



CRATER CRUISE GRAVEL 2026 SOUTH AFRICAN GRAVEL CHAMPIONSHIP Sunday 14 June 2026

Koedoeslaagte Trail Park (Northwest)
UNESCO Vredefort Dome World Heritage Terrain
near Parys (Free State)



TECHNICAL GUIDE

www.cratercruise.com

edition 08:00 - 11/06/2026



ORGANISATION: Koedoeslaagte Trail Park

WEBSITE:

<https://www.cratercycling.com/cratercruise>

CONTACT INFO:

General:

attie.koekies@gmail.com

Whatsapp: 082 335 3358 (Attie)

Media:

socials@cycling-sa.co.za (Kiara)

EVENT PROGRAM

Registration Times:

- Saturday 13 June at Koedoeslaagte 15:00-18:00
- Sunday (race-day) 14 June at Koedoeslaagte 06:30 - 08:30

Start Times - see body numbers for racing categories

- **BATCH \$M** - 08:30 - Elite Men 155km
- **BATCH \$W** - 08:40 - Elite Women 115km

- **BATCH A** - 08:55 - Vets 30-39 Men 155km
- **BATCH B** - 09:00 - Vets 40-49 Men 155km
- **BATCH C** - 09:05 - 155km OPEN

- **BATCH D** - 09:30 - Master 50-59 Men (115km)
- **BATCH E** - 09:33 - Master Men 60+ and PARA RIDERS (115km)
- **BATCH F** - 09:35 - Vets/Masters Women 30+ (115km)
- **BATCH G** - 09:37 - 115km OPEN
- **BATCH H** - 09:40 - Junior/Youth 50km and 50km OPEN

155km-"CUT OFF" - at 12:30 (70km mark at Skandenawiedrif), riders will be directed onto the short-cut/115km route. Riders will receive results and a medal.

Prize Giving 1: Youth and Junior 50km categories - 13:00

Prize Giving 2: Elite category - 14:00

Prize Giving 3: All Veterans, Masters, Para categories - 15:00

THANK YOU!



WATER POINTS:

SOLARGY, USN, ROTARY CLUB PARYS, STONE HENGE PARYS

PARTNERS:

PARYS MULTISPORT, BIG ROCK CYCLING SCHOOL

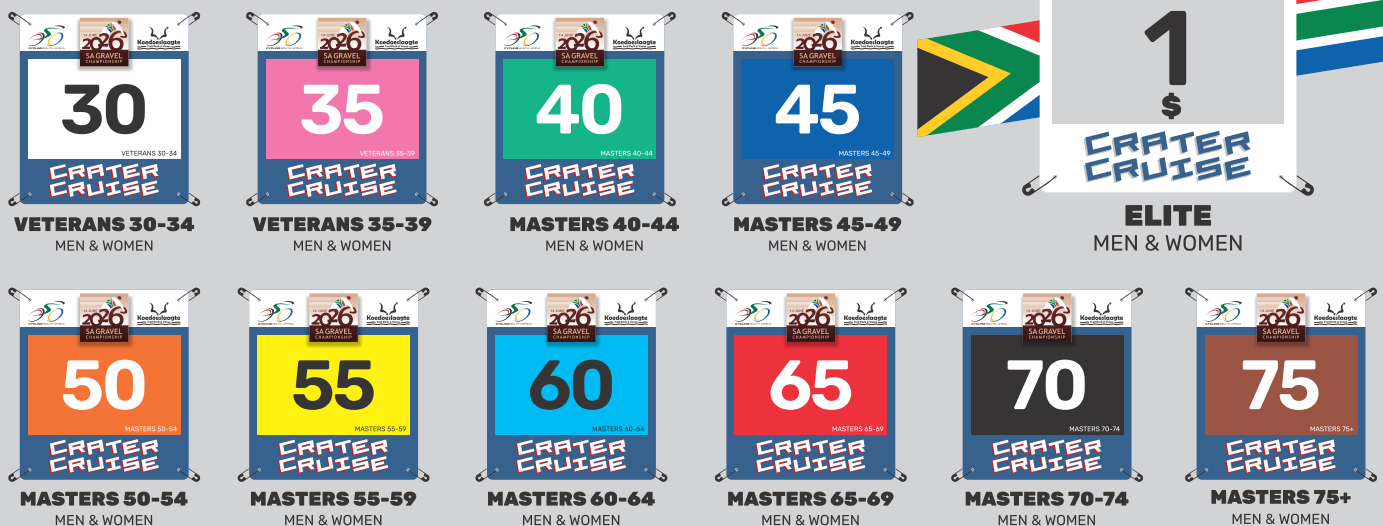
IMPORTANT REGULATIONS

- **UCI MTB Regulations will apply**
- The Crater Cruise/SA Gravel Champs is a **CLOSED** event and riders from other nationalities cannot participate in the Championship categories. However, international riders may choose to enter the **OPEN** event categories and enjoy the event.
- **SA citizens** - an active **CyclingSA Membership** is compulsory for all championship categories = CSA ID#. **Social riders** will be required to have an active membership OR purchase a day-license on entry
- A **FULL UCI Racing License** is required for all riders racing Elite
- **Flat-handlebar mountainbikes** are welcome, **BUT ALL Elite men and women** must compete with drop-handlebar set-ups
- **No time-trial bars** allowed
- **No team support vehicles will be allowed on the routes**
- **All SA traffic rules will apply**
- **2x Tech/support stations** at the 2nd and 3rd water-point (Skandenawiedrif Hotel) **on 155km route**. These tech/support stations can be reached via tar road without entering the route
- **1x Tech/support station** at the 2nd water-point (Skandenawiedrif Hotel) **on 115km route**. This tech/support station can be reached via tar road without entering the route
- **E-Bikes** will ONLY be allowed on the 50km CRATER CRUISE
- **NO riders Junior (U/19) and younger on the 115km and 155km race**
- **NO riders Sub-Junior (U/15) and younger on the 50km race**

