

**09-11 JUNE 2023**



## **Dell Technologies Management Challenge 2023: Team Briefing Pack**

- **Schedule**
- **Event Rules**
- **Personal Team Equipment**
- **Stage Notes**

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## **Dell Technologies Management Challenge 2023: Event Schedule**

### **Friday 9<sup>th</sup> June**

#### **14:00 – EVENT OPEN: team arrivals and registration**

All teams are expected to arrive at Racquety Farm Event HQ between 14:00 and 17:00 for team registration.

15:00 - 18:00 – Bike fittings for gold teams only

**Team brain teaser work time (laptops provided) – teaser released at 6am**

17:00 – One-to-one Q&A time with Race Director and Event Manager

### **Evening Event**

17:00 – Bar open, welcome drinks and event social (garden games, photo op, mini skills challenge)

18:30 – Evening meal served

19:15 – **Evening presentations and keynote speech from adventurer Chris Martin**

21:00 – Bar open and team social (fire pit, music)

22:30 – Event day close

### **Saturday 10<sup>th</sup> June**

07:30 - 08:30 – Team arrivals at Llangorse Lake to drop cars and transfer to start.

08:00 – 09:00 – Staggered team transfers from Llangorse lake to start line at Talybont-on-Usk  
**(timings will be announced the evening before).**

Talybont-on-Usk: teas, coffees, kit checks and safety briefings completed by each team.

#### **09:00 – DAY ONE RACE START**

16:00 – Stage 2 mid-stage cut-off

#### **18:00 – DAY ONE RACE END**

14:00 - 18:00 – Mandatory archery safety briefing and practice time (Llangorse Lake) after completion of the day's stages.

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**16:00 – 18:00 – Team brain teaser work time (laptops provided) – submission deadline 19:00**

16:00 – Bar open at Racquety Farm

**19:00 – Survivors' Meal at Racquety Farm**

19:30 – 21:00 Team networking activity and team social (garden games, photo op, mini skills challenge, fire pit, music)

23:00 – Event day close

### **Sunday 11<sup>th</sup> June**

07:30 - 08:15 – Team arrivals and kit checks complete (Racquety Farm). Teams must arrive by 08:15.

08:30 – Team Captain safety briefing

**09:00 – DAY TWO RACE START**

**14:30 – DAY TWO RACE END**

15:00 – Food served at Racquety Farm

15:15 – Presentations

16:00 – Event close and event breakdown

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## **EVENT RULES 2023**

### **1. Registration and Briefings**

- a) The EVENT HQ is located at RACQUETY FARM, LARCHWOOD STUDIO, WYECLIFF, HAY ON WYE, HR3 5RS
- b) Team captains must register their teams upon arrival at the event HQ between 14:00 and 18:00 on Friday 10<sup>th</sup> June. Teams will receive their race bibs, trackers and further event information.
- c) Registration for day 1 (Saturday 10th June) is located at LLANGORSE LAKE, BRECON, POWYS. LD3 7TR.
- d) Registration for day 2 (Sunday 11th June) is located at RACQUETY FARM, LARCHWOOD STUDIO, WYECLIFF, HAY ON WYE, HR3 5RS.
- e) Teams must register their participating team members at the start of each day between 07:30 and 08:00 on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> June.
- f) Event safety briefings and team/individual equipment checks will take place at 08:20 on both days and must be completed before you start your race. On arrival there will be the option to present your kit for inspection so that you have time to buy items which you might be missing. The race begins at 09:00 on both days.
- g) Teams must register their fundraising total upon registration on Friday 9<sup>th</sup> June.

### **2. Teams**

- a) Your team comprises of a maximum of 7 members which must be registered at the start of the event.
  - 6 Team Members who will compete in the Adventure Race Stages.
  - 1 Adventure Race Substitute (previously known as Team Enabler) who can act as a competing or non-competing member of the team to support with team transport, logistics, team support or substitute in between stages when there are injuries or team members need a rest.
- b) Teams can choose their best and most appropriate 6 for a specific stage. No substitution is allowed during a specific stage unless the Race Director provides specific authorisation.
- c) Teams must finish each stage as a team of 6. There will be a 10% additional time penalty per person on stage finish time if a team member drops out. 4 is the minimum number you can finish a stage with. (4 finishing would mean a 20% time penalty - i.e. 10% per person).
- d) The team may substitute a participant when in between stages or transitions. Substitutions can only be made from their registered pool of 7 members. Teams can make as many substitutions from this pool of 7 members as they require throughout the race abiding by the rules stated above.
- e) Substitutes must make themselves known to an event marshal before substituting and they must make sure that they cross the timing mat at the start of the stage along with their team otherwise an **event penalty** will be incurred.

