

PRELIMINARY PROGRAMME:

FREE STATE PROVINCIAL XCO#3

**HAPPY VALLEY, BLOEMFONTEIN
28 June 2025**

FRIDAY 27 JUNE 2025		
UNOFFICIAL PRACTICE	14:00-17:30	
SATURDAY 28 JUNE 2025		
REGISTRATION	07:00-13:00	
OFFICIAL PRACTICE	07:00-08:30	
START TIME	CATEGORY	LAPS
1.8km - SHORT COURSE (XCC)		
08:45	Nipper Boys	15min + 1 lap
09:20	Nipper Girls	10min + 1 lap
2.3km - INTERMEDIATE COURSE (XCC)		
10:00	Sprog Girls	15min + 1 lap
10:40	Sprog Boys	20min + 1 lap
Riders to confirm results when results are posted in hard copy at the event. Riders have 15 minutes from when results are displayed, to lodge any complaint in the results with the race commissaire or timekeepers.		
Prize giving for short course events approximately 30 minutes after the final XCC event concluded.		
Call-up will be 15 minutes before your start time. Race duration will again be confirmed on the Start line. When bell rings, the final lap has started.		

MANAGEMENT TEAM

President: Monia van Heerden
Treasurer: Nicky van der Walt
MTB Commissioner: Frans Steynberg
Track Commissioner: Rudolph Vorster
Para Cycling Commissioner: Lizelle Cronje
Discipline/Clubs: Willie Stoman
Coaching: Francois Oosthuizen
Road Team Manager: Rudolf Vorster
MTB Team Manager:
Rider Representative: Van Dyk van Rooyen

Vice President:
Secretary: Colin Williamson
Road Commissioner: Peter Bailey
Sponsorships: Charl Roos
Media: Eldelia du Toit
Calendar: Phillip Campher
Diversity: Attie Koekemoer
Selection/Awards: Helen Kennedy
Technical Commissioner: Willem van Aswegen

START TIME	CATEGORY	LAPS
4,5km - LONG COURSE (XCO)		
11:30	Youth Women	3
11:32	Sub-Junior Boys	3
11:34	Sub-Junior Girls	2
4,5km - LONG COURSE (XCO)		
13:00	Elite Women	4
13:32	Youth Men	4
13:34	Junior Women	3
4,5km - LONG COURSE (XCO)		
14:30	Elite Men	6
14:32	Junior Men	5
Prize Giving for XCO ~16:00		
Call-up will be at 15 minutes before your start time. Laps will again be confirmed on the Start line.		
Riders to confirm results when results are posted in hard copy at the event. Riders have 15 minutes from when results are displayed, to lodge any complaint in the results with the race commissaire or timekeepers.		
Prize giving for long course events approximately 20 minutes after the final XCO event concluded.		

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