



Africa Wild Ultra™ FAQ's

What is the Africa Wild Ultra™?

The AWU is a self-sufficient multi-stage ultra marathon of 257km over 7 days. The race office is based in Hoedspruit, in the Limpopo Province of South Africa, and the race takes place within the Kruger to Canyons Biosphere. The race traverses' part of the northern Drakensberg mountains and finishes in the Lowveld bush town of Hoedspruit. Competitors will also experience running in Big5 terrain and camping under the stars out in the wild.

Is the race difficult?

This depends on your level of experience and training. This event is a very testing one, it is by no means easy, and competitors must understand that sufficient training must have been done to compete in this event.

What is an ultramarathon?

An ultramarathon, ultra-distance race or ultra, is any footrace longer than the traditional marathon length of 42.2km.

What is a multi-stage ultramarathon?

A multi-stage ultra marathon is an event where the total race distance is divided up into a series of stages, completed one day after the other. The total race distance is not completed in one go. Competitors must complete each stage in the allotted time.

Where do I sleep?

Selected campsites are set up at the end of every stage, where allocated tents are provided for shelter (except on one night when competitors will be sleeping under the stars). Campsites will have fires, water, tech and medical support, and basic ablution areas. Showers are not normally available.

What do I need to carry during the race?

Competitors will only carry the required mandatory daily kit during the race, as well as their water, extra food (optional) and supplements. All other kit and food will be transported from camp to camp by **Africa Wild Ultra™** staff. Our term is 'self-sufficient' (not self-supporting) – you do **not** have to carry all your food and kit on a day-to-day basis. Competitors must bring all their own food for the week. **Africa Wild Ultra™** will transport a holdall bag with all your food, clothes, sleeping bag, etc., between campsites. Check holdall bag specifications in the Terms and Conditions document.

What is required to take part in the Africa Wild Ultra™?

There are no qualifications required to take part, but competitors must be healthy and have a level of fitness that will allow them to participate. Whether you are a runner or a walker, you can participate. The minimum speed to ensure completion of the race is about 3,5km/h and that depends on your personal

goal - whether you are aiming for a race ranking or just want to enjoy the adventure. There may be cut off times for each stage which will be outlined at the stage briefing. You will also be required to have a medical – see below.

Do I have to get a medical to take part in the Africa Wild Ultra™?

Yes, you will have to submit an ECG and a stamped letter from your doctor stating that you are able to participate in the race as part of your registration. This is mandatory. All competitors are required to submit a medical form with information on fitness level, a form with emergency contact details and a stamped doctor's certificate one month before the race. Before the event you will have to advise the medical staff of any medical conditions that our medical staff should be aware of, so they are able to take care of you.

Do I need inoculations/vaccinations for Africa Wild Ultra™?

You will need to check up on the requirements of travelling to South Africa in terms of inoculations/vaccinations, and obviously your obligation is to comply with these requirements.

What about malaria?

Hoedspruit and the areas that the **Africa Wild Ultra™** takes place in (and the time of year), are considered **low to moderate risk** areas for malaria. Many visitors to these areas do take some form of malaria prophylaxis, especially during the months of November – April (summer months), and the type of medication varies.

Precautions like mosquito repellents and prophylaxis are recommended. Use mosquito repellent on exposed skin and wear long-sleeved, light-coloured clothing, long trousers and socks especially at dawn and dusk. Prevention is always considered a priority over cure.

The risk of contracting malaria should **not** be a discouraging factor for participation. Consult your personal physician for medical advice appropriate to your medical condition.

Do I need insurance?

Participants must have valid insurance cover in place. The listed insurances below are mandatory. South African competitors are required to have Medical Insurance. To ensure the competitor safety and well-being, it is imperative that all competitors have the first two insurances in place for **extreme sports**.

- **Accident and Death Insurance:** This must cover cases of a serious injury or fatality and repatriation.
- **Medical Insurance:** This must cover any medical expenses incurred during the competition, including doctor visits, hospitalization, and evacuation.
- **Travel Insurance:** This protects the competitor against unforeseen travel disruptions or cancellations.

