

1. FRIDAY 13 OCTOBER TO SUNDAY 15 OCTOBER 2023

- Airport transfers for team members and equipment from PE Airport to Cape St. Francis Resort.
- Airport transfer times will be communicated to all teams in due course.
- Cape St. Francis Resort accommodation check in.

2. MONDAY 16 OCTOBER 2023

- Final Airport transfers for team members and equipment from PE Airport to Cape St. Francis Resort.
- Cape St. Francis Resort accommodation check in.
- 08h00: Information pack, re-supply boxes and kayak bag collection at Cape St. Francis Resort.
- 08h00 – 18h00: Partner Expo in Resort main hall.
- 19h00: Volunteers briefing - Cape St. Francis Resort main hall.
- 21h00: ARWS Media briefing - Cape St. Francis Resort main hall.

3. TUESDAY 17 OCTOBER 2023

- 06h00 – 13h00: Event administration and Equipment inspection - Cape St Francis Resort main hall.
- 06h00 – 13h00: Partner Expo in Resort main hall.
- 14h00: Cycle to opening ceremony. (Teams can also use private vehicles) – 8 km.
- 14h30: Flag parade at St. Francis Links Golf course. **COMPULSORY TO ATTEND.**
 - **TEAMS:** Race bib to be worn
 - **MEDIA:** Merrell shirt and Merrell shoes to be worn
 - **VOLUNTEERS AND CREW:** Merrell shirt and Merrell shoes to be worn.
- 15h30: Opening ceremony at St. Francis Links Golf course.
- 17h00: Press conference at St. Francis Links Golf course.
- 17h30: Race briefing at St. Francis Links Golf course.
- 18h30: Cycle back to accommodation. (Headlights / Cycle lights compulsory) – 8 km.

4. WEDNESDAY 18 OCTOBER 2023

- 06h00: Load packed kayak bag on truck at Cape St Francis Resort front gate.
- 07h00: Team captains and vice captains' questions and answers - Cape St. Francis Resort main hall.
- 08h00: Team supporter briefing- Cape St. Francis Resort main hall.
- 09h00: Team Media briefing - Cape St. Francis Resort main hall.
- 10h00 – 18h00: Partner Expo in Resort main hall.
- 12h00: Load packed cycle box on transport at Cape St Francis Resort front gate.
- 18h00: Load packed re-supply box A and box B on transport at Cape St Francis Resort front gate.

5. THURSDAY 19 OCTOBER 2023

- 05h00: Bus transport to Start Area. Drop off extra luggage with tag in Media room or leave in car.

6. SATURDAY 28 OCTOBER 2023

- 07h00: Hand in cleaned and empty re-supply boxes and kayak bag at finish line.
- 07h00: Hand in of cycle box for transfer by truck to Johannesburg Airport.
- 07h30 – 08h00: Registration for the International adventure racing conference
- 08h00 – 13h00: International adventure racing conference - Cape St. Francis Resort main hall.
- 14h00: Awards ceremony lunch.
- 16h30: Awards ceremony. **Compulsory to attend – all teams to receive awards.**
- 20h00: Celebration, party, and World Cup Rugby Final.

7. SUNDAY 29 OCTOBER AND MONDAY 30 OCTOBER 2023

- Cape St. Francis Resort accommodation check out.
- Airport transfers for team members and equipment from Cape St. Francis Resort to PE Airport.

EVENT ADMINISTRATION – TUESDAY 17 OCTOBER – RACE BIBS TO WORN.

1. **ROTARY CLUB:** Donation of soccer balls/rugby balls for communities in the KOUGA Municipality.
2. **COIMBRA CYCLE CENTRE:** Payment for cycle service on route and cycle spares and CO2 Cartridges.
3. **PAYMENTS:** Outstanding entry fees, cycle box truck transfers, team media accommodation etc.
4. **INDEMNITY FORM:** Hand in completed Indemnity form. The form will be in the information folder.
5. **TEAM PHONE NUMBER:** Supply phone number of sealed phone that will be with the team on route.
6. **MEDICAL INFORMATION:** Confirmation of medical information supplied during online registration.
7. **MEDICAL KIT INSPECTION:** Medical kit contents inspection.
8. **TEAM PHOTO:** Photos for live tracking website and ARWS world ranking.
9. **ARWS RULES:** ARWS rules confirmation and explanation.
10. **GARMIN REGISTRATION:** Registering of Garmin watches.
11. **CAPE ST FRANCIS RESORT:** Resort administration, additional awards-lunch bookings and safari trips.
12. **SPOT TRACKER:** GPS tracker operating information.
13. **ROPEWORK INSPECTION:** 1 harness, 1 descending device, 1 sling and 2 carabiners.
14. **EQUIPMENT INSPECTION:** place all equipment indicated below in demarcated areas.

HEADLIGHT	1 per person
WATERPROOF JACKET	1 per person
BASE LAYER TOP	1 per person
SURVIVAL BLANKET	1 per person
BIVY BAG	1 per person
ILLUMINATION DEVICE	1 per person
LIFE JACKET - PFD	1 per person

HELMET	1 per person
PADDLE	1 per person
CABLE TIES (30cm by 5mm)	40 per team
DIGITAL CAMERA	1 per team
CELLPHONE	1 per team
MAGNETIC COMPASS	2 per team
FIRST AID KIT	1 per team

6h00: TEAM 1 – TEAM 8	6h30: TEAM 9 – TEAM 16	7h00: TEAM 17 – TEAM 24	7h30: TEAM 25 – TEAM 32
8h00: TEAM 33 – TEAM 40	8h30: TEAM 41 – TEAM 48	9h00: TEAM 49 – TEAM 56	9h30: TEAM 57 – TEAM 64
10h00: TEAM 65 – TEAM 72	10h30: TEAM 73 – TEAM 80	11h00: TEAM 81 – TEAM 88	11h30: TEAM 89 – TEAM 96
12h00: TEAM 97 – TEAM 109			

SPOT GPS TRACKERS

- SPOT GPS Trackers to be supplied by organisers at race start.
- Place SPOT tracker in top of backpack with GPS logo facing skywards.
- Lost tracker will incur a R 5000 penalty.

