORDING TO THE RULES & REGULATIONS OF THE U.C.I. – CYCLING S.A. AND MPUMALANGA CYCLING UNION. The Jock is rated as a classic, and must be run accordingly.

1. It is compulsory to wear a helmet during the race.
2. Obey all Traffic rules and stay on the left hand side of the road.
The roads are narrow therefore it is for your own safety. Those who would not adhere to the rules will be disqualified.
3. When taking on refreshments at water points, you must move to the back of the bunch and to the left hand side of the road to ensure safe passage. Bio Anabolics are supplying product to all the waterpoints this year. There will be Bio Cycle energy drink as well as Bio Gel and Bio Anabolics energy bars.
4. The race moves through a nature reserve just as you leave the N4 towards Mara. **Please don't litter** (GU-, CORN SYRUP, ETC) as wild animals run free in this area.
5. **THE DESCENT DOWN BOULDERS IS DANGEROUS AND QUITE TECHNICAL.** Please take care.

Starting times

Stage 1: 6:30

Stage 2: 10:00

Stage 3: 13:30

Cut-off times

Stage 1: 9:30

Stage 2: 13:00

Stage 3: 17:00

Prize Giving

Prize giving will be at 18h00 at Barberton High School.

Back-up

NTT Toyota are providing 26 vehicles for the event this year. Added to the more than 50 marshalls, 30 metro officers and the experienced medical back-up from Mark Fourie and his ER 24 crew, cyclists will be taken care of well.

Refreshment stations en route

As was the case last year, various local companies do big effort to impress with their waterpoints.

This year the waterpoints will be at the following spots:

1. At the top of Hilltop – 30km into the stage
2. Midway up boulders
3. At the top of Boulders
4. 22km into the final stage at the top of "Black Mamba" ascent
5. 37km into the final stage halfway up a stiff climb
6. 45km into the final stage at the Fairview Mine left turn

There will also be refreshment stations at the finish of every stage so that you can re-hydrate and then fill up bottles/camel backs for the start of the next stage.

Enquiries

For any other enquiries, please contact Egbert de Bruyn at 082 926 7395 or phone Cyclingnews on 011 662 2494 or email wynand@cyclingnews.co.za

Accommodation

For guest house or camping accommodation, email astrid@barberton.co.za. For accommodation at Barberton High School, phone Pieter on 083 228 4971.

PRIZE MONEY (TOTAL R34 350)

3-Stage 140km Route

Position	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Elite & u/23	R3 000	R2 000	R1 500	R1 000	R800	R600	R400	R300	R200	R100
Elite Ladies	R2 000	R1 500	R1 000	R500	R250					
License Vets 30 -39	R1 000	R600	R300							
License Vets 40-49	R1 000	R600	R300							
License Vets 50-59	R1 000	R600	R300							
License Vets 60+	R1 000	R500	R300							
Ladies 30+	R800	R600	R300							
Junior Men	R1 000	R600	R300							
Junior Ladies	R500	R250	R100							
Tandems (Overall)	R1 000									

58km Route

Position	1st	2nd	3rd
Boys u/16	R200	R150	R100
Girls u/16	R200	R150	R100
Boys u/14	R125	R100	R50
Girls u/14	R125	R100	R50

Other - Elite men and ladies only

Position	1st
King of the mountains	R500
Queen of the mountains	R500
Stage wins	R500





THE ROUTE

The first stage of the Jock Cycle Classique over 45km will start from **BARBERTON HIGHSCHOOL** and finish at **BERGVLAM HIGH SCHOOL**. The Tandems will start at 06h25, followed by the Elite & U/23 riders at 06h30 sharp. From then onward all the Licenced Elite Ladies, and Veteran bunches up to 50-59 age categories will start at 5 minute intervals. After them the open seeded A category will start until the last open seeded batches.

They will ride from the start in Sheba road down to the intersection with the R40 and turn left into the direction of Nelspruit. Neutral zone will be until you pass underneath the train bridge on the R40. You will follow the road over Hilltop where the **first King and Queen of the mountains present themselves at the summit of Hilltop, 30 km into the stage**. The first waterpoint is also up there. The stage goes all the way into Nelspruit. Unlike last year, the stage finish venue won't be LVCC, but **BERGVLAM HIGH SCHOOL** which is nestled on the main Barberton road just as you come into Nelspruit, two blocks before the main road – Samora Machel, which becomes the N4. Riders can sprint for the line before having to slow down and make a slow left towards the school and again a right turn before getting to the refreshment area.

