



LEAGUE GUIDE

2015

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1. Welcome message

It is my pleasure to welcome all participants, teams, supporters and partners to the 2015 Spur High School Mountain Bike League and wish all our teams only the best as they aim to qualify for this year's National Final.

As facilitators of the League, Amarider plays a more behind the scenes role with the real work performed by an enthusiastic group of provincial coordinators rolling up their sleeves and getting their hands dirty almost weekly from May to October.

From the outset I want to thank these coordinators and their teams for undertaking their respective rolls again for the upcoming season.

The 2014 Spur Mountain League proved to be our most contested League with a spectacular National Final at Bekker producing the closest results in the team competition we've ever seen.

In terms of growth the League smashed through the 9000 entrant mark, up from just over 7500 in 2013.

Now in its 7th year, the League is firmly entrenched as the premier youth cycling program in the country and it is with great enthusiasm that we can confirm that Spur Steak Ranches has committed to support the program for a 3rd consecutive 3 year term that will take us right through to 2017.

This phenomenal sponsorship will allow us to grow the League even further and assist us in our vision of producing the premier youth sports program in South Africa, all sports included!

To this aim, the further development of South African Schools Cycling (SASC) is critical to position the sport correctly and I urge you to get involved with the initiative, especially when called to join and support local committee structures.

It is incredible to see how cycling, specifically mountain biking has become such an integral part of the lifestyle of so many South Africans. One just has to look at the number of cars heading off on weekly adventures, racked up with the family's bikes

Every week we hear of a new trails venue opening to the public, providing enthusiasts with a plethora of options to enjoy the outdoors and allow all to continue the search for the ultimate piece of trail.

The League provides the perfect environment to bring the sport closer to mainstream by including the youth and build mountain biking as the premier family sport that not only emphasises performance, but the enjoyment derived from the simple act of participation.

Good luck with your preparations for the 2015 season - let's make it a great one!

Meurant Botha
League Coordinator
Amarider



2. Message from the sponsor

Dear All Event Coordinators and Team Managers

It is with great pride that Spur Steak Ranches will once again be investing substantially into the Spur Schools Mountain Bike League for the season.

Through the hard work and dedication from Amarider, and in particular, all the event coordinators and school managers, the Spur Schools Mountain Bike League continues to provide a fantastic platform for the development of Mountain Biking at school level.

Competing with traditional School Sports has been extremely challenging but when you look at the growth of the Spur Schools Mountain Bike League, one can honestly be very proud of all your efforts which have resulted in an average growth of over 30% year on year in entries for the last 3 years.

With this solid foundation in place, the time is right for us all to concentrate our energy into taking the league to the next level. As sponsor, we will be leading from the front in this regard where the focus will be on ensuring the operations of the league events are intensified and the marketing and PR exposure is amplified, in an attempt to further showcase the Sport of Mountain Biking and in particular, the riders and the schools who take part in the events.

Whilst the Spur High Schools Mountain Bike League National Finals will once again be the pinnacle of year, I urge everyone to dedicate themselves to making every league event a special, well-organized race for all the competitors.

To all the school teams and individual riders, I hope you are proud to be racing in this prestigious Mountain Bike League and we would love to hear about your visits to and experiences in our restaurants all around the country.

Spur is once again extremely proud to sponsor this league and we derive great satisfaction from investing into a program which opens up opportunities for all schools and all riders who wish to take part.

Ride well this year, and please always show respect to your fellow participants.

Be safe on the trails.

Regards
Andrew Cronje
Marketing – Spur Group (PTY) Ltd



3. Message from SASC

Welcome to the wonderful world of High School MTBing! As we are standing on the doorstep of yet another exciting year of mountain biking at the high schools level, it is easy to forget that sporting events could never happen without sponsors. Thus it is with pleasure and gratitude that we welcome SPUR back as the title sponsor of these events for the next three years. Without the involvement of SPUR, High School MTBing could never have developed to the current level. The past six years have been a wonderful experience, but we are confident that the next three will be even better. We are planning to accommodate ten thousand riders in 2015!

The High Schools League has become more formally organized each year, and it is with satisfaction that SASC can announce that our MTB regulations are now available in six languages. Thanks to the great team within SASC who have put the regulations together for the betterment of our beloved sport!

To all the riders, parents, teachers and controlling bodies out there; remember - every rider that we can get onto a bicycle will not be messing around in a shopping mall during weekends!

Congratulations to Menlopark Hoërskool, crowned as the National MTB Champion and Gauteng as Provincial Champion in 2014. We trust that you have enjoyed your achievements, but remember that somebody, somewhere is motivating schools riders right now to beat you. Best of luck for 2015!