EMERGENCY ASSISTANCE SEQUENCE DURING EVENT (ONE PHONE PER TEAM)

1. **STEP 1: CELLPHONE:** Phone organisers. If there is no cell phone reception, move to higher ground. Split team in pairs if injured member is unable to move. Only progress to STEP 2 and STEP 3 if there is no cell phone reception.
2. **STEP 2: HELP BUTTON ON SPOT TRACKER:** Team emergency. Need assistance as soon as possible. Team can move forward or remain in a stationary position. Lift flap to push button.
3. **STEP 3: SOS BUTTON ON SPOT TRACKER:** Team emergency. Life threatening emergency. Team requires assistance at current position. Lift flap to push button. **ONLY IN EXTREME SITUATIONS.**

LANDOWNERS AND TRAVERSING OF THEIR PROPERTIES

- Please respect all landowner's property and the animals that traverse these properties. It is a privilege to be allowed on their properties. **NO LITTERING. If you see them on route, please thank them.**
- **Climb through all fences and not over them.** Use gates where possible. In the case where you break a fence or fence line, please notify organiser so that we can fix it.

REFUSE / RUBBISH

- Expedition Africa has a no litter policy; we do not want to leave any footprint behind.
- Refuse bags to be placed in re-supply boxes.
- Throw all litter in team refuse bags; keep refuse bags in re-supply boxes until end of event.
- 30-minute time penalty per item of refuse left behind per team.

TRANSITIONS

- Study leg notes to determine what facilities are at each transition, regarding: re-supply boxes, cycle box, kayak bag, medics, drinking water, electricity, sleeping facilities, hot water, and coffee station.
- There will be food for sale in most transition (cash). The food will be prepared by community groups. Subject to availability.
- No nudity in any transitions. Use the bathrooms to change or drape a towel around you.
- Check in and out with marshals at all transitions.
- If a team withdraws during the event, they will remain at closest transition until organisers have the availability to transport them to the finish, this may only happen at end of event.
- **T9 will serve as the "penalty area" where all penalties will be served in the penalty box. Penalty time will start when team transition is completed, and re-supply box is cable tied and handed in.**

PADDLES

- When placing paddles inside kayak bag at end of paddle, wrap life jackets around paddles for protection.
- The organisers will take utmost care to transport paddles. The organisers take no responsibility for any loss or damage of paddles, ensure paddles are adequately insured.

KAYAKS

- Teams arriving at start of kayak leg will find kayaks placed at the transition, choose any kayak to complete the kayak leg.
- **Do not open the storage hatches on the kayak at any time, they have been waterproofed.**
- There is a storage area with elastic cord on front and rear of kayak for securing backpacks – **DO NOT REMOVE** – this is not a tow rope.
- If kayaks leak on route. Unscrew small plug at rear of kayak and let water out.
- Any teams who drag their kayaks will be disqualified.
- No attachments to kayak to be left on kayak after use. (Seats, cushioning, towropes etc.) All attachments to be placed in kayak bag at completion of kayak leg.

KAYAK BAGS

- Teams will receive one numbered kayak bag at registration.
- Only the team's lifejackets, paddles, kayak clothing and accessories to be placed inside the bag.
- Empty kayak bag and all its contents will be on kayak for the duration of kayak leg from T4 to T5.
- **No food and water** inside Kayak Bags.
- Load kayak bag on to designated transport before leaving transition 5. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

RE-SUPPLY BOXES

- Teams will receive two re-supply boxes, box A and box B.
- Keep map marking equipment in re-supply box A and box B.
- Maximum weight 25 kg. Re-supply boxes will be weighed.
- Ensure to unclip lids in a proper way to prevent lids from breaking.
- Teams must have enough cable ties to secure boxes lids for the entire event with two **long** cable ties. (30 cm long by 5 mm wide). **Teams can buy cable ties at BUCO Hardware in St. Francis Bay.**
- If cable tie holes in lid do not correspond with holes in boxes, turn lid around.
- Transition staff will cut cable ties of lids on arrival.
- Hand in cable tied re-supply box and load onto designated transport before leaving transitions. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

BICYCLES AND BICYCLE TRANSPORT BOXES

- Each team member must provide a **waterproof** bicycle transport box with **cut out handles** on either side that **adhere to ARWS measurements**. (140cm * 80cm * 30 cm) If the box is larger, it will not be loaded.
- Maximum weight 25 kg. Bicycle boxes will be weighed.
- Any cycling-related gear can be placed in the bicycle box.
- No food or water inside bicycle boxes.
- Attach bicycle board that will be handed out at registration to front end of bicycle.
- Attach 2 bicycle box stickers on the 2 narrow sides of box. Stickers will be provided at registration.
- The organisers take no responsibility for any loss or damage to bicycles. Ensure bicycles are adequately insured.
- Hand in bicycle box and load on to designated transport before leaving transitions. **FAILURE TO DO SO WILL, INCUR A 30 MINUTE PENALTY**

SAFETY ON ROUTE

- Use common sense when selecting route choices and to assess all areas of travel.
- Do not leave any equipment lying around unsupervised.
- If teams decide to sleep outside of transitions, choose the sleeping area wisely.
- There are snakes on route, be aware of your surroundings and foot placement.

