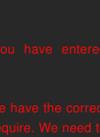




MudCrew : The Quest 2017 - 3 weeks to go !



You are receiving this email because our records show that you have entered MudCrews The Quest, taking place over the 19th and 20th May 2017.

This is an ideal opportunity to log into your entry on SI and ensure we have the correct details for you. You can also order any event merchandise that you require. We need to place that order soon and there will not be any chance to purchase this after the event so please, get your orders in soon!

We fully understand that circumstances can change. We will accept withdrawals from the event up to the entry closure date of midnight on Sunday 7th May 2017. Unfortunately we do not offer refunds so if you have to withdraw for any reason, up to that date we will defer your entry to The Quest 2018. You are not permitted to transfer your entry to another person at any time.

This year, The Quest is formed of 3 different events, The 24 hour Knights Challenge, The Quest 40 mile ultra marathon (solo & pairs relay) and The Castle To Castle 10 mile race. The first part of this email will relate to the whole event in general, followed by specific sections to the event you have entered. Please read it carefully and do not hesitate to ask any questions. It is vital that you also read the event guide, which contains far more detailed information. This can be found here, <http://mudcrew.co.uk/wp-content/uploads/2015/08/Quest-17-Event-Guide.docx>

Registration for all events will take place at Tintagel Castle, postcode PL34 0DD. If travelling by car, please use one of the pay and display car parks in Tintagel and allow yourself plenty of time to walk to the event HQ. There is absolutely no vehicular access to The Castle. We are very fortunate to have access to this unique site but there are no parking facilities down at the castle. Please park responsibly and ensure you pay for long enough! Please do not park across driveways and avoid residential streets where possible.

Camelford has 2 free car parks, one at either end of town so consider meeting there and car sharing to reduce cost and congestion.

MudCrew accept no responsibility for parked vehicles and you do so at your own risk and expense. If you would prefer not to carry your car keys whilst running, we will ask you to label them with labels provided by us and they can be stored with event crew at race HQ.

Please note, there are no baggage store facilities at HQ. You must leave your belongings in your cars and any items brought to HQ will have to be returned to your cars. The only exception to this rule is for competitors taking part in the 24hour event, who may have one small bag containing essential items for during the race. More about this in the 24 hour event section!

Race numbers will be issued at registration, you will receive no information in the post. The cafe at the castle will be open at various times during the event, full details of the exact timings of this will be communicated to you nearer the time, we are just waiting for the confirmation from English Heritage. There are numerous cafes, pubs and restaurants in Tintagel.

If you wish to stay locally, there are many guest houses and a large campsite in Tintagel. The closest campsite is The Headland Campsite <http://www.headlandcaravanpark.co.uk/>

The entire route for The Quest takes place on the southwest coastpath. The ground underfoot is uneven, rocky and slippery when wet. Ensure that you are wearing the correct footwear for such an event and take care at all times. We will give specific advice regarding this at the race briefings, depending on the conditions on the day. The route is in the main, unmarked but there will be the usual MudCrew marking where we feel it is necessary but the route is self explanatory and waymarked with the acorn symbol.

For the duration of this event, there will be other runners out on the course. The Knights Challenge starts at 6pm on the Friday and cover the first 5 miles, out and back, of leg one of the Quest Ultra. When The Quest sets off, at 9am on the Saturday, the Knights Challenge runners, hereby referred to as idiots, will have been out on the course for 15 hours. They will be easily identifiable by the haunted look on their faces but to be certain of who they are, they will be wearing a Knights tabard. Be careful when passing them, they may be beginning to hallucinate! Wish them well on their travels and make sure each and everyone of you uses the word "idiot" as you pass them!

Those of you taking part in leg 2 of the relay or The Castle to Castle won't actually be sharing the course with them but you can cheer them on at the checkpoint.

What follows now is event specific information. Find the event you have entered and read carefully the specific instructions.

The Knights Challenge 24 hour event.

To complete the Knights Challenge, you must remain on the course for the full 24 hours. If you are part way through a lap at the end of the 24 hours, your quest is complete and your total distance will be recorded on the tracker. All that is left for you to do is get yourself back, at a leisurely pace, to Tintagel Castle. It will help you if you wear a normal wrist watch as the race will finish at 6pm on the Saturday. We will advise you as you leave either end when the finish time is getting near. Quite simply, the winner is the person who covers the greatest distance. This will be a tracked event and the race directors decision is final! You may declare yourself "refusing to continue" at any stage and if you do this, there is no returning to the event. Your tabard will be removed and your race is over.

