



FAQs

CHALLENGE OVERVIEW

The Challenge is to visit as many checkpoints as you can within the time limit, the most points wins! Checkpoints will have different values and it is up to each team to plan their route to pick up as many points as possible. For those looking for a few tips, you can check out this video here:

<https://www.youtube.com/watch?v=aw-joTghbzU>

HOW LONG SHOULD/COULD WE SPEND ON EACH SECTION?

A maximum of 9 hours activity plus 2 mandatory 30-minute breaks from 7am to 5pm.



Kayaking

1.5hrs - 2.5hrs



Trekking

2hrs - 5.5hrs



Biking

2hrs - 5.5hrs

That does NOT mean that all teams can spend 5.5 hours biking or trekking. Faster teams would need to spend a more equal split between disciplines.

If it is your first time taking part, we would recommend planning around 2 hours kayaking, 3 hours trekking and four hours biking.

DO WE HAVE TO SPEND A SET AMOUNT OF TIME ON EACH ACTIVITY?

Teams can decide how they want to split their day (subject to minimum/maximum limits).

For example – a team may prefer to do 1.5 hours kayaking; 3 hours trekking; 4.5 hours biking. Another team may prefer 2.5 hours kayaking; 4.5 hours trekking; 2 hours biking. There are no set distances – it is all up to the teams to decide their routes and activity length.

WHAT ORDER DO WE DO THE SECTIONS?

Teams will be split into three kayak windows – one at the start, one in the middle, and one at the end of the day. Around two weeks before the event you will receive your kayak window. Those starting in the kayaks can then decide if they prefer to trek then bike, or bike then trek for the remainder of their day. Teams who are kayaking later on must begin by trekking and be back in time for their kayak section (whether in the middle or at the end of the day).

IS THE TOTAL OVERALL SCORE THE SAME FOR ALL THREE ELEMENTS?

We are not currently revealing the score breakdowns. However, all teams will need to make route choices. Even the fastest teams will need to make decisions about which checkpoints they go to and which they drop. The event includes a lot of strategy rather than just speeding around. The event is designed so that the optimal scoring is to spend an equal amount of time on each activity.



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TEAM REGISTRATION

WHEN IS THE LATEST WE NEED TO REGISTER OUR FULL TEAM (IN CASE OF ANY CHANGES)?

We request you finalise your team at least one month before the event so we can ensure we have suitable accommodation available. If you are struggling with filling your team, then please let us know as we may have some individuals who can join you.

WHEN DO WE FIND OUT WHICH WEEKEND WE ARE ON?

All teams who specified a preferred weekend should be allocated to that weekend. Teams who did not specify a preferred weekend should find out by next week when they will be competing. People will know their weekend shortly where it has not been allocated already.

WILL YOU BE UPLOADING THE TEAM BIOS?

These should be coming up soon, along with an uptick on social media with info on team bios and fundraising etc.

THE TRANSITION AREA(S)

At the end of each activity, you will return to one area where your transition boxes are stored. Some food and water will be provided at the transition areas.

DO YOU PROVIDE THE KIT BOXES?

You will store your boxes/bags (containing additional kit, spare clothes, food, drinks, etc.) at the transition area(s). These boxes/bags will NOT be provided so please bring your own. The transition areas are outside, so it is recommended to use waterproof boxes/bags. It is also recommended that you bring spare bin liners/bags to keep any wet gear separate from spare dry gear.



DO WE NEED A WETSUIT FOR THE KAYAKING?

We wouldn't recommend wetsuits generally (unless it is unseasonably cold in May). When kayaking you will likely to be getting a bit of splash from the paddles, but only the very unlucky will be falling in and swimming! Expect to have wet feet, wet hands, and possibly wet bums. If you do want to wear one, then you are welcome to bring one.

ARE KAYAKS PROVIDED?

Yes. Double sit on top kayaks are provided so each team will have two 2-person kayaks.

WHAT SORT OF PADDLES ARE PROVIDED?

Double ended paddles will be provided.

