

The 29th edition of the Bestmed Jock Cycle Classique, presented by ASG, covers a total distance of 154km, covering three stages on the same route as in 2011

Date: 21 July 2012

Venue: Coronation Park, Barberton

Starting times:

Stage 1: 6:30

Stage 2: 9:30

Stage 3: 13:30

Stage distances:

STAGE 1: BARBERTON TO NELSPRUIT VIA HILLTOP – 42KM

STAGE 2: NELSPRUIT TO KAAPMUIDEN VIA BOULDERS – 58.8KM

STAGE 3: KAAPMUIDEN TO BARBERTON – 54KM

Entry fees:

3-stage event: R490

2-stages: R300

1 stage: R150

2 stage riders start in Nelspruit and 1-stage riders start in Kaapmuiden

What your 3-stage entry includes:

Breakfast in Nelspruit after the 1st stage

Lunch in Kaapmuiden after the 2nd stage

Free long sleeved special edition Jock T-shirt

Goody bags with nutritional supplements and other rider aids

Some of the best waterpoints and local hospitality you'll ever experience

Well marshaled 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!

Riders in the 2-stage event don't receive a free T-shirt and don't receive breakfast in Nelspruit. You can purchase a shirt for R80 when you enter on-line. 2-stage riders do receive lunch in Kaapmuiden.

No breakfast or lunch served for 1-stage riders.

STAGE 1

The first stage of the Jock Cycle Classique over 42km starts from CORONATION PARK and finishes at BERGVLAM HIGH SCHOOL in Nelspruit.

- 1) Start in Hillary Street Barberton at 06h25 in 5 min. intervals
- 2) Ride to T-Junction and turn left towards Nelspruit
- 3) Follow road over Hilltop towards Nelspruit.
- 4) Start of first K.O.M./ Q.O.M. is 29,9 km out on Route
- 5) Line of K.O.M./ Q.O.M. and first waterpoint at 30,9 km.
- 6) End of stage 42 km on uphill just before Technikon
- 7) Free Zone approx. 2 km (Cyclists must adhere to traffic regulations etc.) to Bergvlam High School where breakfast will be served

STAGE 2

Stage 2 over 58.8km starts in Nelspruit at 9:30 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.

- 1) Start inside Bergvlam school yard in the same starting order as in Barberton
- 2) Turn right into Geelhout str., left into Figtree, right into Enos Mabuza str. and through town to the N4 left until Matafin in a neutral zone
- 3) Race starts once more as the cyclists turn left on the N4 (approx 4,5km from start)
- 4) Route turns onto Lydenburg rd, and left onto the Ring road bypass
- 5) Cyclists turn right onto Mara Rd at 33,8 km towards Boulders
- 6) First waterpoint on Boulders at 37, km
- 7) Start of second K.O.M / Q.O.M at 40,9 km
- 8) Line of second K.O.M. /Q.O.M. and second waterpoint at 42.9km
- 9) End of second stage at T-Junction of the Barberton - Kaapmuiden rd at 58,8km
- 10) Free zone approx 800m to Kaapmuiden primary school (Cyclists must obey traffic rules) where lunch will be served

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 lunch will be served to all 2 and 3 stage riders and the school tuck shop is well stocked extra drinks and eats.

STAGE 3

The third stage over 54km starts at the Kaapmuiden Primary school at 13h30 and it follow the very challenging rollercoaster ride back to Barberton.

- 1) Start of stage at the same spot where the previous stage ended in the same order as was the case with previous stages. Riders only taking part in this stage will start at the back of the field.
- 2) Turn right towards Barberton at T-Junction over Pettigrew's Neck
- 3) First water point at Honeybird at 17,7 km
- 4) Second Water point at Towers at 24,7km
- 5) Third water point below Ezzies pass at 35,2 km.
- 6) First Railway Crossing at 38,3 km
- 7) Second railway crossing at 42,5 km.
- 8) Fourth Water point at Fairview turn off 45,4 km
- 9) End of stage in Sheba rd, just before Bland street Crossing at 54 km.
- 10) Free Zone down Bland street towards Alexandra street and up to Coronation park, Approx 1,5 Km. (Cyclists must obey traffic rules) where the medals are handed out and where all proceedings for the prize giving etc. takes place

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.

Back-up

NTT Toyota providing all vehicle requirements with more than 20 support vehicles. Added to the more than 50 marshalls, 30 metro officers and the experienced medical back-up from ER 24, cyclists will be taken care of well.

Tog bag van with trailer

Riders must please mark their tog bags clearly with name tags. The tog bag van will be available at the start line in Barberton for the first stage. It will be parked in front of the food hall at the second stage in Nelspruit and in Kaapmuiden it will be parked at the entrance to the school hall adjacent to the rugby field. The tog bag van will depart from every stage after the last rider has taken off

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 stop at the waterpoint. Purified water will be served as well as Bio Cycle energy drink and some stations will have eats and energy bars.
- 4) The race moves through a nature reserve just as you leave the N4 towards Mara. **Please don't litter** as wild animals run free in this area.
- 5) **THE DESCENT DOWN BOULDERS IS DANGEROUS AND QUITE TECHNICAL.** Please take care.

Timing

The timing will once again be done professionally by the officials of Cycling SA and by **Racetec**. **Please remember to fit your chip.**

Prize Giving

Prize giving will be at 16h30 at Coronation Park.

Cut-off times:

The following cut-off times will be enforced on stages:

Stage 1: 9:00

Stage 2: 13:00

Stage 3: 17:30

Prize money

3-STAGE 150KM ROUTE:

	<u>ELITE & U/23</u>	<u>VETS 30-39</u>	<u>VETS 40-49</u>	<u>VETS 50-59</u>	<u>VETS 60+</u>	<u>ELITE LADIES</u>
1	R3000	R1000	R1000	R1000	R1000	R2000
2	R2000	R600	R600	R600	R500	R1500
3	R1500	R300	R300	R300	R300	R1 000
4	R1000					R500
5	R800					R 250
6	R600					
7	R400					
8	R300					
9	R200					
10	R100					

	<u>LADIES 30+</u>	<u>JUNIOR MEN</u>	<u>JUNIOR LADIES</u>
1	R 800	R 1000	R 500
2	R 600	R 600	R 250
3	R 300	R 300	R 100
4			
5			

TANDEM (OVERALL) R1000

K.O.M. 1 (ELITE & U/23) R 500

Q.O.M. 1 (ELITE LADIES) R 500

K.O.M. 2 (ELITE & U/23) R 500

Q.O.M. 2 (ELITE LADIES) R 500

STAGE WINS (ELITE MEN AND LADIES ONLY): R500

b) 50 KM ROUTE

	<u>BOYS U/16</u>	<u>GIRLS U/16</u>	<u>BOYS U/14</u>	<u>GIRLS U/14</u>
1	R 200	R 200	R 125	R 125
2	R 150	R 150	R 100	R 100
3	R 100	R 100	R 50	R 50

Total: R34 350

Enter on-line at :
www.cyclelab.com

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

With every Jock medal worn, again a cyclist is born!