

ADVENTURE RACING NATIONAL CHAMPIONSHIPS 2010



Hello fellow adventure racers, parents and coaches

- This year's championship will take place somewhere in the Southern Cape. The actual location of the event remains a secret, but it will be somewhere in the Garden Route Region. – Watch this space! www.gardenrouteevents.co.za
- The U/13 category will cater for primary school participants. The under U/15 and U/19 age groups will follow a similar, but longer and more demanding route.
- Primary schools occasionally find it difficult to have a team with under U/13's only for this reason the rules allow for one member of the team to be U/14.
- Provision has been made to accommodate all team members on Friday night in a tented village at the race venue. However, booking for managers, parents, family and friends, must be booked in advance via the entry form.
- Each team consists of 4 members, which must include at least one member of the opposite gender in their team. Single sex schools may only approach other single sex schools to complete their teams, Co-ed schools may only use boys and girls from their own schools for their team. Adventure racing is a team sport and at no stage are team members allowed to lose sight of other team members. The 50m rule applies – members may not be more than 50m apart for the duration of the event.
- During the event, competitors could be expected to participate in some/all of the following activities:
 - 80km Cycling (off road and jeep tracks) u/15 – 65km
 - 10km running/ Hiking
 - 1-2 km Klooping
 - Swimming with a life jacket
 - Shooting with an Paint Ball gun and Catty
 - Abseiling (at least 2 members)
 - Rock climbing (at least 2 members)
 - Map reading

- Tubing on a Dam/River with a life jacket

Obstacle crossings

- Zip wire

- Pioneering

U/13 Teams may be expected to complete some of the following activities:

- 30km Cycling (off road and jeep tracks)

- 7km running/ Hiking

- 1 km Kloofing

- Swimming with a life jacket

- Shooting with an Paint Ball gun and Catty

- Abseiling (at least 2 members)

- Rock climbing (at least 2 members)

- Map reading

- Tubing on a Dam/River with a life jacket

Obstacle crossings

- Zip wire

- Pioneering

Each team member must participate in all activities unless otherwise stipulated

- **General requirements**

This is an endurance event, and all team members must be healthy and fit enough to compete. Competent swimming is also a basic requirement.

- **Entry Fees:**

R1600.00 per team, plus R250 for Fri dinner and Sat lunch and accommodation for Fri night.

All students that successfully complete the race will also receive a medal.

Entries close on 1st September 2010.

(see www.gardenrouteevents.co.za) for entry form.

- Registration is on Friday the 24th September.

- Races starts as follows:

U/19 04:00am 25th September

U/15 04:30 am 25th September

U/13 05:00am 25th September

- Prize giving will take place at 14:00 25th September

- A tuck shop will be available on the 24th and 25th September
- List of kit requirements for each team member
 - Mountain bike and Cycle helmet (to be worn at all times – no helmet, no ride)
 - Life jacket (no kayak vests)
 - Cycling, running and swimming gear
 - No less than 2 liters of hydration
 - Any special medicine needed by team members
 - Sun block
 - Whistle

Requirements - PER TEAM

Basic medical kit (see www.gardenrouteevents.co.za)

Cycle computer (at least one per team)

Emergency spares for bicycle repairs

1 roll toilet paper

30 liter backpack

Pen and paper in a dry pack

Compass and Map dry bag

Rain gear

30m rope (not to be cut)

2 cell phones/ team sealed in a water tight container (emergency use only)

- **Time Penalties:** Time penalties will be applied if teams are found to not have any one of the above items (spot checks will be conducted during the race). Teams not following race instructions will also be given time penalties.
- No parents, coach, etc is allowed to offer HELP to any team. Teams need to be completely self sufficient. A team found accepting help from anyone will be disqualified.
- **Spectators:** may only use certain roads and will have their teams disqualified if they are found in a 'no go area'
- Appeals: appeals by team captains only within 30mins of that team finishing time.
- **Weather conditions:** may require 'Race Management' to stop teams for safety reasons regardless if other teams have moved ahead
- **Withdrawal:** Any participant who withdraws from the race must use all means at his or her disposal to inform 'Race Management'
- **Marshals:** It is expected that each team that enters provides the race organizers with a marshal. Please supply marshal detail on the entry form (to follow)
- **Environmental rules:** Any teams found littering will be disqualified.

- **Changes in the course:** 'Race Management' reserves the right to add, modify, cancel or change the course at any time without prior notice
- **Passport control:** There are points along the route where teams will be required to have their passport signed/clipped by 'Race Officials'.

We look forward to seeing you there!

Pax and Louise
Race organizers SA Adventure Race

Garden Route Events

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