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- f) Teams must travel and complete the course together, with all team members being close enough to see and communicate verbally with each other at all times. Whilst on any stage, team members must be:
- Able to See all other team members*
  - Able to communicate with other team members*
  - Within 20 seconds of each other (excluding final sprint challenge; stage 7)*

Failure to comply with this will incur an **event penalty**

- g) If a team is unable to finish a stage through emergency/breakdowns/injuries they will incur the **event penalty**.
- h) Late arrival for briefings will incur a time penalty equating to how late they arrived. This may also affect the stage starting time

### 3. Equipment

- a) All teams will be subject to a kit check on both days. Compulsory items of kit (see list provided) must be carried by teams and individual members at ALL TIMES during the race. This also includes the relevant personal protective equipment for the canoe and cycle stages. There will be spot checks and teams who are found in breach of this rule will forfeit the stage and will be given an **event penalty**
- b) Teams must wear team bibs at all times, including team enablers / substitutes
- c) All teams are to carry GPS trackers provided upon registration. This is carried by one person and if this person is substituted or does not complete the stage it is essential the tracker is passed onto a participating team member. Failure to carry a GPS will be in breach of the compulsory team equipment conditions and may be subject to an **event penalty**.

### 4. Timing

- a) 2023's event is electronically timed. All participants must wear their timing chip (wrist-worn) issued upon registration for the duration of all stages. Failure to do so will incur an **event penalty**.
- b) All participating teams must pass the designated timing point at the start and end of each stage. Follow the guidance of marshals if you are unsure of the timing location.
- c) 7 timing chips will be issued to each team at the start of the event (allowing for one substitute). Only participants registered on the morning of each day are allowed to use the timing chips. Any teams found in breach of this rule will receive an **event penalty**.
- d) The loss of a timing chip will result in an **event penalty**.
- e) If your timing chip is found to be faulty the Race Director will apply an average team time to that stage. If you notice any damages to the device, please inform a Race Marshal as soon as possible.

### 5. Medical and Emergencies

- a) Any team who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance and seek help from marshals. If a team is unable to finish a stage through emergency/breakdowns/injuries they will incur the time penalty.

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## 6. Environment

- a) Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing. All litter must be taken home and nothing discarded.
- b) Teams should use refillable water bottles throughout the event and avoid the use of single use plastic wherever possible. Recycling provision will be provided throughout the event.
- c) Any team/individual in breach of points a) and b) will be awarded a penalty at the Race Directors discretion.

## 7. Conduct

- a) Competitors must conduct themselves in a respectful manner at all times, without cheating, abusive behaviour, language or violence. Any team / individual in found to breach this rule will be awarded a penalty at the Race Directors discretion.

## 8. Adjudication

- a) Adjudication of the event rules is the responsibility of the Race Director. The Race Director's decision is final

## 9. Safety

- a) The Event Management Team reserves the right to withdraw a team at any point during the Event.

## Bonus and Penalty Times Summary

Throughout the weekend teams will have the opportunity to achieve **TIME BONUSES** according to the successful completion of tasks or challenges.

However, **TIME PENALTIES** can also be earned by teams as outlined below.

Lastly **EVENT PENALTIES** will also be applied by the Race Director if the rules outlined in this document are broken at any time. The Race Director has final say.

### **Time Bonuses:**

1. Each team's Brain Teaser challenge submission will affect a team's overall race time as minutes are subtracted on the following basis:

Scoring Band (%)	Minutes taken from final time
90 to 100	60
80 to 89	54
70 to 79	48
60 to 69	42

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50 to 59	36
40 to 49	30
30 to 39	24
20 to 29	18
10 to 19	12
0 to 9	6

2. Each team's charitable fundraising total will affect a team's overall race time as minutes are subtracted on the following basis:

Amount Raised	Minutes taken from final time
£0-500	0
£501-1000	10
£1001-£1500	20
£1501-£2000	30
£2001-£2500	40
£2500+	60

3. Successful competition of all logic puzzles on **stage 2** will earn teams **60 minutes** off their stage time. A failure to complete the logic puzzle challenges will result in no time being taken off at the end of the stage. All teams will be expected to give the logic puzzles a try. Skipping the puzzles

altogether will result in an **event penalty**.

### **Time Penalties:**

1. The following time penalties will be awarded when a team completes a stage with less than 6 competitors

Number in Team	Time Penalty Added
6	0
5	10% added to stage time
4	20% added to stage time
Less than 4	Not able to compete in stage / race (slowest time of the day applied)

*note: time penalties will not be added for teams with less than 6 on Stage 2 (Team Canoe) or stages where you are required to compete with less than your full team of 6 (eg. Stage 7)*

2. As part of stage 7, an in-stage time penalty time will be awarded according to an archery challenge.

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Each team will have 6 arrows to fire at an archery board. Each time an arrow fails to land in the red or yellow areas of the board a 15 second time penalty will be added. The cumulative penalty time will need to be served by the team before completing the final run.