RIDER IDENTIFICATION

- **OPEN** recreational categories OPEN 155km, OPEN 115km and OPEN 50km will receive a handlebar number (**this number carries the timing chip**)
- **CHAMPIONSHIP** categories will have to fix a handlebar number (**this number carries the timing chip**) **AND** wear a **body number** on the lower-back/pocket position. This number will help riders to identify their fellow category competitors
- **No numbers are allowed to be folded or altered**. Altered or folded numbers will lead to disciplinary action against the rider
- All numbers must be **visible** at all times
- **Handlebar numbers must be mounted vertically/facing forward**

Championship categories - BODY numbers

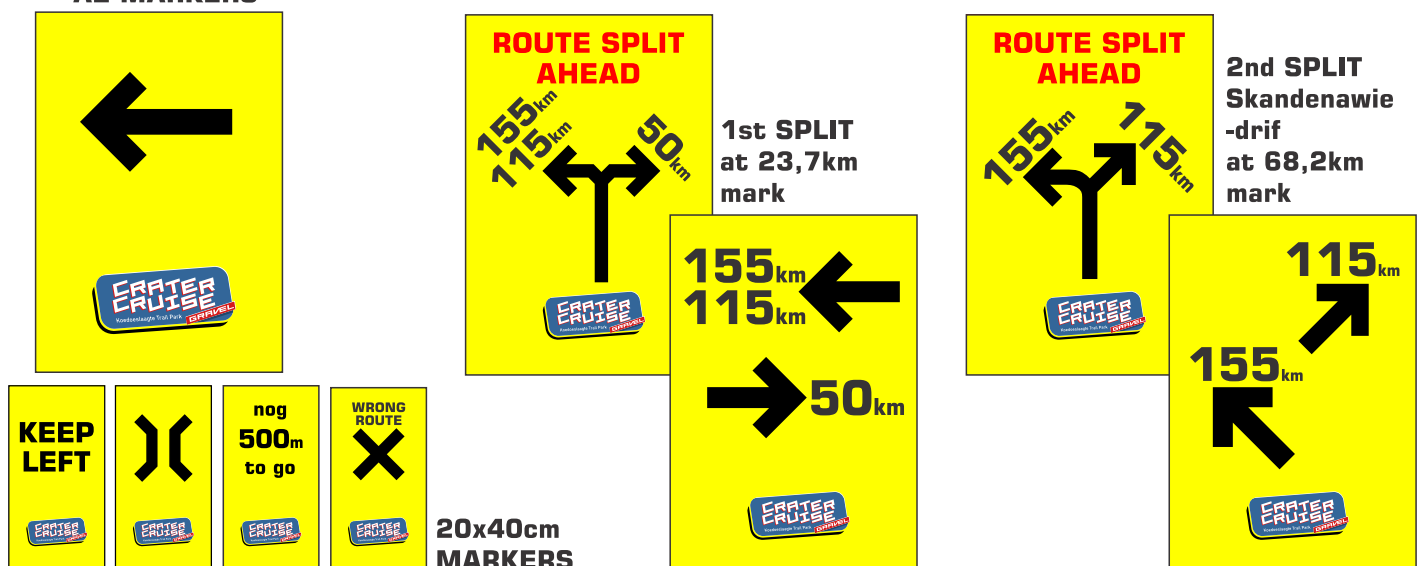


RACE & ROUTE CONDITIONS

- Middle June can be **extremely cold** along the Vaal River. Start schedule from 08:30 will ensure warmer conditions
- The chances of rain is very slim in June and the course **could be dusty** in parts with no mud expected.
- In the Free State and Northwest you **should always expect wind**
- The course is **100% rideable** on a gravel bicycle
- 2 notable climbs on 155km and 115km courses
 - The **Grootkloof Pass** on the Northwest side of the river, 15km into the race. This gravel climb is 4,76km with 130m elevation. The last 55m at an average of 7,5% gradient
 - The **Korflandhoogte** climb on the Free State side of the river, 40km into the race. This jeep-track climb is 2km with 53m elevation
- The only notable climb on the 50km route is the **Grootkloof Pass**; 15km into the race. This gravel climb is 4,76km with 130m elevation
- The **gravel** along the course varies:
 - In the Vredefort Dome mountains, riders will encounter **coarser gravel** due to the hard quartzite rock known in the area
 - The flat land along the Vaal River is **smooth with patches of sand**
 - **The organisers suggest a tyre width wider than 45c**
- The 155km course has 19km of **tar surface**. The 115km has 9km of tar. The 50km route has 5km tar
- 6km from the finish all riders will encounter a non-technical **800m single-track** section cutting through the Koedoeslaagte Ouplaas.
- The **last kilometer** of the race is on the Koedoeslaagte main farm. Riders will turn off the main Koedoeslaagte Road along a 150m single track. Riders will cross a steel bridge that will lead them onto a wider track. The last 500m to the finishline is straight and wide for easy passing and sprinting
- The organisers suggest that riders competing for podium spots familiarize themselves with the last kilometer of the course starting from the Koedoeslaagte Road turnoff, 300m from the main gate. The finish section will be open and marked on Saturday 13 June.

