

EQUINOX

BELVOIR CASTLE, LEICESTERSHIRE, NG32 1PE - 20-22ND SEPTEMBER 2019



RACE BROCHURE 2019



TIMETABLE OF EVENTS

FRIDAY 20TH SEPTEMBER

12 noon - Campsite open.

2pm - Course open for inspection.

Please note that the usual course facilities such as course marshals/on course first aid will not be in place until Saturday morning. We advise that you go out with another person if you wish to inspect the course.

4pm - 8pm - Equinox Registration open and Kids Fun Run Registration open (at the Virtual Runner stand)

7pm - Talk by Gary House in the marquee - former Equinox24 winner and running guru!

8pm - The Detroit's - Live Band in the marquee

9pm - Beer Run Start

Drink one drink (beer/cider/glass of wine or anything else) Then run 1 lap around the camping field (Approx 1km) - Drinks must be bought from the onsite bar

11pm - 7am Quiet time on the campsite

SATURDAY 21ST SEPTEMBER

8am - 11am Equinox Registration Open

8am - 10am Kids Fun Run Registration open (at the Virtual Runner stand)

11am - Kids Fun Run Sponsored by Virtual Runner UK

(see website for details - sign up online for medal)

11:40am Race Briefing. Please attend so that we can run through some important points about Equinox24 - in Race HQ near start/finish.

Midday - The 2019 Equinox24/Equinox 10k begins!! Mass start.

Approx 1:30pm Equinox24 10k presentations

5:30pm - 7:30pm Night 10k Registration Open

7pm Sunset, all runners must carry a light from this point

7:40pm - Briefing for night 10k.

8pm - Night 10k Starts

9:30pm - Night 10k Presentation

11pm - 7am Quiet time on the campsite

SUNDAY 22ND SEPTEMBER

6:46am - Sunrise...only just over 5 hours to go! Head torches can be removed.

9-12 - Kids activities in the Marquee - crafts and fun activities organised by our trained staff (adult required to remain in marquee)

12noon - Race finishes. All runners to complete the lap they are on.

1:30pm - (approx) Prize presentation for all categories

MOVIES WILL PLAY IN THE MARQUEE OVER THE WEEKEND - CHECK ON SITE FOR DETAILS



DIRECTIONS

Belvoir Castle, Leicestershire, NG32 1PE (OS Ref. SK820 337)

Please do not use the main entrance to the castle.

Use the entrance signposted Equinox24. Please do not use the gate intercom for the castle - this is the incorrect entrance.

The Belvoir Castle Estate is easily accessible by car and is signposted from the A1, A607 and A52.

A1 from London (Grantham junction) 110 miles; York 100 miles; Leicester 30 miles; Grantham 7 miles and Nottingham 20 miles.

Grantham train station is only 7 miles. Taxis are readily available for the 15 minute journey to the castle. Trains direct to Grantham from London Kings Cross take approx. 1hr 10 minutes.

CAMPING

- There will be onsite camping available which is included in your entry fee. Spectator camping is free.
- **Speed limit on site 5mph at all times.**
- Camping will be available Friday (from midday) to Monday 10am (Caterers/trade stalls and showers etc will not be available Sunday evening).
- Access to the main camping field will close at 10am Saturday. After this time you will be directed to the Orange General Camping field or visitor parking. You can then enter the main camping field on foot.
- All camping areas operate on a first come first served basis. Please be considerate of other campers. It is very important that you ensure emergency vehicles can access the camping areas. Please bear this in mind when setting up camp and avoid the flagged access routes.
- There is a separate area for Solo runners to enable them to exit the course for supplies etc. This will be close to the change over/race HQ area but solos can camp in any area..
- There are no electric hook ups available.
- There is a dedicated area for caravans/campervans close to the track which is the only place caravans/motorhomes can park (see map). Camping in tents is allowed alongside. No hardstanding so you enter the field at your own risk. If ground is too soft due to bad weather we advise not to bring large vehicles.
- No generators between 10pm and 9am please

