



# **BOLAND 100 MILER**

**22 October 2023**

**Distance: 150km**

**Wellington | Paardeberg |  
Malmesbury | Riebeeck Kasteel  
| Hermon | Gouda | Tulbagh | Finish  
Top of Bainskloof**



## THE BOLAND 100 MILER

**Date: 22 October 2023**

**Start: Café La Vita (below Bainskloof Pass),  
Wellington.**

**Finish: Top of Bainskloof Pass (Wellington)**

**Distance: 150km - Wellington | Paardeberg |  
Malmesbury | Riebeeck Kasteel | Hermon | Gouda |  
Tulbagh | Finish Top of Bainskloof**

**150km Vertical ascent: 1831m**

**Start time: 06h00**

**Entry fees: 100 Miler R670**

The **Boland 100 Miler** route takes place on beautiful cycling roads in the majestic setting of the Boland in the Western Cape. The race truly represents an iconic route and a great end to an epic journey at the top of Bainskloof Pass. The race constitutes one of the toughest challenges in South Africa for road riders.



## **ROUTE DESCRIPTION**

From the the start at Café La Vita in Wellington (at the bottom of Bainskloof Pass) the race heads through Wellington and does the Paardeberg loop before heading towards Malmesbury.

Shortly before Malmesbury the route makes a right turn and passes Riebeeck Kasteel and then it's left at Gouda onto the R46.

Then it's a right turn towards Worcester for the last bit of flat riding before turning right to take on Bainskloof Pass.

**The 100 miler distance is 150km, and presents a vertical ascent of 1831 metres.**



# OUR NEW VENUE! CAFÉ LA VITA WELLINGTON



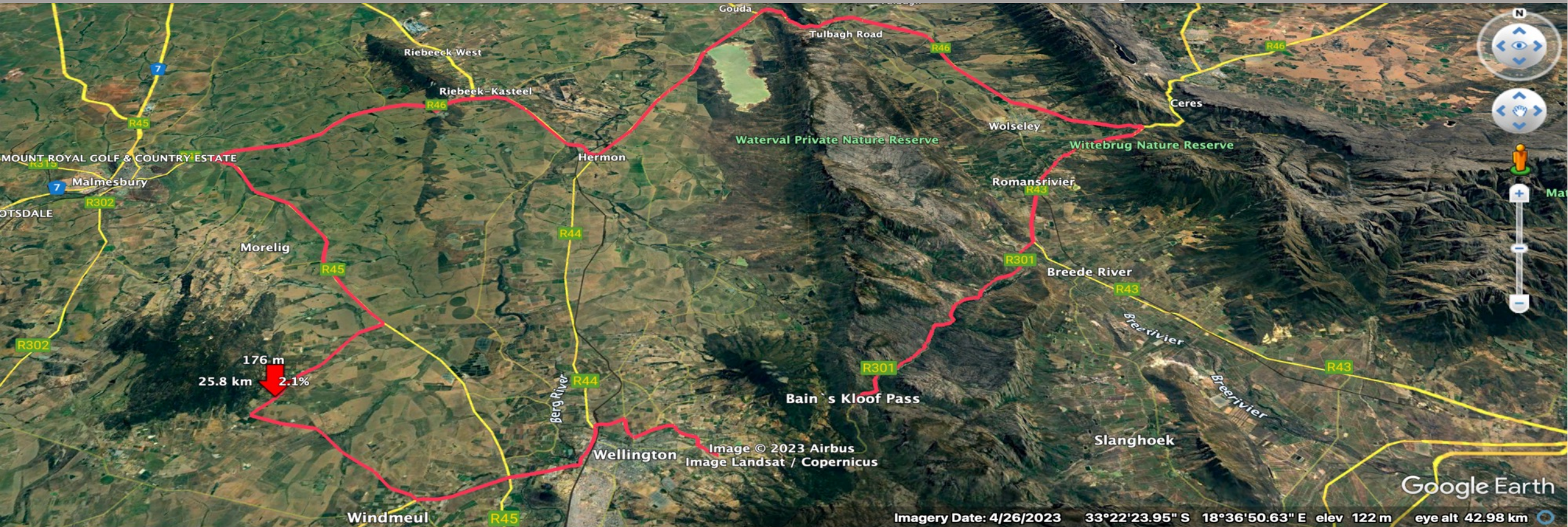
# BEAUTIFUL CYCLING ROADS



# THE MAJESTIC BOLAND



# 100 MILER ROUTE MAP AND PROFILE: 150km | 1831 ascent



Graph: Min, Avg, Max Elevation: 58, 184, 594 m  
Range Totals: Distance: 149 km Elev Gain/Loss: 1831 m, -1455 m Max Slope: 7.8%, -9.3% Avg Slope: 1.9%, -1.5%





# FORMAT

Riders will start in groups based on their seeding, according to the Cycle Events National Seeding ladder, and include age group category bunches for all age group categories with a CSA Racing Licences.

Intersection control will be provided by Drakenstein and Provincial Metro police as well as the experienced marshals from the Wellington Lions.

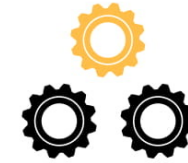


# BATCHING

- All CSA licensed racing groups facilitated as well as open/seeded groups.
- Age group category bunches for all men's age groups cyclists with a CSA Racing Licence (Elite Men, Veterans 30+, Veterans 40+ and Veterans 50+) in the 100 Miler only.
- Women who would like to ride the 150km will take part in open/seeded.



**For more information follow us on  
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**DE VILLIERS**

**NATIONAL CYCLING**