WILL LIFE JACKETS BE PROVIDED?

Yes. Life jackets will be provided, and it is mandatory to wear them for the duration of the kayak stage.

WHAT SHOULD WE CARRY WHEN KAYAKING?

You will need to have all of the mandatory kit with you during the kayak stage. You will be wearing a life vest, so wearing a backpack on top of that is not feasible. Bin bags will be provided to keep the splash off backpacks, but you are welcome to bring dry bags big enough to fit your full backpack as well, should you wish.

WILL THE KAYAKS BE TETHERED TOGETHER?

The kayaks will NOT be tied together. Some teams do like to tether them – you will need to bring your own method to do this. Tethers will NOT be supplied.

HOW CAN WE TRAIN FOR THE KAYAK SECTION IF WE DON'T HAVE ONE?

You need good core strength and flexibility for kayaking. If you do not have access to a kayak to practice, then we would recommend working on these skills. Using a rowing machine is a great substitute. We would also suggest searching on Youtube for kayaking techniques to help you prepare.

KAYAKING TECHNIQUE RECOMMENDATION

These are double sit on top kayaks. They are pretty straight forward to manoeuvre, but to move them most efficiently, we recommend both kayakers work to move in sync, which means you want to have your paddles enter and leave the water together at the same time (on the same side of the boat). If you can, we suggest practicing together at least once to get a feel for your rhythm.

We would also recommend stronger paddlers sit in the back of the boat as it is far easier to steer the boat from the back.

WHAT FOOTWEAR SHOULD WE WEAR FOR THE KAYAK?

We would recommend tie-up shoes/trainers (this is where having a spare pair of trainers in your transition box that you won't wear during the rest of the event, but that can get wet, and be placed in a wet bag after the kayak stage is useful though not mandatory, unless you are kayaking last and then you won't have long in wet trainers afterwards). The area getting into/out of the kayaks will likely get slippery so you will need something with good traction. Have a different pair of shoes to change into afterwards as your feet will likely get wet, these will most likely be the trail trainers you will wear for the duration of the event.

WILL WE BE GETTING OUT OF THE KAYAKS DURING THE KAYAK SECTION?

You will not need to get out of the kayak to collect checkpoints. You will be able to do this from within the kayak.



ARE BIKES PROVIDED?

Yes, bikes are provided. A link will be sent out shortly to pick bike sizes. You are welcome to bring your own.

DO WE NEED TO WEAR HELMETS?

Yes. Helmets are mandatory. We will have a small supply but would recommend you bring your own if you can. Please make a note in your bike booking if you need a helmet.

WILL THEY HAVE GENDER SPECIFIC SEATS?

No. Bikes will not be gender specific. They are standard mountain bike seats, but if you are concerned about comfort and do not have much experience being on a bike for long periods, we would recommend bringing your own seat and tools to change them if you have a strong preference. Wearing comfortable bike shorts will also help and probably be more efficient for the day.

DO THE BIKES PROVIDED HAVE CLIP IN PEDALS?

No. They have flat pedals. You would need to bring your own pedals/bike and tools for fitting with you if you would like this.

DO WE NEED TO BRING A MAP BOARD FOR THE BIKES?

No. Each team will be provided with a map board that can be zip tied onto their bikes, or you can bring your own if you prefer.

CAN WE CLEAN THE BIKES AFTER?

Yes. A bike wash will be provided at the end of the event for those bringing their own bikes.

WILL THERE BE SOMEWHERE TO LOCK BIKES?

During the challenge, we will be providing a secure location to store bikes, which will be manned by a marshal. However, before and after the event, your bike safety will be your own responsibility.

WHAT SORT OF BIKE DO WE NEED?

We would recommend a mountain bike due to the terrain. It should have good front suspension. Minimum 2-inch tyres.

SHOULD/CAN WE WEAR ROAD CYCLING CLEATS?

If wearing cleats, we would recommend mountain bike cleats rather than road cleats as you may need to dismount and push your bike for some sections.

