



Q U E S T

24

25 AUGUST 2018



INFO PACK

The Ultimate Endurance Test
- 253K - Unsupported Adventure Race



QUEST 24

INTRODUCTION

ABOUT QUEST

Quest 24 is a one day individual unsupported adventure race across Ireland's highest mountains and the toughest cycle routes in the South West, along the Wild Atlantic Way. Within 24 hours you must complete a prescribed marked and marshalled route of running, cycling and kayaking.

DISTANCE TABLES

Quest 24 is for those who wish to test their physical and mental toughness to overcome everything the Wild Atlantic Way can throw at them.

STAGE	START	FINISH	DESCRIPTION	ACTIVITY	KM
Stage 1	Start/Finish: Sneem Hotel at 06.00	T1: Base of Carrauntoohil - Lisliebane Car Park	Cycle: Kenmare, Molls Gap, Ballaghbeama Gap, Lough Acoose, Lisliebane	Cycle	80.40
Transition 1	Bike to Run	-	-	-	-
Stage 2	T1: Base of Carrauntoohil - Lisliebane Car Park	T1: Base of Carrauntoohil - Lisliebane Car Park	Run/Walk Carrauntoohil - up and down via Devil's Ladder & Zig Zags	Run	12.90
Transition 2	Run to Bike	-	-	-	-
Stage 3	T1: Base of Carrauntoohil - Lisliebane Car Park	T2: Kayak Transition - Waterville GAA Pitch	Cycle: Ballaghasheen, Valentia, Portmagee, Skellig Ring, Coomanaspic, Ballinskelligs back to Waterville	Cycle	113.00
Transition 3	Bike to Kayak	-	-	-	-
Stage 4	T2: Kayak Transition - Waterville GAA Pitch	T2: Kayak Transition - Waterville GAA Pitch	Kayak Lough Currane, Waterville: 3k circuit around the islands. Quest24 route: 4 laps of the circuit	Kayak	12.00
Transition 4	Kayak to Run	-	-	-	-
Stage 5	T2: Kayak Transition - Waterville	Start/Finish: Sneem Hotel	Run Kerry Way from Waterville to Derrynane, White Strand and Sneem	Run	35.00
				TOTAL	253.30

