

RACE BRIEFING

NOTES FOR PARTICIPANTS

Each Questars Adventure Race is slightly different due to where everything is (the start/finish, running, biking and kayaking) in relation to each other, so...

PLEASE READ EVERYTHING CAREFULLY

Print off a copy and bring it with you to the event for reference if needed.

Welcome

On behalf of The Quest Team, welcome to the 2021 New Forest Adventure Race – the fourth and final event in the 2021 Questars Adventure Race Series.

Wow, what a year it's been! We are pleased to have 'survived' this year. And after the turmoil of last year, we are pleased to have been able to hold a full series of Questars events – something we didn't know would even be possible when we announced the 2021 events back in October last year.

However, it has not been easy. Our core business – [corporate events](#) – all dried up due to the covid pandemic and is only just starting to return now. With no income, some members of The Quest Team were placed on furlough, whilst those that couldn't sought other employment working often all hours doing other jobs to keep paying the bills.

In order to minimise losses due to the pandemic (and hence ultimately prevent Questars entry fees from going up too much), staff have had to remain on furlough/doing other work as much as possible. So, apologies if our service has not been up to what it usually is. But the sole reason for this has been to ensure the long-term survival of Quest and hence Questars Adventure Races.

We thank you all for supporting Questars by taking part in the 2021 New Forest Adventure Race. And we hope you'll join us again in 2022 when Questars Adventure Races aims to resume its normal service.

Daniel Carrivick
Event Director

Race Overview

The start/finish is at the event base (1 mile from the event car park at Gang Warily – see the [Race Day Info](#) for full details)

The transition area (for bikes and race kit) is also at the event base. This is where you transition between the run and bike disciplines. You can leave all your race kit including your bike in the transition area when you are not using them during the race.

No riding of bikes is permitted on the grass at the event base, or in the transition area. When entering and exiting the Event Base by bike, you must use the access road (for vehicles) and not cycle across the grass playing field.

The kayak transition is approximately 6-8 km from the start/finish (depending on the exact route you take). The course is such that you will want to make your way to/from the kayak transition on foot (if you can), visiting run checkpoints on the way there and back. If you don't want to do that, you can cycle to the kayak transition and leave your bike on the beach whilst you are kayaking. We will have a marshal there who will keep an eye on any bikes but it is an open/public space so we recommend you take a lock with you to slip round your bike to be on the safe side.

If you do cycle to the kayak transition, you can visit bike checkpoints both before and after you kayak.

All routes and areas not shown on the course map are out of bounds.

Teams should stay together at all times. By together we mean close enough to easily communicate with each other without having to shout (or to put it another way 10-20 metres). This is particularly important when kayaking, for safety reasons.

The course map is printed on two A4 sheets of waterproof paper, both of which use the 1:25,000 Ordnance Survey map data set – [an example of which can be viewed here](#). The map with the run and kayak checkpoints on is printed at 100% (i.e. 1:25,000 scale). The map with most of the bike checkpoints on is printed at 50% scale (i.e. it has been shrunk to 1:50,000 scale to fit on the paper).

Where routes are different on the ground to those marked on your map, follow the route/signs on the ground. Look out for footpath/bridleway/cycleway markers and fingerposts to keep on the right route.

[Course Planners Tips >>>](#)

“Novices have the same course/checkpoints as Masters, who have an hour longer (6 hours not 5). So if you are a Novice race participant you shouldn't be thinking you can visit all the checkpoints. You don't have sufficient time to do so. Most Novice participants won't visit more than about half the checkpoints. So set your expectations accordingly. Do not be too over-ambitious. And play to your strengths. Prioritise and spend more time doing what you enjoy most - whether that be running, biking or kayaking.”

Race Starts

Make your way to the big yellow inflatable arch when you're ready to start. The whole team (i.e. all team members) should do this together.

The checkpoint descriptions & values won't be handed out at the start. You will receive this sheet in your race pack instead. As a result, there are **no dummy checkpoints**. You may therefore bring your bike to the start as long as you are pushing it (no riding allowed until you are on tarmac).

A one-way system will operate through the start enclosure. Please follow the arrows/marshals directions

Your race time (5/6-hour time limit) begins when you place your electronic scorecard (EMIT card) on the start control (as pictured opposite). This is when you should start your stopwatch so you know how long you have been going for.