**Event Penalties:**

**A team being given an event penalty will be awarded the slowest recorded team time for that stage, plus an additional 20% time penalty from that stage.**

These are added by the Race Director when the team fails to meet specified aspects of points 1 - 9 in the rules

- i. Substitutes not making themselves known to a race marshal before substituting*
- ii. Failing to complete the course together (see point 2.f)*
- iii. Failing to finish a stage*
- iv. Not having the listed event kit at the kit briefing*
- v. Losing a GPS tracker or timing chip*
- vi. Failing to wear your allocated timing chip or GPS tracker*

Event penalties will also be applied for any additional infringements as follows:

- vii. cycling in an area identified as a 'no cycling zone'*
- viii. intentionally miss treating or handling a bike or any personal protective equipment issued to participants.*
- ix. staying longer at a transition than 30 minutes without permission from the Race Director*
- x. substituting a team member during a stage, i.e. when 'on the clock'*
- xi. taking a shortcut on the route*
- xii. impeding another team or team member or for not giving right of way to a member of the public*
- xiii. all road cycle riding must be in single file with the exception of overtaking a slower team. Overtaking should be carefully considered especially as many of the road sections have narrow and restricted width roads. If a team wishes to overtake, they must pass at a suitable and safe time passing quickly in single file therefore never riding more than 2 abreast.*

**Steve Brace**  
**Race Director**

**Dell Technologies Management Challenge**

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## INDIVIDUAL AND TEAM EQUIPMENT BRIEFING 2023

### 1. Compulsory individual equipment list

This **MUST** be carried at all times by each team member and will be checked before your team departs. There will also be random spot checks:

- Waterproof Jacket
- Waterproof Trousers
- Upper body Long Sleeve base layer or Thermal (warm) top
- Footwear with adequate grip for slippery off-road conditions (see point 4)
- Warm Hat
- Gloves
- Torch
- Mobile phone
- Whistle
- Timing chip (attached to wrist) issued at registration
- 2x Water Bottle 500ml minimum
- Appropriate food for the 2-day race (see [www.managementchallenge.co.uk](http://www.managementchallenge.co.uk) for advice on what to drink and eat at an Adventure Race)

*Water will be available at feed/water stations and at the Event Hub. In addition, supplementary snacks will be provided at both feed stations indicated on the map and the Event Hub. Teams need to plan and cater for members' nutritional needs during the race. In an effort to reduce plastic waste produced by plastic bottles enablers are tasked with refilling spare 500ml bottles between stages.*

### (\* ) IN ADDITION - Personal Protective Equipment

**A Cycle stages** - For the cycle stages team members who are riding a bike **MUST** wear a **suitable**

**cycling helmet** at ALL TIMES. *(a helmet is included within your hire package)*

**B Canoe stage** - for the canoe stages the **provided** helmet and buoyancy aid **MUST** be worn as directed at ALL TIMES when team members are in the craft / on the water.

Any team member found to be in breach of this important safety rule will forfeit the stage and will be given time penalty (see Rules)

### 2. Compulsory team kit list

This **MUST** be carried at all times by each team and will be checked before your team departs. There will also be random spot checks.

- Compass (which can take a bearing)

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- First aid kit to include as a minimum: blister plasters, sterile dressing, triangular bandage, wound dressings
- Survival bag (not foil blanket)
- Mobile phone (*No guaranteed signal in parts of Brecon Beacons. Race marshals and mountain rescue will be equipped with radio comms*)
- Map and instructions (provided)
- Puncture repair kit and pump (*for bike stages - This will be included in your bike hire*)
- Thermal and or fleece top (in addition to compulsory long sleeve top)
- GPS tracker issued at registration

### 3. Timing Equipment

All team members will be chip-timed and enablers will be able to follow the progress of team members using the event app. **Advice on the app and links to download will be provided to team captains closer to the event day.** One GPS tracker will also be carried by each team for exact location data in the case of an emergency. 7 chips will be issued to team members at the start of the event. Only registered participants on that particular day will be allowed to use these timing chips.

### 4. Advisory Kit

- Cycling shorts – unless you are a regular cyclist, we would suggest that you consider padded shorts
- Glasses for cycling to prevent mud and dirt from flicking up into eyes
- Cycling gloves for grip and protection
- Torch
- Small backpack/Camelpak ideally with room for a water reservoir to carry on your back.
- Sunhat and suncream - weather dependent!

