



FINAL INSTRUCTIONS – AMASHOVA NATIONAL CLASSIC

ROUTE

No late arrivals will be permitted onto the route and any cyclist without an official race number will be removed.

NB Cyclists riding without race numbers will **not have access to the Medical and Safety Services** the race provides

Please check the maps of the Start and Finish areas as well as the suggested approach to the start.

Please be aware that Msunduzi Police vehicles will be traveling up and down Alexander Road leading out each batch.

Please look out for them and give them right of way as they are assisting us with the safety of our event

ROUTE WARNINGS

1. 106km and 70km event only – Please be aware of the speed bumps on Hospital Road and Shongweni Road in Hillcrest.
2. 106km, 70km and 40km – there are roadworks on the bridge that crosses the N2 at Westwood Mall.
3. Cyclists will be cycling in a single lane and it will be on the Eastbound side of the M13. There is also a speedbump and rumble strips at this point. Please slow down.
4. 106km, 70km and 40km - Please be aware of the steep decent and dangerous sharp left turn once you have passed under the N3 Highway. Please go slowly and follow road signs and marshals

WATER STATIONS

Ensure that you are carrying sufficient water to complete 20kms. We will support you with **five water stations on the 106km route positioned every 20kms on route as well as one at the finish.**

These watering points will have cold refreshments from aQuelle, oranges and a supply of bananas from Checkers and Salt from Oryx Desert Salt.

Should yoQu require any of the provisions supplied, you must cautiously move to the side of the road, indicate with your hand extended sideways, **then slow down and stop. We have told our assistants not to pass anything to a moving cyclist. You will have to stop. It is extremely dangerous for you, other riders and our helpers to attend to moving cyclists.**

ALS Paramedics will be present at each of the water points to treat minor injuries and will also refer more serious casualties to their mobile units

The water points are positioned at the following landmarks.

- #1 **Thornville H2O point manned by Rise Against Hunger** is situated outside Gromor
- #2 **Cato Ridge H2O point manned by Community Chest** is situated outside Safal Steel.
- #3 **Drummond H2O sponsored by Hollywoodbets** is situated at the Comrades Wall of Fame.
- #4 **Kloof H2O point sponsored by Dormehl Phalane Property Group** is situated outside the outside AutoTrak on the M13 Westbound in Kloof
- #5 **Westville H2O point sponsored by Bluff Meat Supply.** is situated outside Westville Mall on the M13 Westbound.

BICYCLE REPAIR ON ROUTE

Neutral service vehicles will be positioned along the route. This service is supplied by Hattons Cycles Umhlanga, KT Cycles Pinetown and Adams Cycles. Should you require assistance please call Kovilan 083 792 5962. They will assist you with spares or technical assistance – just give your race number and they will follow up for payment after the race. Please bring essential spares with you on race day. We recommend: 2 x tubes, 1 x speed link for your chain, 2 x spare gas bombs, 1 x gator, tyre levers, multi tool and mini pump or gas bomb inflator.

NUMBER COLLECTION

Number collection will be held at the Nelson Mandela Capture Site on Friday 17 October from 09h00 – 15h00 and at the playTSOGO Globe at Suncoast, Durban on Saturday 18 October from 09h00 – 16h00. Discovery Vitality has a designated area at number collection for Team Vitality batch participants.

106KM BATCH START – age limit 14 years and older

The start area will be fenced and access to the batch pens will be limited to riders in that particular batch. Marshals will be in position to ensure that this is strictly adhered to. The race number will indicate the batch number and start time. Any cyclist wishing to ride with friends may do so by dropping back to the lowest batch of the group wishing to ride together.

Riders may **not under any circumstances** go to a higher batch than indicated on their race number. **Riders starting in the incorrect batch can be picked up by FinishTime electronic timing system and will be disqualified which will result in no time being provided for your efforts.** Please pin your race number to the back of your jersey as low as possible. Please note once the final batch has left you will NOT be allowed onto the route to start the race. Please make sure you are on time for your batch. If your timing board does not register a start time when you cross the mat you will not receive an official time.

