



## Frequently Asked Question

- 1. Do my partner and I have to share a tent?**  
While it would encourage great team bonding, each of you will be provided with your own tent.
- 2. What comes with the tent?**  
Your tent will be set up for you this will include one mattress, please be sure to bring along your own bedding and a torch or head lamp and anything else you might need.
- 3. What is in my race pack?**  
Your race pack will include;  
3 x Running numbers, to be worn on the front of your shirt each day 12 x safety pins to attach your running number, or bring along a race belt if you do not want to use safety pins  
1 x timing chip to be worn for the duration of the race on your left ankle. 1 x armband, this need to be worn at all times to access the various areas of the race village including the breakfast, lunch and dinner areas
- 4. What happens if I lose my timing chip?**  
Please report to race office, where you will be issued a new chip. This will cost you R50,00.
- 5. Will there be prize giving every evening?**  
Yes there will be at 18h00 on day 1 and 2 and at 13h00 on day 3.
- 6. What is the emergency number?**  
The emergency number is 082 429 4299, make sure you have it stored in your phone.
- 7. When is race briefing?**  
There will be a compulsory race briefing every morning at the start of each stage.
- 8. What will be available at the waterpoints?**  
The waterpoints will be fully stocked with potatoes, sandwiches, sweets, water, Rehidrat (Water Point 3 daily only) and coke.

**9. Is there a cut off time?**

The cut off time will be announced at the start of the day, if you do not finish a stage you may still continue the next stage, however your time will be deemed unofficial.

**10. What compulsory equipment should I bring?**

EACH RUNNER must at all times have on their person;

- A space blanket per person
- A windbreaker/rain jacket per person
- At least 300ml water or other liquid refreshment
- A whistle
- Personal medications eg asthma pumps

ONE PER TEAM must have the below items at all times;

- A cell phone loaded with event emergency number
- Emergency food such as energy bars, gels etc

**11. What time does the race start and from where?**

Each stage will start at 08h00, Venues will be announced closer to the event.

**12. Will I be able to take baggage with me to the start?**

Yes you will be able to, as there will be a van ready to take all your luggage back to the finish.

**13. Will I miss lunch if I come in after lunch time?**

No you will not, the delicious lunch will be waiting to welcome you at the Boschendal Wine Estate, no matter what time you get back!

**14. Where do I book my massages?**

On the AfricanX website, [www.stillwatersports.com](http://www.stillwatersports.com)

**15. Where can I find the Event rules?**

You can download the rules on the RULES TAB section of the website

**16. Will there be a charging station?**

Yes, there will be various plug points in the common areas – remember to bring multiplugs.

**17. What if my partner does not finish the stage?**

Please report this at race office, and you will be required to join another team. You will also have a time penalty start (start a designated amount of time after the teams have started). The time will be announced with the route release for 2018.

**18. What happens if I lose my accreditation?**

Please report to race office, as you will not be able to get into the dining area's in order to get new accreditation.

**19. Is dinner included on Thursday evening?**

Yes it is, come hungry because it will be delicious!

**20. Can I camp from Thursday evening?**

Yes you can!

**21. Where can I find the results?**

All the results will be available on the results board near the finish line and on the website ([www.stillwatersports.com](http://www.stillwatersports.com)) on the day.

**22. How do I query my results?**

You can query your results at the race office, please do this before prize giving.

**23. Are there showers?** Yes there are!