### 5. Footwear and clothing for all participants

- Suitable footwear. The terrain will be a mix of tarmac, forest trail, and mountain tracks - trail running shoes or strong running shoes with good grip recommended
- You may want to consider a change of shoes for the canoe stage as your feet will get wet. You will need shoes with closed toe for the canoeing (no sandals or flip flops)
- Quick drying clothing with layers (e.g. base layers) to adapt to the changeable conditions (no jeans or thick cotton).
- NB - Sufficient and suitable clothing is required for 2 days. This is important to your enjoyment and safety. Competitors on previous events have found it difficult to stay warm in lightweight running equipment.

**There will be a kit check at the start line on both days and teams will not be allowed to start unless the items above are checked.**

**ALSO there will be kit checks at transition start lines during both days, especially if there is a change in weather conditions. If individuals and teams do not possess the aforementioned equipment they will be withdrawn from that particular stage for their own safety.**

Steve Brace  
Race Director

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## **SATURDAY 10<sup>th</sup> JUNE – DAY ONE STAGE NOTES**

**EVENT START LOCATION:** LLANGORSE LAKE, BRECON, POWYS. LD3 7TR

All teams must arrive at Llangorse Lake for a transfer to the start line between 07:30 and 08:30.

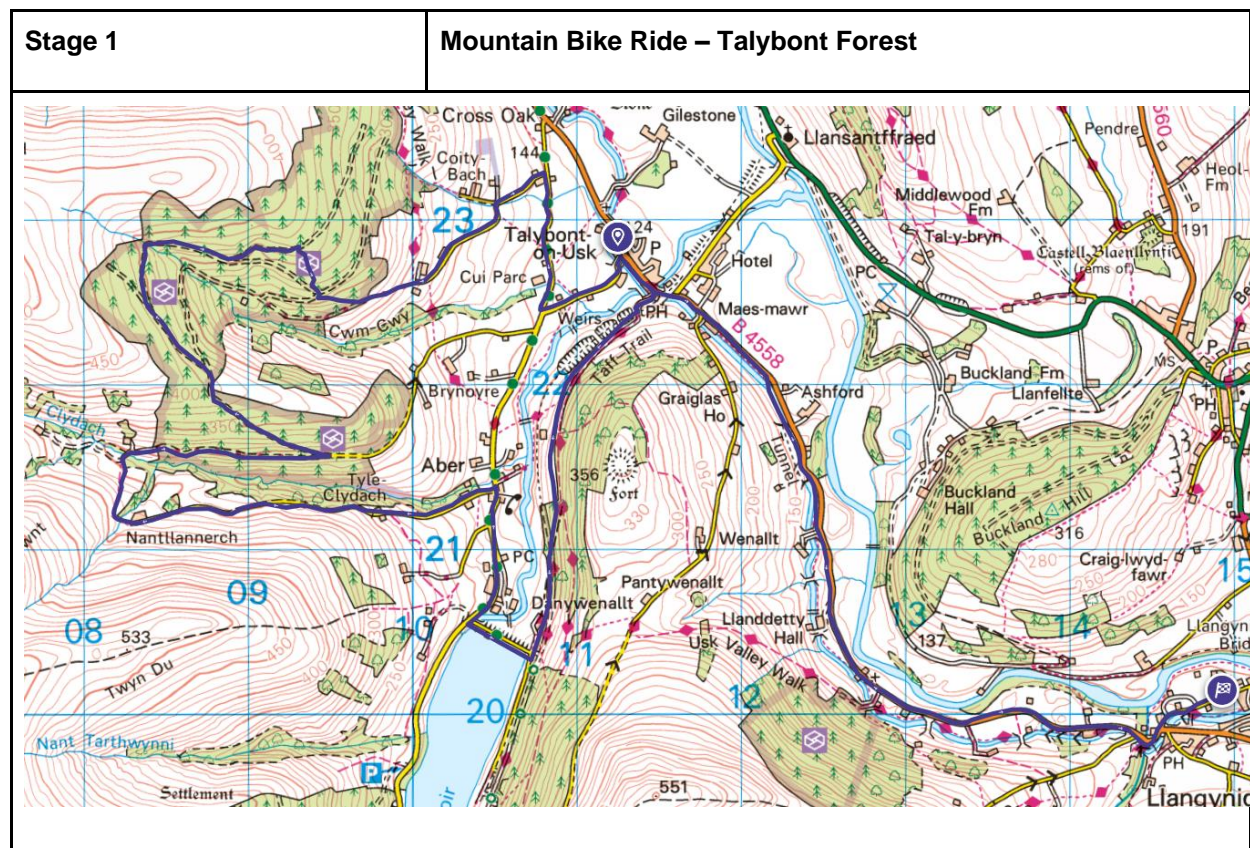
Staggered team transfers from Llangorse Lake to Talybont-on-Usk will take place between 08:00-09:00. These times will be revealed the evening before.