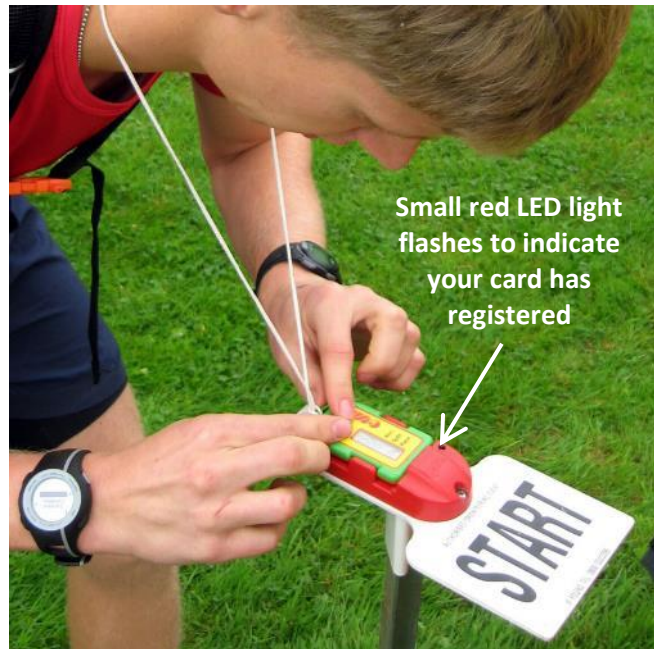
Take care not to touch the control itself when you place your EMIT card on it.

Masters participants have a **6-hour** time limit.

Novices participants have a **5-hour** time limit.

Duo participants have a **5-hour** time limit.

You must vacate the start area immediately after you punch the start control.



The tables below show some of the key figures including the time penalties if you exceed the time limit.

Do not be late back – you will lose those hard-earned points very quickly! This info is printed on your checkpoint descriptions and values sheet for you to refer to during the race if needed.

Race Category:	Trio Masters	Trio Novices	Duo
Time limit:	6 hours	5 hours	5 hours
Max. Points Available: <small>realistically possible in the time limit</small>	1000	800	800
Points deducted for exceeding the time limit:	5 points per minute <small>(or part thereof)</small>	2 points per minute <small>(or part thereof)</small>	5 points per minute <small>(or part thereof)</small>

Penalties	Points Deducted
Late off the water after the end of your allocated kayak time slot	50
Going out of bounds / off the event map	200
Inadvertent use of a route which is not permitted <small>(e.g. taking a bike on a footpath or using a private road / track – see details on map)</small>	200
Losing EMIT card (electronic scoring device)	200 <small>(plus replacement cost)</small>

Checkpoints

There is an EMIT control at each checkpoint (like the one #202 in the photo with the cows below). All the EMIT controls are numbered. Use the checkpoint descriptions sheet to help you locate the EMIT control at each checkpoint.

The EMIT controls aren't deliberately hidden from you but they may be facing the other way to that which you approach them. And sometimes they can be around the back of objects so they don't attract unwanted attention from passers-by.

Also, use the checkpoint descriptions sheet to cross-reference the EMIT control number with the checkpoint on your map to make sure you are at the right checkpoint. You must not punch a run control whilst mountain biking or vice versa, otherwise, you may be penalised. **Check before you punch!**



The EMIT controls for the kayak checkpoints will either i) be attached to objects on the shoreline, like control #202 is attached to the fence in the photo above (in which case you will need to get off your kayak to reach them hence you will want to wear some sort of footwear when kayaking), or ii) attached to buoys floating on the surface of the water (like control #245 pictured above). Note the EMIT controls don't float so lookout for the white fender floating on the water and you should find an EMIT control attached to one end of it – lurking just underneath the surface of the water.

HOW TO REGISTER & RECORD YOUR VISIT

Your EMIT card (electronic scorecard – blue in adjacent images) will have a card insert (yellow in image shown) on one side with your team number hand written on (#100 in image shown). This is the bottom/underside of the card.

Place your EMIT card on the EMIT control with the card insert face down. This card insert acts as a manual backup should your electronic scorecard fail. This is why it's important to lay the card flat on the control, the right way round (and not upside down).

Top: this side up



Bottom: this side down



A small red LED light on the EMIT control will flash within less than a second of you correctly placing the card on the control (as shown in the adjacent picture). This tells you that your visit at this control has been registered and recorded on your EMIT card. Once you've seen the red LED light flash once, remove your card and move away from the control.