CAMPING

- There will be water points along the fence line on one edge of the field and these will be sign posted. There will also be water bowsers situated on the main camping field. We advise that all water from the water points at the event (except at our water stations on the course) is boiled before use. You may also bring your own water for use on the campsite.
- Showers will be turned on Saturday morning.
- The site is very dark at night so we recommend bringing a torch to navigate the site.
- From 10am on Saturday until the race finishes, there is no vehicle access/movement on the camping field except in emergencies. If you need to leave the camping field in an emergency during this period please contact a marshal or member of staff to help guide you over the course.
- **All rubbish** must be placed in bags in the large skips near the exit gate before you leave (please bring rubbish bags to dispose of your own waste) do not leave bags of rubbish around the site (or this makes Johnny's job clearing the site on Monday a nightmare!)
- No BBQ's to be disposed of in the skips. Please read the safety guide.
- Dogs are allowed on the camping area but not on the course. Please **keep dogs on a lead and clean up after them.**
- Remember....access to the main camping field will close at 10am Saturday. After this time you will be directed to the camping area next to the car park if camping or the carpark if you have already set up camp. You can then enter the main camping field on foot.
- **Prebooked bell tents** will be labelled with the names of the person who booked them. We will have a concierge who will help you find your tent. Please come to HQ after parking if they are not in the bell tent area when you arrive. Please remember you will need to bring pillows and sleeping bags and any cooking equipment/food required.

Please do not allow unattended children near the lake at the bottom of the camping field or on the run course. Do not swim, paddle or throw things in the lake as this is used by anglers 24hrs.



FOOD AND DRINK

There will be fabulous onsite caterers offering a range of hot and cold food and drinks (burgers, pulled pork, breakfast wraps, pizzas, fish and chips, grilled sandwiches, noodles etc) or feel free to bring your own.

We will have some catering stalls open throughout the night on Saturday, please check with individual vendors on site about their opening times. There will also be a licensed bar along with a coffee stand, vegan churros, ice cream van and a general supplies shop.

Only alcohol purchased from the bar will be allowed in the marquee seating area and around race HQ to comply with our license.

There will also be water bowlers situated on the main camping field (boil before use). There will be benches and tables in the marquee which you are welcome to use to eat/drink/socialise at. Please clear your own litter to the bins provided.

Please see the BBQ and fire rules section in this brochure.

LITTER

Please ensure that you pick up any litter and use the bins provided.

Please ensure that no litter/gel wrappers etc are dropped on the run course.

There will be skips near the spectator car park/exit gate for your rubbish.

Do not dispose of BBQ's/coals in the skips as this is a fire risk - please read the event safety guide.

HYGIENE

Please ensure that you wash your hands thoroughly before eating and using the toilet facilities.

Hand wash stations will be available on site as well as hand sanitiser and we suggest you bring your own hand sanitiser/cleaning wipes to use in your camp.

In a camping environment with large volumes of people, illnesses can spread easily so please help prevent this with high standards of personal hygiene.

Please do not attend if you or a member of your party is unwell to prevent the spread of illness.

BBQ AND FIRE POLICY

- **The following will be strictly enforced so please ensure you read carefully and abide by these rules.**
- These rules apply to all forms of BBQ's, open fires, fire pits, chimeneas or any form of open flame (except gas camping stoves). We will refer to all these as 'fires' in these rules.
- ALL people in your campsite must be made aware of these rules - we advise that you print out a copy for your camp
- All fires must be at least 3m away from any tents/flammable materials.
- All fires must be raised off the ground so that they don't scorch the grass. Please bear this in mind with BBQ's in particular. No open fires directly on the ground - they must be in some form of appropriate vessel.
- There must be at least 2 full buckets of water in the immediate vicinity of each individual fire In the case of an emergency.
- The fire must not be left unattended at any time. This means there must be at least one competent adult (18 years or over) physically present/awake outside of the tent watching the fire at all times. Being inside the tent or asleep does not count. If this is not possible the fire must be extinguished.
- No accelerants must be used on the fire in any circumstance either to light it or at any point used as fuel. This includes petrol, lighter fluid, diesel etc.
- There must be no accelerants in the campsite area if there is a fire lit.
- Fires must not be lit along the perimeter of the run course as smoke directly on the course is a hindrance for our runners. Fires must be at least 10m away from the course perimeter. If the smoke from your fire is deemed by us to be disruptive to runners we will ask for it to be extinguished wherever it is situated so we advise you to consider this when siting your camp/tent.
- The organisers or their representatives hold the right to ask for any fire to be either moved or extinguished if they see fit for any reason of safety or in the interest of the runners or other spectators.
- In case of emergency there are fire points located around the camp site and call 999 before getting help from HQ.

