



CANTERBURY SCHOOLS ADVENTURE RACE CHAMPIONSHIPS

1. What is Adventure Racing?

Adventure racing (also called expedition racing) is an endurance sport, typically a multidisciplinary team sport, involving navigation over an unmarked wilderness course with races extending anywhere from two hours up to two weeks in length. Adventure Racing often involves mountain biking, trekking and kayaking, and sometimes also other disciplines like climbing, abseiling, horse riding, roller blading, skiing, swimming and white water rafting to get from a start line, through compulsory checkpoints to the finish.

Most longer adventure races are run with teams of four usually mixed-gender teams, although there are variations on this across different events. Out on course, adventure race teams must navigate their own way through unmarked wilderness terrain, through checkpoints, around the set course. Teams must strategise their route selection across the terrain as well as their resting, sleeping and fueling stops in order to maintain themselves to finish well.

The Crazy Kea Canterbury Adventure Race event is held every August somewhere in the Canterbury region, usually reasonably close to Christchurch. The event has 3, 6 and 9 hour options and competitors are required to finish within these times to avoid time penalties. As for all Adventure Races, the course is kept secret from competitors until the day of the race when competitors are given their maps and time to plan. The course usually involves trekking/running and mountain biking along with mystery activities such as rafting, kayaking, abseiling along with word find activities and hobbit trails.

Adventure Racing is great for people of all ages and levels of fitness. The sport encourages participation at all levels and everyone from elite athletes to families with young children can enjoy the sport. Currently a lot of school teams utilise the Canterbury Adventure Race as preparation for Get2Go and Hillary Challenge events and this, along with its accessibility, makes it a great fit for integration into the Canterbury Schools sport calendar at both primary and secondary level for Year 7-8's and Yr 9-13's.

2. About the Canterbury Adventure Race

2.1. Event Timing

The times listed for each event below are the maximum time a team can spend out on the course. Teams should complete the course within this time, with winning teams taking around two thirds of the allotted time. Teams that finish after the course closure time will lose 10 points per minute that they are late.

2.2. 3-hour Race

The 3-hour event is designed for families and beginners new to adventure racing. For those keen to try an adventure race but unsure whether they can manage it, the 3-hour is for them. The navigation in this event is easier than the 6-hour and 9-hour events.

To complete the 3-hour event participants need to be able to jog/walk approximately 5km off road, and mountain bike approximately 10km on forestry roads and singletrack. These distances will be adjusted if the event area has steep terrain.

2.3. 6-hour Race

The 6-hour event is designed to be an achievable event for all competitors with a reasonable level of fitness and some navigational competency.

To complete the 6-hour event participants need to be able to jog/walk approximately 10km off road, and mountain bike approximately 30km on 4wd trails and singletrack. Again, these distances will be adjusted if there is steep terrain within the event area.

2.4. 9-hour Race

The 9-hour event is designed to be a challenging but achievable event for all competitors with a good level of fitness and navigational competency.

To complete the 9-hour event participants need to be able to run/jog approximately 20km off-road, and mountain bike approximately 50km on 4wd trails and singletrack. As above, these distances will be adjusted if there is steep terrain within the event area.

Competitive teams in the 3-hour, 6-hour and 9-hour races, who are moving well and aiming to collect all the controls, may end up doing more than the stated distances.

3. What Gear is Needed:

In keeping with Crazy Kea, Canterbury Adventure Race event management Health & Safety requirements, there is a minimum gear requirement that all individuals and teams must carry throughout the event. This minimum gear requirement is as follows:

Individual required gear (to be worn/carried by each person):

- Survival blanket;
- Thermal top, long-sleeved (Merino or Polypropylene);
- Thermal bottoms (long, Merino or Polypropylene);
- Thermal hat and gloves;
- Whistle;
- Water proof jacket (must be seam sealed – no wind breaker, plastic ponchos or puffer jackets);
- Cycle Helmet;
- Mountain Bike (brakes must work, wheels safe, tyres in good condition);
- Front and rear bike lights for the 9 hour teams only;
- Running shoes;
- Backpack;
- Food and water;
- Head torch.

Team required gear (to be carried by each team):

- First aid kit (minimum triangular bandage, crepe bandage, strapping tape, knife or scissors, antihistamine, gauze bandage, personal medication);
- Compass – 1 per team;
- Maps (provided);
- Cell phone (fully charged);
- Pen or pencil.

3.1. Gear Check

There are no gear checks at registration, but there will be spot gear checks during the race. If an individual or a team does not have one of the required items on the list, then the team is given a penalty.

It is the responsibility of each participant to ensure that their equipment (including bike) is in good condition. The event organisers will prevent participants from starting if they feel that the condition of their equipment poses a risk to themselves or others.

4. How it will Work:

4.1. Canterbury Schools Adventure Race Championships:

Event Categories:	Age Group Classification:	Course:
Junior	Yr 7/8; Team of 4 from the same school	3-Hour
Intermediate	Yr 9/10; Team of 4 from the same school	6-Hour
Senior	Yr 11-13; Team of 4 from the same school	9-Hour

4.2. Canterbury Schools Open Eligibility Schools Event:

Event Categories:	Team Classification: (All teams need minimum of 2 members)
3-Hour	<ul style="list-style-type: none">• All teams with members from more than one school;• Teams of 2 or 3 members from the same school;• Team members from mixed age categories (e.g. running down a grade).
6-Hour	<ul style="list-style-type: none">• All teams with members from more than one school;• Teams of 2-3 members from the same school;• Team members from mixed age categories (e.g. running down a grade).
9-Hour	<ul style="list-style-type: none">• All teams with members from more than one school;• Teams of 2 or 3 members from the same school.

Students may run up an age grade in the Canterbury Schools Championship event.

5. Costs:

3-Hour Student:	6-Hour Student:	9-Hour Student:
Early: \$40 per person Standard: \$60 per person	Early: \$60 per person Standard: \$80 per person	Early: \$80 per person Standard: \$100 per person

6. When:

The Crazy Kea Canterbury Adventure Race usually takes place on the Saturday of the middle weekend of August every year.

2024 date will be Saturday 24th August

7. Where:

As is always the case for Adventure Race events, the race location is kept secret and not announced until one week before the event. The event location is usually within one hours drive of central Christchurch.

8. Entry:

<https://www.crazykeaevents.nz/canterbury/entry>

9. Results and Photos:

<https://www.crazykeaevents.nz/canterbury/results>

10. Key Dates for 2024:

Schools Adventure Race Events:

EVENT:	Date:	Location:
SISS Adventure Race Champs (Kaikoura Adventure Race)	Mid-April 2025	Kaikoura
NZSS Adventure Race Champs (Go-4-12)	Early-April 2025	Hawkes Bay
Canterbury Schools Adventure Race Champs (Crazy Kea Canterbury Adventure Race)	24 August 2024	Canterbury