



## Hi Chainangers,

A few more days to go and I'm off to the Commonwealth Games in Glasgow to manage the South African Cycling Team, when I was nominated 6 months ago it seemed like years away but as usual it crept up like a tax deadline and now it's here! SASCOG are like a well oiled machine and it's hard to imagine how difficult it must be to co-ordinated so many different sports and all 260 athletes to make sure everything happens when it's supposed to. Many of the cyclists are overseas racing and the rest are flung all over SA so how on earth they managed this before e mails I'll never know! Anyway it's going to be a wild ride and I'm really looking forward to it, I've got a large track team, a six women road team and two mountain bikers in Mariska Strauss and Phillip Buys, I'm very hopeful we can bag a couple of medals. I think all of the events are live on TV so check it out if you can. I'll be keeping up the newsletter from the UK and let you all in on what's going on.

Huge good luck to all the Lowvelders who are going to the SA MTB Champs this weekend in JHB, I really wanted to be there but I'll try and catch it live on the Steamit 360 channel, give it horns guys!

## DO NOT MISS!!!

Some fantastic upcoming races:

The Wilderwyne in Burgersfort - 26th July - great racing in the game farms, loads of single track and not too much climbing!

The Krokodilpoort race at Mara - racing in the real Lowveld bush - 2nd August

Nkomazi MTB Challenge - 30th August - new race with over R50000 prize money, sponsored by Malelane Toyota its course is designed by Dirk Lourens and has some amazing flowing single track, it's gonna be an annual winter classic - [www.entrytime.com](http://www.entrytime.com)

## BIG NEWS

In a FIRST for SA Stage racing the Isuzu 3 Towers is introducing a Superlight race! Yip for all you oke's who wanna dip a muddy toe into multi day events then this is for you - or your kids! Less then 35 kms per day but still taking in those fantastic trails that Mankele is famous for!

Its called the Mncane race! It's going to be impossible for your average Lowvelder to say since most haven't mastered Mbombela (say Bombela) or Mpumalanga (say Mapumalanga) but I hear it's got a 'click' in it, bit like my dodgy left knee.

Details will be coming soon and entries will be filled chop chop so get moving if you are interested!

## Upcoming:

THE SA NATIONAL CROSS COUNTRY CHAMPS!!! Yes its time to show your skills and enter the best racing (and athletes) that MTB has to offer - and after the SA and World Champs its proven! 19/20th July at Thaba Trails in JHB. Be there or be soft!

BTW!!! If you won your category at this years Provincial XCO series MaMBA will pay your entry to the SA's!!! Just ask Sandy for details and she will e mail you the info!

The remaining Spur dates are now FINAL!! As follows:

### Curro school Nelspruit 16th August:

Entries from 8am racing from 11am

### Mankele 13 September, Practice from 9:00, Racing Starts @ **12:00**

Courses will be open from 9:00 for practice

### **South Africa vs Australia @ 9:35 in the Lapa**

Breakfast rolls & amazing coffee will be on sale

Racing starts at 12:00 after the Rugby.

### Penryn College Nelspruit 20th Sept.

Entries from 8am Racing from 11am

End of year prize giving and Team announcement

Big fat braai!

BTW, for all the latest MTB news and general skinny follow me on Twitter - @brettmtnb, Im also using it to announce rides now as well as sms.

See ya on the dirt!

Cheers Brett.

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