



Welcome to RMB Ultra-trail Cape Town 2024

Race Week is finally here and we are excited to host you at this year's event. Please treat this as the **RACE BRIEFING** and give it a thorough read as we won't be having an in person race briefing ahead of race day.

Please take note of the start times and dates.

| RACE START TIMES | |
|-----------------------|---|
| FRIDAY 22/11 | |
| PT55km | 07H00 from Llandudno Primary School Park at Cape Town High School and catch the MyCiTi Bus through to Llandudno from 05h00 on Race Day |
| KS16km | 08H30 from Beau Constantia Wine Farm Park at Cape Town High School and catch the MyCiTi Bus through to Beau Constantia from 06h30 on Race Day |
| UTCT 100 miles | 17H00 from Gardens Rugby Club Park at Cape Town High School and catch the MyCiTi Bus from 14h00 on Race Day |
| SATURDAY 23/11 | |
| UT100km | 04H00 from Gardens Rugby Club Park at Cape Town High School and catch the MyCiTi Bus up to Gardens Rugby Club from 02h00 on Race Day |
| EX23km | 09H00 from Alphen Trail Park at Cape Town High School and catch the MyCiTi Bus through to Alphen Trail, Alphen Drive, from 06h30 on Race Day |

| SUNDAY 24/11 | |
|--------------|---|
| TM35km | <p>06H00 from Gardens Rugby Club</p> <p>Park at Cape Town High School and catch the MyCiTi Bus up to Gardens Rugby Club from 04h00 on Race Day</p> |

RACE CRITICAL INFORMATION:

- Save the RMB UTCT emergency number on your phone now: **021 023 2720**.
- You will not be allowed to pick up your race bib without presenting a **PHOTO ID at Registration**.
- As part of **your compulsory gear, you must have a waterproof jacket (seam-sealed with an integrated hood)**. If you don't have one/or don't want to purchase one, you have to borrow one for your race. This is non-negotiable. You will not be issued your race bib without one.
- More info on **compulsory gear is in this email below and on our website**.
- Plan to make use of the MyCiTi Bus to get to the Race Village during Registration and to get to your race starts on Race Day.
- Runners who run under someone else's Race Bib risk incurring a ban from RMB UTCT races. The entrant and the runner will incur the ban. This is a serious medical risk as if something happens to the runner, the medic will treat the injured runner with the details that we have on file and this could result in severe medical complications.

PARKING AND GETTING TO OUR RACE VILLAGE:

There is **NO parking at the venue**. RMB UTCT has arranged a **Park and Ride Service** in conjunction with MyCiti Bus from [Cape Town High School \(Hatfield Street, Gardens\)](#) to the Start Finish Venue, available from Thursday 21 to Sunday 24 November.

This service will be the quickest and simplest way to get to the venue, as well as to **Llandudno if you are doing PT55**, to **Beau Constantia if you are doing KS16** or to **Alphen Trail if you are doing EX23**. Alternatively, you can make use of Uber.

PLEASE NOTE: There is **no** access to vehicles at Beau Constantia Wine Farm for **KS16** or to Llandudno Primary School for **PT55**. We recommend using the MyCiTi Bus or getting dropped off by an Uber.

REGISTRATION & COMPULSORY GEAR CHECK:

Please note the Registration dates and times.

- Thursday 21 November: 10h00 to 19h00 (**all distances**)
- Friday 22 November: 10h00 to 19h00 (ONLY **EX23, TM35, UT100, UTCT**)

There is **NO Registration** on Saturday 23 or Sunday 24 November.

- Every runner will need to register in person with a form of identification (SA ID, Passport or Driver's licence).
- **No one can collect your race number on your behalf.**
- Please **bring your race pack with all the compulsory gear** that you have to use on race day with you to register for your race. You will not be allowed to register or collect your race number without passing the compulsory gear check first.
- You will be issued a wristband that cannot be removed without cutting it off. Please ensure you wear

this for the duration of your race. You will not be allowed access to the start line without your wristband.

ON COURSE INFORMATION:

ROUTE MARKING:

The route will be fully marked with reflective flags and direction arrow boards. If you have not seen a route marker for more than 400m please retrace your steps. If you feel route markers have been tampered with, please call the emergency number on your bib and let the organisation know.

Please be careful when exiting the trails, particularly at night, and when crossing roads, please be aware of traffic.

There will be route signage up to warn motorists at key crossings, as well as marshals. Please listen to the marshals at all times, they are looking out for your safety. Also keep a lookout for chalk paint directional signage on trail to road crossings, as well as turnback signs which will indicate you have missed a marker prior to this.

You can download the route GPX to load to your watch via the RMB UTCT website in the route section.

SPORTRAX TRACKING:

Our timing system is by Sportrax. Your friends and family will be able to track you through the Sportrax link, found on the homepage of our [website](#).