**PLEASE CLICK TO VIEW THE EVENT
SAFETY GUIDE BEFORE ATTENDING**

TIMING AND REGISTRATION

- Only one person from each team can register and collect the race pack for the whole team (this keeps registration fast and queues as short as possible).
- Please make sure you know your team name.
- Each runner whether team or solo will be given their own number (with timing chips attached) to get a record of each lap they complete.
- Please do not cross any timing mats unless you are racing as this will result in your times being incorrect.
- Do not swap numbers/chips with another runner.
- Please do not forget to wear your number as this contains your timing chip and will result in your lap counting towards your score.
- The timing mat should beep each time you cross it – if you notice it didn't please head immediately to the timing tent who will do their best to help.
- If you have any medical conditions or allergies please write this on the reverse of your race number and put a red cross on the front.
- Event t-shirts can be collected after you register. One team member will collect for the whole team and there will be a list of the sizes ordered in your registration pack.
- At the end of the race please collect your medal from event HQ. You will need your race number to collect your medal.
- The deadline for team changes and transfers is August 31st. After this time changes and transfers can ONLY be made at the event. You will need to complete a form to do this and there will be a £10 fee for all team changes/additions. Withdrawals do not incur a fee.
- If you wish to cancel your solo place before the event and we are able to resell your place we will refund a £25 fee to you.
- Please email info@equinox24.co.uk if you wish to withdraw after the 31st August.
- T-shirts have been ordered to the sizes specified on your entry form. If you want to swap for a different size, please visit the merchandise tent after the race has started and if we have spares we will swap it for you but cannot guarantee this.

10k EVENTS

- Collect your race number and timing chip from registration during the opening times.
- Your number must be worn and visible for your race as it includes your timing chip.
- You will run 1 lap of the course and can collect your medal after you finish in Race HQ (there is no t-shirt for 10k runners)
- Free car parking is available and is a short walk to the start/finish. You are also welcome to camp.
- There is no baggage/valuable storage available on site.
- Races start at 12:00 for the Day 10k and 20:00 for the night 10k

RULES (24HR EVENT)

- Each runner (team or solo) will get their own timing chip attached to their race number.
- Teams will get a slap band at registration (one per team) which acts as your relay baton.
- There will be an area next to the start/finish line which is the hand over area for team mates and where you enter/exit the course.
- Team runners must not start their lap until they have been tagged with the team band.
- Teams can run in any order, it does not have to be the order that is listed on the start sheet. The order can vary over the event.
- Each member of your team must complete at least one lap during the 24hrs. you can complete more than one lap at a time before handing over to your next team member.
- There must be only one team timingchip/number on the course at any one time.
- Only one chip/number to be worn at any one time. You cannot take part in the 10k day and night event and count that lap towards your 24hr laps.
- Please make sure that you only enter and exit the course at the handover area.
- Try and keep track of who is running in your team and how long they take, this will help to keep your changes smooth and ensure you maximise your rest.
- A head torch must be carried from 7pm Saturday through to 7am Sunday, this is essential due to the mixed terrain on the course.
- There will be glowsticks out to mark the route but the course will not be lit.
- Only the runner registered through our official entry system or by the official transfer process is eligible to run. Anyone running under another persons name/race number or with no number will be disqualified and is not covered by the event insurance.
- Buddy running - only runners that have paid to enter are allowed on the run course. If this causes any issues please contact info@equinox24.co.uk
- Equinox24 finishes at midday Sunday.
- As long as a lap has been started before midday, you can finish that lap and it will count towards your score.
- You can stop running at any point and your number of complete laps will count towards the final results.
- Only 2 people abreast maximum on the course please - more than this prevents runners faster than you being able to get past safely and causes frustration.

