

RB Africa Wild Coast Challenge

Entry Form | 7 – 9 March 2024



PLEASE DO NOT ENTER THIS EVENT IF YOU ARE NOT A CONFIDENT SWIMMER OR ARE NOT PHYSICALLY FIT
This event takes place in the Transkei where there is limited access to the route by road. In the event of an emergency our medics may take several hours to reach participants.

ENTRY REQUIREMENTS: ANY ENTRANT WHO FAILS TO PROVE THE BELOW BY 31 JANUARY 2024 WILL AUTOMATICALLY LOSE THEIR PLACE ON THE EVENT

- Participants must have comfortably completed a 21 km trail in under 4 hours (between 1 Sept 2023 – 31 January 2024)
- Participants must be able to comfortably swim 50m in a river and/or open water.
- Participants must enter with a partner or group of a similar ability.

SURNAME		NAME	
ID NUMBER		AGE	M / F
PH. NUMBER		CELL NUMBER	
EMAIL		CITY	
DIETARY REQUIREMENTS		NUMBER OF PREVIOUS RB WCC's	
RUNNING PARTNER/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 2023 herd and 5+ herd	R 8 450	<u>Non-refundable, non-transferrable</u> deposit of R 500 due by 31 March 2023 to secure your spot at this price. Balance of payment due by 30 Nov 2023. Payment plan available. Special garment for those that have paid in full by 1 Oct 2023.
REGULAR ENTRY Entries open 1 May 2023	R 9 450	<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 2023. Payment plan available. Special garment for those that have paid in full by 1 Oct 2023.

T-SHIRT		MALE		FEMALE		FUNKY PANTS		MALE		FEMALE	
XS	S	M	L	XL	XXL	XS	S	M	L	XL	XXL

Note: We will not be held responsible for incorrect clothing size allocations if entry form is not completed and submitted

The organisers may decide to start participants in batches for safety purposes. Batches will be required to start and finish together. Please indicate your batch based on your current fitness - you will be able to change closer to the time. Partners / groups must all indicate the same batch.	A	Comfortably complete 21 km trail in under 2 hours
	B	Comfortably complete 21 km trail in 2 - 3 hours
	C	Comfortably complete 21 km trail in over 3 hours

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.



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

RB Africa Wild Coast Challenge

The Small Print



SUBSTITUTION POLICY

Substitutions may take place until 7 February 2024. 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. Participants may be offered the opportunity to defer their entry to the following year. **NO SUBSTITUTIONS OR DEFERRALS AFTER 7 FEBRUARY 2024 MAY OCCUR. Participants who withdraw after 7 February 2024 will forfeit their place and their entry fee.**

INDEMNITY

I hereby state that I have chosen to take part in the RB Africa Wild Coast Challenge (WCC) of my own free will. I indemnify RB Adventures, its directors, employees and volunteers against all claims, losses, demands, actions, damages and causes of action whatsoever arising directly or indirectly out of my acts connected with or arising out of the WCC, whether suffered by me or any other third party, and I hold the indemnified party harmless there from.

I understand that the WCC may be inherently dangerous and may result in certain risks to persons that can result in property damage and serious physical injury. I further understand that RB Adventures, its directors, employees and volunteers will not be and/or are not responsible for any injuries, property damage or liability that may arise from my participation in the WCC I assume full responsibility for the decision, and the consequences thereof, to take part in the WCC.

Date: _____

Place: _____

Full name: _____

Signature: _____

TAKE NOTE –PLEASE READ CAREFULLY

- All entrants will be required to submit proof by 31 January 2024 that they have completed a 21 km trail in under 4 hours (between 1 Sept 2023 – 31 January 2024) and that they can confidently swim 50m in a river and/or open water. Proof must be in the form of an official event result or a Garmin / Strava submission with accompanying affidavit. Proof of swimming ability may be an official certification or video and affidavit. Participants must be comfortable using a flotation device in a flowing current.
- All entrants must enter with a partner/s of a similar ability with whom they will cross all rivers and may be required to finish each day. The organisers may decide to start participants in batches for safety purposes. Batches will start together and may be required to wait for all members of their batch at predetermined points.
- This event is not a race. Participants may be requested to wait for other runners in the interest of safety.
- Participants are required to cross several rivers. Canoes are guaranteed for the Mbashe crossing only. Participants must be comfortable using their own flotation device. No river crossing may be attempted alone. If uncomfortable, participants must wait for the sweeper to assist with the river crossing.
- 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.
- In case of emergency, alert a race director, medic or nearest fellow athlete. Note that there may not be cellphone reception at all times – **please try and get to the nearest point of signal and inform the race directors of your situation and location.**
- There will be no cut-off points along the route, everyone will complete each day.
- Everyone is required to pack their belongings in a box which will be transported to the next destination each day. The boxes are L61cm x W41cm x H34cm

- I understand and agree to 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 flowing rivers without support and that it is my responsibility to ensure I am adequately equipped to do so.
- I understand that this event takes place in the wild and that I am at all times responsible for my safety.

SIGNATURE OF PARTICIPANT _____

RB Africa Wild Coast Challenge

Event Programme



Weds 6 March

08h00 - Meet and greet @ 71A Harewood Drive.
Transfer items to event boxes

10h00 - Shuttles depart

15h00 - Arrive at The Haven , check in

16h00 - Compulsory kit check and Safety Briefing

17h00 - Introductions, briefing and Day 1 flyover

19h00 - Dinner in the restaurant

DAY 1 Thurs 7 March | THE HAVEN – KOB INN | 35 km

06h00 - Breakfast

07h00 - The Herd departs The Haven. Compulsory stop at Mbashe river

18h00 - Photos, Day 2 flyover, fines and Q&A

19h00 - Dinner

DAY 2 Fri 8 March | KOB INN – SEAGULLS | 40 km

06h30 - Breakfast

07h00 - The Herd departs Kob Inn

18h00 - Photos, Day 3 flyover, fines and Q&A

19h00 - Dinner

DAY 3 Sat 9 March | SEAGULLS – CRAWFORDS | 45 km

Please wear your race funky pants and T-shirt

06h00 - Breakfast

07h00 - The Herd departs Seagulls, heads for The Pont for a compulsory stop.

18h00 - Post event awards followed by Crawfords buffet dinner.

Sun 10 March

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.

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 event box to pack your kit
- Stylish Funky pants, 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. Running partners/groups will be placed in shared rooms unless communicated otherwise.

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 / rain jacket**
- **Mobile phone** with RSA reception and emergency numbers stored in a dry bag
- **Snacks** for running – be prepared in case the medics cannot get to the water points.
- **Basic medical kit** including strapping tape.
- **Cash** – to tip the ferrymen and in case of emergency
- **Space blanket**

Recommended Packing List

It is recommended you pack the below in your box.

- Combination locks for your box
- Head lamp
- Warm jacket

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

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)