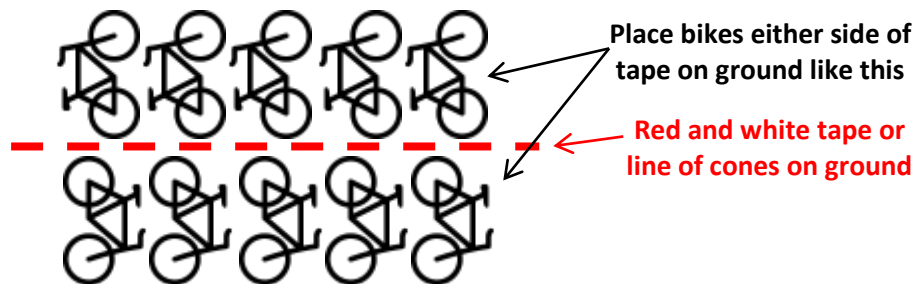
If for any reason the LED on a control does not flash, press your card firmly down on the control to record your visit manually on the card insert. This is no more than a pinprick and can be difficult to see with the naked eye (so it can't be forged). If you are in any doubt, and you are not recording your activity on a GPS enabled device (e.g. an app like Strava on your phone), note down the time you visited the control on the back of your map and/or take a photo of it.



Bike Transition

Solo participants should lay their bike on the ground. Teams can either do the same or stand their bikes up and lean them together if possible (so they don't take up so much space).

Place bikes either side of the line of tape/cones with one wheel close to the line and the other wheel as far away from it as possible as shown below...



This will ensure corridors/clear passages are left for you to be able to reach your bike. Any kit you leave in the transition area, must not be left in or encroaching any of these corridors as they will get in the way of other participants and are a hazard. Offenders will be penalised as it's not fair on everyone else.

Marshals will keep an eye on the transition area during the race but it can get busy at times. A couple of people have in the past, returned to transition, unable to find something because they left their things loose/on their own and these became muddled up with other participant's belongings. We, therefore, recommend you take the following precautions to safeguard your equipment:

- Attach Mt Bike items (e.g. helmet) to your bike or leave them in a bag next to your bike
- Slip a lock around your bike(s) to prevent it from being moved (either by mistake or deliberately)








EMIT control (#100) will be located near the bike transition area. You only need to punch control #100 once when you transition from visiting run checkpoints to bike checkpoints or vice versa.

If you don't do this we don't know that you've come back to the Event Base to transition. You therefore risk incurring a time penalty if you don't punch control #100 when you switch over from run to bike or vice versa.

Mountain Biking

All the mountain biking is on roads (mainly coloured yellow/orange), off road cycle routes (orange dotted routes) and bridleways (green long-dashed lines). No riding, pushing or carrying of bikes is allowed on footpaths, tracks or any other trails. In the woods, you must stay on the signed cycle trails (see photo below)

The only routes you may take bikes on are:

Permitted Mt Bike Routes	
	Bridleway
	Permitted Bridleway
	Byway
	Restricted byway
	Traffic free cycle route
	Other routes with public access
	Public road (yellow/orange/red)

White / uncoloured roads may only be used if they are public roads e.g. residential streets. They must not be used if they are private roads / driveways.

BRIDLEWAY

You can take your bike along here (green long dashes)

FOOTPATH

You must **NOT** take your bike on footpaths (green short dashes)



It's a legal obligation in England to give way to walkers and horse riders when cycling on bridleways. Please make sure you slow down and do this. The cycle routes in the forest are popular and likely to be very busy with walkers. Use your bike bell or politely say hello to let others know you are approaching them. When descending, you must give way to any cyclists coming uphill.

Close all gates behind you **AND** ensure they are properly fastened, unless they are tied/propped open. Watch out for animals roaming free on the roads and trails, including New Forest ponies, cows, pigs etc.

TAKE CARE – There are one or two patches of deep soft sand and loose gravel where you can easily lose traction. Get off and push your bike if needed. It's better to be safe than sorry and can be quicker!

You must wear a cycle helmet. Always follow the [Mountain Bike Code](#) and the [Highway Code](#)

Course Planners Notes >>>

“Due to the lie of the land, it is a long way out to and back from the bike checkpoints in the wooded part of the New Forest. However, it is well worth the effort. Not only do the trees offer protection from the wind (which can whip across the open heathland), but the woods themselves are arguably looking there best at this autumnal time of year. Getting to/from the woods is largely on roads so most will cover the distance quite quickly. And once in the woods, the off road cycle routes are all good gravel tracks and well signed (as pictured) making it fast and easy to get around.

The roads in the New Forest are often busy with traffic. Watch your speed when travelling along narrow lanes. You must be able to stop if a vehicle suddenly comes around the bend. Some lanes are badly pot-holed and others have sections that are covered in loose gravel washout. Remember going the direct route along a bridleway might not be the quickest route. It may be quicker to go the long way round by sticking to roads as much as possible. It depends on what the trail conditions are like (and your cycling skills of course).”