Kit checks and team briefings will take place at Talybont-on-Usk from 08:20 with the first wave of the race beginning at 09:00.

All teams must register a maximum of 7 participating team members for the day upon arrival.

**ALL STAGES ARE ELECTRONICALLY TIMED. PLEASE WEAR YOUR TIMING TAG AT ALL TIMES AND PASS OVER THE TIMING POINT AT THE START AND END OF EACH STAGE.**

**IN CASE OF EMERGENCIES/NEED FOR ASSISTANCE CALL  
EVENT CONTROL: 07906888599**



Distance: 20.79km	Start: SO 112 228 End: SO 149 201 What 3 Words location: <b>///with.leathers.flushes</b>	Height Gain: 403m
<p><b>(ON CLOCK)</b></p> <ul style="list-style-type: none"> <li>- From the start line at Henderson Hall you will travel left along the main road keeping the canal to your right.</li> <li>- When you reach The White Hart pub you will turn right up the road and over the steep bridge.</li> <li>- Here you will join the Taff Trail and follow the bumpy dismantled railway until you reach a fork in the track. Tack the right-hand descending track down toward the reservoir.</li> <li>- At the reservoir turn right along the road and cross the reservoir.</li> <li>- At the T-junction go right again and head along the descending road toward Aber.</li> <li>- Take the second steep road on your left (red phone box on the corner) and start climbing the road until you reach the very top of the road at the house and sheep pen.</li> <li>- Start following the designated mountain bike route sign posts and cross the small stream, heading right along the track after the stream.</li> <li>- Follow the steep descent toward a second stream before a short climb again toward Talybont forest.</li> <li>- Follow the road/track as it undulates for half a mile. Take a hairpin left at a firetrack road which rises up toward the forest.</li> <li>- Follow the track to the top of the ascent and keep following until a fork in the track. Stay right and start descending until you read another fork. Stay left at this fork.</li> <li>- Keep following signage, marshals and the designated cycle route at all times.</li> <li>- Take a right into a single track off-road section which descends toward another fire track road. Follow the marshals at this point toward another single track descent 20metres away.</li> <li>- The bumpy track now descends towards a road. Follow this road down to a T-juction.</li> <li>- Take a right at the T-junction and follow the road along toward the first left and follow this road back towards the bridge. Cross the bridge and turn left to your start point.</li> </ul> <p><b>(OFF CLOCK)</b></p> <ul style="list-style-type: none"> <li>- Once you have crossed the timing mat, the timed section of this stage has finished. You have a short amount of time for refreshments.</li> <li>- Exit the car park and head left along the main road keeping the canal on your right-hand side at all times.</li> <li>- Follow the road until you reach the canal bridge at Llangynidr next to the pub. If you are in the pub you've gone too far!</li> <li>- Take a left at this road junction before the bridge and head along the road until you reach a caravan site.</li> </ul>		

### (TRANSITION)

- Drop off your bike in the field with the bike team and take the track to the left of the field, heading down to the footpath on the riverbank.


**Please note – there will be some section of this route which may not be suited to SPD/Clipped shoes as there are some rough sections you may need to get off or cross small streams.**

### Stage 2

### Mynydd Llangorse hike/run and logic puzzles



Distance: 14.35km	Start: SO 149 201  ///listings.venturing.regaining  End: SO 126 271 ///forgets.gravest.reinvest	Height Gain: 472m
<b>(ON CLOCK)</b> <ul style="list-style-type: none"> <li>- Follow the riverside path toward Llangynidr bridge. Turn left and cross the bridge following the road up along the Beacons Way.</li> <li>- At the second road junction turn left following the Beacons Way along a road toward the New Inn Pub.</li> <li>- Cross over the road and follow the Beacons Way path around the church and keep following the path until you reach a forest on your left.</li> <li>- Keep following the Beacons Way path and keep your eyes out for logic puzzles along your route. You'll need to provide evidence at the end of the stage that you have attempted each logic puzzle.</li> <li>- If you fail to pass SO 159 250 by 16:00 your team will have to take a short cut from the hill and receive a time penalty, skipping straight to the canoe stage to finish the day.</li> <li>- Pass the two cairns towards the highest point of Mynydd Llangorse before descending on the other side and turning left on the Three Rivers Ride Route.</li> <li>- Follow the footpaths down to the first road, cross over and keep following the paths past a pond and towards to main road.</li> <li>- Follow the road to the church before turning left along a footpath leading you back to the lake where you started the day.</li> </ul> <b>Cut off time for return – 16:00</b>		

