

EVENT DAY INFORMATION

South Downs Adventure Race

Venue Location & Layout

Registration and event briefings will take place from **Grange Leisure Centre, Bepton Road, Midhurst GU29 9HD**. The entrance to the Leisure Centre is from Bepton Road - look out for the blue Questars signs on the road. An overview of the event site is included below.

Registration and briefings will take place from Sports Hall 2 in the Leisure Centre (use the main Leisure Centre entrance and then follow signs round to the left). Separate male and female changing rooms, showers and toilets are right outside Sports Hall 2.



Car Parking

Parking is outside the Leisure Centre. Please follow signage and marshals' instructions on where to park.

Please share transport if possible. 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/lament route choice on the way back!

Arrival & Timings

Key timings are shown below:

Duo Full (5 hours)	Duo Taster / Bike-only (3 hours)	Run-only (2 hours)
07:30 Event base opens	07:30 Event base opens	08:30 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
09:30 Start window closes	09:30 Start window closes	10:30 Start window closes
14:00 First teams finish	12:00 First teams finish	12:00 First teams finish
14:30 Course closes	12:30 Course closes	12:30 Course closes
15:00 Results & Prizegiving	13:00 Results & Prizegiving	13:00 Results & Prizegiving

Pack Collection

Collect your event pack from the registration desk. Use your allocated team number from the start list (released on Thursday) to collect your event pack. Each race pack 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 start list. Please check these carefully. If any of your team details have changed, please make the Questars' staff at registration aware.

Event Base

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

• Pack collection	• Showers
• Electronic dibber allocation & return	• Drinking water
• Start/finish/transition (run - bike)	• Questars Shop
• Toilets	• Questars Café
• Changing rooms	• Indoor hall (for briefing and awards)

SI Card Allocation (Timing device)

After collecting your maps, each person from the team will need to visit the front desk in the hall to be allocated with a SI card (timing device). **All team members need to be present for this.**

Briefing

There will be a briefing (at 8.40am and repeated at 9.40am). We plan to keep the briefing short – around 10 minutes. The briefing will focus on the key/important things that are specific to this event and any last-minute course amendments.

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

Start times

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

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

Please make your way to the big blue arch 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.

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.

Event Catering

The Questars Café will be at the event, providing the usual Questars refreshments (think basic adventure racing grub rather than gourmet cuisine!). Breakfast items include pastries, fruit, porridge pots and hot drinks. Post race items include the well-renowned post-race beef/vegetarian chilli with nachos (£7). Please bring cash in case our contactless terminals can't get signal.

Please bring your own mug and plate/cutlery for £1 off food and free hot drinks.

Map Pens & Bike Map Boards

Permanent pens and highlighters for writing on your map and bike map boards with cable ties for mounting on your handlebars will be available to purchase from inside the hall. A4 and A5 boards are £10 and £6 respectively. Please bring cash in case our contactless terminals can't get signal. We will also have a few high-end rotating map boards to rent on a first-come-first-served basis (£15 to rent/£70 to purchase).

Toilets & Showers

Toilets, changing rooms and showers will be open and available for you to use on site. These are located next to the Sports Hall.

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.

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 fall off and injure yourself.

Course Closure

The course closes at 14:30 and the furthest checkpoints will start to be removed before this (so please don't visit any more checkpoints on your way back if you are going to finish after 14:30).

If you aren't going to make it back to the finish before 14:30, please send a message to 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, 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 15:00 or as soon afterwards as possible (13:00 for the taster, run-only and bike-only). 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 14:30 please drive extra carefully when leaving the venue/area. Be aware that other participants will be returning to the venue on bike and foot and finishing as you depart. And they could be in a rush!