How is water supplied to competitors?

1,5 litres of water is provided at each checkpoint, and 6 litres of water at the end of each stage. Competitors must be able to carry 1,5 litres of liquid during the race. There is enough warm water provided for meal preparation in the evening and in the morning. The 6 litres of water is sufficient to wash yourself, and above all to hydrate yourself for the evening, the morning, and to fill your water bottles for the first leg of the stage of the race the next day. There are rivers and streams where water may be drunk (at the competitor's risk), and these will be detailed to competitors at the stage briefing from time to time.

How long does the race take?

The race is for seven days, but competitors must check in to register on the Wednesday before the race start on Friday. The race ends the following Thursday, followed by the awards evening, and checkout is the next day (Friday). Nine days in total – registration, transfer, Stages 1-7, final awards dinner and checkout on the tenth day (Friday).

What equipment/kit do I need?

Competitors must carry the mandatory equipment as per the Terms and Conditions. It is optional to carry additional equipment and kit as per the suggestions or personal preference, but this is restricted by the holdall limitations.

Can I get lost?

There are course markers and checkpoints every 7km - 12km. You are being monitored in real time via satellite tracking and your remote does have a panic button should you not be able to find the course again. You will be instructed on how to use the remote, and we do have search teams and aerial backup for major search operations.

What happens if I cannot continue?

If a competitor cannot continue, or cannot complete a stage for whatever reason, they will be required to withdraw from the event and notify a member of the staff. Withdrawing competitors will be required to complete a Withdrawal Notice with confirmation by an **Africa Wild Ultra™** staff member. This is to ensure that staff are always aware of active competitor numbers. Withdrawing competitors may be taken off the course to the host town accommodation, or if, in the opinion of the Medical Director and Event Directors they are physically able, they may by choice, continue to volunteer for the remainder of the event. Given the limited transportation available for moving staff and volunteers around the course, only a few competitors will be able to take up this option, at the discretion of the **Africa Wild Ultra™** Race Director.

How do I get to the start of the race?

Most competitors will fly in directly to Hoedspruit (IATA code HDS) either from Cape Town or Johannesburg (via Airlink or CemAir and SafAir from Cape Town). There are also road shuttle options available from Johannesburg (Safari Link, Swift, Suntransfers, Moafrica). **Africa Wild Ultra™** will pick up competitors from either the airport or the shuttle drop-off points and transport them to the host hotel/lodge/tented camp. Competitors **MUST** notify **Africa Wild Ultra™** of their points of arrival and times, to ensure that transport is arranged for pickups. Competitors will then be transported to Camp 1 on the Thursday prior to the start of the race.

Are there options for other travel arrangements?

Yes, there is – **Blue Nomad Travel** is the preferred travel partner of **Africa Wild Ultra™**. They can organise and book travel arrangements apart from that of the race, for before and after the race. They can be contacted by email at info@bluenomadtravel.com.

Can family of friends come to the finish?

Absolutely, **Africa Wild Ultra™** welcomes family and friends to celebrate the competitors' achievements! Family and friends wanting to come to the finish might wish to communicate with **Blue Nomad Travel** on info@bluenomadtravel.com - packages are available but are limited in number due to high tourist volumes around May. They may also wish to participate and run in with their friends or loved ones in the final 21km leg of the main race as offered under the **Africa Wild Ultra™ 21** section of the website.

Can my friends, relatives and supporters follow the race?

The race website will be updated daily during the race with real-time breaking news, stage updates, results, competitor blogs, features, photos, videos and live YouTube broadcasts at the end of each stage. **Africa Wild Ultra™** will also have live GPS tracking of the competitors, so friends and family can see exactly where you are each day. There may be view sites made available closer to the race.

What are the payment options for race entry, and when is payment due?

All this information is detailed in the Payments tab, and in the Terms and Conditions which are available [here](#).

How can I contact Africa Wild Ultra™?

The best way of contacting us is through email at info@africawildultra.com.

You can also check up on all information needed on the website www.africawildultra.com.