Stage 3	Team Canoe	
		
Distance: Approx. 1.5km	Start: NA	Height Gain: N/A
<p><b>(OFF CLOCK)</b> Time will be allocated to kit up and receive a safety briefing. Teams will then be asked to assemble at the edge of the lake when ready in order to start the next stage.</p> <p><b>(ON CLOCK)</b> The team canoe will take a circular course around the lake with your time being manually timed from the edge of the lake.</p>		
Day 1 Total 36.6km 875m Height Gain		

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**EVENT START LOCATION:** EVENT HQ, RACQUETY FARM, LARCHWOOD STUDIO, WYECLIFF, HAY ON WYE, HR3 5RS

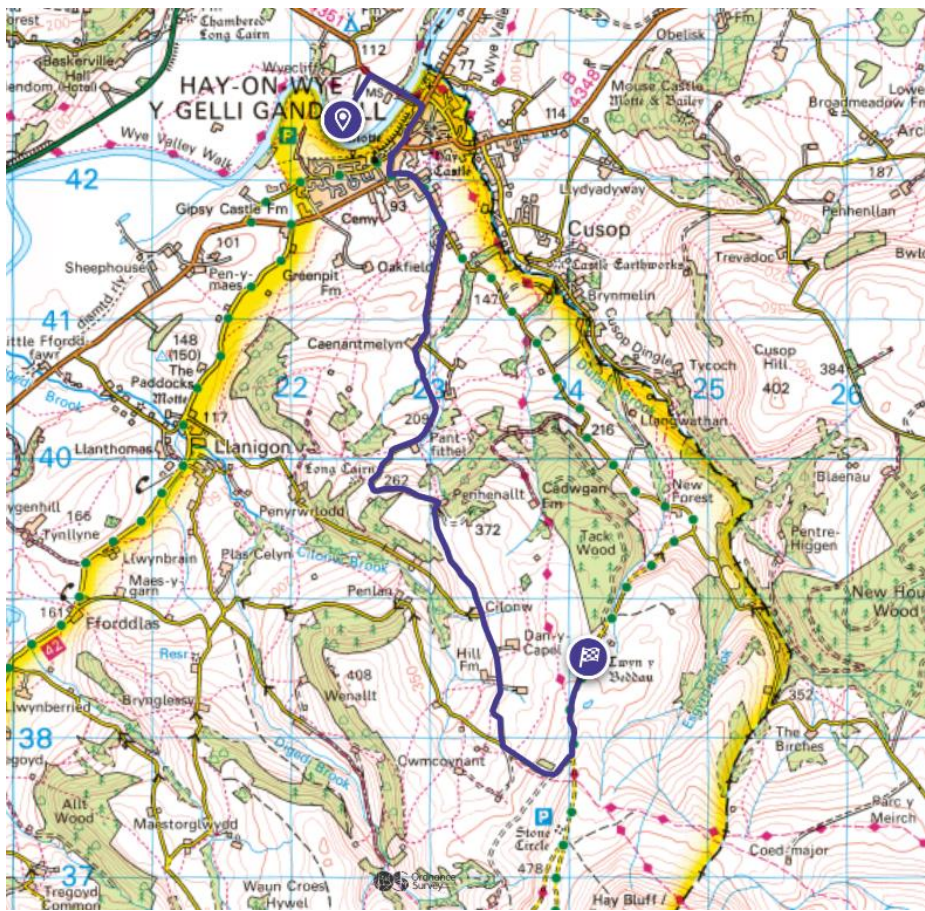
All teams must arrive at the Event HQ for team registration between 07:30 and 08:00.

Kit checks will end at 08:15 with the event day briefing taking place promptly at 08:20

All teams must register a maximum of 7 participating team members for the day upon arrival.

**ALL STAGES ARE ELECTRONICALLY TIMED. PLEASE WEAR YOUR TIMING TAG AT ALL TIMES AND PASS OVER THE TIMING POINT AT THE START AND END OF EACH STAGE.**