With best regards,

DEON STEYN
President
South African Schools Cycling



4. About the League

What is the competition all about

The League is an inter schools competition aimed at crowning Southern Africa' best High School teams in 3 categories namely:

1) Best Mixed Team

In the Mixed Team category the best 3 boys and 2 girls results per school overall categories are used to calculate a team result

2) Best Boys Team

In the Boys Team category the best 5 boys results per school overall boys categories are used to calculate a team result

3) Best Girls Team

In the Girls Team category the best 3 girls results per school overall girls categories are used to calculate a team result

The above competition takes place at an annual National Final at Bekker High School just outside Magaliesburg, Gauteng. Schools have to qualify to reach the national final through a series of provincial selection races. The qualification process is outlined in the section: The Road to Bekker.

What does a League race look like?

The League runs on the Olympic Cross Country (XCO) lap racing format whereby participants complete a set number of laps, determined by age category, of a short mountain bike course. Lap distances between 3-5km.

This format is very spectator friendly as participants pass the start/finish area multiple times during the race.

At the start/finish there is a Feeding Zone which is the only place on the route/during the race where you are allowed technical and nutritional support.

Each category has a separate start time, normally starting with the younger participants with the day ending off with the Junior Men and then prize giving.

The League courses are designed to be slightly easier and less technical than that of the National and Provincial Championship.

There is also an opportunity to practice the course the morning before the race to ensure that there are no surprises.

Find your Category

There are 3 main high school categories namely:

Sub Juniors (13-14), Youth (15-16) and Junior (17-18) and then split into boys and girls.

A participant's age is determined by his or her age on 31 December of the year of the event.

At the National Final and in certain regions, the Youth category for boys are split in 15's and 16's with points awarded separately. Note that certain regions facilitate primary school competition but there is no National Final.

See the below table to determine your racing category:

HIGH SCHOOL CATEGORIES		
YEAR OF BIRTH	BOYS	GIRLS
1997	JUNIOR MEN	JUNIOR WOMEN
1998	JUNIOR MEN	JUNIOR WOMEN
1999	YOUTH MEN 16	YOUTH WOMEN
2000	YOUTH MEN 15	YOUTH WOMEN
2001	SUB JUNIOR BOYS	SUB JUNIOR GIRLS

PRIMARY SCHOOL CATEGORIES		
YEAR OF BIRTH	BOYS	GIRLS
2002	SUB JUNIOR BOYS	SUB JUNIOR GIRLS
2003	SPROG BOYS	SPROG GIRLS
2004	SPROG BOYS	SPROG GIRLS
2005	NIPPER BOYS	NIPPER GIRLS
2006	NIPPER BOYS	NIPPER GIRLS
2007	SUB NIPPER BOYS	SUB NIPPER GIRLS

RECOMMENDED RACE TIMES			
BOYS	TIME	GIRLS	TIME
JUNIOR MEN	50-60min	JUNIOR WOMEN	40-50min
YOUTH MEN 16	40-50min	YOUTH WOMEN	30-40min
YOUTH MEN 15	40-50min		
SUB JUNIOR BOYS	30-40min	SUB JUNIOR GIRLS	25-35min
SPROG BOYS	20-30	SPROG GIRLS	20-30min
NIPPER BOYS	15-25min	NIPPER GIRLS	15-25min
SUB NIPPER BOYS	15-20min	SUB NIPPER GIRLS	15-20min

POINTS ALLOCATED PER POSITION

POSITION	POINTS	POSITION	POINTS	POSITION	POINTS
1	26	10	17	19	8
2	25	11	16	20	7
3	24	12	15	21	6
4	23	13	14	22	5
5	22	14	13	23	4
6	21	15	12	24	3
7	20	16	11	25	2
8	19	17	10	26-last	1
9	18	18	9		

Who can participate?

The League is open to all bona fide school going learners where a school is defined as an institution recognised as such by the Department of Education.

While certain regions accommodate home schooled riders, these participants will unfortunately be ineligible for qualification for the National Final. Further, any home school results are omitted from points tables so as not to interfere with the main competition.

Although primarily a team competition, individuals are more than welcome to join in the fun and should there only be 1 participant from a school, the school will still be recognised as a team.

The team for the National Final is selected by the school based on selection criteria provided by the League. The League invites category champions where learners' schools did not qualify.

For many school teams, the start of their programs was a sole participant!

- Registration and licensing

While existing schools and riders are encouraged to pre register for events via www.spurschoolsmtbleague.co.za new schools and riders are welcome to enter on race day. There is no requirement to register a team, if your school is not on our database it will be added upon your first result.

Further, thanks to the support of the National Federation, you do not require a CyclingSA racing license to participate in the League as the League is affiliated to CyclingSA via South African Schools Cycling. However, an indemnity form will need to be completed by a guardian for the season.

- Kit

It is compulsory to wear a helmet whilst participating at a League event. This includes practice or even riding from the car!

If your school does not have official cycling kit you must use a sports shirt with your school logo. Sleeveless vests or branded cycling tops are not permitted.

5. The League in your province

Who can participate?

