



## RACE DETAILS

### In a Nutshell:

**Date:** Sat 5<sup>th</sup> May – Wed 9<sup>th</sup> May. Full Moon weekend.

**Distance:** 80km of trail running over 3 days (21-22km, 28km & 30km)

**Racing Format:** Pairs - will be mixed and single sex categories, Open & Masters Category + a new category for married couples

**Fitness Required:** It is recommended that participants have some trail running experience to appreciate that 10km of 'trail' is very different from 10km of running on road! A good level of fitness will ensure you finish each stage day with energy to spare and get to lunch on the deck, swim in the sea or enjoy some well-deserved R&R at your hotel.

Whilst the daily distances are intended at making racing teams work for their times with a tactical approach; if this is your first multi-day stage event – we believe it's the perfect race to cut your teeth on. Spectacular terrain, doable distances and a fun vibe; it offers an ample challenge and contest for all.

**Getting There:** You can fly into/out of East London Airport OR self-drive to the end-point (Crawfords Hotel - Cinsta) and we'll arrange scheduled transfers (included in the price) through to Mazeppa Bay (approx 3hr transfer)

### Airlines which fly into East London:

**SAA** - everyday – there are a number of flights / day. We advise booking **early** to get a 'saver' flight.

**1-Time Airlines** – from JHB & CT (daily *except* Mon, Tues & Wed)

# SUMMARISED ITINERARY

## Sat 5 May – Arrival Day

Fly into EL airport or self-drive drive to end point (Crawfords, Cinsta) . Transfers will be arranged through to Mazeppa Bay (approx 3hr transfer)

Airport Transfer: leaves **12h30 -13h00**

Transfer from Crawford: *tbc* but most likely **12h30**

Race Registration: **16h30 – 18h00**

Overnight: **Mazeppa Bay**

*Dinner*

## Sun 6 May: Trail Run – Day 1: Mazeppa – Wavecrest (21 -22km)

Overnight: **Wavecrest Hotel**

*Bkft from Mazeppa, Buffet lunch available all afternoon & Dinner - from Wavecrest*

## Mon 7 May: Trail Run – Day 2: Wavecrest – Morgan Bay (28km)

Overnight: **Morgan Bay Hotel or Mitford** (Lunar Eclipse night)

*Bkft from Wavecrest, Buffet lunch available all afternoon & Dinner - from MB/Mitford*

## Tues 8 May: Trail Run - Day 3: Morgan Bay – Cintsa (30km)

Overnight: **Crawfords Hotel**

*Bkft from Morgan Bay, Buffet lunch available all afternoon & Final Dinner – from Crawfords*

## Wed 9<sup>th</sup> May – Departure Day

Leisurely Breakfast – depart in own vehicle if left at Crawfords

**09h30 – 10h00: Airport Shuttle** leaves Crawfords - transfer back to East London Airport (approx 45min -1hr transfer). Please book a **12h00** or later flight.

## Scheduled Transfer Times:

### Arrival Day - Sat 5th May:

Fly-IN: All CT, JHB & DBN flights to East London airport generally arrive between 11h30 – 12h00 . The **airport transfer** will depart between **12h30 -13h00** (approx 3hr drive to Wavecrest).

Self-drive groups: Will leave vehicles at Crawfords, Cintsa.

Transfer time *tbc* - but must be ready *from* **13h30** for shuttle/ transfer through to Mazeppa Bay (approx 2.5hr transfer)

### Departure Day – Wed 9th May:

**09h30 – 10h00** Shuttle leaves - transfer back to East London Airport (approx 45min -1hr transfer). Please book a **12h00** or later flight.

**Race Registration & Check-in:** Sat 5<sup>th</sup> May (16h30 – 18h30)

**PRICE: R 4,400/pp = R 8,800 per team**

Entry Fee will **INCLUDE** the following:

**4 Nights Hotel Accommodations**

**All Meals** - from dinner on arrival to breakfast on departure with buffet lunch available after each stage day

**Transfers** from/to East London Airport OR one-way transfer to start from vehicles left at finish

**Daily Luggage Support/ Transfers** from hotel to hotel

**Map & Race Instructions**

**Prizes for Category Winners**

**Lucky Draw Prizes**

**Quality Event Garment for all entrants**

