



Promoter:

Cross Country Club www.capexcountry.co.za

Contacts:

Route Director Clive Crouse 0829001334

Race / Club Secretary Carol Wiltshire 0722337274

Medical Team Atlantic Medical Response team.

Status:

Junior Tankwa Cross Country Bike & Quad Training and Orientation 13th & 13th Dec 2020

Covid:

Everyone to practice their normal Covid protocol.

Objective:

- Three Stages of true Cross Country.
- To learn GPS Navigation.
- To learn to read a variety of terrain.
- To test ones all terrain ability and endurance.

Regulations & Rules:

- GPS Navigation. No working GPS no ride. GPS needs to be functional throughout.
65cc + Adult (GPS can be fitted to either bike)
85cc GPS fitted the Junior Bike only.
Junior Open Fitted to Junior open bike only.
- Two man or three man teams (One Adult).
- Team members need to finish with two minutes of each other.
- Please respect the terrain, ride within your own means and control.
- GPS checks will be done.
- PLEASE adhere and stay to the marked routes. No free riding anywhere.
- Riders briefing is compulsory.
- Clipper cards will be used as many check points. Clip card to be handed in at end of each day. Card size is 7cm x 10 cm it is useful to have a clip card holder.

- Certificates of achievement will be issued at an established pass rate.

Program of events:

11 Dec Friday afternoon / evening Documentation & Scrutineering

12 Dec Sat Special Stage ONE - 7H00 all bikes at line up ready to go.

Midday break & rest.

12 Dec Sat Special Stage TWO - 15h30 all bikes at line up ready to start Special Stage Two

13 Dec Sun Mini Marathon Stage THREE - 7H00 all bikes at line up ready to start

Facilities:

- Catering and camping, hot cold showers, flush toilets.
- Sorry no 220volt power.
- Canteen.
- Wifi.
- firewood, ice and refreshments for sale.
- Bike wash.