

RACE DAY INFO

FOR PARTICIPANTS

This event is slightly different to both i) a normal Questars Adventure Race and ii) previous Questars events held earlier this year, as we slowly and gradually try to return to some form of normality, and we learn to live with Covid-19.

Most of the legal restrictions imposed to reduce the spread of Covid-19 in England have now been lifted. However, the Government makes it clear that this is not a return to normal as the pandemic is not over yet. Everybody needs to continue to act carefully and remain cautious.

PLEASE READ EVERYTHING CAREFULLY

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

Address

Gang Warily Recreation & Community Centre, Newlands Rd, Southampton SO45 1GA

[View location on Google Maps](#)

What3words App location: <///certainty.ticked.golden>

To discover more, [see this annotated Google Map](#)

Covid-19 Information

Although most legal restrictions have been lifted and many people have been vaccinated, **it is still possible to catch and spread Covid-19, even if you are fully vaccinated.** It is therefore important that we all use personal judgment to manage our own risk. All of us can play our part by exercising common sense and considering the risks. No situation is risk free, so we all need to understand the factors and settings that increase the risk of Covid-19 transmission and the actions that we can all take to reduce Covid-19 infection, both for ourselves and for others.

Covid-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. Everybody needs to continue to act carefully and remain cautious.

This is why it's important to:

- get a test if you i) develop Covid-19 symptoms, even if your symptoms are mild or ii) have been in contact with anyone who has Covid 19 symptoms within the last 10 days
- isolate if you test positive for Covid-19 or when told to do so by NHS Test and Trace
- meet others outside or let fresh air in
- minimise the number, proximity and duration of social contacts
- wear face coverings in crowded areas

You must NOT come to the event if...

- You have any Covid-19 symptoms
- You have been asked to isolate by NHS Test and Trace
- You test positive for Covid-19 (or are waiting for a test result)

The main symptoms of Covid-19 are:

- a high temperature
- a new, continuous cough
- a loss of, or change in, your normal sense of taste or smell

Most people with symptoms have at least one of these symptoms. However, about 1 in 3 people with Covid-19 do not have symptoms but can still infect others. This is why everyone is advised to get tested regularly, and to follow these 3 steps:

HANDS – Wash your hands with soap regularly or use hand sanitiser

FACE – Cover your face (mouth and nose), particularly when in an enclosed space with other people

SPACE – Maintain social distancing and keep 2m apart from other people where possible

If you've been vaccinated, you still need to take the recommended precautions above to avoid infection and passing the virus on to others. No vaccine is completely effective, but if you get Covid-19 after having the vaccination, it should be less severe.

Covid-19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others.

Arrival

The barrier to the car park will be unlocked at **08:00**. Please do not arrive any earlier than 8am.

- **Trio Masters** race participants should aim to **arrive from 08:00 onwards**
- **Trio Novice & Duo** race participants should aim to **arrive from 09:00 onwards** (please do not arrive before 09:00 as this may lead to congestion and queues).

If arriving after 9am please drive extra carefully on the narrow approach roads and be aware that other participants may be starting and leaving the venue on foot/bike as you arrive.

You are encouraged to arrive changed and 'ready to start' having done as much preparation as you can in advance (i.e. before you arrive). All food, drink and kit for the race itself should be sorted out and got ready at home. You should check your bike over before arriving and any general maintenance/preparation such as pumping up the tyres, lubricating the chain carried out beforehand if necessary.

Approach to Gang Warily

Many of you will approach Gang Warily from the north (i.e. from the A326). The route from the end of the A326 to Gang Warily is usually along [Long Copse](#) but this is closed due to road works. A signed diversion is in place. But there are often 3-way control temporary traffic lights which result in queues and delays at peak time. So, you may wish to avoid this area altogether and approach Gang Warily / Newlands Road from the west instead. For further details [see the annotations on this Google Map](#)

The only approach to/from the venue is via a narrow, single-track road with passing places. It's not possible to have vehicles arriving and departing at the same time, especially given the large number of you taking part.

Car Parking

The car parking areas may look large but there are a lot of you taking part, and hence a huge number of cars to squeeze in. So please avoid coming in/bringing large vehicles such as motorhomes for example. The only exception is if it's a minibus full of participants and therefore saving the space of several cars.

If your team is travelling in multiple vehicles, please consider meeting up either on route or nearby and doing the last bit of your journey in one vehicle if possible. Not only will you be able to talk team tactics on the way, but it will also greatly assist with reducing congestion and easing the pressure on parking.

When you arrive, follow the signage/marshal's instructions on where to park. **DO NOT** park in the marked parking bays in front of the sports centre (these are for other users).

You must park close enough to the neighbouring vehicle so that you can't open your door fully i.e. within 2 feet (60 cm) of the next vehicle. If you don't do this then there won't be enough room for everyone to park and you may well find yourself blocked in when you come to leave at the end of the day. Please be considerate to others and help us by parking close to the next vehicle, and our marshals will help to ensure your departure is not delayed at the end of the day by you being blocked in.

Event Base

The event base is 1 mile from the car parking at Gang Warily. It's not what we had hoped, but recent heavy rain and torrential downpours yesterday have meant we are not able to park vehicles on the grass at the event base. So, we have had to implement our back-up plan and park you all on the hard standing one mile away, at Gang Warily instead.