Breakfast, beverages, bananas and snacks will be served at Bergvlam High School before the start of the second stage and riders can fill up bottles. There will also be Food stalls and entertainment at venue.

Stage 2 over 45km starts in Nelspruit at 10h00 in the same order as the start of the first stage in Barberton. Riders who join in here to do two stages will start at the back of the field. Riders will line up in

the bottom parking lot of Bergvlam High School which will be closed to public traffic. The race will exit the school, turn left and immediately left again into the main road. Then right onto Samora Machel Drive and through the CBD of Nelspruit before going out onto the N4. The race runs on the N4 before turning right onto the Mara road to the start of the famous 7km Boulders climb. There are two waterpoints on the climb. **The 2nd King and Queen of the mountain hotspots are the top of Boulders**. Take care on the precarious downhill into Kaapmuiden on the other side of Boulders. Hay bails and marshals will be positioned on the decent, but please take care. Remember, ultimately your safety is in your hands. The second stage ends on the Boulders road just before the T-junction at the Barberton/Kaapmuiden road. After the finish line, riders will be directed left to Kaapmuiden and right again briefly onto the N4 to get to Kaapmuiden Primary School which lies on the right hand side

At Kaapmuiden Primary school, a pasta lunch will be served to all competitors.

The third stage over 50km will start at the Kaapmuiden Primary school at 13h30 and it will follow the very challenging rollercoaster ride back to Barberton. There are 3 waterpoints on this stage with the first presenting itself 22km from the start and the last 6km from the finish. This stage is tough all the way until riders turn left at Fairview mine loop. The finish is in front of Barberton High school

Because of the severity of the race, riders under Junior status are only allowed to compete in the final stage, according to UCI rules. Therefore, they only compete in the 50 km distance over the final stage.

PERSONAL INFORMATION

ID Number
Surname First Name
Postal Address
.....
..... Postal Code
Tel Work (.....) Tel Home (.....)
Cellular e-mail
Cycling Club (if applicable)
Valid CSA License No.
Team Name
No entries for CSA licensed riders will be accepted on the morning of the event.

MEDICAL

Emergency contact Tel Number
Medical aid
Medical Aid No.

CATEGORY

- 3-stage event (full package)
 3-stage event (budget package)
 2-stages
 1 stage
- | | | |
|--------------------------------------------------|----------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Licensed Elite/Under 23 | <input type="checkbox"/> Licensed Vets 30-39 | 58km Road Race |
| <input type="checkbox"/> Licensed Elite Woman | <input type="checkbox"/> Licensed Vets 40-49 | <input type="checkbox"/> Under 16 Boys |
| <input type="checkbox"/> Licensed Junior Men | <input type="checkbox"/> Licensed Vets 50-49 | <input type="checkbox"/> Under 16 Girls |
| <input type="checkbox"/> Licensed Junior Woman | <input type="checkbox"/> Licensed Vets 60+ | <input type="checkbox"/> Under 14 Boys |
| <input type="checkbox"/> Tandems | <input type="checkbox"/> Licensed Ladies 30+ | <input type="checkbox"/> Under 14 Girls |
| <input type="checkbox"/> Tandem Partner | | |

ENTRY FEE

3-stage event (full package): R450
3-stage event (budget package): R350
2-stages: R250.00
1 stage: R140.00

Fax entries with a cash deposit will come at an extra fee of R20 to cover deposit costs. EFT's don't carry this penalty.

TOTAL DUE R

Deposit into: SupaCycling, FNB Northgate, Account Number 620 308 600 86, Branch code 256 755.
Fax proof of deposit along with entry form to 011 662 2089

By signing this entry form, I acknowledge that I have read and understand the rules & information.
I also agree to abide by rules & regulations set out by CSA

.....
Signed by entrant

.....
Signed by parent/guardian (If under 18)

Date