



Race date: Friday, 19 January 2024  
Race course: Kirstenbosch Botanical Gardens ([Directions](#))

XL Course: 15km | Start: 18h30  
LONG Course: 9.5km | Start: 19h00  
SHORT Course: 5.2km | Start: 19h21

**Don't forget to bring your headtorch**

For route map and GPX download [click here](#) (NB, you need to follow Wildrunner on Komoot in order to be able to download the GPX)

Dear {{ contact.FIRSTNAME }},

Thank you for entering the first event for 2024 in the Trail Series Super League presented by WWF at Kirstenbosch Botanical Gardens. Please take a few minutes to read the details below, to ensure you are familiar with all of the event details you need to know.

**REGISTRATION & NUMBER COLLECTION**

- Friday, 19 January from **17h00 to 18h30** at the Kirstenbosch venue. Please give yourself lots of time for parking, getting to registration etc.
- **DON'T forget your headtorch!**
- Unfortunately, with the holidays only just over, we will not have the 2024 Tee or Bluff available to collect at the event this Friday. If you purchased anything during the entry process, we will be in touch to get your purchase to you!

**UPGRADES, DOWNGRADES AND SUBSTITUTIONS**

- We can process upgrades and downgrades **at registration on Friday afternoon**
- Substitutions can also be actioned on the afternoon of the event at registration.

**START TIMES, BATCHES**

- Start times are set as 18h30 (XL), 19h00 (LONG) and 19h21 (SHORT).
- Your batch number will be written on your race number.
- You need to file into the start area (marked by the arch) before your start. Please **listen to the commentator as he calls out the batches to come to the start line.**

**RACE MEDAL & PRIZE GIVING**

- A unique race medal will be available to all finishers of the race. These will be hung on medal hangers at the exit of the finish chute. Please ensure you help yourself to the medal when you finish.
- There will be podium prizes for the top three mens & ladies in each distance, as well as mixed gender top three for the junior, minimee & peewee categories. These will be done as soon as the results are confirmed.
- There will be a lucky draw. These will be announced during prize giving, so keep your ears open to the announcement!

**FOOD, DRINKS & MERCH**

- Cuppa Joe will have his coffee on the go all evening and Our Pizza Place will have their delicious pizzas on offer.
- There are no water points on the long or short route, please carry your own
- There is one aid station & water point on the XL. The ACP is **cupless so you must bring your own cup/receptacle**, and there will be limited and supplementary snacks (please consider other runners!)
- Brad from Brad Williams Sport Science will be available for short post-

run massages

- **Check out our TRAIL STORE**, [Elemental Outdoor](#). We will have a small store up at the event, where the guys from Petzl will have some headtorches for sale and we will have some Elemental Outdoor and Trail Series products available to purchase.



### Our Pizza Place

We are very excited to have Our Pizza Place join us at Kirstenbosch on Friday for this sunset run! Bring your card/cash/snaps can and grab yourself some dinner before or after your run.

[Check them out](#)

### RESULTS

Results will be live on FinishTime - [check them out here](#).

### SECURITY

Do not leave anything of value in your car, bring it to the race village and leave it with bag drop (at registration).

### SOCIAL MEDIA

Please like [@wildrunner.co.za](#) on Facebook and look out for pics of the event, and share your own with the hashtag [#TSSL2024](#)

**NO DOGS ARE ALLOWED**

### COMMS WITH THE TEAM

For any race enquiries, please check our website at [www.trailseries.co.za](#), call 072 438 3242 or email [info@wildrunner.co.za](#). We do love hearing from you, but Facebook questions, DMs on Instagram and queries sent via a Tweet will only be answered during business hours.

See you on Friday!

Owen, Tam & the Wildrunner Team

Elemental Outdoor, home of  
Wildrunner  
Noordhoek, Cape Town, South Africa

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