



## ULTRA X: Race Info & Rules:

Welcome to one of the GREATEST Events on African soil!

1. You can enter for the 3 Day Event (Friday, Sat & Sunday) or the 2 Day Event (Sat & Sunday)
2. 3 Day Event: **DAY 1:** 2km or 4km Swim & 105km Cycle **DAY 2:** 145km Cycle & 8km Run **DAY 3:** 21 or 31km Trail Run
3. 2 Day Event: **DAY 2:** 145km Cycle & 8km Run **DAY 3:** 21km or 31km Trail Run
4. Prize money starts at R10 000 & works on a kitty system, more entries = more prize money!
5. Prizemoney is only for the 3 Day event athletes who do the Full / long distance options. Top 3 overall only.
6. A Race seconder is essential for the event, you will need them on Day 1 (Friday) to bring your vehicle back from the Swim start to Champagne Sports Resort.
7. Kids and Families are invited and encouraged to join the competitors for the ULTRA X weekend at CSR.
8. Athletes Bikes must be kept in rooms / balconies at night.
9. Optional Thursday Night / Sunday night stay – Book directly with Champagne Sports Resort.
10. There is a fantastic Spa at CSR, please book directly with Resort Spa
11. Altitude of the Swim start at the Dam is 1703m above sea level – highest swim in South Africa !
12. Swim: 2km will be a 1 lap swim. 4Km Swim will be 2 laps of the 2km course.  
(There will be a Coffee Station at the swim exit / swim turn, if you want coffee before tackling your 2nd lap)
13. Day 1 – 105km Cycle will have 1 water point at 55km
14. Day 2 – 145km Cycle will have 2 water points at 54km & 104km
15. Day 3 – 21km Trail Run – Water point at 10km and 21km (Finish)
16. Day 3 – 31km Trail Run – Water points at 10km, 21km and 31km (Finish)
17. Aid Station stock: Water, 32GJ Endure, 32Gj bars, Bananas, Chocolates, Muffins, Baby Potatoes & Coke.
18. Seconding along the route is allowed, however no DRAFTING off vehicles is allowed.
19. Athletes are allowed to use hydration packs / vests for cycling and running.
20. Entry fees and Accommodation rates are based per person Sharing. If you would like a single rate, please email us for a quote.
21. Booking and Entries for athletes and spectators include full board (Breakfast, Lunch, Dinner & Bed)
22. Tri Bars, Tri-spokes, Disc Wheels, deep sections are allowed.
23. Wetsuits will be compulsory for the swim (The thicker the better) As the water temp will be chilly.
24. Athletes will get 2 x Black transition bags at registration for Day 1 Transitions from swim to bike.
25. There is a short 200m dirt road run from the swim to the bike transition at Sterkfontein Dam.
26. Bike Racks will be set up for Day 1 start at Sterkfontein Dam & Day 2 Finish at Champagne Sports.
27. Athletes will get a race wrist band, swim cap, race number at registration + a SUPER cool Goodie bag!
28. Day 1, 2 and 3 Finishes will all be at the MoPar area inside the Champagne Sports Resort, next to the Helipad
29. Day 2 and 3 Starts will be from the MoPar Area next to the Helipad / reception parking at Champagne Sports.
30. There will be a Festival type finish area each day at the MoPar area with Food, drinks and a kids area.
31. Race Briefing will be compulsory on Friday and Saturday evening from 6:30 – 7pm at CSR.
32. Prize Giving will take place at CSR Pool Area at 11:45am on Sunday.