

RACE DAY INFO

FOR PARTICIPANTS

QUESTARS WINTER SERIES – NEW FOREST

PLEASE READ EVERYTHING CAREFULLY

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

Venue Location

Queen Elizabeth II Recreation Grounds, Thornbury Ave, Blackfield, Southampton SO45 1YQ

Please note, parking for the run-only event is at Fawley Royal British Legion, 3 Exbury Rd, Blackfield, Southampton SO45 1XD

Event-specific timing changes

In anticipation of more difficult journeys to the race start on Saturday, we are extending the start window for the Full and Taster courses. The extended start window means that racers on the Full and Taster event can attend either race briefing (at 8:40 or 9:40).

Arrival & Timings

Key timings are shown below:

Duo Full (5 hrs)	Duo Taster (3 hrs)	Run-only / Bike-only (2 hrs)
07:30 Event base opens	07:30 Event base opens	08:45 Suggested arrival time
08:00 Race pack collection opens	08:00 Race pack collection opens	09:00 Race pack collection opens
08:40 Race briefing	08:40 Race briefing	09:40 Race briefing
09:00 Start window opens	09:00 Start window opens	10:00 Start window opens
09:40 Race briefing (repeat)	09:40 Race briefing (repeat)	
10:00 Start window closes	10:00 Start window closes	10:30 Start window closes
14:00 First teams finish	12:00 First teams finish	12:00 First teams finish
15:00 Course closes	13:00 Course closes	12:30 Course closes
15:00 Results & prize giving	13:00 Results & prize giving	13:00 Results & prize giving

Car Parking

Due to the recent wet weather, we are unable to use one of the fields at the venue for parking. As such, the run-only racers will be using an overflow car park at **Fawley Royal British Legion, 3 Exbury Road, Blackfield, Southampton SO45 1XD**. There will be a secure bag drop at the main race venue for run-only competitors (and anyone else using the overflow car park).

For all other vehicles, we should have space at the race venue but it will be tight. Please follow the instructions of the race marshals when arriving at the venue.

Please share transport, if possible, it will really help us to make parking go smoothly!

Event Base

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

- Race pack collection
- SI card (timing device) allocation and return
- Start / finish / transition point (run-bike)
- Toilets, changing rooms and showers
- Drinking water
- Event catering
- Indoor space – hall (for briefing and prize giving)

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/wear other footwear.

Race Pack Collection

Collect your race pack from the registration desk inside the hall. **All team members need to be present to do this.**

Each race packs contains...

- A copy of the course map on waterproof paper for each team member
- Race number and pins (for each team member)
- Bike number and zip ties (for each team member)

Entry Amendments

Your team details will be printed on the race registration start sheet. Please check these carefully. If any of your team details have changed, please make the Questars staff at registration aware.

SI Card Allocation/Dibber (Timing Chip)

After collecting your race pack, each person from the team will need to visit the front desk in the hall to be allocated with a SI card (this is an electronic device used to register your visit at each checkpoint).

Race Briefing

There will be a race briefing. We plan to keep the briefing short – around five to ten minutes. It will focus on the key/important things that are specific to this race/event and any last-minute course amendments.

Things that remain the same, won't be included in the race briefing on the day. This information can be found on the Questars website in the Race Details document. If this is your first Questars Adventure Race (or you haven't done one for a while), please **read it all carefully**.

Race Starts

Everyone has a start time window. You can start whenever you like within your start time window.

- **Duo, Full and Taster** race participants can **start anytime between 09:00 and 10:00**
- **Run-only and Bike-only** race participants can **start anytime between 10:00 and 10:30**

Please make your way to the big blue arch (located outside the sports centre) when you're ready to start. Your race time (2/3/5-hour time limit) begins when you place your electronic dibber (SI card) on the start control.

Toilets, Changing Rooms & Showers

There are toilets, changing rooms and showers at this venue and they are available for you to use if you wish to do so.

Drinking Water

Please help us by bringing your water bottle full to the event. Drinking water will be available at transition for you to top up your water bottle during/after the race if you need to.

Event Catering

The Questars Café will be attending this event, providing the usual Questars refreshments (think basic adventure racing grub rather than gourmet cuisine!).

Pre-race items include a selection of pastries, porridge pots and fruit as well as hot drinks (tea, coffee, hot chocolate, and herbal tea). *We also have oat milk and nutritional yeast alternatives.

Post-race items include our now-famous beef/vegetarian chilli with nachos and toppings. We will also have Pot Noodles, crisps and donuts available for purchase.

Please bring cash in case our contactless terminals can't get signal.

To help reduce waste, we will be offering a £1 discount on all hot meals and hot drinks for those who bring their own mug, plate/bowl and cutlery.

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. A4 and A5 map boards are £10 and £6 respectively, and highlighters/permanent pens are £1.50 each. We also have an assortment of chocolate bars and sweets for refueling or post-race. Please bring cash in case our contactless terminals can't get signal.

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.

Please 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 than come a cropper and injure yourself.

Course Closure

The course closes at 15:00 and the furthest checkpoints will start to be removed before this (so please don't think about visiting any more checkpoints on your way back if you are going to finish after 15:00).

If you aren't going to make it back to the finish before 15:00, please use the **Emergency Number (printed on your map)** to let us know that you are safe and well and just running a bit late. It is important you do this so we don't start searching for you unnecessarily.

Finishing / Withdrawing from the Race

You must return your SI card (electronic timing device) to the front desk in the hall (where you collected it), as soon as possible after you finish or if you withdraw/retire from the race. It is **very important** that you do this. If you don't, we don't know that you are back safe and well.

Download

When you return your SI card, the data will be downloaded from it and you will be given a printout showing the checkpoints you visited and your total score. **CHECK THIS CAREFULLY.** If anything on your printout is incorrect then you must inform us immediately i.e. BEFORE the prize giving.

Results & Prize Giving

We aim to announce the winners results and award prizes at 13:00/15:00 (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 also be published online – on both the Questars and SportIdent websites.

Departure

If you depart before 15:00, please drive extra carefully when leaving the venue/area. Be aware that other participants will be returning to the venue and finishing as you depart. And they could be in a rush!