ROUTE MARKINGS

A2 MARKERS

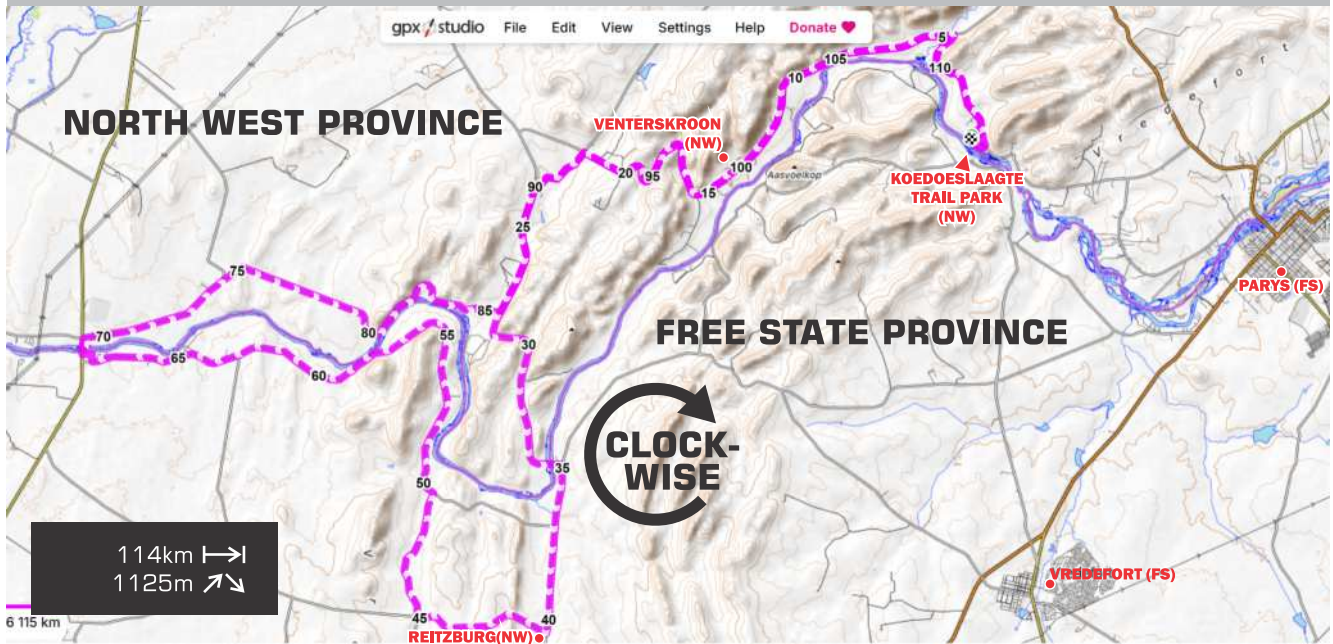


ROUTES

155km SA GRAVEL CHAMPS COURSE



115km SA GRAVEL CHAMPS COURSE



50km CRATER CRUISE GRAVEL



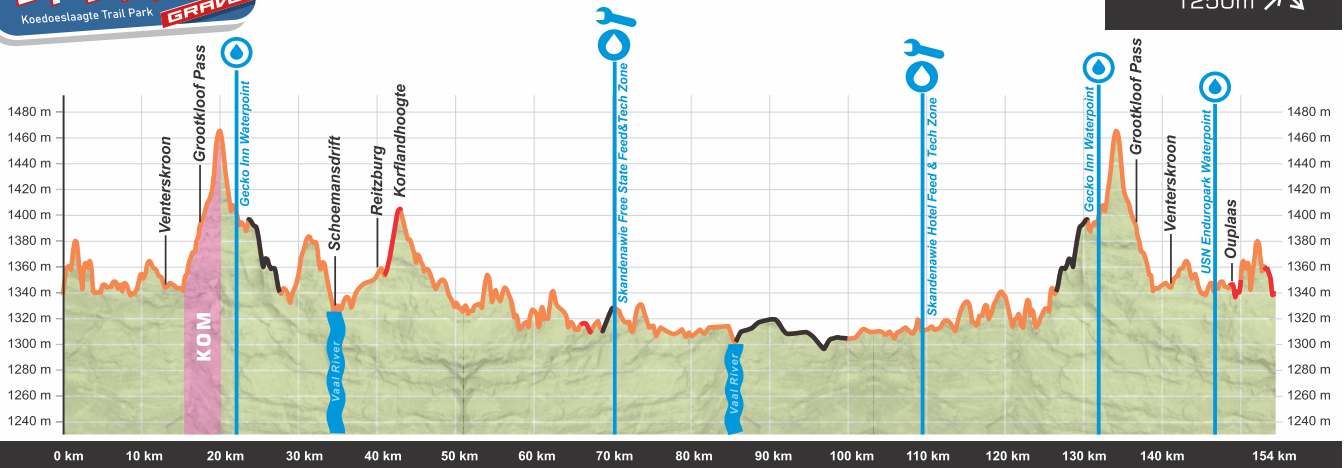
ROUTE PROFILES



155km SA GRAVEL CHAMPS COURSE

—gravel —jeep/single track —tar

154km →
1250m ↗



▶ Koedoeslaagte Trail Park NW (Parys FS)