You will therefore need to **allow 5-10 mins to cycle to the event base**, with everything you need for the race, after you have parked up (or 15-20 mins if you want to walk it). Treat it as part of your warm up before the race and warm down after the race, and your legs will thank you for it the following day!

When you have parked up, collect a map from one of the marshals which will show you where the event base is and how to get there by bike/on foot. If you have hired a bike, collect it from the Cyclexperience van/trailer in the car park (at Gang Warily) so you can use it to cycle to the event base.

All the following are located/will be available at the event base...

- Race pack collection
- Start / finish
- Transition between run and bike disciplines
- Toilets
- Showers and changing rooms
- Drinking water
- Large indoor space (for shelter if needed)

SPD's must not be worn inside the hall as they may mark/damage the floor. Please remove before entering the hall or wear other footwear.

Race Pack Collection

Collect your race pack from inside the hall. You may wish to wear a face covering when inside.

Only one member of your team needs to be present to collect your race pack. Race packs will be laid out on the floor of the hall in numerical order. If your pack is not there, come to the front desk to collect it e.g. if you have a t-shirt to collect or money to pay. NB. We can only take cash on the day (sorry, no card payments).

- **Trio Masters** race participants can collect their race packs **from 08:45 onwards**
- **Trio Novice & Duo** race participants can collect their race packs **from 09:30 onwards** (please do not try to collect before 09:30 as this won't be allowed and could cause overcrowding).

Each race packs contains...

- 1 x Copy of the course map on waterproof paper (plus any extra copies if purchased)
- 1 x Checkpoint descriptions and values sheet printed on A4 waterproof paper
- 1 x Electronic scorecard (EMIT card)
- 1 x Cord (for attaching/securing electronic scorecard)
- 1 x Tyvek wristband with your race number on (to be worn by the team leader)

Entry Amendments

Your team details will be printed on your race pack envelope. Check these carefully. If any of your team details have changed or are incorrect, please notify a member of staff behind the front desk in the hall.

Race Briefing

There is no verbal race briefing on the day, before the start, like usual. Instead, all the information usually covered in the briefing will be contained within a separate 'Race Briefing' document which will be published on the Questars website on Wednesday 6th October. **You must read it all carefully.** If you don't, you won't know what you are doing, which is not a great start to any race!

Toilets

The hall toilets will be open and available for you to use. You should bring clean footwear to wear when inside. If you don't, you will need to remove any soiled / muddy footwear before entering. You may wish to wear a face covering when using the toilet facilities. As well as washing your hands after using the toilet facilities, we recommend you also **sanitise your hands BEFORE entering the building**, using the sanitiser provided. Leave windows open to provide increased ventilation and corridor doors propped open to reduce contact points. Put the lid down before flushing the toilet to prevent droplets from becoming airborne.

Race Starts

You can choose when you start within your start time window, but remember to allow enough time to get to/back from the kayaking (see start list for your kayak slot time). The distance from the start/finish to the kayaking is approx. 6-8 km, depending on which route you take / which checkpoints you visit.

- **Trio Masters** race participants can **start anytime between 09:30 and 11:00**
- **Trio Novice & Duo** race participants can **start anytime between 10:15 and 12:00**

Make your way to the big yellow inflatable arch when you're ready to start. Your race time (5/6 hour time limit) begins when you place your electronic scorecard (EMIT card) on the start control.

Drinking Water

Please help us by bringing your water bottle full to the event (so you don't have to fill up before you start). A drinking water station will be available at the event base (start/finish/transition point) for you to top up your water bottle during/after the race if you need to. You should sanitise your hands before using the drinking water station (i.e. before touching the tap).

Event Catering

Unfortunately, after 18 months of managing to avoid Covid, it finally caught up with some members of The Quest Team at the end of last week, including the key person who usually heads-up the catering. So, sadly, it's not possible for us to provide catering at this event as we had hoped. You'll, therefore, need to bring all the food and supplies you need with you. Apologies for this but hopefully we'll be back to normal for next year.

Map Pens & Bike Map Boards

Permanent pens for writing on your map and bike map boards with reusable cable ties for mounting on your handlebars will be available to purchase from inside the hall. Fine tipped [map pens](#) are £2 each. A4 and A5 boards are £10 and £5 respectively. Cash only. Correct change appreciated (due to Covid-19).

First Aid

A professional medic will be in attendance at the event. The medic will only provide first aid in serious cases which need immediate attention. All other medical needs will need to be dealt with yourself either at the event or when you get home.

Do not take unnecessary risks and end up having to go to A&E. It's better to hop off and push your bike rather come a cropper and injure yourself. Protect yourself, others and the NHS.

Finishing / Withdrawing from the Race

You must return your electronic scorecard to the hall (where you collect your race pack), when you finish or if you withdraw/retire from the race. **This is [very important](#).** If you don't do this, we don't know that you are back safe and well. And we won't be very happy if we search the course for you only to discover you just forgot to hand back your scorecard before you left.

Changing Rooms / Showers

Changing rooms and showers are available at the event base. Use is entirely at your own risk.

Results / Prize Giving

Unfortunately, there will be no prize-giving at this event due to logistics, staffing and limited daylight hours (all related in some way to Covid-19). The results will be published on the Questars website for you to see when you get home. Prizes will be sent to the winning team in each class after the race.

Please take extra care when leaving the car park in your vehicle and observe the one-way system – view the separate entrance and exits [on this annotated Google Map](#)