



**African
Centurion**
Robben Island | 2018
100 Years Nelson Mandela
BRAND TO YOU BY OLD MUTUAL

20-21 October 2018

Race infopack for walkers and supporters

Thank you very much for entering or being a supporter of a walker in the African Centurion Race 2018, an epic endurance walking race, for the last time on Robben Island, celebrating Nelson Mandela's 100th birthday.

Below are some guidelines and important information for the walkers and supporters.

Upload your pictures

All participating athletes are asked to upload their profile picture on the website www.africancenturion.com.

This is important for us as an organisation to keep track of who has entered and to be able to identify you better during the race. But also it is generally nice to be able to put a face to the name. This race is so special, so please don't be anonymous!

Registration

Walkers and supporters are asked to come to the registration days. Walkers register fully for the race and receive their race pack (including ferry ticket, race entry, timing band, race number, participants guide, T-shirts). Supporters collect their ferry ticket.

When: Friday 19 October between 2pm and 6pm AND Saturday 20 October between 6.30 am and 8am.

Where: On deck on the left side from the entrance to the The Nelson Mandela Gateway To Robben Island at the V&A Waterfront. The registration area will be clearly marked with Old Mutual and/or ZaiLab gazebos.

DROP OFF OF GOODS FOR THE CARGO FERRY: Please note that bicycles, gazebos, tents or tables or any large items will NOT be allowed as carry on luggage on the passenger ferry and

needs to be dropped off at the cargo drop (to be confirmed) on Thursday 18 October between 11:00am and 17:00pm. If you want to make use of the cargo please email info@africacenturion.com for further instructions.

Luggage restrictions: Each ferry ticket holder can bring 1 backpack (15 kg), a small cooler box, 1x camping chair or 1x umbrella. ALL other luggage items, such as bicycles, gazebos, tents or tables, need to be dropped off at the cargo. See details above. If you wish to make use of cargo please get more information on info@africacenturion.com.

Preparation to the race

Each athlete will have his own regime, but it goes without saying the athletes need to have a good fitness level.

Most importantly is to be prepared for the conditions of the island and pack accordingly.

Suggested packing list:

- Cool and warm clothes (think layers)
- Sunscreen
- Sunhat
- Sunglasses
- Head torch for the night time walking
- Drink backpack (camelbak)
- Energy foods and snacks
- Sleeping bag
- Good shoes and socks
- Money for purchasing supplementary drinks/ food. There are no ATM's on the island.
- **IMPORTANT Note:** *Bring chronic medication if needed because there is no pharmacist on the island.*

Accommodation:

Several accommodation options are offered on the island. In comparison to previous years, these accommodation types can be booked and can be reserved for you and your team's use only. Your entry name or team name will appear on a plaque on the beds or rooms secured for you.

Please contact our project coordinator directly to secure your accommodation. See below the different options and rates.

Single Room	@	R550 per room/p.n.	availability:	6 rooms
Double Room	@	R500 per person/p.n.	availability:	6 rooms
Dormitory Beds	@	R360 per bed/p.n.	availability:	82 beds

Note: Bathrooms and showers are shared between all participants and supporters.

LOCKERS for valuables: There are lockable lockers available to book with each bed at a rate of R150 per locker for the duration of the stay. Please bring your own lock with to secure this locker.

The race

Please take note of the below information as it is vital to a successful race!

When: From 9am on Saturday 20 October to 2 pm on Sunday 21 October 2018

Where: Robben Island, Cape Town, Western Cape, South Africa

Departure to the island:

From The Nelson Mandela Gateway To Robben Island at the V&A Waterfront on Saturday 20 October 2018.

Both ferries will leave at 9am SHARP, please be at the departure **no later than 8.30am.**

Due to the nature of the logistics of the ferries to and from the island, if you miss your ferry there will be NO OTHER WAY of getting to the island and you will have to forfeit your race.

Please respect the ferry arrangement.

Luggage restrictions: Each ferry ticket holder can bring: 1 backpack (15 kg), a small cooler box, 1 camping chair or an umbrella.

ALL other luggage items, such as bicycles, gazebos, tents or tables, need to be dropped off at the **cargo**. If you wish to make use of cargo please get more information on info@africacenturion.com.

The route:

Your first circuit will take in around 6.8 miles (11km) of Robben Island's incredible scenery, including a sweeping stretch of wild Atlantic coastline. Thereafter you'll settle into a 4.4-mile (7km) loop that winds through the forested ground and the village housing those who work on the island.

Except for a 200m saunter over a gravel-covered airstrip, the route is entirely tarred. It's mostly flat, too, except for a mild incline where the road crosses the island. Support stations will keep walkers refreshed and offer first aid if required.



Departure from to island to the mainland:

All participants and supporters will leave the island after the award ceremony on **Sunday 21 October at 2pm. NO EARLIER DEPARTURE** are allowed as it conflicts with our arrangement with the ferries and Robben Island. Please respect this arrangement.

Food and beverages during the race:

Cosmo Cafe will offer a wide variety of hearty health food and beverages during the 24 hour race. La Barista will have an ongoing coffee mobile station offering an array of hot drinks and delicious coffees. Please bring money for purchasing.

Wifi: Wifi will be provided on the island.

Award ceremony: On Sunday from 12.30pm an Awards ceremony will be held and top performers will be awarded. Please attend and share the cheer for walkers that formed part of this incredible race, as our Ferry's will only depart as from 2pm.

PLEASE NOTE: In the event of bad weather:

This race takes place on an island, if for any reason the event would need to be cancelled, Robben Island will refund your full ticket paid. This refund can take up to 21 days. The event organisers or Robben Island can not be held responsible for refunding any flights or trips of any participant or supporter if the cancellation is out of our hands.

We are working in conjunction with Robben Island to make sure that we are watching the weather over that period for rough seas. If we have rough seas and the ferries cant leave to or from the island, the event will have to be cancelled.

If any additional information is needed, please contact our project coordinator on info@africacenturion.com.