Total Run	47.90
Total Cycle	193.40
Kayak	12.00
Total	253.50



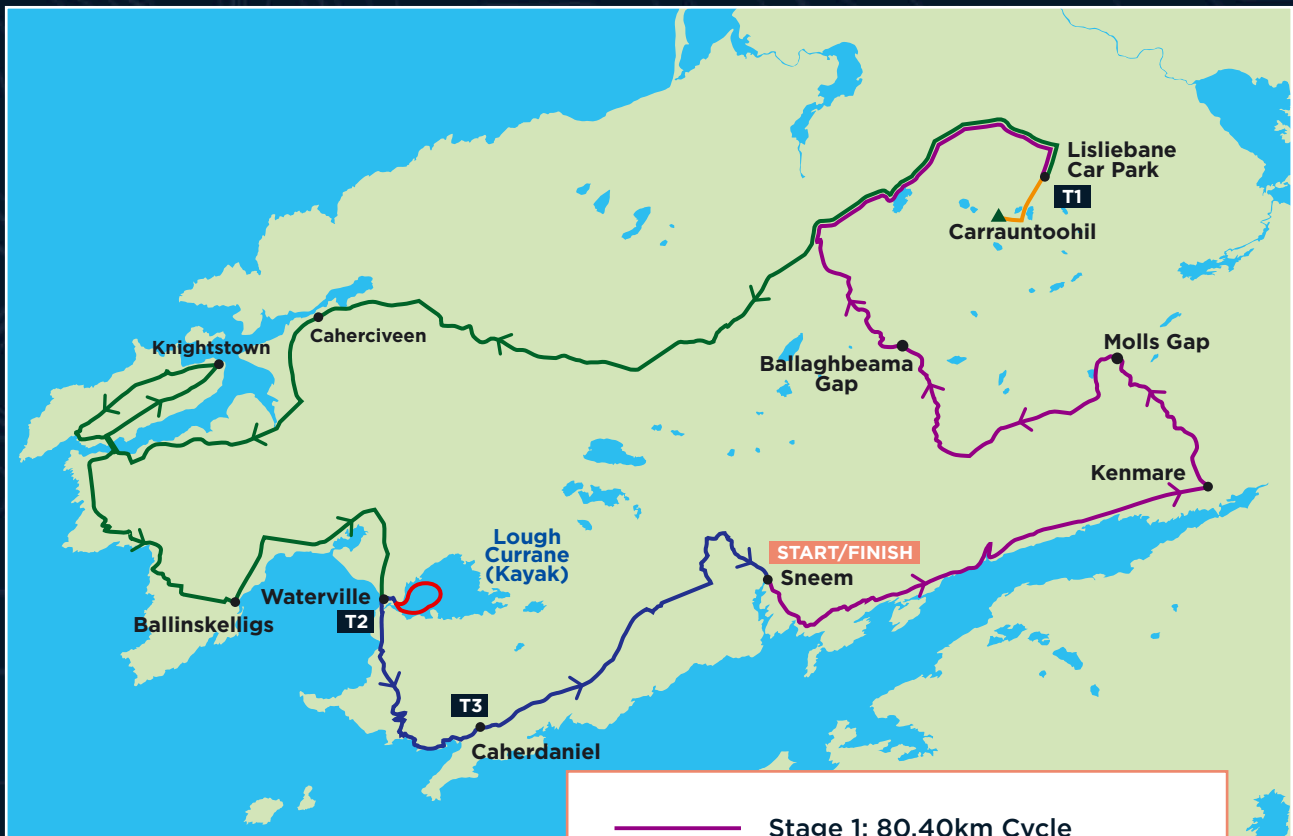
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ROUTE MAPS

OVERALL ROUTE

The 253.3K route has been devised to bring you to places you have never been before, both physically and mentally. It encompasses Ireland's highest mountain, gruelling climbs on the bike and a windswept kayak with the backdrop of Skellig Michael.



All routes subject to change and final permissions.

- Stage 1: 80.40km Cycle
- Stage 2: 12.90km Mountain Run
- Stage 3: 113km Cycle
- Stage 4: 12km Kayak
- Stage 5: 35km Run

Total: 253.3km



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AVERAGE TIMES & CUT OFFS

STAGE	ACTIVITY	KM
Stage 1	CYCLE	80.40
Transition 1	-	-
Stage 2	RUN	12.90
Transition 2	-	-
Stage 3	CYCLE	113.00
Transition 3	-	-
Stage 4	KAYAK	12.00
Transition 4	-	-
Stage 5	RUN	35.00
	TOTAL RUN	47.90
	TOTAL CYCLE	193.40
	KAYAK	12.00
	TOTAL	253.30

TIME: START				06.00.00
KPH	MIN/KM	TIME (MINS)	HOURS	CLOCK
23	00:02:37	209.74	03:29:44	09:29:44
-	-	10.00	00:10:00	09:39:44
4	00:15:00	193.50	03:13:30	12:53:14
-	-	10.00	00:10:00	13:03:14
21	00:02:51	322.86	05:22:51	18:26:06
-	-	15.00	00:15:00	18:41:14
4.5	00:13:20	160.00	02:40:00	21:21:06
-	-	15.00	00:15:00	21:36:06
8	00:07:30	262.50	04:22:30	01:58:36
TOTAL TIME		1198.60	19:58:36	