70km HALF CHALLENGE – age limit 12 years and older

The Amashova 70km Half Challenge will start from Camperdown Spar, Camperdown. **NO LATE ARRIVALS WILL BE PERMITTED ONTO THE ROUTE. Please see below approach to start:**

- A. FROM DURBAN TAKE N3 WESTBOUND: **PLEASE NOTE YOU HAVE TO BE AT THE START BEFORE 05H45 AS THE ROADS WILL BE CLOSED AND YOU WILL NOT BE PERMITTED TO DRIVE TO CAMPERDOWN SPAR**
 - 1. Take the Camperdown off-ramp from the N3 highway and TURN right towards Camperdown Spar.
 - 2. Motorists must keep left and take the left turn at the circle and park in the vacant parking lot

- B. FROM PIETERMARITZBURG: TAKE THE CAMPERDOWN OFF RAMP, KEEP LEFT TOWARDS CAMPERDOWN.
PLEASE NOTE YOU HAVE TO BE AT THE START BEFORE 05H45 AS THE ROADS WILL BE CLOSED AND YOU WILL NOT BE PERMITTED TO DRIVE TO CAMPERDOWN SPAR
 - 1. Take the Camperdown off-ramp from the N3 highway and TURN LEFT towards Camperdown Spar.
 - 2. Motorists must keep left and take the left turn at the circle and park in the vacant parking lot

Please DO NOT drop off 70km riders on the N3, this is extremely dangerous and will result in a fine from Metro Police.

NO Entries will be taken on the day. This event is timed and **will start at 06h15** and precede the main event down to the finish in Durban. These cyclists should be at the finish in time to see the Elite cyclists racing to the finish in MY Avenue.

Amashova 40km FUN RIDE – age limit 10 years and older

The Amashova 40km Fun Ride will start at Westtown, Shongweni **NO LATE ARRIVALS WILL BE PERMITTED ONTO THE ROUTE. Please see below approach to start:**

- A. FROM HILLCREST AND FROM DURBAN: **PLEASE NOTE YOU HAVE TO BE AT THE START BEFORE 06H00 AS THE ROADS WILL BE CLOSED AND YOU WILL NOT BE PERMITTED TO DRIVE TO WESTOWN SQUARE, SHONGWENI**

B. FROM PIETERMARITZBURG: TAKE THE SHONGWENI OFF RAMP TURN RIGHT OVER THE N3 TOWARDS WESTOWN SQUARE, SHONGWENI. PLEASE NOTE YOU HAVE TO BE AT THE START BEFORE 06H00 AS THE ROADS WILL BE CLOSED AND YOU WILL NOT BE PERMITTED TO DRIVE TO WESTOWN SQUARE

1. From Kassier Road go over M13 towards the Engen Garage
2. If you are going to the start of the 40km you will be permitted to continue along Kassier Road towards Westown Square, Shongweni
3. Go past Shongweni Polo Club
4. Go over the N3 Highway
5. Take the first feed off towards Westown Square
6. Go over Kassier Road and TURN SHARP right TO PARK
7. If you miss the first turn, take the 2nd turn right at the traffic light towards Westown Square
8. Turn right and then park on the LEFT

NO Entries will be taken on the day. This event is **not timed** and **will start at 06h30** and will follow the same route as the cyclists cycling 106km and 70km. These cyclists should be at the finish in time to see the Pro cyclists racing to the finish at Suncoast.

If you are still on the road when the convoy vehicles for 106km race come past, **please move to the left side of the road and wait until the faster cyclists have passed and it is safe to continue.**

TOILETS

Toilets are situated at all at each of the starts, water points and at the finish.