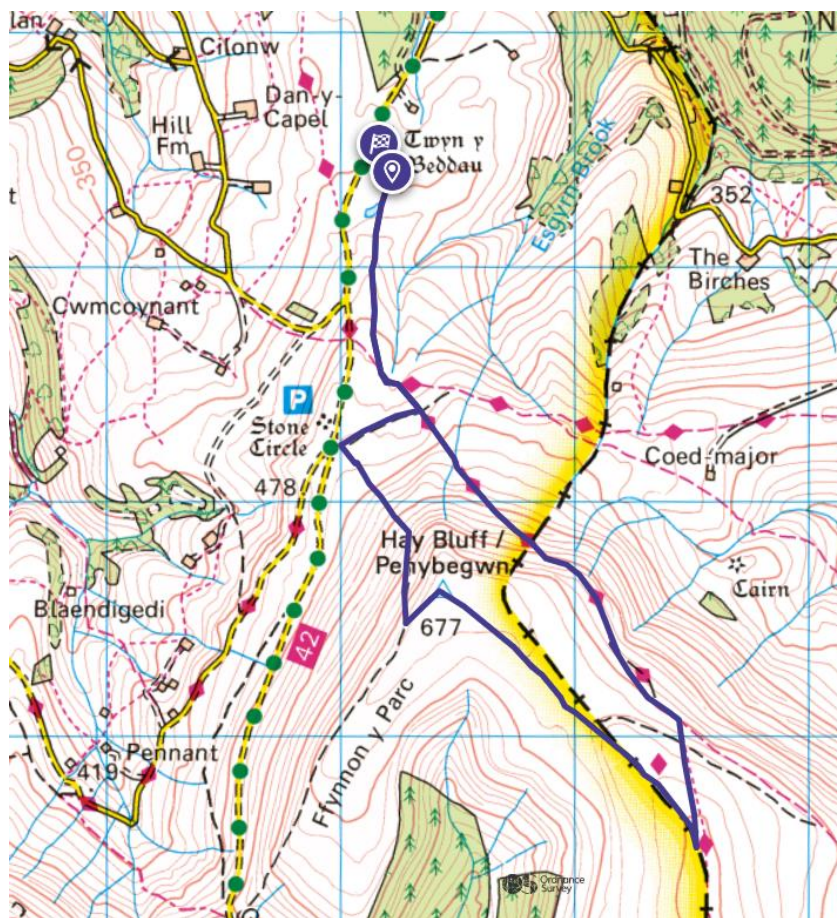
**IN CASE OF EMERGENCIES/NEED FOR ASSISTANCE CALL  
EVENT CONTROL: 07906888599**

Stage 4	Mountain Bike	
		
Distance: 8km	Start: SO223424 ///surprised.waitress.replays	Height Gain: 402m

	End: SO24133857 ///trickle.behaving.throat	
<p><b>(On Clock)</b> From the Event Hub cross the timing point take the track to the road junction. Turn right and head over the River Wye into the town.</p> <ul style="list-style-type: none"> <li>- Turn right and follow the road through the town. Pass a well signposted turn on your left (Info Centre and Parking) and take the next left.</li> <li>- After a short while follow the road to the left then after a straight section take a right fork in the road</li> </ul> <p>(Directional Marshals will be in place along this section of the route to assist)</p> <ul style="list-style-type: none"> <li>- The next section follows the same lane up a long and winding hill.</li> <li>- At the summit you will reach a crossroads and take a left turn to start heading downhill</li> <li>- Take the next left and follow this to the transition point which will be visible ahead</li> </ul> <p><b>(TRANSITION)</b> Please follow the instructions of the marshals to ensure your bikes are placed correctly in transition</p> <p><b>NOTE: This stage is on the road. The first part of the route is through the town and you will have to give way to traffic at all times. During the second part there may be limited passing places for vehicles and care is needed. Marshals will be in place along this whole section to assist with directions and to warn traffic</b></p>		

