



CYCLING SOUTH AFRICA
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ATTENTION: All Affiliates, Stakeholders and riders

FROM: SAMTB

SAMTB High Performance and SA Team

After “kicking” our High Performance program off with a fairly loose selection process, we came to understand the need for a much clearer, “scientific” process.

The aim of this note is therefore to communicate with you the guidelines SAMTB will follow to invite South African mountain bikers to participate in the SAMTB High Performance program as well as selection to the SA Team to World Championships. It is very important to understand at this stage, that by a rider meeting the performance criteria set out later in this document, he/she will not automatically qualify for inclusion in the High Performance squad and/or inclusion in the SA World Championship team.

The High Performance selection committee consists of the following people:

- Johann Wykerd – HP Commissioner
- DrJeroen Swart – HP Specialist
- Grevile Ruddock – Convener of selectors (SA World Championships teams)
- Barry Mocke – CSA
- Justice Mokhale – Talent Identification and PDI Development
- Retief Freysen– Selector
- Chris Nixon - Selector

Minimum requirements for eligibility:

- Must be a South African Citizen
- Must have a “full racing” Cycling SA license by the start of the season
- May never bring the sport in disrepute
- Must familiarize him/her-self and comply with all the rules of UCI, CSA and MTBSA.

Since SAMTB’s transformation and development plans are far behind that of most other sports in South Africa, we will have a quota system in place to ensure we afford PDI mountain bikers the best possible opportunity to develop into world-class mountain bikers. Our plans to obtain funding are in place and we are comfortable that we will be able to meet our financial requirements going forward, but our budget has been calculated on a maximum squad of 50 riders with 10 of them being PDI’s. Should there therefore be more riders who qualify through the performance criteria set out below, we will only choose the very best riders based on the times they achieve against the best in the World. Our program will also have two (2) tiers at this stage (might develop into more tiers going forward) and not all athletes will enjoy the exact same attention as others.

Since XCO (Cross Country Olympic Discipline) is the only mountain biking discipline recognized by the IOC, this discipline would receive more attention than Downhill racing and Marathon racing. It is however not necessarily correct to assume that only XCO riders will be in tier 1. Tier 1 is aimed at the best riders in each discipline who we believe stand a realistic chance to win medals at World Championships and Olympic events. This can include XCO, DH and XCM riders.





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The SAMTB High Performance program, as a whole, will only focus on XCO, DH (Downhill) and XCM (Cross Country Marathon). It is important to note that XCM only applies to riders 19 years and older and only for the full marathon distance as per the UCI. Riders performing well in our local 35km and 70km races would have to compete in either XCO or the full distance XCM to be recognized.

Only riders between the ages of 15 and 30 will be eligible to be invited to participate in the SAMTB High Performance initiative. The only exceptions where we will include older riders would be for XCM.

To ensure our High Performance plans are designed and executed according to World standards, we have appointed Dr Jeroen Swart as our High Performance Specialist. Jeroen is the Director of High Performance Cycling at the Sports Science Institute of South Africa. Jeroen has raced mountain bikes at a high level himself and is also involved in a number of international High Performance initiatives and the experience he has gained will be invaluable to SAMTB's High Performance initiative.

As mentioned earlier, our program will have two (2) tiers at this stage.

Note; the interventions listed below will be at no cost to the invited rider.

Tier 1

Riders invited to participate at this level will have the following interventions:

- VO2 testing
- Max Power Testing
- Full medicals
- Biometric bike fitment
- Flexibility
- 40 km Time Trail Test
- Lectures in Sport Psychology
- Lectures in Nutrition
- Lectures in Supplementation and Banned Substances
- Lectures in Training guidelines
- Weekly monitoring through the Lamberts sub maximal cycling test
- Reporting

Tier 2

Riders invited to participate at this level will have the following interventions:

- Full medicals
- Lectures in Sport Psychology
- Lectures in Nutrition
- Lectures in Supplementation and Banned Substances
- Lectures in Training guidelines

Going forward, all our High Performance Camps will be held at the Sport Science Institute of South Africa in Newlands, Cape Town.

Dates for our next High Performance Camps are:

- 28/02/2011 to 02/03/2011
- 12/09/2011 to 15/09/2011
- 27/02/2012 to 29/02/2012

Greg Till (President), William Newman (Vice President), Mark Bradley (Financial Trustee), Ernst van Dyk (Rider Representative), Thokozile Mhlanga (Trustee), Hendrik Lemmer (Road), Stephen Marnewick (Track), Andrew Nicholson (MTB), Margot Gerber (BMX), Mike Burns (Paracycling), Roger Bouton (Transformation & Development), Denis Human (Technical), David Bellairs (Recreation)



Performance Criteria (This does not apply to PDI mountain bikers)

To be eligible to be invited to the SAMTB HP squad riders would need to meet the following minimum criteria:

All: XCO and DH: Youth to Elite age groups only
XCM: 19 years and older.

XCO: We are fortunate to be able to call one of the best Cross Country riders in the world our own. For the purpose of establishing performance benchmarks, Burry Stander will be the benchmark against which both male and female athletes will be measured. Should Burry not race in at least 3 XCO events against which we can measure our HP athletes' performance we will use a benchmark formula to establish a fictitious winning time based on Burry's performance against the rest of our riders against which rider's average lap times will be measured.