CUT OFFS - QUEST 24

CUT OFF	LOCATION	STAGE	CUT OFF TIME	ALTERNATIVE ROUTE	NOTES
Cut off No. 1	Lissatinnig Bridge/ Cahersiveen turn off: 31k into Cycle	Stage 3 Cycle	14.30	Follow Quest 12 Cycle route to Waterville	Participants must now complete the remaining Quest 12 route i.e. shorter cycle and run to finish
Cut off No. 2: Full distance kayak cut off	T2 - Waterville GAA Pitch	Stage 4 Kayak	18.00	1/2/3 laps instead of full 4 lap course	If you don't reach T2 by 18.00 you are not allowed to do full 4 laps
Cut off No. 3 Option 2: Kayak cut off	T2 - Waterville GAA Pitch	Stage 4 Kayak	19.30	Not allowed to start after 19.30. Option to: A. Progress to Quest12 Cycle & Run route to T3 (Caherdaniel), B. Progress to last Run stage of Quest 24	Option A: 12k Cycle to Caherdaniel T3 and finish with Quest12 Run. Option B: Run the last stage of Quest 24 - 35k



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STAGE 1

Starting in the picturesque village of Sneem in South West Kerry, the first stage is an 80km road bike.

Start: Sneem Hotel - Quest Base Camp
Finish: Transition 1: Base of Carrantohill, Lisliebane
Distance: 80km Cycle
Road Surface: Sealed roads
Bike Type: Road Bike
Climbs: Molls Gap, Ballaghbeama
Link to Route Map: <https://www.komoot.com/tour/25042151>





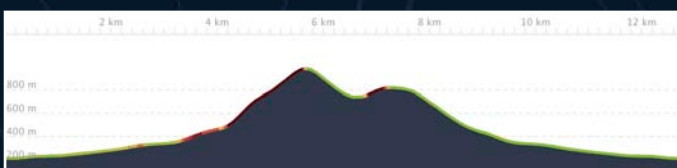
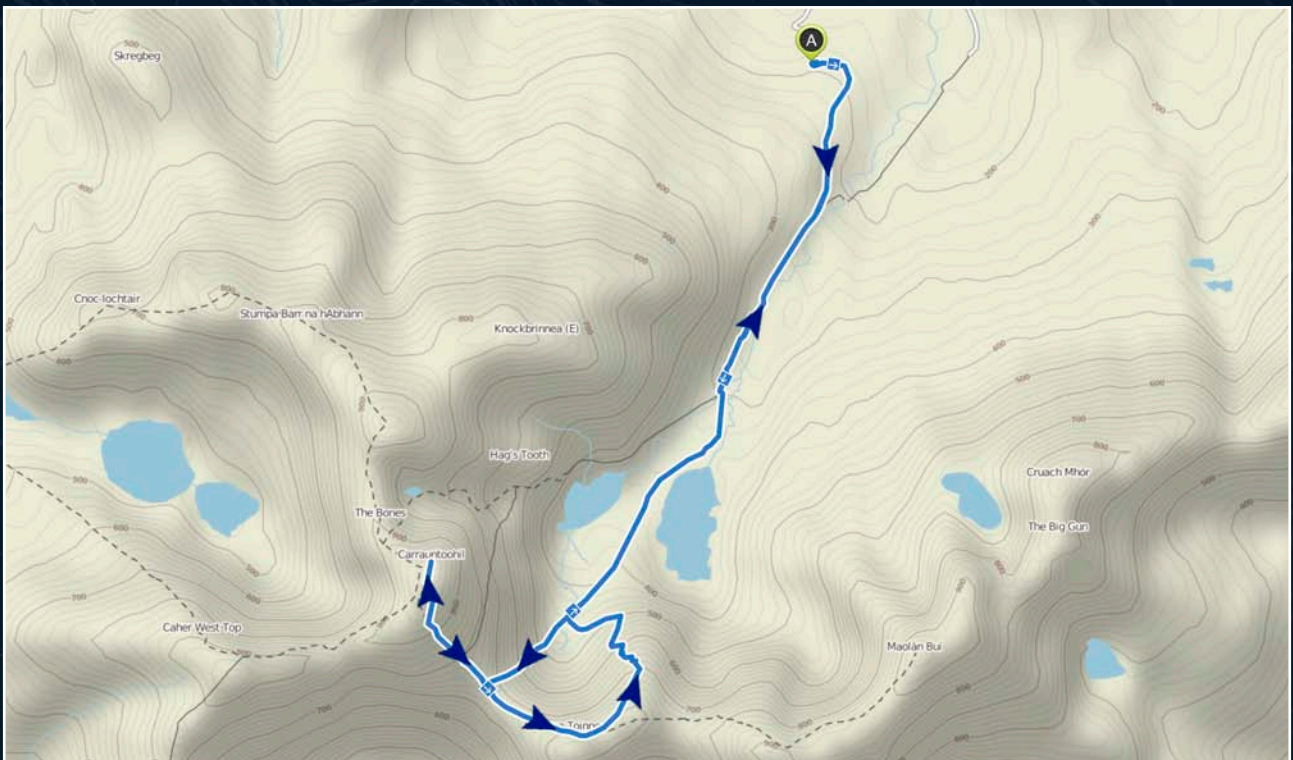
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STAGE 2

