

Arrival & Timings

The gate to the school will be unlocked at **08:00**. Please do not arrive any earlier than this. Key timings are shown in the table below...

Trio Masters (6 hrs)	Trio Novices & Duo (5 hrs)
08:00 Event base opens	09:15 Suggested arrival time
08:30 Race pack collection opens	09:30 Race pack collection opens
09:00 Race briefing	10:00 Race briefing
09:30 Start window opens	10:30 Start window opens
10:45 Start window closes	11:40 Start window closes
15:30 First teams finish	15:30 First teams finish
16:45 Course closes	16:40 Course closes
17:00 Results & prize giving	17:00 Results & prize giving

If arriving after 09:30 please drive extra carefully on the approach to the school and through the school grounds - be aware that other participants will be starting and leaving the venue on bikes as you arrive.

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.

Please be considerate to others and help us by parking close to the next vehicle. If you do this, our marshals will help to ensure you are not blocked in by another vehicle (and your departure is not delayed at the end of the day as a result). You should 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.

Event Base

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

- Race pack collection
- Start / finish
- Toilets
- Changing rooms (and showers – hopefully!)
- Drinking water
- Large indoor space – sports hall (for route planning/shelter if needed)

Cleated cycling shoes (e.g. SPD's) must not be worn inside the hall as they may mark/damage the floor. Please remove before entering the hall or bring and wear other footwear.

Race Pack Collection

Collect your race pack from inside the hall. **Only one team member needs to be present to do this.** 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 08:30 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 Tyvek wristband per person / team member
- 1 x Set of instructions on 'How to collect your timing device (SI card)'

Entry Amendments

Your team details will be printed on your race pack envelope (or a sheet inside). Check these carefully. If any of your team details have changed, please make the necessary amendments yourself (on the envelope/piece of paper) and hand this in when you collect your timing device (SI card).

Race Briefing

There will be a race briefing, but it won't be a full race briefing like pre-covid times. We plan to keep the briefing short – around the 5 mins long (and certainly no longer than 10 mins). It will focus on the key/important things that are specific to this race/event.

Things that remain the same (and haven't changed for years e.g. solos and pairs using one kayak, and teams of 3/4 people using two kayaks), won't be included in the race briefing on the day. This information will be published on the Questars website on Wednesday 23rd March (if not before). If this is your first Questars Adventure Race (or you haven't done one for a while), **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!

Race Starts

You can choose when you start within your start time window, but remember to allow enough time to cycle to/back from the kayaking (see start list for your kayak slot time). The distance from the start/finish to the kayaking is approx. 7 km and you can visit bike checkpoints on the way there and on the way back.

- **Trio Masters** race participants can **start anytime between 09:30 and 10:45**
- **Trio Novice & Duo** race participants can **start anytime between 10:30 and 11:40**

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 (SI 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). Drinking water will be available at the transition points for you to top up your water bottle during/after the race if you need to. You may wish to sanitise your hands before/after using the drinking water station (i.e. touching the tap).

Event Catering

The Quest Kitchen will be attending this event, providing the usual pre-covid delights. Items include pre-race bacon butties and post-race beef/vegetarian chilli with nachos. Cash payments only.

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 £6 respectively. Cash only.

Toilets

Toilets will be open and available for you to use on site. You should bring clean footwear to wear when inside. If you don't, you will need to remove any soiled / muddy footwear before entering. Please 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.

First Aid

A professional medic will be in attendance at the event. The medic will provide first aid in serious cases which need immediate attention. All trivial medical needs should 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 timing device (SI card) 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.

Changing Rooms / Showers

Changing rooms are available which you are welcome to use if you want to. We have been told that there are no longer any showers in the sports hall changing rooms. However, we understand that there are showers in another part of the school and we have asked for these to be made available for you to use if possible.

Results & Prize Giving

We aim to announce the winner's results and award prizes at 17:00 (or as soon afterwards as possible). Do stay for this if you can – it's always a shame when someone wins and is not there to collect their prize. The results will be published online shortly afterwards – see the Questars website results section.

Departure

If you depart before 16:45 please drive extra carefully when leaving the venue – be aware that other participants will be finishing and returning to the school on bikes as you depart.