

Instructor: Les

Ride Title: Superspin 10 Ride3 Congo to Cape Town

First Ride: November 2014



Track	Artist	Profile	BPM
Congolese Music	Artist Unknown	Congo	89
Congolese Music	Artist Unknown	Congo	128
Mutsurendende	Oliver Mtukdzi	Zimbabwe	110
Dal Ndiine Mukoma	Oliver Mtukdzi	Zimbabwe	124
Abezizwe (D-Influence Remix)	Ladysmith Black Mambazo	South Africa	111
Grazing in the Grass	Hugh Masekela	Plains	135
Sicela Ukuthula	Umbuso Wezintombi	South Africa	104
Thathisigubhu	Bongo Maffin	South Africa	104
Umuntu Ngumuntu	Mahlathini & Mahotella Queens	Table Mountain	137
Nkalakatha	Mandoza	Cape Town	105
Awedeli	Joe Nina	Beach	110
Istokvel	Woza Africa	payout	
Zikulindile	Izingqunqulu Zomhlaba	payout	