



Event Details

Simply put

The open24 event is a journey involving 24 hours of mountain biking, trekking, caving, ropes and challenges.

For those who competed in 2005 the event format is very similar, to those not in the know; the event is a score event, this means the objective of the event is to collect as many points by visiting orienteering controls. For the more experienced and fitter competitor this means you will have the chance to see a greater part of the Yorkshire Dales, for the regular mortal the course is designed so that short cuts can be taken without missing out on the fun bits.

Entry requirements

This is 24 hours of exercise and whilst short-cuts and rest can be taken, competitors should not under estimate the requirements and the distances to be undertaken. The event will take competitors through isolated and mountainous terrain. The weather, even within the summer is often unsettled with limited visibility; hence competitors should be sure of their navigation and be competent in the use of a map and compass.

If you have any concerns in regards to eligibility for this event please contact the Event Director at [james\(at\)openadventure.com](mailto:james(at)openadventure.com).

Event details

Competitors will pass through 5 transition points during the 24hrs. At these transition points you will be able to access kit boxes for re-supply of food and kit you will need for the next stage. At one of the overnight transition you will also be able to pitch a tent a gain a few hours sleep.

The shortest distances below make the assumption that all competitors will visit the special stages; these distances can be reduced further if these are omitted.

Discipline	Longest		Shortest	
	Distance	Ascent	Distance	Ascent
Mountain Biking	120 km	3000 m	63 km	1600 m
Running / Trekking	40 km	2000 m	21 km	600 m
Paddling	Not specified			
Total	160 km	5000 m	84 km	2200 m

Paddling [not roll your trousers up, Blackpool beach stuff – this is sitting in a boat swinging a stick at the water] – for the observant of you, the Yorkshire Dales is not exactly blessed with an abundance of water to paddle on. Faced with this prospect we have decided still to run this race in the Dales as there is some much more to offer the racer that is difficult to find elsewhere. What we do promise is that you will find yourself sitting in a boat at some point over the 24 hours. We will provide any equipment required for this section.

[added 27/6] for the paddling section, competitors should be proficient in the use of a kayak paddle. If you have not used a kayak paddle before we highly recommend you get out and find someone who can help *Total Adventure can offer coaching sessions at their base in the lake district 015394 44451.*

Caving – it would be rude to go to the Dales and not have the opportunity for a nosey underground. However we do appreciate that this really could be quite off putting for some competitors, this as with other challenges will not be a mandatory section.

For those arriving on the Friday night, the local area has a plentiful supply of campsites and B&B's. It is our intention to reserve a field for camping at one of these sites for competitors. More details will be posted in the near future.

Maps

The area chosen was selected for its potential for Adventure Racing not for its simplicity in buying paper maps. The area covers 4 separate 1:25000 [explorer] maps, if you wish to use 1:50000 [Landranger] maps, this covers 3 maps. The alternative is to use 1:40000 Harvey maps (2 required), they are very different from OS maps but do provide the level of detail required for the event. We will notify you of the details of these maps 2 weeks prior to the event.

We have just made an arrangement with Map Kiosk [www.mapkiosk.com] who know the location of the event, they can arrange for an OS select map at 1:50000 which will cover the whole area of the course. If you order online before the end of June, they will then send you the map 10 days before the event [please note there is a 2 week wait on OS select maps – hence the deadline at the end of June]. www.mapkiosk.com/openadventure

We would recommend at the very least you purchase a copy of the 1:50000 Anquet Mapping software for Northern England. Importing the control locations will make plotting more accurate and easier, and will probably mean you can avoid purchasing 3 Landranger maps. If you have submitted your entry but still wish to purchase the Anquet maps, just print off another entry form and tick the appropriate boxes for the Anquet mapping and send a cheque in.

Timetable

Friday July 14 th	Entry's close <i>after this date please phone 0845 056 0040 to check for availability</i>
Saturday July 15 th	Details of maps to be purchased for event released and exact location of start (to be published on website)
Wednesday July 27 th	At midday the list of control locations will be published on the website, these need to be pre-marked on your maps prior to the event.
Friday July 28 th	19.00 registration open for those who have accommodation nearby
Saturday July 29 th	8.00 registration open 10.00 race briefing This is mandatory for all competitors <i>Competitors must pass kit boxes and mtb's to event staff prior to collecting control values – no access will be available to kit boxes until the first transition</i> 11.00 (1½ hrs before start time) control values issued for the entire event. 12.30 staggered starts till 13.30
Sunday July 30 st	12.30 - 13.30 competitors finish 14.30 Prize Giving.