Sun 14 July 2026

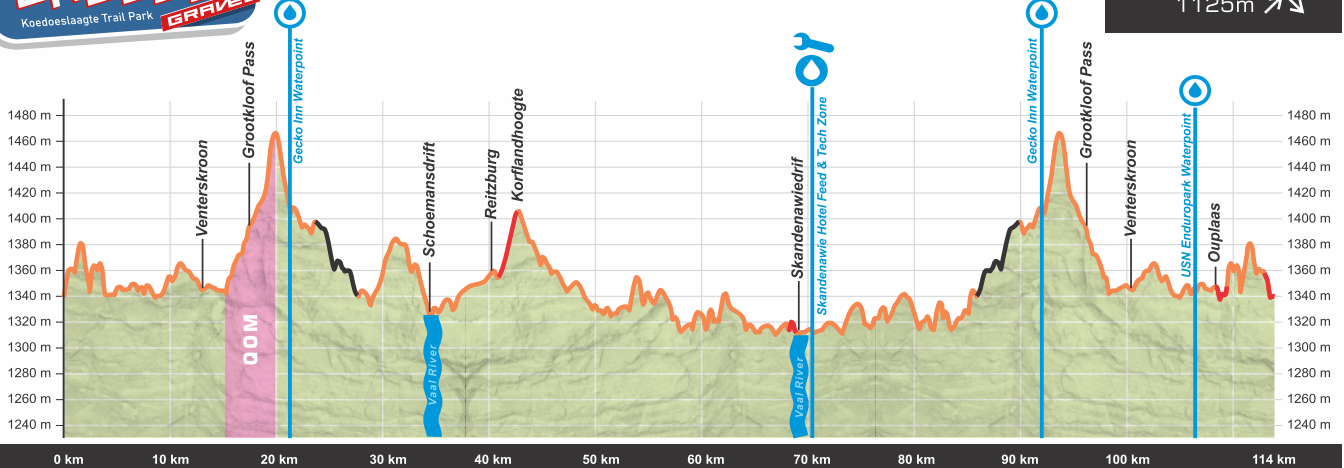
Koedoeslaagte Trail Park NW (Parys FS) ◻



115km SA GRAVEL CHAMPS COURSE

—gravel —jeep/single track —tar

114km →
1125m ↗



▶ Koedoeslaagte Trail Park NW (Parys FS)

Sun 14 July 2026

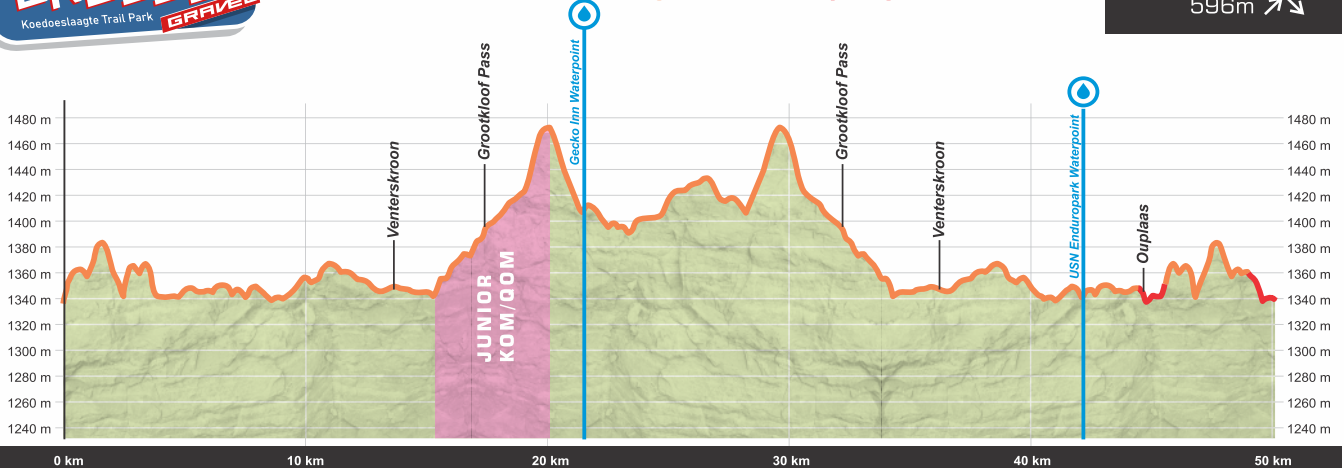
Koedoeslaagte Trail Park NW (Parys FS) ◻



