

**PROVISIONAL RACE BRIEFING:**

**FREE STATE PROVINCIAL XCO#3**

**HAPPY VALLEY, BLOEMFONTEIN**

**28 June 2025**

**Introduction**

Organizer: Frans Steynberg

Commissaires: Willem van Aswegen

Peter Bailey

**Rules**

UCI Rules will apply for the Elite and Junior categories. All other categories fall under the Cycling-SA MTB Rules.

There will be no 80% rule, BUT lapped riders will be pulled off at the finish line. Pulled riders retain their positions.

Riders must check at the finish line, to see if they are needed for Anti-doping testing.

It is the Rider's responsibility to know the number of laps of his/her own race and the race course that they will be riding on.

Open official practice from 07:00 to 08:30 on Saturday morning. NO RIDERS WILL BE ALLOWED ON THE COURSE WITHOUT A NUMBER. NO RIDERS WILL BE ALLOWED TO PRACTICE ON THE COURSE WHILE OTHER RACES ARE IN PROGRESS.

**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  
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Support Staff in Tech/Feed zone may not enter the race course. They must always have at least one foot in the Tech/Feed zone. No feeding outside of the feed zone.

No cameras, cell phones, Go-Pros etc. are allowed to be worn by Riders.

Please do not litter.

### Laps and start times

**Call-up will be at 15 minutes before your start time. Laps will again be confirmed on the Start line.**

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.		

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START TIME	CATEGORY	LAPS
<b>4,5km - LONG COURSE (XCO)</b>		
<b>11:30</b>	Youth Women	3
<b>11:32</b>	Sub-Junior Boys	3
<b>11:34</b>	Sub-Junior Girls	2
<b>4,5km - LONG COURSE (XCO)</b>		
<b>13:00</b>	Elite Women	4
<b>13:32</b>	Youth Men	4
<b>13:34</b>	Junior Women	3
<b>4,5km - LONG COURSE (XCO)</b>		
<b>14:30</b>	Elite Men	6
<b>14:32</b>	Junior Men	5
<b>Prize Giving for XCO ~16:00</b>		
<b>Call-up will be 15 minutes before your start time. Laps will again be confirmed on the Start line.</b>		
<b>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.</b>		
<b>Prize giving for long course events approximately 20 minutes after the final XCO event concluded.</b>		

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### **Seeded start lists**

The final Start Lists is available on the FSCF WhatsApp groups and can be viewed at registration. It is your personal responsibility to check your seeding and raise any issues with the Commissaire at least 1 hour before your race.

### **Course changes**

**Nippers and Sprogs ride different courses (XCC). Nippers 1,77km short course and Sprogs 2,33km (Happy Lappy) intermediate course. The short course is basically the Happy Lappy course, excluding the flow line. The intermediate course includes the flow line.**

**The long course is the normal 4,5km XCO lap, with various A & B lines.**

**No walking of A-lines allowed.**

**Please bear in mind on the training/practice lap that other riders will be coming down the rock gardens and drops. No back tracking during practice.**

**NB: IT IS EACH RIDER'S RESPONSIBILITY TO FAMILIARISE THEMSELF WITH THE COURSE DURING THE OFFICIAL COURSE PRACTICE. THE OFFICIAL COURSE PRACTICE WILL BE ON SATURDAY MORNING BETWEEN 07:00 AND 08:30. UNOFFICIAL PRACTICE WILL ON THE FRIDAY AFTERNOON, 27 JUNE 2025, 14:00 – 17:30.**

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## TRACKS

### LONG COURSE (XCO LAP)



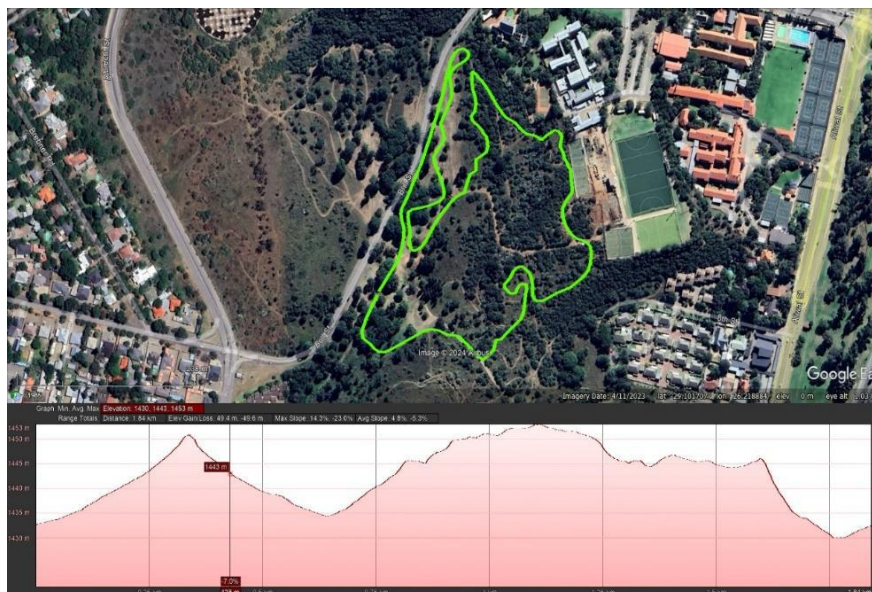
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### INTERMEDIATE COURSE (Happy Lappy – Sprogs)



### SHORT COURSE (Nippers)



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### Final results

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All the best for your race!



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**Free State Cycling Federation**  
Email address: [info.freestatecycling@gmail.com](mailto:info.freestatecycling@gmail.com)  
Facebook: Free State Cycling



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