ROAD SAFETY

- Vehicles travel on the left side of road in South Africa.
- No roads are closed for the event. You must follow the road laws of South Africa.
- Use caution always. Many trucks and cars travel roads on the course at high speed.

CELLPHONE AND GPS DEVICES

- International teams: Acquire a local sim card at airport on arrival.
- Ensure your cell phone is in working order, is fully charged, waterproofed, and switched off.
- Teams must supply phone number of phone that will be with team during event at registration.
- **ACCESS TO ANY APPLICATION THAT ENABLES THE TEAM TO VIEW MAPS ON ANY DEVICE IS NOT ALLOWED.**
- **No GPS devices are allowed, except for Garmin watches with the AR mode activated. Register your device at registration at the ARWS referee table.**

MAPS

- Teams will receive a set of maps at each transition for the upcoming leg.
- 2 sets of maps per team.
- Set of maps for the entire route consists of 42 maps.
- All maps are 1:50 000 scale.
- All maps are A3-size. Maps are landscaped printed, except the kayak leg maps.
- Teams need to copy checkpoints from master maps at each transition.
- Maps are not waterproof; teams must waterproof maps themselves if required.

LIVE TRACKING AND MEDIA

- Inform family and friends to follow your progress on the EA and ARWS website and social media platforms.
- Opening ceremony and finish line will be live streamed on Facebook, Instagram and YouTube
- Website link for live coverage: www.expafrica.live
- Facebook: **ARWS - Adventure Racing World Series** and **EXP Africa**
- Instagram: **@arworldseries** and **@expafrica**
- YouTube: **@ARWorldSeries**
- X: **@ARWorldSeries** and **@expafrica**
- TikTok: **@arworldseries**
- Hash tags: **#arwc2023, #arworldseries, #expafrica, #adventureracing**

CONTROL POINTS (CP'S)

- **Visit control points (CP) in numerical order.**
- Control points will be indicated by a ARWC board displaying a letter of the alphabet, and/or a spray-painted letter.
- Any team member is to clearly mark the letter on the team passport with the punch provided. Lost punch will incur a R 100 replacement fee.
- Expedition Africa marshals will request the passport for inspection at each transition. Failure to mark a control point on the passport will result in the team being moved down the rankings unless the team returns to the control point with all team members.
- If a CP is missing and you are sure of its position, **take a photo** with your camera and continue with route. Notify marshal at following transition of missed CP - show them photo of CP position - and receive instructions of what action to take, if any.

TEAM MEDIA

- Team media must be **entirely** self-sufficient and have their own transport. All food and accommodation are for own account.
- Team media are not allowed to support teams physically at any stage and in any form.
- No discussion of future legs and route choices between teams and team media.
- **It is the team's responsibility to regulate and control team media contact during the event. Penalties for non-compliance will affect the teams and not the team media.**
- Team media may have contact with teams only at pre-determined areas as per media plan.
- No contact with teams is allowed at night-time on route. Night-time contact only in transitions.
- Night-time is defined between the hours of 22h00 and 04h00. Any contact with teams between these hours will incur a 2-hour penalty for the team. The organiser will refer to: **Rule 5.4.3. Media may view teams in specific TAs and locations along the course as designated by the Race Organisers.** There are some exceptions to this rule, see media plan.
- Registered team media will attend a briefing (**COMPULSORY**). A detailed media plan with maps and route notes will be handed out to registered team media. The media plan will include details on the routes, accommodation options, fuel supply, eating establishments etc.
- Team media must receive a media tag that will enable them to access their team inside demarcated team transition areas.
- Daily image or a reel/story of your team are required to be sent to race HQ to be shared by event management.
- Team media **will be** required to submit a post event detailed report of the coverage they have created for the event on all platforms, so that we can share the report with our event partners.
- Merrell will supply all team media with a pair of Merrell trail shoes and race garments. Ensure these items are worn as much as possible. Ensure the brand receives recognition on your media platforms.

TEAM SUPPORTERS

- Team supporters must be **entirely** self-sufficient and have their own transport. All food and accommodation are for own account.
- Team supporters are not allowed to support teams physically at any stage and in any form.
- No discussion of future legs and route choices between teams and team supporters.
- **It is the team's responsibility to regulate and control team supporters' contact during the event. Penalties for non-compliance will affect the teams and not the team supporters.**
- Team supporter's only access to their team, is in public areas and public roads, during daylight hours and transition areas at any time. No access inside demarcated team transition areas. Team supporters can view teams from outside the transition demarcated area.
- Registered team supporters must attend a briefing (**COMPULSORY**). An overview map of the route will be handed out to registered team supporters.

PERSONAL RESPONSIBILITY - BY ENTERING THIS EVENT AND RECEIVING THIS BOOK, I ACKNOWLEDGE THAT I HAVE READ AND I AGREE TO THE CONDITIONS BELOW;

- I understand and acknowledge that participating in this event is a dangerous activity. I am aware of and understand the activities I will be involved in. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death). In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all the event activities in a manner safe to myself and others.
- I understand and agree that, in the first instance, I am responsible for the provision of first aid to myself and those around me, I know and accept that rescue by the organisers, or emergency services, may not be possible immediately (e.g., Night, rain, equipment failure, another rescue etc.)
- If I get to a point in the course where I believe the level of inherent risk is unacceptable for me, and I am not confident in completing it safely, it is my responsibility to act. I must choose an alternate route, avoid the hazard, or even withdraw from that leg or the race.
- I understand and acknowledge that I will be traversing nature conservation areas with dangerous animals and that it is my responsibility to avoid these animals.
- I accept this self-responsibility.
- I accept there are media personnel on route and at transitions and I consent that I will be photographed and captured on video.
- I consent to my images and videos being used in future marketing material for ARWS and Expedition Africa.