50km CRATER CRUISE GRAVEL

—gravel —jeep/single track

49,8km →
596m ↗

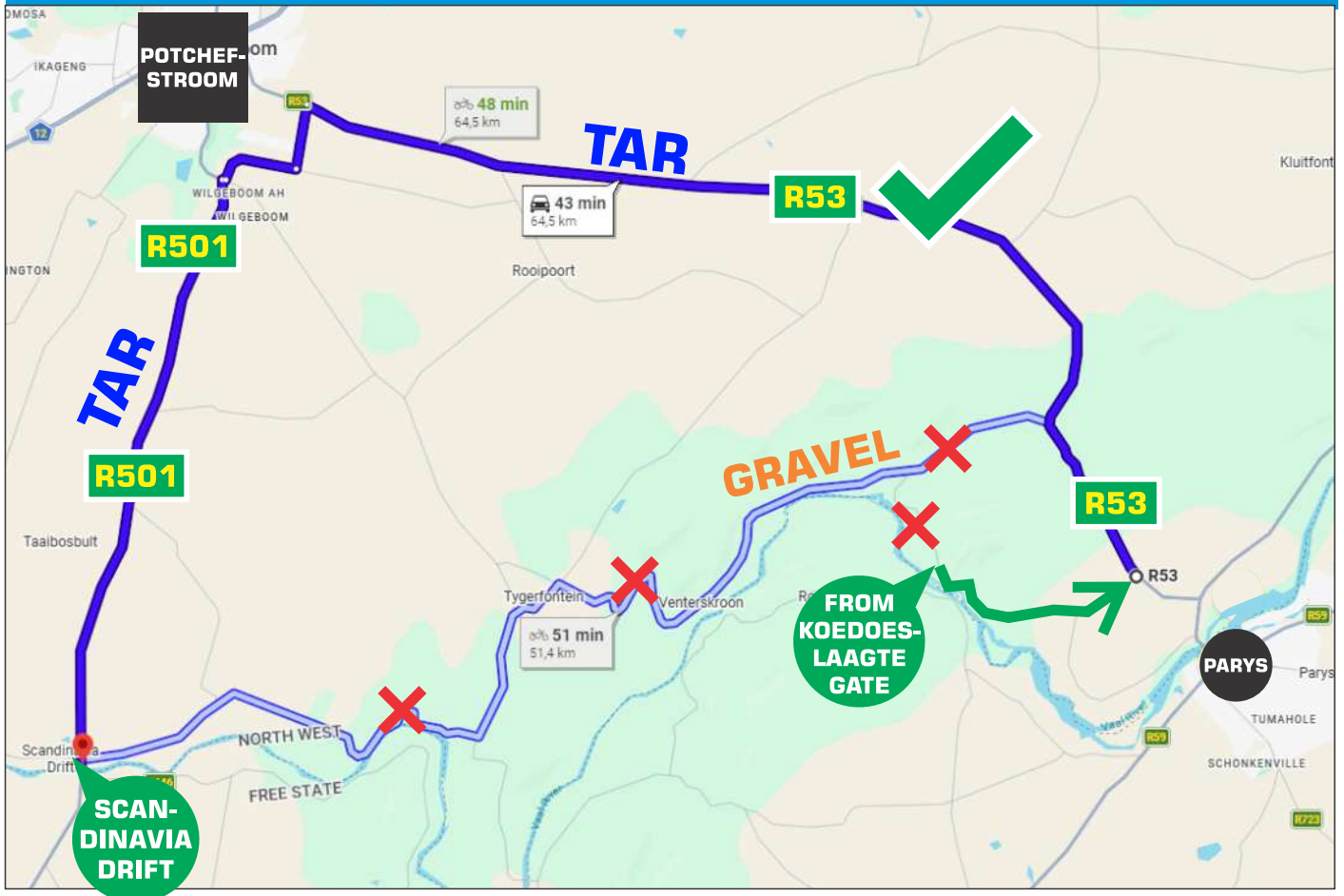


▶ Koedoeslaagte Trail Park NW (Parys FS)

