



The Likeys 2009 questars Adventure Race Series



Saturday 30 May in the Brecon Beacons

Final Details

The questars team is greatly looking forward to welcoming you to the second questars event of 2009 on Saturday 30 May in the Brecon Beacons National Park. It's another sell out event with 400 adventure racers taking part.

Team List & Start Times

A Team List showing all the teams together with start times and kayaking time slots is now available for viewing on the questars website at www.questars.co.uk – see article on the noticeboard for more details. Do take a look and note down your team number, start and kayak times. Team packs will all be laid out around the edge of the event base hall in numerical order. There is no need for you to queue up at the Enquiries Desk – simply collect your numbered team pack on or after the time specified below.

Timings

Timings for collection of team packs and for the race briefings are:

- Masters: Team Pack Collection opens at 0900, Briefing at 0930 and Starts from 1010
- Novices and Duo: Team Pack Collection opens at 1015, Briefing at 1045 and Starts from 1130
- Race Finish times: between 1610 and 1700
- Prize Giving: 1730

Extra Maps

Each team pack contains a course map printed on A3 waterproof paper pre marked with all the available checkpoints.

If a team would like an extra map order these online at www.questars.co.uk/raceportal by clicking on the '**buy now**' button for the item called '**Extra Map**' by Friday 22 May. This is the new method to order extra maps. Teams that have indicated that they would like an extra map when they entered this race online also now need to click on the Extra Maps button if they have not already done so.

Directions & Car Parking

The questars event base is at Llangynidr village hall (postcode: NP8 1LX). Llangynidr is 4 miles west of Crickhowell and 4 miles south east of Talybont. It is best approached on the B4558 from either east or west, and NOT via the B4560 from the north as this minor road passes over a very narrow and weak bridge just north of the village.

View map of event base location on the following page...



There will be Quest signage directing you to the designated car parking. Please do share transport. If each team comes in one vehicle it'll be much kinder to the environment and you'll also be able to talk team tactics on the way!

Transition Points

Transition between the trail run and bike stages will be in the tennis courts next to the giant Start/Finish arch near the hall. Upon arrival in the morning take your bikes and any transition kit (in a waterproof box) and place them directly into the tennis courts. These will be marshalled by Quest throughout the day. The kayaking stage will take place on the tranquil Monmouthshire & Brecon canal. The transition point onto the water is less than a kilometre from the event base.

Facilities

Facilities at questars event base include:

- a large **indoor hall** for the Race Briefings and Prize Giving plus **showers** and **toilets**
- **hot food and drinks** available throughout the day (including at transition) - refreshments available include sausage baps upon arrival and a hot dish after the race
- **sports massage** provided by coastmassage www.coastmassage.co.uk
- **map pens** available to buy from the enquiries desk
- **Likeys shop** with adventure racing clothing and equipment

Quest is delighted that Likeys are now the title sponsors of the 2009 questars series. Matt and Barry from Likeys are also going to be competing in the event. Whilst they have no inside knowledge of the course they do have a wealth of experience of the area as Likeys is based close to Brecon. They'll be pleased to talk to you about what clothing and kit is best for taking part in a questars. Do check out their great range of adventure racing and outdoor clothing and kit at www.likeys.com or call them on 01874 711850



Equipment List

A list of things you need to bring and a list of things we advise you to bring can be found midway down the 'race prices & entry' page at www.questars.co.uk/race-entry/1-races/5-raceentry.html

Other Useful Info

Do review the race structure and format at www.questars.co.uk/race-format/8-race-format/3-raceformat.html. It's full of useful information including hints and tips and 'what to do on the day'.

And do make a note of your team number and the timings for your Race Briefing, Start and kayaking times

Have a great race,

The questars team