A journey to the top of Ireland via Ireland's highest peak, Carrauntoohil. Run/walk a fully marshalled route to a check point at the summit of Carrauntoohil.

Start:	Transition 1: Base of Carrauntoohil, Lisliebane
Finish:	Transition 1: Base of Carrauntoohil, Lisliebane
Distance:	12.9km Mountain Run
Surface:	Mixture between mountain trail, ridge trail and stone trail
Total Elevation:	+980m / -988m (Summit of Carrauntoohil 1038m)
Safety:	Qualified marshals will be on hand all the way along this stage up to summit to ensure your safety. The route will be fully marked with arrows.
Link to Route Map:	https://www.komoot.com/tour/25072900



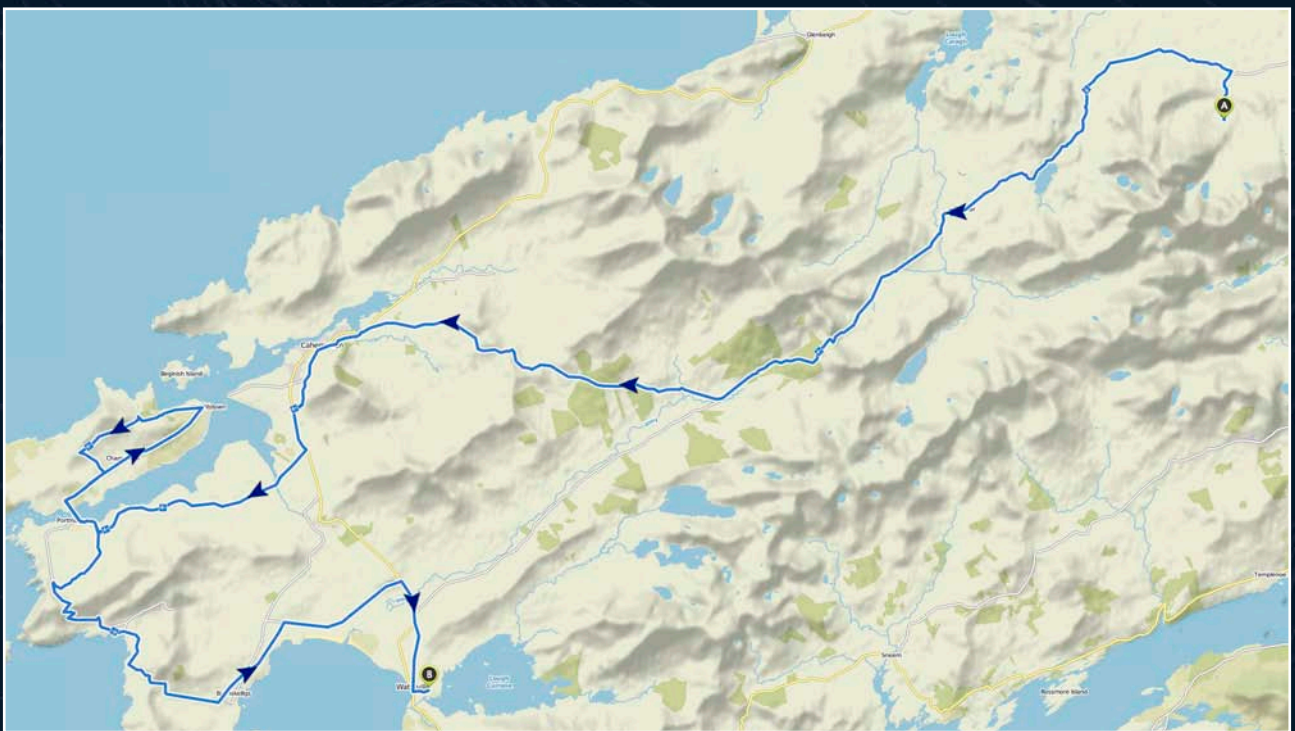


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STAGE 3

113km road bike through some of Ireland's toughest climbs. Cycle around Valentia Island, Ballinskelligs Ring overlooking Skellig Rock.

Start:	Transition 1: Base of Carrauntoohil, Lisliebane
Finish:	Transition 2: Waterville GAA Club Kayak Transition
Distance:	113km Cycle
Road Surface:	Sealed roads, some sections will have grass in the middle of the road.
Bike Type:	Road Bike
Climbs:	Ballaghisheen Pass, Coomanaspic
Link to Route Map:	https://www.komoot.com/tour/25077939





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STAGE 4

12km kayak around the tranquil Lough Currane in Waterville. Paddle around the many islands in this large inland lake.

- Start:** Transition 2: Waterville GAA Club kayak transition
- Finish:** Transition 2: Waterville GAA Club kayak transition
- Distance:** 12km Kayak (4 x 3k laps)
- Equipment:** Double sit on top kayak with back rest, paddle and buoyancy aid all provided. Each participant will kayak on their own in a double sit-on-top kayak. For environmental sensitivity reasons participants are not allowed to bring their own kayaks.
- Safety:** We will provide safety boats on the water to ensure you don't go off track and ensure your safety at all times.
- Link to Route Map:** <https://ridewithgps.com/routes/26496236>



