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## 2021 EVENTS:

- **ULTRA X:** 3.2km Swim / 4km Run / 150km Cycle / 17km Run (Teams and Individuals)
- **ULTRA X Lite:** 1.6km Swim / 4km Run / 100km Cycle / 10km Run (Teams and Individuals)

### Race schedule:

1. Arrival at Champagne Sports Friday 16<sup>th</sup> April – Race Registration 4:30pm until 6pm – Room TBC
2. Friday evening Race Briefing 6pm
3. Friday Dinner 6:45pm.
4. Saturday 5:15am meet and load bikes and Bags into Shuttles & Trailers
5. 6am Vehicles to leave for Transition area and then Swim Start @ Cayley Lodge
6. 6:55am Race Briefing at Swim Start
7. 7am Both events start

### Race Info & Rules

- Teams can choose what disciplines to do and how to structure it. Teams will need to have their own transport to support this.
  - Athletes Bikes must be kept in rooms / balconies at night.
  - Optional Thursday Night / Sunday night stay – Book directly with Champagne Sports Resort.
  - There is a fantastic Spa at CSR, please book directly with the Resort Spa
  - Swim: 1.6km lap for the Lite / 2 laps for ULTRA X.
  - Water / Aid Station stock: Water, 32Gi Endure, 32Gi bars, 32Gi Chews, Bananas & Coke.
  - Seconding along the route is allowed, however no DRAFTING off vehicles is NOT allowed.
  - There will be the following Water Tables: (6 in total)
    1. Exit of Swim
    2. Every +/-50km on the bike (3 for the Ultra X and 2 for the Lite)
    3. Every +/-7km on the run (2 for the Ultra X and 1 for the Lite)
    4. Finish-line
  - Athletes are suggested to use hydration packs / vests for trail run section
  - Booking and Entries for athletes and spectators include full board and Accom
  - Tri Bars, Tri-spokes, Disc Wheels, deep sections are all allowed. Wetsuits will be compulsory for the swim
  - Athletes will get 2 x Transition bags at registration for 1<sup>st</sup> Swim to Run, 2<sup>nd</sup> for Run to Cycle. Both your Transition bags will be taken by our staff once you are on your cycle and returned to the Transition 2 at Champagne Sports for your 2<sup>nd</sup> Run.
  - There is a 4km Run from the Swim at Cayley Lodge to the Bike transition area, which is on the side of the Cycle Route, 4km from Cayley Lodge.
  - Bike Racks will be set up for the Run to Bike Transition (4km from Cayley Lodge) and Transition 2 at Champagne Sports for the Bike to Run.
  - Athletes will get a race wrist band, swim cap, race number at registration + a SUPER loaded Goodie bag!
  - Transition & Finish will all be at the MoPar area inside the Champagne Sports Resort, next to the Helipad
  - Cut off time: 17:30pm
  - Prize Giving will take place on Saturday evening at 6pm
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