Sun 14 July 2026

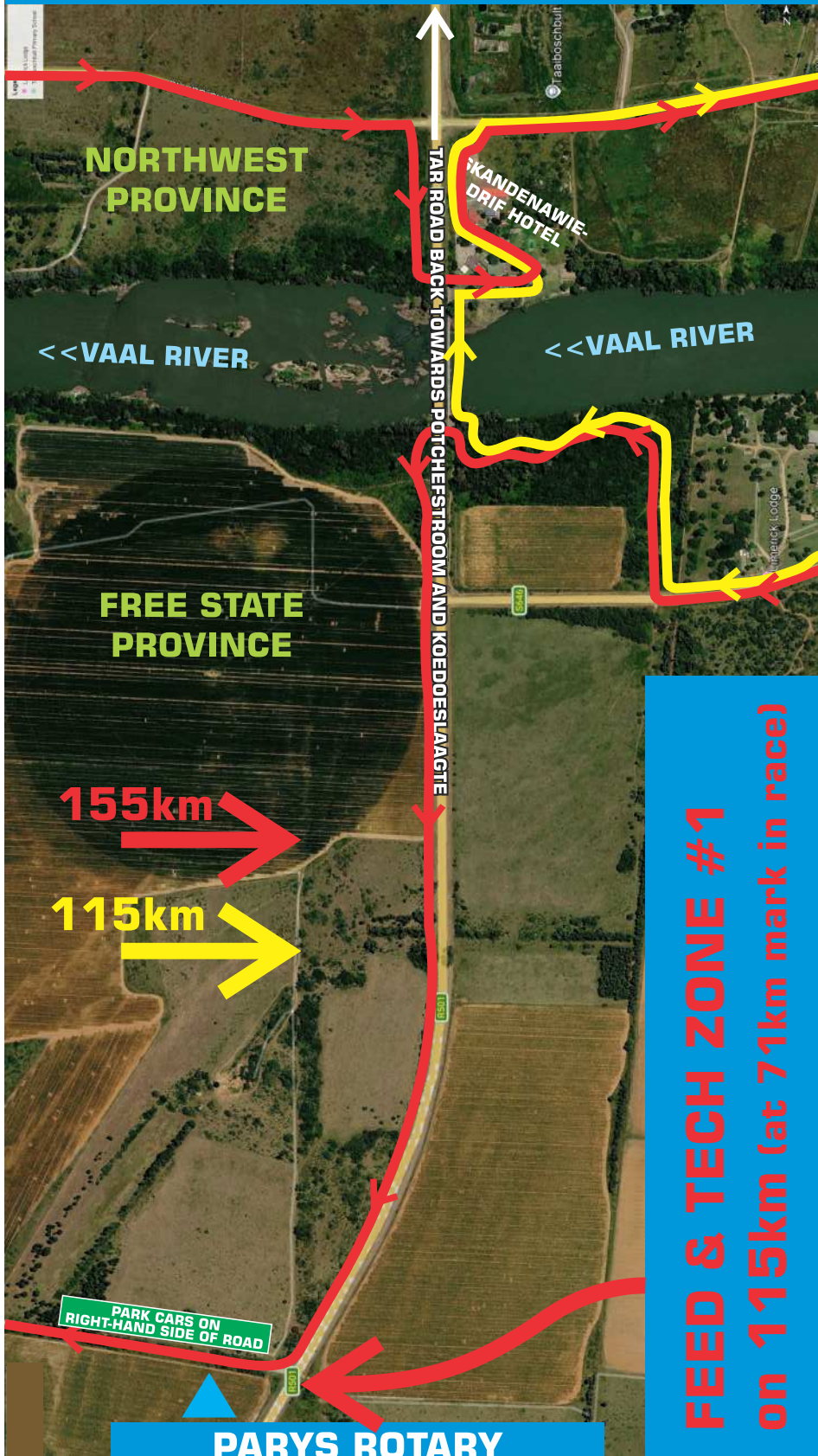
Koedoeslaagte Trail Park NW (Parys FS) ◻

SUPPORTERS AND FEEDERS ROUTE (VIA TAR) TO SCANDINAVIA DRIFT FEED AND TECH ZONES



- **EXIT** Koedoeslaagte Main Gate and **TURN RIGHT**
- Carry on straight along Koedoeslaagte gravel road (will become a tar road). Carry on to the T-junction and **TURN LEFT** towards **Potchefstroom**.
- **Set your Google Maps to Scandinavia Drift** and follow the tar road leading there
- The **first Supporter/ Feed & Tech zone for the 155km route** is on the Free State side of the river. **CROSS** the Vaal River. After 1km, **TURN RIGHT** onto the race route (gravel). Park on the right hand side of the road. The Water Point and Feed & Tech Zone will be on the left hand side of the road. This station is 71km into the 155km route
- The **second Supporter/ Feed & Tech zone for the 155km route ALSO the ONLY Feed & Tech zone for the 115km route is at the Scandinavia Drift Hotel** (Northwest side of river). **Park in the Hotel parking lot and find your way to the USN support station inside the grounds**. This station is 70km into the 115km route and 108km into the 155km route.

PARYS ROTARY CLUB 155km Feed & Tech Zone#1 at Scandinawia Drift on Free State side 71km into route



**This tech
and support
station will
close at
12:45**

All 155km riders
arriving at the
70km route-
split
just before this
station will be
directed onto
the shorter
115km route.