Open24 - the questions...

The following is an adaptation of the questions posed prior to the Open24 in 2005, as and when questions are asked we have added these to the list. We will be deliberately coy in answering any questions in regards to specific details of the event as it wouldn't take too much for those in the know to work out the location.

Event Format

Is it possible to compete as a team of 4? No – last year we allowed competitors to travel as a team of four, we will not be encouraging this approach this year. It is possible that each of the male, female and mixed categories will have slightly different challenges. Sponsors also only supply prizes on the assumption that a pair wins not a team of four.

Where is it? Not telling you, it will be in the final details released on the 15th July.

Can we sleep? Yes – we will provide an area at one of the transitions for you to pitch a tent. The tent you might wish to use does not have to fit in your kit box, however it should be no larger than a 2 man tent. Please note we will not be putting it up or taking it down for you.

In the allowance for a tent are sleeping bags included or would these have to fit in the boxes with other kit? you have to fit any sleeping bags and roll mats in to your kit box.

Just a quick question (which I think I know the answer). Are you supplying the kit boxes? Good question - err no we are not supplying the kit boxes. The standard boxes which we to see at every event we go to in the UK are the red and blue ones with yellow clasps as found in B&Q - cheap and plastic but ours have lasted a good 4 years of regular use. Example Mobile Storage Locker at <http://www.solentplastics.co.uk/bigboxes.htm> updated 27/06/06

We have purchased a kit box at the Wilderness ARC can we use it at the Open24 In summary no. We have wrestled with this since we saw the boxes at the WARC, the boxes supplied to Wilderness ARC competitors by the organisers are around 2-3 times the specifications we state in the rules. To allow competitors to use these boxes would cause us huge logistical problems, as well as an increase in costs (we would in effect have to hire more vans and find more drivers). We have relaxed the rules slightly to allow the use of the "Rubbermaid actionpacker" boxes used by many competitors on international races. added 27/06/06

Is water available (other than our own) at transition points There will be either tap water or water available in jerry cans at each transition. EAS are also providing the ready made carbohydrate drink "precision carbs" for all competitors at each transition. We recommend you try this product prior to the race, it is available online from www.eas-uk.info at a discounted rate (25% off) just enter OA31126 in to the coupon field. added 27/06/06

If there is any water jumps/canyoning, will we be able to wear a wetsuit? If there is any such stages on this years Open24 nobody will stop you wearing a wet suit. added 27/06/06

Kit Boxes - are you accepting holdalls i.e. like North Face 100L ones which fit within the size and weight requirements? Ideally not – we should warn you that there could be situations where bikes are loaded (carefully) on top of kit boxes. added 14/07/06

Just wondered what format the Anquet Control locations will be in? They will be in the new ADF format for the V6 software and AEF format for previous versions of Anquet. added 14/07/06

Can you open Anquet Files in Memory Map? Really don't know as we don't have Memory Map. added 14/07/06

One of us is injured can we get a refund? This question and ones similar have come from friends which makes it all the more difficult, but in summary no we are not offering refunds in the month preceding the event – A large portion of the Open24 costs are for hiring of equipment and staff, we have committed to these expenses on the expectation that everyone will come. added 14/07/06

Emergency food. What are we allowed to carry? Can this be high sugar foods such as honey, jellies etc? Again common sense, 4 jelly babies does not constitute as emergency food, most teams will carry a spare energy bar. added 14/07/06

Are substitutions of team members possible due to illness / injury? Yep right up to registration, it's in our interest to get people racing. added 14/07/06

Mountain Biking

How tough is the mountain biking course? Eg: Stairs, rates of climb and descent and condition of terrain (Woodland or cycle paths). In terms of terrain, it will be a mixture of tracks, minor roads and bridleways, as a general rule we do try and avoid sections that require carrying your bike

Do we need buy expensive MTB lights. For 2006 there will be considerably more MTBing during the night than in 2005, and as such it would be recommended that you have the capability to cycle downhill off road at night.

Front Cycle lights - does this have to be a light on the bike not just a headlamp? Has to be a light on the bike fitted when required, it will be clear which stage(s) will require lights. [added 14/07/06](#)

Does the MTB clothing for use at night have to be fully waterproof, or can we use regular cycle over-top such as water resistant, breathable commuter top for example? Commonsense prevails here, just pop a posting on sleepmonsters and I'm sure a plethora of story's will rattle out about wrong clothing at last years Wilderness ARC (a large number of teams dropped out) – we would have a problem if you set off with an Alton Towers plastic mac even if it was a clear night. [added 14/07/06](#)

Cycle lights - any minimum requirements for brightness? Nope – you will have fun if they are naff though. [added 14/07/06](#)

On foot

The main question (and concern) is the amount of running. Can it all be walked or is it necessary to run during this section or at any other time and, if so, over what distance? You don't have to run anywhere, the estimated distances are now on the website.