FINAL RANKINGS

The final team positions will be ranked in this order:

- Complete team to cross the finish line, with all CP'S visited.
- Complete team to cross the finish line, without all CP'S visited.
- Team crossing the finish line, with one member withdrawn.
- Team crossing the finish line, with more than one member withdrawn.
- Teams that do not manage to reach the finish line.

(In each of these above-mentioned categories, teams will be sub-ranked depending on how much of course completed).

SUN /MOON

- Sunrise – 5h30 and Sunset – 18h40
- Day length – 13 hours and 10 minutes
- Full Moon – 28 October 2023

CONTACTS

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- Cape St Francis Resort: +27 42 298 0054

RULES

Expedition Africa follows the Adventure Racing World Series rules of competition:

1. **Pre-Race:** Teams must comply with any registration procedures, equipment and competency checks and attend all compulsory meetings and functions as scheduled by the Race Organiser.
2. **Equipment:** Teams and athletes must carry mandatory equipment as described in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the Race Organiser.
3. **Racecourse:** Teams must complete the racecourse as directed in the course book and maps, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified, using the maps provided by the Race Organiser. The first team to complete the event, having complied with all rules, and any penalties taken into consideration, will be considered the winning team.
4. **Team:** Teams must travel and complete the course together, without substitution, and with team members being close enough to always see and communicate verbally with each other.
5. **Support/ Assistance:** Teams may not receive unauthorised race related assistance during the race.
6. **Emergencies, Medical and Communications:** Any team, who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.
7. **Environment:** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.
8. **Conduct:** Athletes must always conduct themselves in a respectful manner, without cheating, abusive behaviour, language or violence.
9. **Banned Substances:** Athletes may not use banned substances or methods as specified in the World Anti-Doping Code.
10. **Penalties:** Teams who do not complete the course as directed, and in accordance with the rules, may receive a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).
11. **Adjudication:** Adjudication of these rules is the responsibility of the Race Referee if designated, the Race Director and the Race Jury. Any formal protest by a team must be submitted in writing as soon as possible, and not later than 3 hours prior to the scheduled time of the final presentation/awards ceremony.
12. **Race Specific Rules:** Each race may have specific rules for that race only. Where there is a conflict of rules, the ARWS rules will take precedence. Visit ARWS website for a copy of the rules.

GENERAL NOTES

- **ARWC bibs to be worn always, as the outer layer of clothing. EXCEPT ON KAYAK LEG.**
- Helmet and red flickering rear light (at night) compulsory on cycle legs.
- All compulsory equipment to be on person always, unless specified otherwise.
- You will be passing through numerous nature conservation areas. Adhere to conservation rules.
- Respect private landowners and animals their rights on their property.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH FENCES OR USE GATES. CLOSE ALL GATES BEHIND YOU. SOME GATES WILL BE LOCKED, CLIMB THROUGH.**
- Leg cover or long pants recommended on all trekking legs.
- Plan water and food requirements according to leg lengths and time required for your team to complete leg. Some legs will have limited access to drinking water.
- If team sources natural water, determine the quality of the water to determine if water purifying tablets are needed. **Assess leg lengths to determine water carrying capacity – VERY IMPORTANT**
- Keep map preparation equipment and route plotting materials in re-supply boxes.
- Keep your passport and Expedition book dry.

LEG 1 – TREK

DISCIPLINE: TREK
DISTANCE: 56 KM
ELEVATION GAIN: + 1238 M
ELEVATION LOSS: - 1417 M



CONTROL POINTS	DESCRIPTION
START	Jeep track on farm
CP1	Reservoir
CP2	Big tree on footpath
CP3	Tree at train track
CP4	Fence – Climb through
CP5	Fence corner – Climb through
CP6	Vegetation boundary
CP7	Big tree
CP8	Small reservoir
CP9	Fence – Climb through
CP10	Footpath junction
CP11	Game fence – Entrance gate
CP12	Bush at jeep track junction
CP13	Fence – Climb through
CP14	Flat rock in dunes
CP15	Edge of river – REPORT TO MARSHAL
CP16	Vegetation boundary
CP17	Start path to river
FINISH – T1	Picnic site

LEG NOTES

- 5h00: Busses depart from resort for start.
- On the way to the start, bus will stop at T1.
- **T1 tasks:** Unpack Cycles from Cycle box, load empty Cycle Box on transport, pack helmet and cycle shoes in black rubbish bag and place next to cycles, seal cellphone at ARWS table, collect SPOT Tracker, collect maps (1-3) for Leg 1, copy Start - CP1 – CP17 - T1 from master maps.
- Cycle boxes will not be at T1 on arrival after completing Leg 1 – Trek.
- Once all teams have completed T1 tasks, teams will continue by bus to the bus drop-off area.
- Ensure to visit toilets at T1, there are no toilets at bus drop-off area and start area.
- The bus drop-off area is at a roadside restaurant.
- Follow marshal instructions and move to the start area on foot.
- Teams must ensure to **apply tick spray** before starting Leg 1 – Trek.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH OR USE GATES.**
- There are electrical fences on the dairy farms (after CP9), don't touch wires.
- Teams to attach illumination device to backpack if route choice includes **crossing river at CP15 and CP17**. Teams must attach an illumination device to their backpack before swimming across rivers.
- There will be safety kayakers in the water at CP15 and CP17.