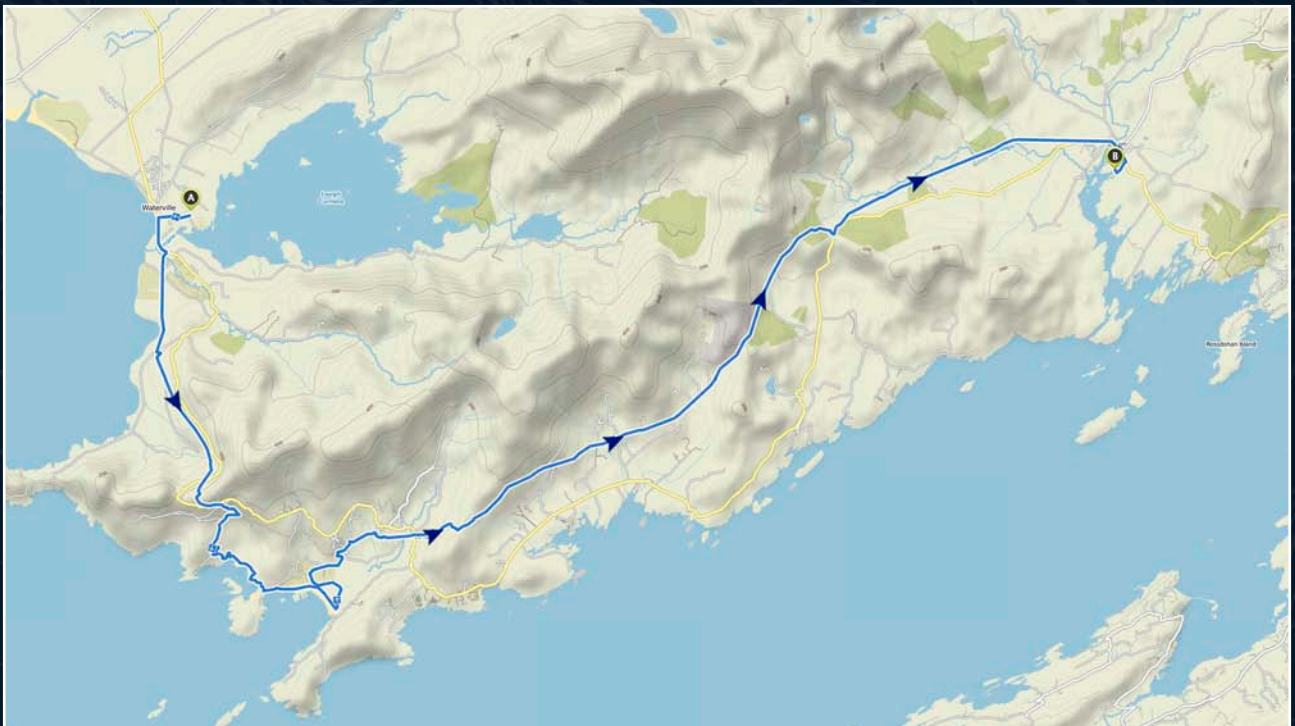


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STAGE 5

The sting in the tail for the ultimate endurance test. A 35km trail run along the Kerry Way. A waymarked trail from Waterville to the finish in Sneem.

- Start:** Transition 2: Waterville GAA club kayak transition.
- Finish:** Finish Sneem Hotel
- Distance:** 35km Trail Run
- Surface:** Mixture between mountain trail, forest trail, gravel farm road and secondary road surface.
- Safety:** The trails will be fully marked with arrows and marshals at checkpoints and key junctions.
- Link to Route Map:** <https://www.komoot.com/tour/25073406>





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RACE INFORMATION

REGISTRATION FEES

The registration fee for Quest 24 is €375.

This includes the following:

- Fully marshalled 253km route
- Safety cover across all route
- Unique Quest 24 medal
- Quest 24 jacket
- Fully stocked transition areas
- Use of kayaks, paddles & buoyancy aid and water safety
- Post-race brunch in Sneem Hotel
- Access to expert training plans and nutrition advice

There will only be 150 places available for the 2018 Quest 24 event and are expected to fill up.

PAYMENT PROCEDURE

1. Deposit €100 due on registration before 31st January
2. Second instalment €125 due 28th Feb 2018
3. Balance of €150 due by 1st April 2018

Second instalment and balance can be made in smaller amounts but must be paid before the dates above.

CANCELLATION POLICY

Deposit of €100 is non-refundable.

The remainder of fees will be non-refundable after the 1st April 2018.

TRANSFER POLICY

Transfers to other people and to 2019 event is possible until the 1st April 2018.



