## N NEDBANK



Namibian Cycling Federation

## 2024 Nedbank Namibian National Road and Time Trial Cycling Championship

Sponsor
Race Director
Commissaire Men
Commissaire Ladies
Other Commissaire
Commissaire Panel

Nedbank Namibia

Marion Schonecke
Brendan Dickerson
Elvira Dickerson
Brendan Dickerson, Marion Schonecke, Elvira Dickerson

Time Trial Bike Set up Check.
Timekeeper
Race Day Events, Johan \& Marlene Pretorius

## Online Entry Links;

ITT = https://register.chronotrack.com/r/78176
Road Race $=$ https://register.chronotrack.com/r/78177
Number Collecting Compulsory to All Riders UCI \& None UCI

Date
Time
Venue
Number Collecting Time Trial \& Road Race
Proof of 2024 UCI License is needed for number collecting

Thursday 25 January 2024
17HOO-18H00
Raceday office
Elanor Grassow / NCF
All Elite, U23 \& Junior Men \& Woman
No Late entries or registrations
No number collecting on race day

## Prize Giving for Time Trial \& Road Race

Sunday 28 January 2024 Nedbank Namibia Campus
Sky Garden $7^{\text {th }}$ Floor 14H00

## Dress Code for Price Giving

Dress Code - Sponsor Cycle Shirt, Cycle Shorts, Cycle Socks, Cycle Shoes or Takkies. No Sunglasses, hats, caps or any other dress code will be allowed on the podium.

## PLEASE respect the cycling dress code.

## Start Finish Time Trial

Time Trail
Commissaire Time Trial

Date
Entry Fee:

Sign
Time Trial Bike Check (No Bike Check no Start)
Time Trial start (Elite Men Start $\mathbf{1}^{\text {st }}$ )

A1, Under Bridge B1 to Rehoboth
Brendan Dickerson / Marion Schonecke
Elvira Dickerson
26 January 2024
N\$ 180.00 (17 years and older)
N\$ 60.00 (16 years and younger)

14H00
14H00
15H00

Final Starting Times will be mailed Thursday 25 January 2024, should you miss your Slot you will, start Last

Online Registration: Entries will open 12 January 2024
ITT = https://register.chronotrack.com/r/78176

## No Service Vehicle allowed to follow any rider on Time Trial Route

## Road Description

## GPX file attached.

Start on the A1 under the Bridge to Rehoboth Facing North. Straight to the slipway (County Club) Side to B9, please keep in the white line right side of the road. Where the A1 and B9 connect on the cement make a 180 turn Right onto the B9, here you will be facing oncoming traffic, please stay in the yellow line. (We will barrier off the yellow line with Nedbank Barriers and with the help of City Police close the one line on the B9, and City Police will be there on duty). Where the B9 and A1 Split turn 180 right unto the A1, please stay in the white line.

## All riders that are doing more than one loop

Before the bridge, take the off-ramp to the B1 Rehoboth (Right), at the robot right, next robot right onto the off-ramp to the A1 and do the same loop.

## The Finish

Do not exit onto the Off Ramp, stay in the White line and the finish is under the bridge next to the start.

## Elite \& U 23 Men Start time from 15 HOO

Total distance 36 km
4 Loops of 9 km
Elite \& U23 Ladies Start after Elite men.
Total distance 27 km
3 Loops of 9 km
Junior Men, Junior Woman, Sub Vet men \& Ladies, Vet me \& Ladies, Master men \& Ladies, Grand master Men \& Ladies, U/16 Boys \& Girls, U/14 Boys

Total distance 18 km
2 Loops of 9 km
U/12 Boys, U/14 Girls, U/10 Boys, U/12 Girls \& U/10 Girls
Total distance 9km
1 Loop 9km

## Namibian National Road Championship 2024

## Start Finish Road Race

| Road Race | A1 Under the Bridge to B1 Rehoboth |
| :--- | :--- |
| Date | 28 January 2024 |
| Entry Fee: | N\$ 180.00 (17 years and older) |
|  | N\$ 60.00 (16 years and younger) |

## Race Start

Elite \& U23 Men, Elite \& u/23 Ladies
Junior Men \& Ladies 6H30
All Other Cat's from 6H45

Online Registration: Entries will open Friday 12 January 2024
Road Race $=$ https://register.chronotrack.com/r/78177

## No service Vehicles or support Vehicles allowed on Route

## Road Race Route Description (Red)

One Lap distance 30.1 km
Route description: (Red)
GPX file attached.

## Finish

On the last loop, on the bridge, take second turn off, onto the Itumba road, pass the Itumba gate onto the interlock road, do the final climb plus minus 500m to the Telecom Communication Station. (on the interlock road there is a Telecom gate, you may practice to the gate, on Saturday 27 January 2024 Telecom will open the gate for final practice)

## Feeding Zones (own feeding, need to be there before the race start)

1. Top of Swart Mamba
2. On the A1 off ramp to the Bridge (loop)

## Tech Zones

Tech Zone at the two Feeding Zones. In total 6 Tech Zones on the loop

## START Times for Road Race Sunday 28 January 2024

## Start Chute from 6H15 Red Route

Elite \& u/23 Men
Junior Men
Elite \& U/23 Ladies
Junior Woman
Start Chute from 6H30 Red Route

| Sub Vet Men | 6 H 45 | 3 Loops | 92 km |
| :--- | :--- | :--- | :--- |
| Vet Men | 6 H 45 | 3 Loops | 92 km |
| U/16 Boys |  |  |  |
| Master Men | 6 H 47 | 2 Loops | 62 km |
| Grand Master Men | 6 H 47 | 2 Loops | 62 km |
|  | 6 H 47 | 2 Loops | 62 km |
| Sub Vet Ladies |  |  |  |
| Vet Ladies | 6 H 50 | 2 Loops | 62 km |
|  | 6 H 50 | 2 Loops | 62 km |
| U/14 Boys |  |  |  |
|  | 6 H 52 | 1 Loops | 32 km |
| U/16 Girls | 6 H 55 | 1 Loops | 32 km |
| Master Ladies | 6 H 55 | 1 Loops | 32 km |
| Grand Master Ladies | 6 H 55 | 1 Loops | 32 km |

## Start Chute from 6H45 Blue Route

## Road Race Route Description (Blue)

One Lap distance 10.3 km
Route description: (Blue)

## GPX file attached.

## Finish

On the last loop, on the bridge, take second turn off, onto the Itumba road, pass the Itumba gate onto the interlock road, do the final climb plus minus 500m to the Telecom Communication Station. (on the interlock road there is a Telecom gate, you may practice to the gate, on Saturday 27 January 2024 Telecom will open the gate for final practice)

| U/12 Boys | $7 H 00$ | 3 Loops | 32 km |
| :--- | :--- | :--- | :--- |
| U/10 Boys | $7 H 00$ | 2 Loop | 22 km |
| U/14 Girls | $7 H 00$ | 3 Loops | 32 km |
| U/12 Girls \& u/10 Girls | $7 H 00$ | 2 Loop | 22 km |