TRANSITION ONE – T1



- Re-supply box A, medic, drinking water, toilets, electricity, food and sleeping facilities.
- **NO** cycle boxes.

LEG 2 – CYCLE

DISCIPLINE: CYCLE
DISTANCE: 181 KM
ELEVATION GAIN: + 2421 M
ELEVATION LOSS: - 1683 M



CONTROL POINTS	DESCRIPTION
START – T1	Picnic site
CP18	Tunnel under highway
CP19	T-junction
CP20	Power pylon
CP21	Water canal
CP22	Water canal
CP23	Start of tree line
CP24	School ruin
CP25	Hotel veranda
CP26	Windmill
CP27	Under bridge
FINISH – T2	School sport field

LEG NOTES

- Hot water at T1. (No Expedition Africa coffee and tea station)
- The local community has a coffee and food stand.
- Hand in passport to marshal on arrival at T1 for verification.
- Collect maps (4-13) for Leg 2 from marshal at T1.
- Plot CP18 – CP27 and T2 from master maps.
- Place packed re-supply box in area indicated by marshal before departing T1.
- Red flickering light on rear of cycle compulsory on this leg. **MARSHAL WILL CHECK FOR LIGHT.**
- Helmets are compulsory to be worn on this leg.
- **Ensure teams make correct navigation decision to locate left turn – at road junction - from main road to locate CP19. Do not continue into the township area.**
- Be careful on rocky descend from CP25 downwards, especially at night. Slow down, the race has just started!!
- Reduce noise when passing local landowner's homes, especially on the way to CP26, where you pass close to the local landowner house.
- Rooms for sleeping can be booked at School dormitory, enquire at transition staff.

TRANSITION ONE – T1



- Re-supply box A, medic, drinking water, toilets, electricity, food and sleeping facilities.
- **NO** cycle boxes.

TRANSITION TWO – T2



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

LEG 3 – TREK

DISCIPLINE: TREK + ABSEIL
DISTANCE: 80 KM
ELEVATION GAIN: + 3112 M
ELEVATION LOSS: - 2927 M

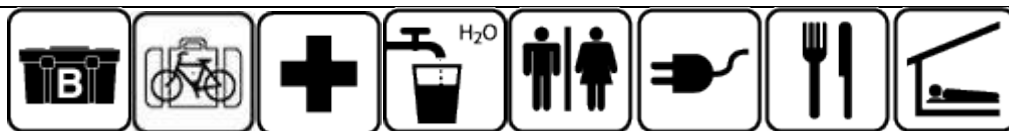


CONTROL POINTS	DESCRIPTION
START – T2	School sport field
CP28	Behind pine tree off path
CP29	Top of waterfall - HELMETS
CP30	Fence in riverbed
CP31	Fallen tree trunk
CP32	Game fence – Entrance gate
CP33	Trig beacon
CP34	Ladder over game fence
CP35	Riverbed
CP36	Trig beacon
CP37	Riverbed bend
CP38	Fence corner – CLIMB OVER
CP39	Fence mat in riverbed
CP40	Foot path crossing dry riverbed
CP41	Fence mat in riverbed
FINISH - T3	Game farm resort

LEG NOTES

- Hot water and coffee station at T2.
- Hand in passport to marshal on arrival at T2 for verification.
- Collect maps (14-17) for Leg 3 from marshal at T2.
- Plot CP28 to CP41 and T3 from master maps.
- **FENCE MAT** – a moveable fence spanning a riverbed, that can move in case of flood.
- Ensure helmets and ropework equipment are with team for Leg 3 – Trek. Helmets on head for abseil.
- Place packed re-supply box and packed cycle box in area indicated by marshal before departing T2.
- Report to marshal at top of waterfall at CP29. Follow Abseil crew instructions at abseil.
- 8 lines at abseil point. As soon as the entire team are attached to rope and abseil crew have done safety check, team will descend simultaneously. Recommended to carry gloves with team.
- A 2-hour time penalty per team member that select not to abseil. If member/s of a team decide not to abseil they must wait for rest of team at CP29. Once the abseiling part of team has located CP30 they must return to CP29, join as a team again and then only proceed to CP31.
- Water is available in some rivers and reservoirs. Water purification might be necessary.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH OR USE GATES.**

TRANSITION TWO – T2



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

TRANSITION THREE – T3



- Re-supply box A, medic, drinking water, toilets, electricity, food and sleeping facilities.

LEG 4 – TREK

DISCIPLINE: TREK
DISTANCE: 10 KM
ELEVATION GAIN: + 90 M
ELEVATION LOSS: - 167 M



CONTROL POINTS	DESCRIPTION
START – T3	Game farm resort
CP42	Game fence – Entrance gate
CP43	Game fence – Entrance gate
CP44	Fence – Entrance gate
CP45	Red sliding gate
FINISH - T4	Kayak put in