## Stage 5

## Mountain Hike / Run



Distance: 7.81km

Start: SO24133857  
///trickle.behaving.throat

Height Gain: 336m

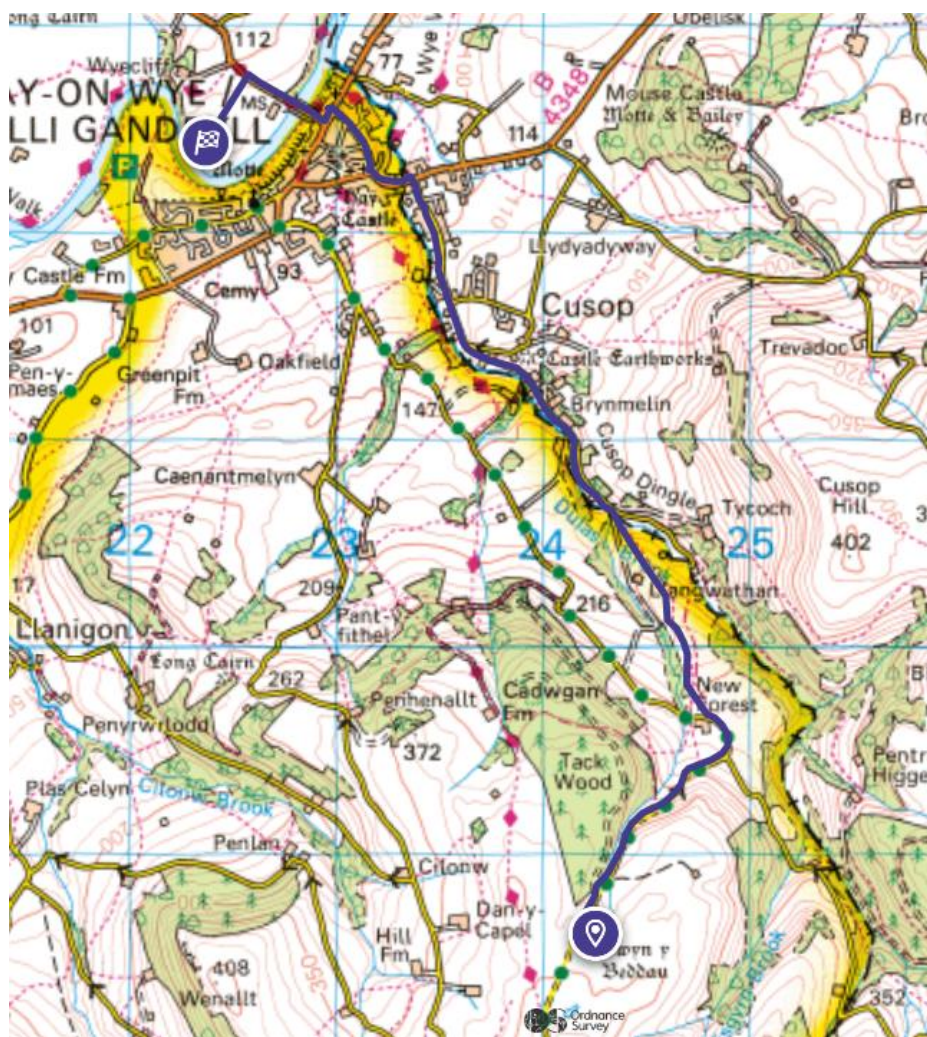
End: SO24133857  
///trickle.behaving.throat

**(On Clock)** From the transition area head due south (back along the direction just cycled) following the grassy verge to reach a marshal.

- Turn right at the marshal towards the road and follow the obvious path towards the summit of Hay Bluff
- On reaching the summit ridge turn left to reach the summit proper and the trig point
- At the summit trig point, continue along the ridge until you see a path on your left which will take you steeply down the side of the mountain
- Follow this track back to the marshal point before retracing your route back to the transition

## Stage 6

## Mountain Bike



Distance: 6.9km

Start: SO24133857  
///trickle.behaving.throat

Height Gain: 54m

End: SO223424  
///surprised.waitress.replays

**(On Clock)** From the transition area follow the road downhill

- After you pass a right hand turn the road sweeps to the left. After the sweeping bend you will turn off the road to the right through a gate at New Forest Farm.

- Follow this section off road through four fields and numerous stiles and take care descending towards the bottom of the valley

- Cross the stream at the bottom using the small road bridge, turn left and continue along the road

- Follow this road until you will see the final timing point which will signal that you are now off clock.

**(OFF CLOCK)** Continue to the end of the road until you reach and obvious T junction with the main road.

- Turn left and then very shortly after take a right to leave the main road.

- Continue along this through the backstreets of the town to rejoin the main road
- Take a left and an immediate right over the bridge from the start of stage 4.
- Shortly after the bridge turn left into the event HQ and the end of stage 6

**NOTE: This final part of this stage is on the road but OFF CLOCK. Please give way to traffic at all times. Marshals will be in place along these sections to assist with directions and to warn traffic**

**Cut off time for return – 13:30**

Stage 7	Archery-Run Duathlon	
		
Distance: Short 2.1km / Long 4.2km	Start: SO223424 ///trickle.behaving.throat  End: SO223424 ///trickle.behaving.throat	Height Gain: 49m
<p><b>(OFF CLOCK)</b> After completing stage 6, each team will be directed to the archery zone to complete their archery challenge.</p> <ul style="list-style-type: none"><li>- Every team member will have two arrows to fire, <b>one of which must land within the yellow, red or blue rings</b>. Failure to do so will result in a 5 second time penalty being added to your run.</li><li>- Time will be made available on Saturday afternoon after stage 3 for teams to have a practice and</li></ul>		

safety briefing.

- After completing the archery challenge, your team will need to split into two groups of three. One group of three to complete the **short** route and one group of three to complete the **long** route. **We will be waiting for all teams to complete stage 6 before completing stage 7**

**(ON CLOCK)**

- Teams will assemble in penalty boxes according to their archery results (5 seconds, 10, 15, 20, 25, 30). These penalty boxes will determine when your team is allowed to start the run route.

- Once released, each group of three must complete the course around Racquety Farm together. **Short = 1 lap, Long = 2 laps.**

- Each member of the team will be timed with a cumulative total time being taken as your stage time.

- The route is fully marked and marshaled.

- **Presentations will follow the completion of the stage at 15:00**

**Day 2 Total 28.9km 841m Height Gain**