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RACE INFORMATION

MANDATORY KIT / EQUIPMENT LIST

Each competitor must bring the following compulsory kit list which will be checked on Friday at Base Camp during registration:

To be carried on all stages:

- Luminous clothing
- Survival blanket
- Whistle
- Mobile phone
- Food sufficient for 24 hours of racing, left in box drops and / or carry sufficient food for each stage
- Waterproof jacket
- Waterproof trousers
- Water bottles and hydration pack
- Basic first aid kit

To be carried on all bike stages:

- Rear bike lights
- Fully working and serviced bike
- Spare tube x2, tire leavers and pump
- Helmet
- No tri bars or TT bikes allowed

To be carried on run stages:

- Sufficient headlamp to light up rough ground. Spare batteries to last up to 8 hours
- Food sufficient for 24 hours of racing
- Water bottles and hydration pack



RACE INFORMATION

RULES

The event organisers aim to make Quest 24 fair and enjoyable for all participants. There must be some rules, see list of rules and regulations below:

- Mandatory kit must be worn or carried as appropriate and as specified
- There are no road closures for the cycling routes, competitors must follow the road traffic laws
- All competitors must follow the prescribed route
- Checkpoints must be visited in the correct order
- This is an unsupported event. Any outside support from friends/family/supporters will result in disqualification. Outside support includes: giving participants food, water, clothes, shelter, and mechanical assistance. Participants can receive all the above from fellow competitors or event officials
- Obey the environmental policy – any competitor found littering by race marshals or fellow competitors can be reported and disqualified
- Respect the local environment
- Assist any persons who are in difficulty and report it to closest race marshals
- TT bikes or bikes fitted with tri-bars of any type may not be used
- The Race Director's decision is final in the event of dispute
- Competitors must be over 18 years of age on the day of the event
- In the event of inclement weather the organisers have the right to alter the route on the day of the event
- Cut-off points will be strictly enforced. If a participant misses a cut-off time they will be either asked to take a shorter alternative route or stopped from continuing. Cut-off points are imposed for the safety of all participants and they must be adhered to

RULES GOVERNING SUPPORTERS

The event is an unsupported individual challenge. No food, water, equipment or mechanical support is allowed by supporters.



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R A C E I N F O R M A T I O N

K A Y A K R U L E S

- Kayaks provided are double sit-on-top kayaks with back rests
- First 10 male and females must take a double sit-on-top and kayak on their own
- You cannot win a prize if you kayak with someone else on the kayak stage
- You cannot win a prize if you don't do the prescribed route of 4 laps for Quest 24 and 2 laps for Quest 12
- If you are not in the running for a prize, you have the option of kayaking with 2 people in the double sit-on-top
- There are options to do less than the 4 laps as prescribed, but your results will change accordingly
- All routes are subject to change on the day of the event due to weather conditions or other unmitigated circumstances



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RACE INFORMATION

TRANSITION AREAS

After each stage competitors can avail of a transition area, each transition area will be stocked with:

- Fresh water
- Hot water
- Hot food heating facilities
- Toilets
- First aid
- Emergency food
- Seated areas
- Changing areas

Transition 1: Base of Carrauntoohil, Lisliebane: Cycle to Run, Run to Cycle

Transition 2: Waterville GAA Club: Cycle to Kayak, Kayak to Run

Transition 3: Caherdaniel: midway on Run

There are no time outs at transition areas. The time you spend in transition is included in your overall time.

BOX DROPS

Each participant is required to place in a 35 litre plastic storage box all food & equipment required for the proceeding event stage.

Participants will leave their boxes at registration on Friday night and the event organiser will drop them to the:

1. Box Drop 1: Transition 1: Base of Carrauntoohil: Cycle to Run, Run to Cycle
2. Box Drop 2: Transition 2: Waterville GAA Club: Cycle to Kayak, Kayak to Run
3. Box Drop 3: Transition 3: Caherdaniel

CHECKPOINTS & TIMING

Each participant will be given a GPS tracker which will track their progress around the prescribed route. Participants will have to check in at certain points along the route highlighted on route maps



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A B O U T U S

elite
event management

The event is organised by Killarney based sports event company Elite Event Management. For the past 6 years the team at Elite have produced Ireland's toughest and biggest one day adventure races: Quest Adventure Series. They have pushed the bar higher again and created Quest 12/24 to test you both physically and mentally. We are looking forward to seeing you all for the next level of Quest events in Sneem for Quest 12/24.