WHAT SHOULD WE CARRY WHEN CYCLING?

You will need to have all of the mandatory kit with you during all disciplines, it will be the same backpack for the duration of the event. Additional provisions ready on your bike in saddle bags and a full bike water bottle are recommended



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TREKKING

IS THIS A HIKE OR A TRAIL RUN?

It is set up as a trail run versus a trek. However, the actuality is dependent on the competitors' fitness levels and team preferences. Many parts are runnable, but we expect teams to be walking for some sections due to the length of the activity, the terrain, and possibly the weather on the route.

SHOULD WE WEAR TRAIL RUNNING SHOES OR HIKING BOOTS?

We would generally recommend trail running shoes over hiking boots. However, hiking boots are fine if you decide as a team that you prefer to hike the trekking section rather than running parts of it. Hiking boots are obviously heavier than trail running shoes, so that should be taken into consideration.

WHAT SHOULD WE CARRY WHEN TREKKING?

You will need to have all of the mandatory kit with you during all disciplines, it will be the same backpack for the duration of the event.

PHONES/GPS SYSTEMS



CAN WE BRING PHONES AND GPS SYSTEMS?

You are welcome to use **GPS** systems to record the event, but you **CANNOT** use it to navigate. Similarly, phones are permitted to take photos etc, but please do **NOT** use them to navigate.

DO NOT FORGET!

Mandatory kit will be checked on Friday, prior to the start of the race. You will be required to carry the mandatory kit for the duration of the event. If you are found not to be carrying the required kit, you will be pulled out of the event as this is required for your safety.

If it is a particularly hot day, then we will be checking everybody is carrying at least 1.5l of fluid before heading off.



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OTHER QUESTIONS

WILL A T-SHIRT BE PROVIDED?

Yes. A charity challenge t-shirt will be provided.

WHEN DO WE GET THE MAPS AND CHECKPOINT SCORES?

Maps will be provided on the Friday when you register and collect your race pack with all the checkpoints marked, but this will NOT include the score. The score value of each checkpoint will be revealed at the start of the event on Saturday morning, so you may wish to change your route on the day itself.

HOW MANY DRINKS STATIONS ARE THERE AND WHERE WILL THEY BE?

Hydration stations will be on the route – 2 on the trekking route, 2 on the bike route. However, depending on the checkpoints your team has selected, you may not go past them. This is why we have a mandatory minimum 1.5L water carrying capacity. Water will be available at the transition area, and you can also have various preferred drinks in your transition box.

HOW MANY TEAMS ARE THERE?

There are just over 50 teams competing each weekend.

CAN YOU BRING YOUR OWN BACKPACK?

Yes. You MUST bring a minimum 10L backpack, but bigger if needed as it should be big enough to carry all the mandatory kit, your race food per discipline, and 1.5L water.

WILL THERE BE ANY LIVE TRACKING?

Yes. There will be a live tracker so friends and family can see where teams are and have been. A score board will be available to see how many points teams have collected etc.

WHAT HAPPENS IF SOMEBODY HAS TO DROP OUT DURING THE CHALLENGE?

If a team member has to drop out due to injury etc. then you can continue as a team of 3. We will try to secure a volunteer, if needed, to join in the kayaking section so this can be completed. We may need to join teams together on the day, dependant on the circumstances.

CHECKPOINTS

WHAT DOES A CHECKPOINT LOOK LIKE?

There will be small electronic checkpoints with hazard tape near them. All 4 team members must insert their individual dibber, worn on their wrist, into them within a short amount of time to each other to register it. This ensures that teams stay together throughout the day.

HOW DO WE KNOW WE HAVE CHECKED IN?

Once dibber is inserted, the checkpoints will beep at least once to show that you have checked in.

PENALTIES

WILL THERE BE ANY PENALTIES?

We will send out race rules about the areas where you can go on foot and on bike. There is a penalty system if late (so any time over 9 hours on the activities). The kayak activity is the only section with a maximum time limit, so there will be a penalty for spending any time over 2.5 hours on the kayaks.