TIMING AND RESULTS

This is a FinishTime timed event. NO OTHER CHIPS OR BOARDS MAY BE USED. As an entry to the 106km or 70km event you will wear your timing board. This board you would have bought with your entry or would have it from another FinishTime event this year. Any disputes must be tabled not later than 30mins after finishing to the CSA situated at the finish line, with a payment of R100 that will be refunded once the dispute is clarified and the disqualification allowed. Any cyclist that starts in a batch higher than the one he was seeded in will automatically be disqualified.

Under no circumstances will results be added after the event. **NO BOARD NO TIME**

TANDEM

Please bear in mind that the **winner's prize money** is on offer for the **first single bicycle** across the line.

We appeal to the tandems not to disrupt the single bicycle race.

PARKING

Convenient parking will be available within the Suncoast precinct. All pre-entries to the Amashova will receive a parking access permit for Suncoast Main Tollgate. Please note that this permit will NOT allow you through the Black card holders Tollgate. You will need to download and screen shot with your phone, the parking voucher in order to access the Suncoast. The permit will give you free access to the main Suncoast Tollgate parking lot throughout the Amashova weekend. Please note all vehicles with trailers to go through the Black Card Holders parking lot on Saturday 18 July. On Sunday 19 July vehicles with trailers to park at Moses Mabhida open parking lot. Click here (<https://www.shova.co.za/final-instructions/>) for the parking permit. Please display your permit inside your vehicle for the duration of the weekend.

PRIZE GIVING

We welcome professional teams and will be holding a **prize giving**. Winners of all categories as well as the top men and women will receive their prize money envelopes at the prize giving ceremony at **13h30** held in the hospitality area in the

Suncoast playTSOGO Globe. **All prize money will be paid by EFT, 7 days after the race, once the organizers receive the winners banking details via email.** Please note that you HAVE to have a FinishTime timing board on your bicycle in order to qualify. Results will be according to FinishTime's records and verified by CSA.

CERTIFICATES

Certificates will be emailed to only those cyclists that have put their email address on their entry form once final results have been verified 7 days post race day.

PHOTOGRAPHS

Action Photo is the appointed official photographer for the event. Please follow the helmet sticker instructions carefully should you wish to have your picture taken by their team of photographers!

FINISH AREA

Once you have passed over the finish line please continue to ride along the fenced area until you come to the final water point where you will receive your medal. ALS Paramedics is positioned after the finish line outside the Kings Park Pool and will be available for any hi-care treatment.

GREEN NUMBERS

We continue with our tradition of giving **green numbers to cyclists** who have completed ten or more Amashova Classics. We have provided a separate queue at registration for Green Number cyclists to collect their numbers. These cyclists will receive 2 numbers – a white number and a green number. Please wear your green number and your white number. We invite all Green Number cyclists to ride in the Green Number batch which starts at **08h24**. You can choose whether you would like to start in the green number batch at **08h24** or in the batch that you have been seeded in.

SAFETY

The route has FULL ROAD CLOSURE. Marshals and Traffic authorities are positioned to ensure that the public remains off the route until the cut off times. Service and route vehicles are positioned on the route – these official vehicles are clearly marked and are there for your assistance.

For your own safety please obey traffic regulations and obey all traffic authorities. **Keep in the left-hand lane at all times.** Please do not cross over the middle line on corners and blind rises.

Race referees on motorbikes will ensure that this is adhered to. The last 40km of this event is on the contra flow side of M13 and N3 – please be aware that the camber of the road.

MARSHALS

Marshals will ensure that intersections are safe for all competitors.

In areas where you need to be especially vigilant, marshals will have loud hailers to indicate danger.

Potentially dangerous places are listed below:

- Speed bumps as you turn left towards Thornville
- Umlaas Road/South Coast Rd/Van der Merwes intersection.
- The steep descent down Inchanga
- The steep descent down Fields Hill
- The descent past the nursery in Sherwood, just before you get onto the freeway. The **sharp left-hand turn onto the N3** is very dangerous, so exercise extreme caution here.

LICENCED RIDERS

These cyclists will have a separate queue at registration where they will be obliged to show their license cards. Their timing board will act as their frame number.

