



NEDBANK

2020 NEDBANK NAMIBIAN NATIONAL ROAD CYCLING CHAMPIONSHIPS

presented by:



Namibian Cycling Federation

Individual Time Trial	Date	21 February 2020
	Start Venue	Carin Park - Brakwater
	Registration	15H00
	Start Time	16h00
Entry Link	www.raceday.events (Click on Upcoming Events)	

Road Race	Date	23 February 2020
	Start Venue	Carin Park - Brakwater
	Registration	06h00
	Start time	06h45
Entry Link	www.raceday.events (Click on Upcoming Events)	



2019 TT Route

Route for Elite Men & U/23 Men

Start at Carin Park, Turn on to bypass to Dobra North Bridge, back on bypass to Elisenheim Bridge, back to Dobra North Bridge, back to Elisenheim Bridge, total of 44km.

Route for Elite Ladies, Junior ladies, Junior Men, Sub Vet Men, Vet Men, Master Men, Sub vet Woman, Vet Woman, Master Woman.

Start at Carin Park, Turn on to bypass to Dobra North Bridge, back on bypass to Elisenheim Bridge, Total 22 Km

Route for Grand master Men, Grand Master Woman, Boys U/16, Girls U/16, Boys U/14, Boys U12, Girls U/12

Start at Carin Park, Turn on to bypass to Dobra South Bridge, back on bypass to Elisenheim Bridge, Total 13 Km.

Route for Boys U/10, Girls U/10

Start at Carin park, Turn on to bypass to Dobra South bridge Total 6.5Km.

2019 Road Race Route

Elite Men, U/23 Men

Start Time 6H45

Route

Start at Carin Park to Elisenheim Bridge, Turn Right onto Bypass to Daan Viljoen Bridge 11km, turn Right to Matchless Turn off 19km, U Turn back to Daan Viljoen Bridge 19km, Turn Left on to Bypass to Elisenheim Bridge 11km, Turn on Elisenheim Bridge back to Daan Viljoen Bridge 11km, Turn Right To Matchless Turn Off 19km, U Turn Back To Picknick Boom 12km, U Turn Back to Matchless Turn Off 12km, U Turn to Daan Viljoen Bridge 19km, turn Left on to bypass to Dobra South Bridge, 17.5km, turn left to Service road and Finish at Carin Park 7.5km

Total 158km

Junior Men

Start Time 8H00

Route

Start at Carin Park to Elisenheim Bridge, Turn Right onto Bypass to Daan Viljoen Bridge 11km, turn Right to Matchless Turn off 19km, U Turn back to Daan Viljoen Bridge 19km, turn Left on to bypass to Dobra South Bridge, 17.5km, turn left to Service road and ride to Carin Park 7.5km, then 2 x Dobra Loop 28km and finish at Carin Park.

Total 102km

Elite Ladies

Start Time 8H02

Route

Start at Carin Park to Elisenheim Bridge, Turn Right onto Bypass to Daan Viljoen Bridge 11km, turn Right to Matchless Turn off 19km, U Turn back to Daan Viljoen Bridge 19km, turn Left on to bypass to Dobra South Bridge, 17.5km, turn left to Service road and ride to Carin Park 7.5km, then 2 x Dobra Loop 28km and finish at Carin Park.

Total 102km

Junior Ladies

Start Time 8H04

Route

Start at Carin Park to Elisenheim Bridge, Turn Right onto Bypass to Daan Viljoen Bridge 11km, turn Right to Matchless Turn off 19km, U Turn back to Daan Viljoen Bridge 19km, turn Left on to bypass to Dobra South Bridge, 17.5km, turn left to Service road and Finish at Carin Park 7.5km

Total 74km

Sub Vet Men

Start Time 8H05

7 X Dobra Loops **Total 98km**

Vet Men

Start Time 8H07

6 X Dobra Loops **Total 84km**

Master Men

Start Time 8H09

5 X Dobra Loops **Total 70km**

U/16 Boys

Start Time 8H11

5 X Dobra Loops **Total 70km**

Sub Vet Woman

Start Time 8H13

6 X Dobra Loops **Total 84km**

Vet Woman

Start Time 8H15

5 X Dobra Loops **Total 70km**

Grand Master Men

Start Time 8H17

4 X Dobra Loops **Total 56km**

Boys U/14 & Girls U/16 & Master Woman

Start Time 8H19

4 X Dobra Loops **Total 56km**

Grand Master Women & Girls U/14 & Boys U/12

Start Time 8H21

3 X Dobra Loops Total 42km

Girls U/12 And Boys U/10

Start Time 8H23

2 X Dobra Loops Total 28km

Girls U/10

Start Time 8H25

1 X Dobra Loops Total 14km