

CRADLE MTB CHALLENGE

Rules, Safety and Regulations

RULES

RIDERS

- Participants are required to be of a certain age depending on the distance:
 - 15KM – all ages (adult supervision mandatory)
 - 30KM – 15 and older
 - 40KM – 18 and older
 - 52KM – 18 and older
- The participant is required to be the minimum age on race day.

RIDER IDENTIFICATION

- Riders must display their race numbers at all times.
- Bike numbers must remain firmly fixed on the front of the bike and may not be obstructed by cables or any other item.
- Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

ROUTE

- All distances/route information may vary from the advertised information and the applicable information given through at race briefing.
- Riders must complete the entire route, and the responsibility for following the official route lies with the rider.
- A rider is not permitted to take any shortcuts or take advantage of a similar nature against competitors. Riders who exit the course for any reason must return to the course at the same point from which they exited.
- Riders must respect the countryside and ride only on the official route.
- Participants must complete the entire course on the same bicycle frame, all other components and equipment may be repaired or replaced during the event.

NUTRITION & WATER POINTS

- Riders retain the ultimate responsibility to carry enough water and nutrition with them.
- The race organisers will provide water, energy drinks and supplements at official water points on the route.

RACE TIMING

- Riders have to report to the start line at least 15 minutes before the start of their race.
- Riders will be briefed 15 minutes before the start.
- Riders will not be allowed to start late.
- The race cut-off remains the same even in case of a late start.
- Riders that do not reach designated cut-off points in time will be prevented from continuing and will be swept from the course and classified as DNF (did not finish).
- Cut-off points can be enforced at any time if the organisers deem the situation as unsafe.
- It is the rider's responsibility to return the number board and timing transponder, failing to do so will lead to a non-completion status and a penalty fee will apply.

MEDICAL

- All riders need to be in good health and well-trained.
- If the race organisers receive advice from the official race medic/doctor regarding any rider, the decision to prevent the rider from continuing/participating lies with the race organiser and will be final.
- Medical assistance will be supplied on-route in the form of medics and at the finish venue(s) in the form of medics and a doctor.
- The race doctor and his medical team reserves the right to prevent any rider from continuing the race if it deems necessary. Their decision is final.
- It is recommended that each rider carry a first aid kit consisting of the following:
 - 1 x stretch bandage | 2 x dressings
 - Adhesive plasters | Foil survival blanket
 - Sun block with a minimum SPF factor of 20

SAFETY

GEAR

- Each rider must wear a helmet at all times while riding during the race.
- All helmets must comply with international 'SNELL' and 'ANSI' standards.
- Appropriate riding attire, including a shirt, must be worn at all times.
- Ensure that your gravel bike is in safe working condition at the start of the race.
- Each rider is responsible for the maintenance of his/her own bike for the duration of the race.
- In all cases of maintenance and repairs, riders are required to complete the full distance of the stage. The time spent on maintenance and repairs will not affect the cut-off times of the race.
- Always carry a mobile phone, fully charged, and programmed with all the emergency numbers supplied at race registration. Please ensure that all riders carry a phone

SAFETY

- Slower participants must make way for faster riders.
- Riders must take caution when the route is not clear or coming to an intersection or road crossing.
- There are no road closures, participants must obey all rules of the road. There will however be assistance at the intersections with marshals and traffic police.
- Riders must obey all traffic rules.
- Bike repairs should be done in a visible area on the edge of the trail, road or path and not on the trail itself.
- In case of a sprint to the finish, you must hold your line.
- No outside seconding or assistance is permitted under any circumstances.
 - Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders.

CODE OF CONDUCT

- Participants must conduct themselves at all times in a manner that will not bring discredit to themselves, or to the event.
- All riders are urged to display good sportsmanship throughout the duration of the race by keeping to the following guidelines:
 - Not use offensive or abusive language during the race;
 - act in an unsporting manner;
 - be disrespectful to the officials;
 - or ignore the race regulations

REGULATIONS

ENVIRONMENT

- Littering and environmental abuse will not be tolerated. Any participant caught disregarding the environment and littering will be fined a two (2) hundred Rand penalty for the first offence and disqualification for the second offence.
- In the case of environmental concerns, WannaDo Events has the right to cancel, delay or reroute the race. Participants will not be reimbursed in a situation where the event or part of an event had to be cancelled due to environmental conditions that were out of WannaDo Events control.
- Riders are urged to respect the environment at all times during the race by following these rules, in particular:
 - Do not throw away water bottles, packaging or bike spares;
 - Do not deviate from the route; and/or
 - Do not smoke at any point on the route as this is not permitted.

Substitutions

- Rider substitution will be allowed until 31 August 2025, but the new rider will receive the apparel order from previous
- There will be no substitutions once entries have closed, thereafter substitutions will only be allowed on registration day and will carry an admin fee of R1000-00.

REFUND POLICY

- No entry fee shall be refunded to a participant for a cancellation of the Event due to acts of God (so-called Force Majeure), which acts shall include but not be limited to adverse weather conditions, riots, strikes, political unrest and/or any other occurrence not within the control of the event organiser.
- The organiser reserves the right to refuse any person's entry, or cancel any person's entry up to the day before the race. In that event the person's entry fee will be refunded.
- No Transfers to the following year will be allowed.

CANCELLATIONS

- Cancellation refund of 80% of the fully paid entry will be given until 31st July 2025
- Cancellation refund of 50% of the fully paid entry will be given between 1st August until 17th Aug 2025.
- No refunds will be issued for cancellations made from 18th August till race day.
- No cancellation refund will be allowed after this date. NO EXCEPTIONS (INCLUDING MEDICAL).
- The event organiser may consider a refund under exceptional circumstances such as illness and/or any other extraordinary circumstance. In that case, the organiser will evaluate a request for a refund on its merits and such refund shall be at the discretion of the Event Organiser.
- All refunds will be paid less the Entry Tickets transaction fees (5%) plus (R3) per entry*

DISCRETION OF THE CHIEF COMMISSAIRE

- Where any additional rule interpretation is required, or where a specific provision for any incident has not been made in these rules, the decision of the chief commissaire will be final.
- There will be no reimbursement of costs to the participant in case of disqualification.

LIABILITY

- The organisers, sponsors, volunteers and event personnel are not responsible for any injury or damage that may occur during the event, or cancellations, delays or re-routing due to extreme weather (including, but not limited to, heat, tornadoes, earthquakes, fires, storms, lightning and floods), accidents, acts of war or terrorism, military conflicts or riots, pandemic or endemic outbreaks or for any reason that, in the organiser's discretion, will protect the safety and security of Event participants and spectators. In the event of such cancellation, there will be no refund of registration fees.
- By entering this event, participants agree that WannaDo Events, their agents, officers, directors, employees, volunteers, and sponsors shall not be held responsible for any death, illness, injury, loss or damage of any kind sustained by any rider while participating in this event and all related activities, caused in any manner whatsoever.