USEFUL & IMPORTANT INFORMATION:

Please make sure you have the Emergency Number saved in your contacts. **RMB UTCT EMERGENCY NUMBER 021 023 2720.**

MEDICAL EMERGENCIES:

If you abandoned the race at any time, please notify the nearest Aid Station or marshal. If you fail to notify race officials, you will be banned from participating in the future (unless assisted from the course by First Aid crews). We will provide a shuttle service back to the start/finish but cannot guarantee the frequency of the service. We recommend you put somebody on standby or call for a taxi. If you become immobile and need to consult with a medic you will need to take the following steps:

STEP 1: Initially use your first aid kit, stay warm and dry and be visible.

STEP 2: Phone the emergency number located on your race number, and you will be asked your race number, name and location - help will be sent on its way.

IF THERE IS NO CELL RECEPTION:

STEP 1: Initially use your first aid kit, stay warm and dry and be visible.

STEP 2: Wait for an assisting participant who will find the nearest marshal or staff member who will make contact with Race HQ.

STEP 3: A medical and rescue team will be dispatched to your location.

RUNNER TRACKING:

Your race bib contains your timing chip. Your bib number must **always** be facing forward, fully visible and fixed to the outside. If you don't follow this guideline it will slow your progress as staff look for your race number and cause congestion at timing points.

RETIRING FROM THE RACE:

DNF (Did Not Finish) - Should you need to drop out of the race, you will need to let a race official know. Either inform one of the sweeps, route marshals or, if you can, proceed to the nearest Aid Station and inform the Aid Station Captain. It is imperative that you inform us you are dropping out so that we don't send out a team to search for you.

We will provide a shuttle service back to the start/finish but cannot guarantee the frequency of the service. We recommend you put somebody on standby or take an Uber.

TOG BAG FACILITIES:

There will be a **Tog Bag Facility at the Race Village**. Please drop this off at the designated area and provide your own bag. We will be collecting bags at the PT55km start in Llandudno, the KS16 start at Beau Constantia and at the EX23km start at Alphen Trail and bringing them back to Gardens RC for you when you finish.

DROP BAG FACILITIES - UTCT & UT100:

There will be a Drop Bag for the 100 miler and 100km runners. Your complimentary Drop Bag is a reusable bag and a useful keepsake. Please make sure your race number is on this bag. It is a reusable bag with endless uses. These are part of ensuring our event is more environmentally friendly with a focus on sustainability. If you aren't going to use it again after the event, please return it to us so we can reuse them for next year.

UTCT 100 miler: Your bag will be taken to the Simon's Town Aid Station (95km mark). Please use the drop bag provided at Registration to pack dry clothes, nutrition, shoes, etc. that you may need on route. **No hiking poles are allowed in these drop bags.** If you start with poles you need to finish with poles. Drop this bag off at Race Village just before the start of your race.

UT100 100km: Your bag will be taken to Hout Bay (56km mark). Please use the drop bag provided at Registration to pack dry clothes, nutrition, shoes, etc. that you may need on route. **No hiking poles are allowed in these drop bags.** If you start with poles you need to finish with poles. Drop this bag off at Race Village just before the start of your race.

Drop bags will be returned to the Race Village for you to collect once you have finished. The last opportunity to collect bags will be by **Sunday 24 November at 18h00**. RMB UTCT will not assist in returning drop bags after this date.

UTCT PACERS:

All pacers will need to collect their **PACER BIB and WRISTBAND at Registration on Thursday 21 and Friday 22 November from 10h00 to 19h00**. Your runner that you are pacing can also collect these for you if you are unable to collect but these must be worn at all times whilst on route. Please refer to the website for the Aid Stations and sections that pacers are allowed to run. Your runner's details and race number must be written on your Pacer Bib.

You may not carry anything for your runner. Your job is to provide company for your runner. Please ensure you carry all the correct gear. We won't check your gear but recommend that you carry it all.

SECURITY ON ROUTE:

We are mindful of the fact that some of you will be running through the night and to ensure runner safety at all times on route we have employed the following measures:

- Evsol Security Services: There will be two security guards at the Aid Stations and Timing Points on the route.
- CCP Security Services: There will be teams of security at Sandy Bay and Rocket Road, Karbonkelberg and Harbour Heights.

- Oceanview Community Policing Forum: There will be teams from Oceanview on the Deep South Trails from Blackhill through to Kommetjie and along Noordhoek Beach. We have also secured the services of the local community to patrol various sections.
 - Sergeant Bradley Green from Metro Police will also have a mobile patrol unit that will be patrolling sections of the City trails on quad bikes from the Block House through to the finish. Metro Police will also supply police on horseback to patrol certain areas on the route.
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AFTER RMB UTCT:

- Bring a change of warm clothes and a towel, hot showers are available, but remember to keep them short to save water!
 - **Runner Zone:** Southern Sun Hotels will be taking care of your nutritional needs in the Runner Zone at Race Village. You can help yourself to something to eat and drink to ensure you refuel post race. The Runner Zone gives you a chance to regroup with your running mates and share a few war stories when you finish. Bring some cash for afterwards as there is a fully stocked bar and food vendors serving up a wide variety of food.
 - **Prize Giving:** Join us on **Sunday 24 November from 12pm for our official Prize Giving.**
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