LEG NOTES

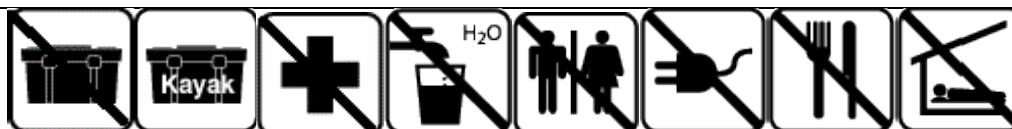
- Hot water and coffee station at T3.
- Hand in passport to marshal on arrival at T3 for verification.
- Collect maps (18-19) from marshal at T3 for Leg 4, Leg 5, and Leg 6.
- Plot CP42 to CP45, T4, T5 and T6 from master maps.
- Teams can book and pay for accommodation at T3 at reception on arrival. Accommodation bookings are based on availability on arrival. Team media and team supporters are not allowed to prebook accommodation for teams. If accommodation is full teams may sleep in transition hall on mattresses supplied. There is a standalone bathroom and shower block available.
- Ensure helmets are with the team for Leg 4, Leg 5, and Leg 6. Helmets on head for Leg 5 - Kayak.
- Ensure team carry enough food and water for Leg 4 - Trek, Leg 5 - Kayak and Leg 6 - Trek
- Place packed re-supply box in area indicated by marshal before departing T3.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH OR USE GATES.**
- There are no facilities at T4 and T5.
- T4 is not staffed between the hours of 19h00 and 5h00.
- T5 is not staffed between the hours of 21h00 and 5h00.

TRANSITION THREE – T3



- Re-supply box A, medic, drinking water, toilets, electricity, food and sleeping facilities.

TRANSITION FOUR – T4



- Kayak bag.
- **No** re-supply box, medic, drinking water, toilets, electricity, food or sleeping facilities.

LEG 5 – KAYAK

DISCIPLINE: KAYAK
DISTANCE: 65 KM

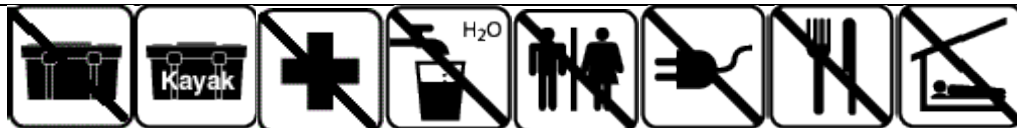


CONTROL POINTS ON THIS LEG:	DESCRIPTION
START – T4	Kayak put in
FINISH – T5	Kayak take out

LEG NOTES

- Hand in passport to marshal on arrival at T4 for verification.
- Collect any kayak from river edge at T4.
- Collect numbered kayak bag from marshal at T4.
- **Secure empty kayak bag inside backpack and take empty kayak bag on kayak with team to T5.**
- Helmet compulsory to be worn on head on Leg 5.
- Life jacket compulsory on this leg.
- Race bib to be worn under lifejacket.
- **DARK ZONE:** a dark zone will be in force from 19h00 to 5h00. No paddling between these hours.
- All teams that are on the kayak leg during the dark zone must exit the river during the dark zone and stay stationary next to the water in a safe area until 5h00 the next morning.
- Teams must plan for this dark zone by packing sufficient gear and food to sleep next to the river at night.
- No portaging of kayaks on banks of river at any time - except at indicated portage points.
- Teams are not allowed to leave the edge of river and move further inland, respect the landowner property on overnight stop.
- Four compulsory portages on leg, study map for location of portages, portages will be marked with lines across river and flags to indicate portage direction and area of take out.
- First portage- take kayak out on right side of river and carry kayak below weir to safe put in.
- Second portage- take kayak out on left side of river and carry kayak below rapids to safe put in.
- Third portage- take kayak out on left side of river and carry kayak below bridge to safe put in.
- Fourth portage- take kayak out on right side of river and carry kayak below bridge to safe put in.
- Fifth portage- end of dark zone – take kayak out carry kayak below bridge to safe put in.
- **SEE MAP FOR END OF DARKZONE SECTION ON THE RIVER. 10 KM BEFORE T5.** Teams may paddle this section at any time of day and night.
- **DO NOT DRINK THE RIVER WATER.**
- There are no facilities at T4 and T5.
- T5 is not staffed between the hours of 21h00 and 5h00.

TRANSITION FOUR – T4



- Kayak bag.
- **No** re-supply box, medic, drinking water, toilets, electricity, food or sleeping facilities.

TRANSITION FIVE – T5



- **No** re-supply box, medic, drinking water, toilets, electricity, food or sleeping facilities.

LEG 6 – TREK

DISCIPLINE: TREK
DISTANCE: 3 KM
ELEVATION GAIN: + 82 M
ELEVATION LOSS: - 78 M



CONTROL POINTS	DESCRIPTION
START – T5	Kayak take out
FINISH - T6	Guesthouse

LEG NOTES

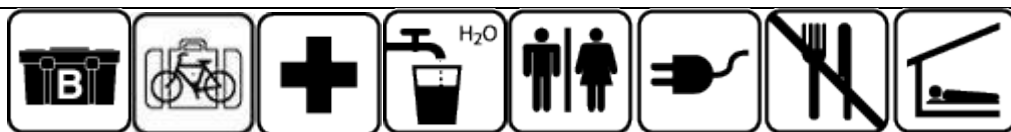
- Take out kayak at dam wall and carry kayak over wall to transition.
- Carry paddles and kayak related gear to T6.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH OR USE GATES.**
- There are no facilities at T5.
- T5 is not staffed between the hours of 21h00 and 5h00.

TRANSITION FIVE – T5



- **No** re-supply box, medic, drinking water, toilets, electricity, food or sleeping facilities.

TRANSITION SIX – T6



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, and sleeping facilities.
- **No** food.