XCO – Men

- **Elite**
 - Our aim: Top 30 at World Champs
 - Riders must have an average lap time of no more than **110%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.
- **U23**
 - Our aim: Top 20 at World Champs
 - Riders must have an average lap time of no more than **115%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.
- **Junior**
 - Our aim: Top 20 at World Champs
 - Riders must have an average lap time of no more than **120%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.
- **Youth**
 - Riders must have an average lap time of no more than **125%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

XCO – Women

- **Elite**
 - Our aim: Top 20 at World Champs
 - Riders must have an average lap time of no more than **120%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.
- **U23**
 - Our aim: Top 20 at World Champs
 - Riders must have an average lap time of no more than **125%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.
- **Junior**
 - Our aim: Top 20 at World Champs
 - Riders must have an average lap time of no more than **140%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

- **Youth**

- Riders must have an average lap time of no more than **150%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

DH: As with XCO, we are fortunate to be able to call two of the best Downhill riders in the world our own. For the purpose of establishing performance benchmarks, Greg Minnaar and/or Andrew Neethling will be the benchmark against which both male and female athletes will be measured. Should neither Greg nor Andrew race at least 3 DH events against which we can measure our HP athletes performance we will use a similar benchmark formula as for XCO against which the performance of our downhillers will be measured.

Men

- **Elite**

- Our aim: Top 30 at World Champs
- Riders must have an average race time of no more than **107%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

- **Juniors**

- Our aim: Top 20 at World Champs
- Riders must have an average race time of no more than **117%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

- **Youth**

- Riders must have an average race time of no more than **122%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

Women

- **Elite**

- Our aim: Top 20 at World Champs
- Riders must have an average race time of no more than **135%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

- **Juniors**

- Our aim: Top 20 at World Champs
- Riders must have an average race time of no more than **150%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

- **Youth**

- Riders must have an average race time of no more than **155%** of that of the fastest Elite Male athlete in SA in at least 3 events where the top SA Elite Athlete is competing.

XCM: Marathon racing is one of South Africa's favorite mountain bike disciplines and we are fortunate to have a number of very good male and female athletes competing in this discipline.

Men

- Our aim: Top 30 at World Champs
- Rider must have an average race time of no more than **107%** of that of the winner of the event in at least 3 of the 4 nominated events.

Women

- Our aim: Top 20 at World Champs
- Rider must have an average race time of no more than **110%** of that of the winner of the event in at least 4 of the 5 nominated events.

XCM: Nominated events:

Men (Distance 80 – 120 km)	Women (Distance 60 – 120 km)
20/3/2011: SA Marathon Champ, KZN	20/3/2011: SA Marathon Champ, KZN
30/4/2011: Dirtopia, Western Cape	30/4/2011: Dirtopia, Western Cape
28/5/2011: Big Induna, Hazyview, MPU	28/5/2011: Big Induna, Hazyview, MPU
18/9/2011: Hill2Hill, PMB, KZN	18/9/2011: Hill2Hill, PMB, KZN
16/10/2011: CSA XCM, venue to be advised	16/10/2011: CSA XCM, venue to be advised

SA Team Selection for World Championships (Junior, Under23 and Elite):

Only riders who are part of the SAMTB High Performance program and comply with all the requirements as set out by the program will be eligible for selection to represent South Africa at the World Mountain Bike Championships.

The only exceptions to this would be South African riders who find themselves in the top 10 (ranking as per UCI) in the World for XCO, DH or XCM at time of choosing the team to represent South Africa.

4X is not a discipline recognized in South Africa and as such we will not have any representation in this discipline at World Champs irrespective the position a South African might hold as per the UCI ranking.

Taking into consideration that riders participating in the SAMTB High Performance program will meet the minimum performance criteria already, the best riders in each category will be chosen based on the selection races listed below, subject to the maximum team size as per the table below.

Maximum team size:

Category	XCO	DH
Elite Men	4 riders	4 riders
Elite Women	2 riders	2 riders
U23 Men	3 riders	n/a
U23 Women	2 riders	n/a
Junior Men	3 riders	3 riders
Junior Women	2 riders	2 riders

Category	XCM
Men	4 riders
Women	3 riders

Selection Races XCO and DH:

- Africa Continental Championships
 - SA National Championships
 - SA National Super Series (all four events)
- Best 4 results from the 6 races mentioned above to count for team selection**



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Selection Races XCM:

- - Men& Women
 - 20/3/2011: SA XCM Champs, KZN
 - 30/4/2011: Dirtopia, Western Cape
 - 28/5/2011: Big Induna, Hazyview, MPU

Results at all 3 events will count for team selection

Note:

- The onus is on the rider who believes him/her-self to be eligible for selection for the 2011 World Champs team to provide the selectors with reasons for a DNS or DNF at selected races.
 - Reasons to be provided in writing within 48 hours of the selection race.
- mechanical breakdown. The only allowable reasons for a DNS and/or DNF will be sickness or
- excuse anymore. Once a rider has started the race sickness cannot be used as an
- Mechanical problems can only be used once during the season.
- All correspondence to be addressed to nic@cyclingsa.com

General

Once an athlete has been invited to the SAMTB High Performance squad, he/she will receive a document indicating SAMTB's expectations from them. Once an athlete has signed this document an athlete will be expected to adhere to the rules of the HP initiative. Non-compliance will lead to expulsion from the HP squad as well as not being eligible for selection to the World Champs team.

We are looking forward to assisting South African mountain bikers to become World Champions.

Yours in Cycling

Johann Wykerd
SAMTB High Performance Commissioner.





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