The League is open to all bona fide school going learners where a school is defined as an institution recognised as such by the Department of Education.

While certain regions accommodate home schooled riders, these participants will unfortunately be ineligible for qualification for the National Final as the competition is structured as an inter-schools league. Further, any home school results are omitted from points tables so as not to interfere with the main competition.

Each province has a coordinating team with details as follows:

CONTACT DETAILS			
Name	Prov	Contact Number	Email Address
Deon Steyn	Gauteng	082 320 8878	deon.steyn@ntnis.co.za
Fred Lingenfelder	Southern Cape	076 029 1796	fred.lingenfelder@gmail.com
Aidan de Lange	Namibia	00264 81 129 1962	danste@danstnamibia.com
Pieter Herbst	Free State	082 824 0149	pherbst@mweb.co.za
Brett Coates	Mpumalanga	082 774 5821	brettc@lantic.net
<i>Philna Gouws</i>	<i>Curro Bankenveld</i>	<i>082 853 1846</i>	<i>philna.g@curro.co.za</i>
<i>Adele Tait</i>	<i>Curro Bankenveld</i>	<i>083 255 3171</i>	<i>adelealternative@gmail.com</i>
<i>Sandy Korb</i>	<i>Lowerveld</i>		<i>lowveldcgang@gmail.com</i>
Charl Joubert	Eastern Cape (PE)	072 081 2802	charljbrt@gmail.com
Luca Fanicchi	Eastern Cape (EL)	083 777 3326	lfanicchi@alfordsystems.com
Ewan Cochran	Kwazulu Natal	082 674 2138	ewan@kznschoolsmtb.co.za
Johan van Dijkhorst	Limpopo	082 740 8740	limpoposchoolmtb@debtsafe.co.za
Christian Schmidt	Lesotho		christian@lesothosky.com
	Northern Cape		
Wayne Davidson	Zimbabwe	00263 772 601 087	wayne@tyrekaya.co.zw

6. The League and CyclingSA

The League is affiliated to South African Schools Cycling (SASC) who in turn are affiliated to CyclingSA. The League is categorised as a development initiative and does not intend replacing the official racing structures under CyclingSA, such as the relevant provincial and national championships for individuals. It is one of the objectives of the League to expose young riders to the sport of mountain biking and also the opportunities that the above structure offers.

Therefore it must be made clear that in no way would participation in this League qualify participating riders or schools for National or Provincial Colours. It is a competition primarily geared to create a platform for schools to compete against each other, and in doing so, raise the profile of the sport at school level.

8. TheRoad to Bekker 2015

The National Final

When: 3-4 October 2015

Where: Bekker School – Magaliesburg

The Bekker Final has in 3 short years become the highlight of the schools mountain bike calendar. More than 40 selected schools and 350 riders travel to the event from all over South Africa as well as Namibia, Zimbabwe and Lesotho.

The best Mountain bike High Schools are crowned in the following categories:

1. Best Girls Team (best 3 results)
2. Best Boys Team (best 5 results)
3. Best Mixed Team (best 5 results, atleast 2 boys or girls)

Qualification

There are 3 qualification opportunities

- 1. Participation Points system**
School teams that finish their regional competitions ranked within the top overall teams based on points accumulated by riders during the season. In this competition participation is rewarded as every rider earns points on race day. See the 'Qualification per Province' table to determine how many schools per province qualify.
- 2. Top Teams Competition**
The final event of each regional series will offer a quality-based points competition that reflects the points structure of the National Final and the number of riders earning points are limited. This is an additional opportunity for the best Boys, Girls and Mixed team to qualify should this school not be an automatic qualifier via the Participation Points system. Important! In order to qualify schools need to have participated in at least 50% of their local regional League events.
- 3. Best Riders**
The League wants to recognise and reward our top riders. Riders who finish in the top 3 of their respective categories, and whose schools did not qualify for the National Final, are eligible to participate. The League will offer travel and accommodation support to category winners only. Note that riders must participate in schools jerseys or unbranded alternative.

Finals Programme Example

Saturday

08h30 - National Inter-schools Final Competition structure

1. Best Girls Team (best 3 results)
2. Best Boys Team (best 5 results)
3. Best Mixed Team (best 5 results, at least 2 boys or girls)

14h00 Inter-schools Relay

16h00 SASC AGM

18h00 Awards Dinner

Sunday

08h00 - SASC Interprovincial Competition Structure

Best 10 results (irrespective of category) tallied to crown best province.

Provincial colours awarded as per SASC guidelines.

Number of School teams per province invited to the 2014 final

Gauteng	10 Schools
Western Cape (incl. 1 from Southern Cape)	6 Schools
Mpumalanga	4 Schools
North West	3 Schools
Kwazulu Natal	3 Schools
Free State	3 Schools
Limpopo	2 Schools
Eastern Cape	1 School
Northern Cape	1 School