LEG 7 – CYCLE

DISCIPLINE: CYCLE
DISTANCE: 224 KM
ELEVATION GAIN: +2389 M
ELEVATION LOSS: - 2695 M

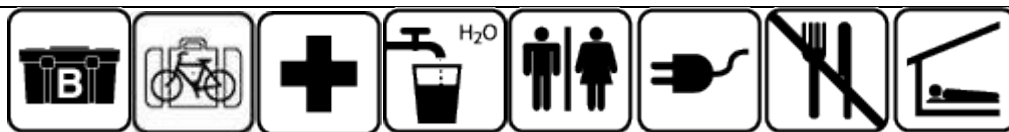


CONTROL POINTS	DESCRIPTION
START – T6	Guesthouse
CP46	Bush next to bridge
CP47	Behind bush – next to road
CP48	River junction
CP49	In riverbed – next to road
CP50	Inside church
FINISH – T7	Guest farm

LEG NOTES

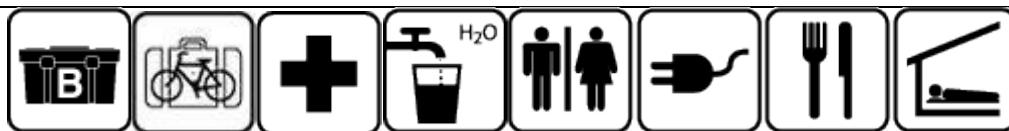
- Hot water and coffee station at T6.
- Hand in passport to marshal on arrival at T6 for verification.
- Collect maps (20-32) for Leg 7 from marshal at T6.
- Plot CP46 – CP50 and T7 from master maps.
- Place packed re-supply box and empty cycle box in area indicated by marshal before departing T6.
- Place packed kayak bag in area indicated by marshal before departing T6.
- Helmets are compulsory to be worn on this leg.
- Red flickering light on rear of cycle compulsory on this leg. **MARSHAL WILL CHECK FOR LIGHT.**
- There are towns, accommodation, and shops on route for sleep and food purchasing.
- Do not climb game fences **next to road**, there are lions on farms just before CP47.
- There will be some closed gates and game-fence gates on route, gates can be pushed open by hand or have a push button control box next to road. Close all gates behind you.
- **Teams must depart T7 before Wednesday 13H00 on Leg 8 – Trek, if not team must cycle the alternative route to T9.**

TRANSITION SIX – T6



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, and sleeping facilities.
- **No food.**

TRANSITION SEVEN – T7



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

LEG 8 – TREK

DISCIPLINE: TREK
DISTANCE: 64 KM
ELEVATION GAIN: + 1498 M
ELEVATION LOSS: - 1510 M

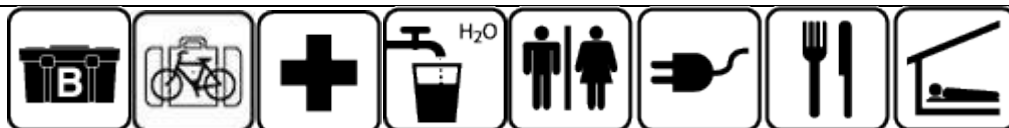


CONTROL POINTS	DESCRIPTION
START – T7	Guest farm
CP51	Reservoir
CP52	Fence – Entrance gate
CP53	Fence - Pedestrian gate
CP54	Fence -Pedestrian gate
CP55	Sheep pen
CP56	Fence – Entrance gate
CP57	Fence mat in riverbed – Electric fence wires.
CP58	Fence mat in riverbed – Electric fence wires.
CP59	Water tank at gate
CP60	Bush in saddle
CP61	Top of re-entrant
CP62	Pool of water
FINISH - T8	Campsite

LEG NOTES

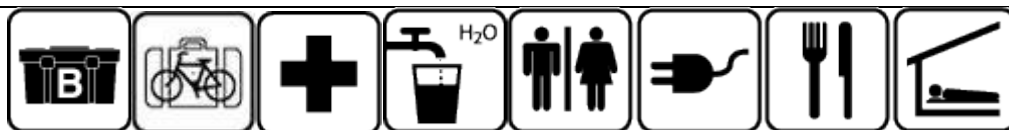
- Hot water and coffee station at T7.
- Hand in passport to marshal on arrival at T7 for verification.
- Collect maps (33-35) for Leg 8 from marshal at T7. Plot CP51 – CP62 and T8 from master map.
- Place packed re-supply box and packed cycle box in area indicated by marshal before departing T7.
- **NEVER CLIMB OVER ANY FENCES. CLIMB THROUGH OR USE GATES.**
- **Assess the weather at CP60**, if there is imminent rain, stop and wait at CP60 until the rainstorm has passed before entering the canyon. **THERE WILL BE NO TIME BONUS FOR THIS WAITING PERIOD.**
- Helmets are compulsory and to be worn on the head **from CP60 to main road, see map.**
- Be careful of **STEEP** descend from CP61 to floor of canyon. Stay in canyon until reaching CP62.
- Be cautious in canyon. Canyon is extremely isolated. Rescue can only be performed on foot.
- The Canyon has 4 waterfall sections, teams will find fixed ropes to climb down, be careful! No ropework equipment needed.
- Teams who choose to bypass the canyon section can do so by using jeep track to reach T8 from CP60 and will miss CP61 and CP62. Teams are not allowed to access CP62 in any other direction than descending **DOWN** the canyon from CP61 and **staying in the canyon downwards** until reaching CP62.
- **DO NOT CLIMB UP CANYON SIDEWALLS, EXTREMELY DANGEROUS.**

TRANSITION SEVEN – T7



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

TRANSITION EIGHT – T8



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

LEG 9 – CYCLE

DISCIPLINE: CYCLE
DISTANCE: 124 KM
ELEVATION GAIN: + 2855 M
ELEVATION LOSS: - 3257 M



CONTROL POINTS	DESCRIPTION
START – T8	Campsite
CP63	Fence – Entrance gate
CP64	House
CP65	Behind bush – River crossing
CP66	River crossing
CP67	Bridge
CP68	Tree at bridge
FINISH – T9	Campsite

