



ENTRY FORM

RB Africa Wild Coast Challenge

16 – 18 Feb 2023

SURNAME		NAME	
ID NUMBER	AGE	M / F	
PH. NUMBER		CELL NUMBER	
EMAIL		CITY	
DIETARY REQUIREMENTS		NUMBER OF PREVIOUS RB WCC's	

MEDICAL AID	MEDICAL AID NUMBER
ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF	
EMERGENCY CONTACT	EMERGENCY NUMBER

ENTRY DETAILS

EARLY HERD ENTRY Available to 2022 herd only	R 6 950	<u>Non-refundable, non-transferrable</u> deposit of R 500 due by 31 March 2022 to secure your spot at this price. Balance of payment due by 30 Nov 2022. Payment plan available. Special garment for those that have paid in full by 1 Oct 2022.
REGULAR ENTRY Entries open 1 May 2022	R 7 950	<u>Non-refundable, non-transferrable</u> deposit of R 500 to secure your spot. Places reserved on a first come, first served basis. Balance of payment due by 30 Nov 2022. Payment plan available. Special garment for those that have paid in full by 1 Oct 2022.

Please indicate if you intend to RUN or WALK							RUNNER				WALKER			
T-SHIRT		MALE		FEMALE		FUNKY PANTS		MALE		FEMALE				
XS	S	M	L	XL	XXL	XS	S	M	L	XL	XXL			

Please EFT your entry fee into the following account. Use WCC Initial & Surname as reference (e.g. WCC D Davies)
RB Adventures | FNB | 627 540 432 49 | 250655 Email completed entry forms and proof of payment to Dominique@rbafrica.co.za
 Note: We will not be held responsible for incorrect clothing size allocations if entry form is not completed and submitted.

SUBSTITUTION POLICY

Substitutions may take place until 15 January 2023. If you would like to withdraw, please contact us first so we can offer your place to the waiting list. If the waiting list is empty, the onus is on you to find a substitute. Once the substitute has confirmed, entry fees will be refunded minus the deposit. NO SUBSTITUTIONS AFTER 15 JAN 2023 WILL BE ACCEPTED.

INDEMNITY

Participants in this event take part at their own risk and agree, by their participation as well as by the signature hereto, that they and their dependants do not have, and will not institute, any claims whatsoever against, and do hereby indemnify and hold harmless from all liability, the organizers, other participants, sponsors, individuals, officials, assistants or employees of such persons and any person associated with them even in respect of any loss whatsoever with participants may suffer arising from any cause at all, regardless of whether or not the same shall have been caused directly or indirectly by negligence, albeit gross, of any person.

- I understand and agree to abide by the above as stated on this entry form.
- I consent to images of myself participating in the event being used on marketing material and / or social media.
- I understand that I am required to cross rivers without support and that it is my responsibility to ensure I am adequately equipped to do so.
- I understand that this is a wild event and that my safety is my responsibility.

SIGNATURE OF PARTICIPANT _____

Event will take place regardless of weather Leave only your footprints – litter bugs will not be tolerated
 The organisers reserve the right to cancel / postpone the event should conditions be deemed unsafe for participants

For more information contact Dominique: Dominique@rbafrica.co.za | 076 151 2852

Event Programme for RB Africa Wild Coast Challenge 2023

120 km – 3 days



Presented by RB Adventures

Cared for by Aldersons Ambulance

Weds 15 Feb

- 09h00 - Meet and greet @ 71A Harewood Drive. Transfer items to personalised goodie boxes
- 11h00 - Shuttles depart
- 15h00 - Arrive at The Haven , check in
- 18h00 - Meet for race briefing and Day 1 flyover
- 19h00 - Dinner in the restaurant

DAY 1 Thurs 16 Feb | THE HAVEN – KOB INN | 35 km

- 06h00 - Breakfast / Walkers leave
- 07h00 - The Herd departs The Haven. Compulsory stop at Mbashe river
- 18h00 - Meet in the bar for photos, Day 2 race flyover, fines, lucky draws and Q&A
- 19h00 - Dinner at Kob Inn

DAY 2 Fri 17 Feb | KOB INN – SEAGULLS | 40 km

- 06h00 – Walkers leave
- 06h30 - Breakfast
- 08h00 - The Herd departs Kob Inn
- 18h00 - Meet in Seagulls bar for photos, Day 3 race flyover, fines, lucky draws and Q&A
- 19h00 - Dinner at Seagulls

DAY 3 Sat 18 Feb | SEAGULLS – CRAWFORDS | 45 km

Please wear your race funky pants and T-shirt

- 06h00 - Breakfast / Walkers leave
- 07h00 - The Herd departs Seagulls, heads for The Pont for a compulsory stop.
- 18h00 - Post event awards followed by Crawfords buffet dinner.

Sun 20 Feb

Lie in, chill, indulge at Crawfords buffet breakfast.

Family welcome to join at Crawfords, please let us know in advance if you would like to book them in for Saturday night.

Please note: This is not a competitive event and there will be no podium prizes. Medals will be awarded only to Finishers or to participants that have completed at least 80% of the route (at the event directors discretion)

ENTRY FEE INCLUDES

- **4 nights dinner, bed, breakfast** in 4 of the best Wild Coast hotels (The Haven, Kob Inn, Seagulls, Crawfords Beach Lodge).
- Awesome box filled with goodies.
- Stylish Funky pants, Race T-shirt and Peak
- Medical assistance
- Transport from East London to starting point
- Bucket list - ✓
- Adventure of a lifetime

The entry fee DOES NOT include travel to EL, hotel beverages or hotel lunch.

*Please note accommodation will be shared. Couples will be accommodated in double rooms. Single entries will be placed in shared rooms according to gender. Please let us know if you have entered with a friend / partner.

Compulsory Kit List

The kit listed below must be carried every day:

- Flotation device / dry bag that can be blown up to assist with flotation
- Water bottle / hydration pack with minimum capacity of 1.5l
- Wind breaker / light rain jacket
- Mobile phone with RSA reception and emergency numbers stored in a dry bag
- Snacks for whilst you are running
- Basic medical kit including strapping tape

Route and Safety

- The route is unmarked. It covers a mixture of virgin beach stretches, rocks and boulders, single cattle track, hiking trails, old Jeep track, and sections of gravel.
- The sea remains at all times on your left.
- River crossings must be done with a partner. Canoes are provided for the Mbashe crossing only. Runners must be able to use their own flotation devices if necessary.
- The Kei River is a compulsory ferry crossing.
- Cut-off points – There will be no cut-off points along the route, everyone will complete each day.
- Litter – any form of litter or destruction of the natural habitat will result in immediate disqualification.

** Times are subject to change based on conditions outside of our control. Race organisers will communicate any changes to all participants.*