All the cycle routes in the woods are signed with posts like this.

Kayaking

You can only kayak during your kayak time slot. See the [Start List](#) for your kayak time slot.

You must punch the kayak transition control (#200) both when you get on and get off the water.

You will receive a 50-point penalty if you exceed 55 minutes - the maximum time allowed on the water for the kayaking.

You must also be back at the kayak transition before the end of your kayak timeslot. So, if your kayak slot ends at 14:10 and you get on the water at 13:50, you'll only have 20 minutes left in which to kayak.

If you run to the kayak transition, you should punch checkpoint R4 both before and after you kayak.

This is to prove you didn't run along the road which is out of bounds during the Trail Run. This rule was accidentally omitted from the course map so please make a note of it and write it on your course map when you pick it up on the day.

Course Planners Notes >>>

"There are barriers across the road that leads to the kayak transition. These are ANPR barriers for the car park. You will need to carefully cycle around them to get to the kayak transition.

The kayaking is on the sea / open water as the Harbour Master (who is new since we last kayaked there) would not allow us to kayak on the Beaulieu River, for no real reason other than that – and I quote – 'the river continues to be very busy'. We strongly refute this. When we were there last weekend, we did not see anyone on the upper part of the river near Beaulieu. And the river is not narrow like the canals we use for other Questars events. But sadly, the Harbour Master refused to enter into any discussions to see if we could find a way to resolve any concerns they had.

We find the Harbour Master & Beaulieu Estate's reasoning particularly ironic because the kayaking is in The Solent instead, which is a major shipping lane for passenger, freight and military vessels, and a very popular recreational area for all water sports, particularly yachting. As bodies of water go, they don't get much busier than this! However, we have found a relatively quiet spot for you, which is sheltered somewhat from the worst of the westerly winds (although the forecast is not looking bad for Saturday at the moment), and out of the way of major shipping lanes, of course.

We have had to design a kayak course that would – as much as possible – not only stand up to whatever the weather threw at us, but also the huge variation in water levels (i.e. tides) throughout the day. As a result, the kayak course is smaller than normal, but you can do two laps of it – more on this below"

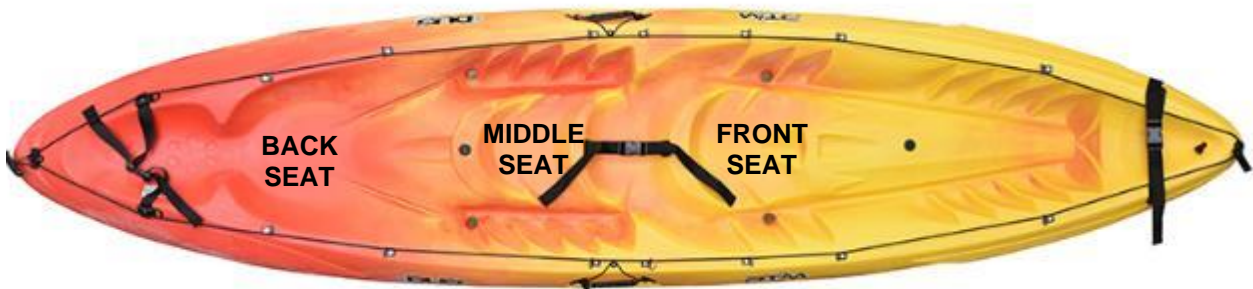
RACE NOTES

You will launch off the beach (shingle). You will need to wade into the water to about knee depth before getting on your kayak (don't worry, the sea is at its warmest at this time of year 😊). And you will want to wear something on your feet as the shell fragments on the shoreline are sharp. Plus, you will need to get off your kayak and walk up the beach to visit one of the kayak checkpoints. So, whatever footwear you wear when kayaking will get wet.

You can do two laps of the kayak course i.e. visit each kayak checkpoint twice if you want (within your kayak timeslot). You must visit at least one other kayak checkpoint before returning to the last kayak checkpoint that you visited. You will earn 35 pts each time you visit a kayak checkpoint for the first time, and 25 pts each time you visit a kayak checkpoint for a 2nd time.

GENERAL NOTES

Solos and pairs use one kayak. Teams of 3 or 4 people use two kayaks (staying together rule still applies). A picture of a kayak (from the top) is shown below. Sit in the front and back seats if there are two of you paddling a kayak. Sit in the middle seat if you are paddling the kayak on your own. If it doesn't feel comfortable, you are not sitting in the right place, so slide forwards / backwards as necessary. Note: front of kayak pictured is yellow; rear is red/orange.