LEG NOTES

- Hot water and coffee station at T8.
- Hand in passport to marshal on arrival at T8 for verification.
- Collect maps (36 -41) for Leg 9, from marshal at T8.
- Plot CP63 – CP68 and T9 from master map.
- Place packed re-supply box and empty cycle box in area indicated by marshal before departing T8.
- Helmets are compulsory to be worn on the head for this leg.
- Red flickering light on rear of cycle compulsory on this leg. **MARSHAL WILL CHECK FOR LIGHT.**
- **CP64 is a house where teams can sleep and re-supply water.**
- **Be careful at river crossing at CP66. Water levels might be high.**
- **TEAMS WILL NOT SEE THEIR CYCLE BOX AT T9.**
- **Cycle boxes will get transported directly from T8 to the finish line.**

TRANSITION EIGHT – T8



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

TRANSITION NINE – T9



- Re-supply box A, drinking water, toilets, electricity, food and sleeping facilities.
- **No cycle boxes or medic.**

LEG 10 – TREK

DISCIPLINE: TREK
DISTANCE: 32 KM
ELEVATION GAIN: + 513 M
ELEVATION LOSS: - 527 M



CONTROL POINTS	DESCRIPTION
START – T9	Campsite
CP69	Bottom of staircase
CP70	Vegetation boundary
CP71	Vegetation boundary
CP72	Start of path
CP73	Road – T-junction
CP74	Fence – Pedestrian gate
CP75	Start of path
CP76	Inside Ruin
CP77	Parking area – TOURISM STATION
CP78	Start of resort path
FINISH	Cape St. Francis Resort

LEG NOTES

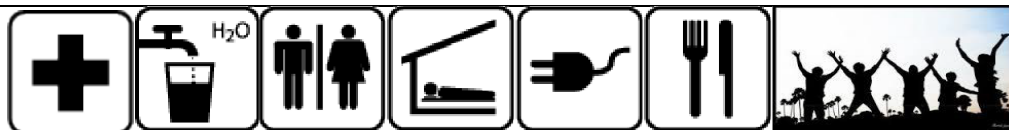
- **TEAMS WILL NOT SEE THEIR CYCLE BOX AT T9.**
- **Cycle boxes will get transported directly from T8 to the finish line.**
- Hot water and coffee station at T9.
- Hand in passport to marshal on arrival at T9 for verification.
- Collect map (42) for Leg 10 from marshal at T9.
- Plot CP69 to CP78 and Finish from master map.
- Teams must ensure to **apply tick spray** before starting Leg 10 – Trek.
- Place packed re-supply box in area indicated by marshal before departing T9.
- Note no-go zone on maps, indicated by red striped area.
- Hand in passport to marshal at finish line for verification.
- Hand in SPOT GPS tracker to marshal at finish.
- Cycle box, re-supply box A and re-supply box B will not be at finish when team arrives. Team will be notified as soon as it arrives at finish.
- Cycles will be washed at T9 and transported to finish. Teams must pack their cycles into cycle boxes when cycles and boxes arrives at the finish.

TRANSITION NINE – T9



- Re-supply box A, drinking water, toilets, electricity, food and sleeping facilities.
- **No** cycle boxes or medic.

FINISH



ALTERNATIVE ROUTE - CYCLE FROM T7 - T9

DISCIPLINE: CYCLE
DISTANCE: 159 KM
ELEVATION GAIN: + 2806 M
ELEVATION LOSS: - 3218 M

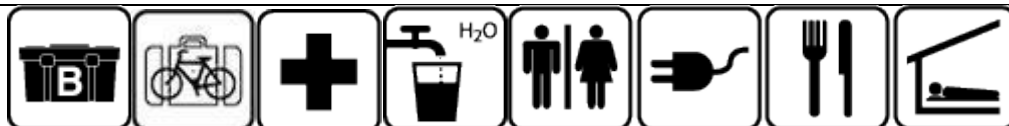


CONTROL POINTS	DESCRIPTION
START – T7	Guest farm
CP A	Tower
CP B	4-Way Crossing – TOURISM STATION
CP C	Bridge
CP D	Stone Wall river crossing
CP E	Road junction
FINISH – T9	Campsite

LEG NOTES

- Hot water and coffee station at T7.
- Hand in passport to marshal on arrival at T7 for verification.
- Collect maps for **ALTERNATIVE ROUTE** from T7 to T9 from marshal at T7.
- Plot CP A – CP E and T9 from master map.
- Place packed re-supply box in area indicated by marshal before departing T7.
- Helmets are compulsory to be worn on the head for this leg.
- Red flickering light on rear of cycle compulsory on this leg. **MARSHAL WILL CHECK FOR LIGHT.**
- **TEAMS WILL NOT SEE THEIR CYCLE BOX AT T9.**
- **Cycle boxes will get transported directly from T7 to the finish line.**
- **Teams must pass CP E before Friday 13H00 on Alternate Route 1, if not team must not continue cycling to T9, teams must cycle directly to CP77. Leave cycles with marshal and proceed on foot to CP78 and to the finish.**

TRANSITION SEVEN – T7



- Re-supply box B, cycle box, medic, drinking water, toilets, electricity, food and sleeping facilities.

TRANSITION NINE – T9



- Re-supply box A, drinking water, toilets, electricity and sleeping facilities.
- **No cycle boxes, medic, or food.**