



Subaru Centurion Gravel Shaker & Sondela Bela Bela MTB Challenge 18 and 19 May 2024

REGISTRATION

Late entries will be allowed at registration.

 **Subaru Centurion:**

- Thursday 16 May 2024, from 10:00 – 17:00

 **Sondela Nature Reserve (at Entertainment area):**

- Friday 17 May 2024, from 15:00 – 18:00
- Saturday 18 May 2024, from 06:30 – 08:00
- Sunday, 19 May 202, from 06:30 – 08:00 (only MTB)

KIDDIES RACES

There will be kiddies' races on Saturday, 18 May 2024 and Sunday 19 May 2024. Every kid will receive a medal and goody bag. **(R50-00 - pay at registration and/or on the day)**

STARTING TIMES

18 MAY 2024: GRAVEL RACE

DISTANCE	TIME
120km	08:00
50km (E-BIKE)	08:10
50km	08:15
30km (Girls / Boys u/14)	08:20
30km (Open Men / Women)	08:25
Kiddies	09:00

19 MAY 2024: MTB RACE

CATEGORY	DISTANCE	TIME
E-BIKE	40km	08:00
OPEN MEN & LADIES	40km	08:05
E-BIKE	19km	08:15
BOYS & GIRLS u/14 OPEN MEN & LADIES	19km	08:20
Kiddies		09:00

EMERGENCY NUMBER

083 791 7740

Medical assistance will be available on both days, please note that the cost of patient transport by ambulance will be for the account of the patient or their medical aid unless otherwise agreed upon.

START / FINISH

Next to Sondela Entertainment Village.

ROUTE

- **Sat 18 May: Gravel race**

- **120km route**

- 🚲 3 Water Points at 20km, 38km, 75km and 100km

- 🚲 https://drive.google.com/file/d/1Gf5shlxm7MnBb_WQfCd947RAjzKG6bKI/view?usp=sharing

- 🚲 <https://connect.garmin.com/modern/course/248729847>

- **50km route**

- 🚲 1 Water Point - 20km

- 🚲 [Route and Profile.](#)

- 🚲 [.gpx](#)

- **30km route**

- 🚲 No Water Point, please ensure that you carry sufficient water.

- 🚲 [Route and Profile.](#)

CUT-OFF TIME FOR GRAVEL RACE (120km) – 14:00

- **Sun 19 May: MTB race**

- **19km**

- 🚲 1 Water Point

- **40km**

- 🚲 2 Water Points

- 🚲 [Route and Profile.](#)

PRIZE GIVING CEREMONY

Please wear your cycling shirt and cycling shorts if you are a podium finisher and when you are called up to the podium.

Saturday, 18 May 2024

30km Prize giving: 09:45

50km Prize giving: 11:00

120km Prize giving: 12:30

Prize money/Trophies will be awarded to the **first three** participants in each of the following categories:

- **Gravel Race**
 - 120km
 - 🚲 Prize money
 - Men 19 – 29, Men 30+, Men 40+, Men 50+, Men 60+, Women 19 – 39, Women 40+
 - 50km
 - 🚲 Trophies:
 - Men 15 – 18 years & Women 15 – 18 years, Open Men & Open Ladies
 - 30km
 - 🚲 Trophies: Boys/Girls Under 14

Sunday, 19 May 2024 – 11:00

- **MTB Race** - Trophies for the first three participants
 - 40km = Open Men, Open Ladies
 - 19km = Boys and Girls u/14

Lucky Draw after prize giving. In order to be eligible for the lucky draw you have to be present.

PHOTOS

The photographers from **Bellevie Photography** will take photos along the route. Click on the link below after the event to check if they caught you on camera and to order your photos!

https://bella01evie.wixsite.com/belleviephotography?fbclid=IwAR1LBFPn1WoUBQqE1T2SFkfvEZ-19OPTKM6Y_ss_jb-y_vLMKilq8dbY_vw

PARKING

Parking will be available next to the Start/Finish area.

TIMING

- 🚲 Timing will be done by Protime.
- 🚲 Timing/Number Boards will be provided by Protime at no additional cost. All boards must be returned at the end of the event.
- 🚲 If you have entered for the Gravel and MTB races, you will receive a different timing board for each event.
- 🚲 No timing board = no result.

RACE RULES

- 🚲 The event sponsors, organisers, staff and anyone having anything to do with this event are not responsible for your safety or well-being.
- 🚲 It is a cycle race and participants must complete the entire course on the same bicycle frame, all other components and equipment may be repaired or replaced during the event.
- 🚲 No vehicles may follow or support riders on the route.
- 🚲 There will be checkpoints on the route to monitor that riders do not take shortcuts.
- 🚲 Rules of CSA Mountain Biking will apply. The race is making use of public tarred and gravel roads. Normal traffic rules apply.
- 🚲 **Results will be available before prizegiving for a period of 15 minutes to allow for appeals or corrections thereafter the results will be finalised for the podiums.**
- 🚲 Aero Bars with elbow rests or bars that protrude into the cockpit area of the bicycle will not be allowed. Participants must wear a properly approved helmet while operating their bicycle.
- 🚲 **Participants on e-bikes will not be eligible for any prizes and podium positions.**
- 🚲 There are no road closures, participants must obey all rules of the road. There will however be assistance at the intersections with marshals and traffic officials. Please obey marshals at all times.
- 🚲 You are responsible to familiarise yourself with the route and to complete the route without any outside help. We will assist where we can with riders who do not make the cut-off and/or abandon but we cannot guarantee transport back to the start.
- 🚲 There will be sweep vehicles for the 50 and 120km races with limited loading capacity.

ACTIVITIES AT SONDELA NATURE RESERVE

- 🚲 Free access to the resort.
- 🚲 The Sondela Entertainment Village with restaurants and swimming pools is always a winner after each race and you can be sure that the vibe will be alive with anticipation at the prize-giving ceremony.
- 🚲 There will be a cycle shop on Friday, Saturday and Sunday at the start/finish for any emergency purchases.

For more information contact Hermien van Zyl – 083 791 7740 – hermienvz@gmail.com

MANY THANKS TO OUR SPONSORS SUBARU CENTURION, SONDELA NATURE RESERVE AND SPA, 32GI AND JIMMY'S CYCLES FOR MAKING THIS DAY POSSIBLE