**PARYS ROTARY
FEED & TECH
ZONE @ 71km mark
(155km route)**

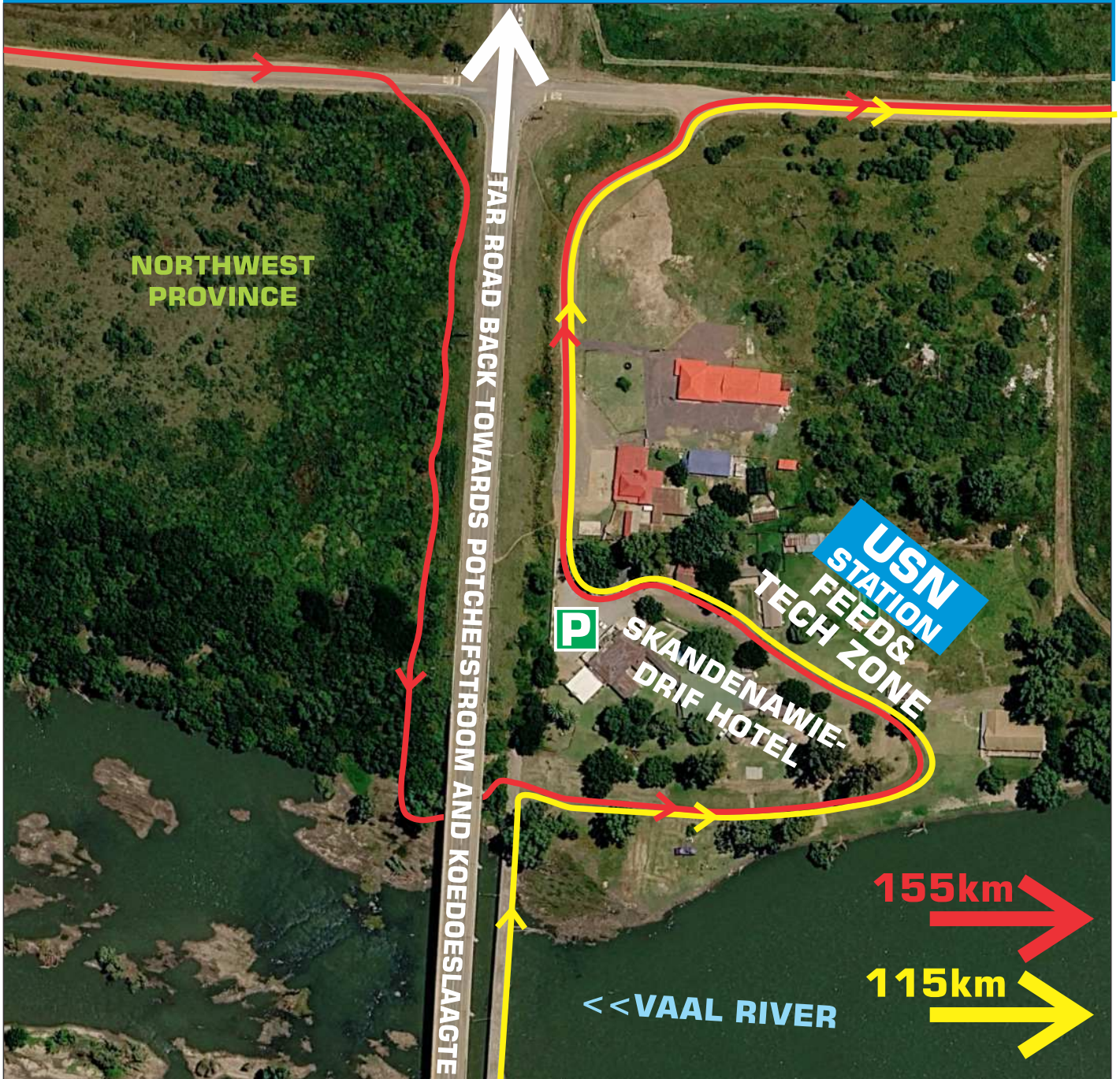
**FEED & TECH ZONE #1
on 115km (at 71km mark in race)**

USN 155 and 115km

Support, Feed & Tech Zone

Scandinawia Drift Hotel

on Northwest side of Vaal river



FEED & TECH ZONE #1 on 115km
(at 70km mark in race)

FEED & TECH ZONE #2 on 155km
(at 108km mark in race)



YOUR RACE-DAY PITSTOP

Official Support at the SA Gravel Champs

What We Offer:



**BRAKE TUNING
FLAT TYRE FIXES
DRIVETRAIN TUNING
BIKE LUBE
GEAR SETTING**



**BIKES
HELMETS
GLOVES
SUNGLASSES
TYRES & TUBES**



**GELS
BARS & CHEWS
HYDRATION
RECOVERY**



CYCLODNA

IT'S IN OUR DNA

IMPORTANT FEED/TECH AND SUPPORT ZONE RULES

- The feed zone will be **clearly marked** with a FEED ZONE START and FEED ZONE FINISH sign. No feeding or assistance outside of this area
- **Stand-and-hand.** Feeders are not allowed to run along the rider to feed
- Feeders are not allowed to put bottles into riders' bottle cages or stick anything into their pockets
- Feeders are allowed to hand open bottles to riders, but are not allowed to pour water over the rider
- **For technical assistance riders need to take the bicycle and themselves out of the riding zone**
- **Feeders need at all times to stay outside of the riding lane**



**MEDICAL EMERGENCY NUMBER:
073 370 6995**



BIKE WASH:

RINSE & GO, free to all riders!
BIKE WASH - only R30

KÄRCHER

RESULTS:

www.finishtime.co.za

result queries:

socials@cycling-sa.co.za (Kiara)

PHOTOGRAPHS:

Visit Koedoeslaagte Trail Park FaceBook page on 16 June

LIVE EVENT UPDATES:

Follow us on Instagram: **crater_cruise_gravel**

R110 000+ Prize Money Trophies, Titles and Prizes

Elite & U/23 Men and Women:

- 1st - R20 000 and Trophy
- 1st rider - **SA Champion title & jersey** (sponsored by Anatomic Sportswear)
- 2nd R8000
- 3rd R3000
- 4th R2000
- 5th R1000



Elite KOM/QOM

- 1st R1000
- 2nd R500

Junior (U/19) Men and Women:

- 1st R5000
- 2nd R2000
- 3rd R1000

Junior (U/19) KOM/QOM

- 1st R500

Youth (U/17) Boys and Girls

- 1st, 2nd and 3rd will receive sponsors' prizes and vouchers

NB: Junior (U/19) and Youth (U/17) are not SA Championship categories

Sub-Veteran, Veteran, and Master categories may be subdivided into five-year age categories (e.g. 30–34, 35–39) should entry numbers justify such a split. CSA's final decision will be made when complete start lists are available. Prize-money have been allocated for the split categories if split-categories come into play.