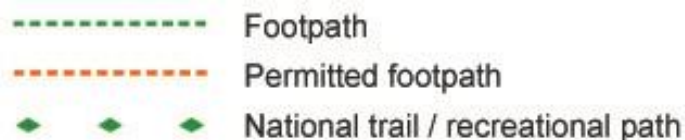
The area where you will be kayaking may be used by other non-powered craft e.g. sailing dinghies. Watch out for them and give them right of way / a wide berth as they are likely to be learning to sail and will be at the mercy of the wind. The only powered vessels in the kayaking area should be providing safety cover to either Questars participants or other water sports users. However, the kayak checkpoints are positioned on the periphery of this restricted zone (marked by the lines of yellow marker buoys on the water). So, for your safety, please take care to remain inside the yellow marker buoys and do not venture beyond them.

There are no toilets at the kayak transition itself, but there are public toilets on the approach road to the kayak transition and these are marked on the course map (using the Ordnance Survey data symbol).

Anything you leave at the kayak transition is done so at your own risk. It may empty when you arrive, but it could be busy when you return so do not spread your things out (keep everything together). And remember it is a public area so it's likely that there will be other people around.

Trail Running

You must remain on public rights of way and permitted footpaths at all times during the trail run (even when on access land). In addition to the routes that you are allowed to use for the mountain biking, you may also use the following routes on the Trail Run...



For the majority of the time when you are off-road, you will be running along public footpaths (green short dashed lines) and bridleways (green long dashed lines).

Take care when running on and crossing roads. Many of the lanes are narrow. Use pavements if present. If you do run along the road itself, you should face oncoming traffic (i.e. on the right-hand side).

Always follow the [Countryside Code](#) – respect other people and the natural environment.

Course Planners Notes >>>

“One of public footpaths (between R14 & R15) runs along the beach. At high tide, the sea covers the beach entirely for a 100-200m section near checkpoint R14. You can still walk/run along the beach but you will get wet feet. We ended up going in the sea upto our knees in one place when we reced it. You can go the longer way round on the road if you don't want to get your feet wet, but this is not so adventurous, and you will miss out on this beautiful stretch of coastline.

On the whole the ground is firm, but uneven and the going is generally good. Expect one or two soft, wet and muddy patches in places due to recent heavy rain. However these are short lived and soon passed.”

Leaving litter on the course is unacceptable and won't be tolerated. Please make sure all empty wrappers are securely stowed and carried back to transition / the finish with you.

Finish

Make your way back to the finish when your time limit (6 hours for Masters, 5 hours for everyone else) is nearly up. If returning by bike, remember to **dismount your bike before you reach the grass** and push it across the finish line. Punch the finish control underneath the start/finish arch to stop your race clock.

A one-way system will operate through the finish area. So, once you cross the finish line, continue in the same direction until you exit the fenced area (do not turn around and head back the way you came).

Return your electronic scorecard (EMIT card) to the hall where you collected your race pack. You MUST do this so we know you have finished and are back safely.

The course closes at 17:00 on Saturday, and the furthest checkpoints will start to be removed before this. If you aren't going to make it back to the finish by the course closure time, use the **Emergency Number printed on your map** to let us know that you are safe and well and just running late.

In an Emergency

If you have a serious accident and need to summon help, do so by blowing six short blasts on your whistle every minute. If you hear this go immediately to assist (times of teams that assist others can be adjusted accordingly). Phone 999. Tell the ambulance service where you are - install the [what3words app](#) on your smartphone to help with this. Then phone the emergency number (on your map) to let us know.

Final Word

Ensure that your competitive instincts do not override your common sense. Remember to...

- Respect the area and the local community
- Be great ambassadors for adventure racing
- Stay on the permitted routes at all times
- Give way to other members of the public
- Give all animals a wide berth
- Close and properly fasten gates behind you

Each team must carry a first aid kit and a whistle with them.

Have a good race. We hope you enjoy it. And stay safe!

Acknowledgements

Today's event simply wouldn't have been possible without the help and support of a large number of people and organisations including...

- Gang Warily Recreation & Community Centre
- Calshot Activities Centre
- Hampshire County Council
- New Forest District Council
- RNLi
- Stanswood Beach Rescue
- East Boldre Village Hall
- Forestry England (Forestry Commission)
- Natural England
- Hampshire Police
- EMIT Timing
- The Quest Team – Richard, Martyn, Dan, Darcy, Fraser, Robert, Debbie, Aliya, Nellie, Graham, Isabel, Greg, Terry & Tony (medic)