CUT OFF TIMES

These will be strictly implemented and cyclists will be removed from the race should they exceed these times.

1. Inchanga Caravan Park at 12h00
2. Botha's Hill Butchery at 13h00
3. Shongweni Road (near M13) at 14h00
4. 45th Cutting (under N3 Bridge) at 14h30

Should the last rider be deemed to be too far behind the rest of the field, for safety reasons, the race organisers / safety officials / traffic officials may instruct the rider to retire from the event. The rider will then be transported to the finish using the sweep vehicles. If a cyclist is 10 minutes behind the back of the race, then organisers will have the right to cut the cyclist off and transport them to the closest cut off point.

DRONES

Please note that drones are prohibited to be flown at any of the starts, on the route and at the finish. It is a serious offence to fly a drone without the correct permits from the city, and can result in arrest for safety reasons.

SWEEP VEHICLE

The final cut off is at 45th Cutting - where all cyclists still on the road after 14h30 will be removed from the route and given a lift to the finish in Durban.

Sweep vehicles will be at the back of the field to collect riders (with their bikes) who cannot continue.

If you wish to use this facility, please wait at the side of the road for assistance. In addition, ALS Paramedics will also assist cyclists should the need arise. Cyclists who exceed the cut-off times must obey directions from Metro Police and Marshals. Passenger vehicles and bakkies will follow behind the race to ensure the safe return of all cyclists to the finish area at Suncoast

Cyclists are NOT permitted to carry on cycling if they exceed the cut-off times.

The final 40kms of this event is contra flow and cyclists cannot safely finish the event without the race infrastructure in place. Signage will be collected; marshals will be removed and water points packed up immediately after the cut-off time. Once these times have lapsed, the route to the finish changes, as the Road Traffic Inspectorate remove their officials and the road is open to normal traffic.

Cyclists will be taken to the finish by bus and their bicycle will be transported by bakkie.

MEDICAL CARE

ALS Paramedics will provide professional medical care. Ambulances will be staggered at strategic positions along the route. In case of an emergency, please contact the event emergency number on **067 499 1235**

If you are going to have your cell phone with you on the ride, we suggest that you programme 067 499 1235 into your phone.

All emergencies will come through to DOC. Should you come upon an emergency, you will be able to get help fast! We ask that you please call that number if you have any emergency.

HOLDING AREA for 70km and 40km

To ensure the safety of all participants taking part in the various Amashova distances, it is necessary for us to hold the very tail end of the 70km and 40km participants at 45th cutting under the N3 bridge until the racing batches from the 106km event have passed. There are vehicles that accompany these riders and in order to ensure the safety of the very slow riders it is imperative that they are held safely at this point. Any 70km and 40km riders that are at this point at **09h15** will be pulled over as we must eliminate the chance of very slow riders interfering with the racing riders in the last 10kms. Once it is safe to do so, these slow riders will be permitted back on the route to finish their ride. We trust that you will comply with the marshals who will be implementing this instruction from the race office.

Any slow 70km and 40km riders that are on MY Avenue at **09h15 MUST** keep to the **extreme right-hand side** and pull over.

THE FINISH AT SUNCOAST

Join us and enjoy our public hospitality in the playTSOGO Globe. This is an awesome venue where you can relax after the race. We will welcome you all to our hospitality area to relax with your friends and family.

BIKE PARK

A secure bicycle storage area will be available at the entrance to the hospitality area outside the playTSOGO Globe. Suncoast Security will be managing the bicycle park. Cyclists will fill their race # and cell # on a wrist bangle, to keep an eye on people taking the correct bike. Please assist the Rotarians manning this point

AGE RESTRICTIONS

Please note strict age restrictions: 106km – 14 years and older; 70km – 12 years and older; 40km – 10 years and older
Any child entered in an event they are not permitted to cycle in, due to the age restriction, will be considered illegal and the event organizers will not be held responsible for the minor concerned.

We wish you a safe and enjoyable Amashova!