Vets 30-39, Vets 40-49 Men and Women

- 1st R1000, 2nd R500, 3rd sponsor's voucher

Masters 50-59 Men and Women:

- 1st R1000, 2nd R500, 3rd sponsor's voucher

Grand Master 60-69 Men and Women:

- 1st R500, 2nd sponsor's prize (SUM R1 000)

1st rider in Master Categories receives SA Champion title & jersey (sponsored by Anatomic Sportswear)

SHUT UP
AND TRAIN

CUSTOM CYCLING CAPS

FORM FITTING SLEEVES

BIOTOMIC CYCLING SHIRT

SHIMANO

WISHIE
RACING

ANATOMIC

Mud
Custer

racefood
real food sport nutrition

ANATOMIC

ANATOMIC

CUSTOM SUBLIMATED
UV SLEEVES

ERGONOMIC
CYCLING BIBS



ANATOMIC
CUSTOM SPORTSWEAR



Koedoeslaagte
Trail Park & Venue

LITTER-FREE / WELL-MARKED / PEACEFUL / AFFORDABLE / FRIENDLY / SECURE

**HIKE - MOUNTAINBIKE - TRAILRUN - PADDLE - HORSE TRAILS
PICNIC - BIRD WATCHING - ACCOMMODATION**

Koedoeslaagte offers a natural blend of Sport & Pleasure

An unspoiled African wilderness on the banks of the Vaal River with miles of purpose-built trails for hiking, trail running and mountain biking. Paddlers can enjoy the open waters or navigate between the multiple islands. Come for a morning, enjoy a full day or stay over.

The park is nestled in the mountains of the Vredefort Crater UNESCO World Heritage Site. It is 12km from Parys (Free State) on the North West bank of the Vaal River.

THE CRATER CRUISE VENUE

Koedoeslaagte Trail Park is a Nature Reserve. Please, no littering, no pets allowed, no open fires allowed.

We offer:

- Ample space for your team gazebos
- Porcelain toilets
- Hot Showers
- Anatomic Sportswear Factory Outlet
- Filtered plaasdam/swimming-pool
- Lots of kuier-area. Feel free to bring your own camp chairs
- Beautiful hikes along Vaal River and in mountain
- Mountainbike skill-track for kids (remember to sign indemnity at Kiosk)

FOOD COURT!

Koedoeslaagte VOERKRAAL



Cheese Griller Roll - R30

Vienna Roll - R20

Boerie Roll - R40

& Sodas



Najaarsrus Verkoop

WEER LEKKER KOS

by Koedoeslaagte



**Pannekoek
R5**



**Chips
R25**



**Frankfurter
Roll
R35**



**Spare Rib
Roll
R40**

Kom geniet lekker kos en goeie geselskap!

📍 Koedoeslaagte | Ons sien jou daar!

FOOD COURT CONT.

Uitspan
est. 2020
@Koedoeslaagte

Coffee - Cappuchino - Hot Chocolate

Sodas - Appletizer - Water - Energy Drinks

Crisps - Chocolates - Sweets

Toasted Sandwiches

- Cheese

- Cheese & Tomato

- Ham, Cheese & Tomato

Ice-cream - Ice lollies - Guava lollies

Charcoal - Wood - Firelighters

ACORN
COFFEE



Espresso based drinks

Non-coffee

Hot

REGULAR LARGE

Double Espresso	20	-
Cortado	28	-
Macchiato	22	26
Flat white	40	45
Café latte	40	45
Cappuccino	40	45
Mocha	45	49
Hazelnut latte	45	49
Blonde latte	45	49
Vanilla latte	45	49
Caramel latte	45	49
Pumpkin Spice latte	50	54
Red latte	45	49
Café americano	30	35
Dirty Chai (Espresso)	45	49
Boere Latte (Condensed Milk)	50	54

Chai	40	45
Rooibos	30	35
Rooibos with milk	35	40
Naughty Chai (cinnamon)	45	50
Hot chocolate	45	50
White hot chocolate	50	55
Ferrero hot chocolate	50	55

Add-ons

Flavour or extra shot	8
250g Bag of Coffee	130
1kg Bag of Coffee	395

Dairy alternatives
Almond or Soy Milk

12

Cold

Ice Coffee	35
Iced Coffee Frappe	45
Salted Caramel Ice Coffee Frappe	50
Butterscotch Ice Coffee Frappe	50
Chocolate Ice Coffee Frappe	50
Flavoured Ice Coffee	40

(Vanilla, Caramel, Hazelnut, Shortbread)

Please note some items are subject to availability.



NACHOS

PLAIN NACHOS
(ADD CHICKEN FOR R10 R70)

LOADED NACHOS R120
VEGETARIAN OR CHICKEN

TACOS

TACOS R100
(2 x TACOS IN AN ORDER)
VEGETARIAN OR CHICKEN



QUESIDILLA

KIDDIES QUESIDILLA R 60
(ADD CHICKEN FOR R10)

CLASSIC QUESIDILLA R100
VEGETARIAN OR CHICKEN



BURGER

CHOICE OF BEEF, CHICKEN
OR VEGETARIAN R100
(ALL BURGERS SERVED WITH SMALL FRIES)

SIDE OF FRIES R30



VEGETARIAN & VEGAN FRIENDLY

ALL OUR WRAPS ARE GLUTEN FREE - MADE FROM MASA FLOUR

RECOVERY YOUR WHEY



**22 GRAMS
OF PROTEIN**
ZERO ADDED SUGAR



**MORE PROTEIN
TO POWER YOUR DAY**