I guess that during the evening / night section competitors use a head torch or similar? Head torches would be the way to go.

The waterproof jacket/trousers - do these have to have taped seams (as per KIMM) or is untaped Pertex kit allowed? For one particular stage you will be expected to carry a suitable waterproof which has taped seams and has a hood. For the MTB sections you can use a pertex top without taped seams and if does not have to have a hood.

Are trekking poles allowed? Yes [added 14/07/06](#)

Torch. Does a head torch count or do we have to carry separate torch too? Yes Head torch counts, although you will need to carry spare batteries or a spare torch as well (nb the spare batteries/torch was not on the kit list and has been added) [added 14/07/06](#)

Caving

What footwear do you intend us to use on the caving sections? Having been a university club caver, we found wellies to be the most practical. Agree although any extra footwear you bring will have to fit in your kit box. The kit list highlights footwear required.

If you don't do the caving, do you get a reduction in points. Also, how long is the caving, and how difficult? Yep there are points linked to doing the caving, however none of the special sections are mandatory. How long and how difficult the caving is, is not something we are going to disclose at this point. However we do pride ourselves in creating challenging and achievable events for beginners as well as the top racers.

Caving - Full waterproof covering? Presumably not trying to direct us towards dry suits? You can wear a dry suit if you wish but I'd suggest that it would be a little over the top. [added 14/07/06](#)

I usually view waterproofs as items to keep you warm, and occasionally dry .. So, hood? You don't need a hood on the waterproofs for the caving. [added 14/07/06](#)

Gloves? Don't really need gloves but feel free to wear them [added 14/07/06](#)

Footwear - would probably opt for usual AR grippy, drainable, quickish drying unless you are specifying better protection. My recollection is that caving wellies have holes to let the water out anyway? Trainers will be fine. [added 14/07/06](#)

Headtorch - does it need to be waterproof? No [added 14/07/06](#)

Rope sections

I have never abseiled is this is a problem? no, we will set up the rope sections assuming no prior technical knowledge - so your safety will be in the hands of the rope technician not yours, however we won't put your harness on for you. We do highly recommend that competitors do get out and have a go at abseiling, due to the volume of people on the event we won't be able to offer participants the chance to pause, contemplate what they are about to do, um arh, shall I shant I - you will be politely removed from the stage.

Would it be OK to miss the rope sections out? Yep although you will incur a penalty on your scores

Is it possible to hire the kit required for the rope section? yes call Paul Noble at Total Adventure on 015394 44451 or e-mail office@total-adventure.co.uk

Can I use a prussic or other safety device instead of being attached to a safety rope? Yes, if you are either SPA, MIA, MIC or IRATA qualified. Please bring a copy of your certificate with you to registration. Unfortunately we can not accept other Adventure Race event certificates.

Is a caving harness acceptable for the rope sections? No **added 27/06/06**

Will we have to carry climbing gear any distance? That really depends on your route choice on the weekend **added 27/06/06**

Can we use long fingered cycle gloves? Yep although you might wreck them **added 14/07/06**

One handled ascender. The Petzl Tibloc is one of the cheapest ascenders but it doesn't have a handle. Would this suffice? Also, my partner has a Gri Gri – would this be acceptable? a tibloc wouldn't go down very well with the rope technicians, best leave that at home. A gri gri also wouldn't work, thats a belay device with an autolock. You really need to buy a petzl acension each, you might also be able to hire one from Paul Noble 015394 44451. **added 14/07/06**

Any top tips?

For the trekking section we will be making use of some remote areas and in some circumstances using control locations that are beyond the regular path junctions - familiarising yourself with contours on a map and how they would look on the ground would be a **real** benefit.

Pace yourself. During last years event the majority of pairs dropped their speeds on MTB and foot by as much as 50% in the second half of the event, causing many to be late in to the finish. Build up an understanding of how fast you travel on MTB and foot, so you can be realistic about what is possible during the event.

Rehearse your transitions on average pairs were taking 30mins on each transition some frequently taking 45mins, with the top competitors taking less than 10mins on occasions. Saving 15mins on each transition will save over an hour on the whole event, time you will wish you had on the Sunday morning.