Registration will take place at event HQ from 4.30pm on Friday 19th May 2017 and close promptly at 5.45pm. The safety briefing will take place at 5.50 pm and the race will start at 6pm promptly.

The following items of kit are compulsory but they can be left within the checkpoint, if you do not wish to carry them.

- A headtorch with spare batteries. Obviously a degree of this event takes place in the dark and you will not be allowed to start if you do not have this item.
- Waterproof (taped seams) jacket.
- Long sleeved top.
- Fully charged mobile phone (to be carried at all times)
- Ruck sack or waist pack.
- Hydration system, minimum of 1 litre.
- Foil blanket.
- Whistle.
- Headwear (buff style or similar or cap but must be full head cover)
- Nutrition.
- Knights tabard, issued at registration and worn as your outer item of clothing at all times and returned at the completion.
- GPS tracker, issued and attached at registration. This must be returned to MudCrew staff at the completion of your event. Lost/unreturned trackers will incur a cost for replacement.

This list and the recommended but not compulsory items can be found in the event guide.

You are permitted to bring a small bag, containing the essential items for the race, to race HQ and this can be left at the checkpoint. You will have access to this on every lap, during your MAXIMUM 10 minute turn around. It is strongly advised that this bag is waterproof as the weather may be inclement and the CP is within our MudCrew gazebo. You may also have 1 member of crew, if you so wish but they must remain at race HQ. They must park within the village and there will be no vehicle access at the castle. You are not permitted any crew member out on the course and contravention of this will lead to immediate disqualification from the event. There will be a member of MudCrew staff at either end of the loop to ensure no short cuts are taken!

Please read the event guide for detailed information and ask if you are unsure of any details. We look forward to welcoming you to the inaugural running of this totally insane event, you idiots!

The Quest 40 mile ultra marathon, solo & pairs relay.

Full details of the individual leg distances can be found within the event guide, which you must read carefully, prior to the event. Leg one takes you to Port Gaverne, leg 2 to Crackington Haven. Relay runners, you can decide who does which leg up to the start of the event, you do not need to advise us beforehand.

Registration for this event will take place from 7am on Saturday 20th May 2017, at the event HQ at Tintagel Castle. It will close at 8.30am and you be walked to the start where you will receive a compulsory race briefing at 8.50am for a race start at 9am. If you are taking part in the relay, both runners will be issued with a race number. We strongly recommend that both runners attend the safety briefing. If the second runner chooses not to do so, they will be issued with a written safety brief and will be asked to sign a waiver to say that they chose not to attend the briefing. If any second runners were not at the early registration, it will re-open at 9.30am, closing at 11am. The second runners number will not be issued to any other person.

It is each individual runners responsibility to ensure that they are present to receive the handover from the first leg runner. MudCrew will not give any instructions to any runner regarding timings so ensure you have discussed this beforehand. Handover must take place within the confines of the checkpoint at the castle.

The following items are compulsory and must be carried.

- Waterproof (taped seams) jacket.
- Long sleeved top.
- Fully charged mobile phone.
- Rucksack or waistpack.
- Hydration system, minimum 1 litre.
- Emergency foil blanket.
- Whistle.
- Headwear (buff style or cap but must be full head cover).
- Nutrition.

This list and the additional recommended items can be found within the event guide. Consider how long you anticipate you will be on the course. As the final cut-off is 10pm, you may wish to carry a headtorch.

At the far extremities of the event, you will be given a relic. These must be carried and returned to race HQ, where the 2 different relics will be exchanged for your finishers medal. Each competitor in the relay must come to the race directors together, at the finish, with both relics and you will each be presented with your finishers medal.

The Castle To Castle 10 mile race.

Registration will take place at race HQ from 10am on Saturday 20th May 2017, closing promptly at 11.45am. Participants will be walked to the start for a compulsory briefing at 11.50am, with the race starting at 12 noon sharp.

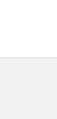
There is no compulsory kit for this race but you may wish to carry water and nutrition, this is entirely up to you. There will be sweets and drinks available at the turn around point. You will be issued with a unique MudCrew wristband at this point, to prove you have reached Boscastle. On arrival back at the Castle, you will receive your medal on production of the wristband.

FOR THE INFORMATION OF ALL COMPETITORS.

All that remains is for us to wish you well from the three of us here at MudCrew Headquarters. We hope you are fit and ready to take on this challenge, whichever one you have decided to take part in. Let us know if you have any questions or worries and we look forward to seeing each and every one of you in Tintagel.

Until May, best wishes and see you soon.

Team MudCrew



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