RULES Continued

- **The winning team will be the one that completes the most laps in the shortest time. Results will be as number of laps, plus time taken to finish after midday and might look like this:**
 1. **Team A 13 laps, 24:02:00**
 2. **Team B 13 laps, 24:15:00**
 3. **Team C 12 laps, 23:01:00**
- **Team A wins with 13 laps and a finish time of 12:02pm. Team B come in next with 13 laps, finishing at 12:15pm. Team C have less laps so come in third.**
- **There is no sign on/off record for any runners if taking a break from the course. There are timing mats at the start and finish of the course either side of the handover area so as long as you leave/enter the course at the correct point we will know who is on the course at any given time. This year lap times will not incorporate rest breaks.**
- **You may spend as much time off the course as you wish. If you are without support crew and feel unwell or need assistance please inform a marshal or telephone the emergency number on the reverse of your race number.**
- **If you decide to finish before the end of the race, please inform a member of staff at HQ and collect your medal.**
- **ANYBODY CAUGHT CUTTING CORNERS OR PARTS OF THE COURSE WILL RISK DISQUALIFICATION FOR YOU AND YOUR TEAM.**

RACE PHOTOGRAPHY

- **We will have a full team of photographers and a video production crew on site taking photographs for the full 24hours.**
- **You can download all social media sized photos for FREE!!!!**
- **Please make sure that your race number is visible at all times when running as your race photographs will be tagged by race number to allow you to find them instantly.**
- **You will be able to purchase larger photographs, prints and other photo merchandise from Glenn and his team on site.**
- **The web address is www.clickeventphotos.co.uk**

We hope to be streaming live photos in the marquee throughout the event.

FIRST AID AND MESSAGE

If you require First Aid please report to the First Aid tent near race HQ or inform a marshal so that our first aid team can assist you. There will also be a first aid point at the halfway water point on the course. You can also call the emergency phone number printed on the back of your race number (07568 794955).

Please inform the first aiders/race organisers of any medical conditions which you think they need to be aware of before you run and write any medical information on the back of your number.

Massage will be available in the massage tent with all profits from donations going to our charity partner (MOVE Cancer charity). If you would like a massage please bring a towel and clean legs. There may be a booking system in place – ask at the massage tent.

CLOTHING & KIT

Hopefully the weather will be on our side but please make sure you bring spare and adequate clothing and footwear. The grass can get very wet with dew even if it doesn't rain.

Clothing

Shoes - running shoes and off road/trail shoes. Bring spares for if they get wet/rub.

Bottoms - bring a mix of shorts, tights as even in good weather it is cool at night.

Tops- Bring long and short sleeved tops and spares so that you can change out of wet/damp clothes and layer if it gets cool.

Waterproof breathable running jacket

Socks - bring lots! You can't have too many

Compression if you use it for recovery

Hat/visor for sunny running and cold weather.

Underwear - specific running underwear is advised to avoid chaffing

Warm clothes for changing into between laps - it can get cold overnight.

CLOTHING AND KIT

Kit

Safety Pins/race belt for race numbers (numbers have your chip attached and need to be swapped between kit changes).

Blister plasters, anti-chaffe/vaseline

Sunscreen

Towels

Bags for wet kit/litter

Nutrition/food for on and off course fueling

Water bottle/hydration pack

Watch/GPS - if you wish to time your laps and for being on time for your next team lap

Alarm clock - for waking up for team laps

Head torch - very important that you have a reliable, quality torch and spare batteries for night laps. Bring a spare if you have one.

Please check weather forecasts so that you have the correct kit but also plan for forecasts being incorrect.

Bring alternative clothing for around the camp and don't forget your camping gear!

TRADE STALLS

There will be a range of event merchandise to purchase on the day from inside the main marquee area including cotton and tech t-shirts, morfs (multi functional headwear) and hoodies.

Big Bobble Hats - Will be attending with their range of bright, warm hats. These great hats will keep you warm and get you noticed with their funky designs and range of colours.
www.bigbobblehats.co.uk

SOS Rehydrate will be there with their hydration lounge allowing you to sample and purchase their products which allow you to absorb 3x as much water than drinking water alone! www.sosrehydrate.co.uk

TRADE STALLS

CEP Compression - CEP are manufacturers of compression and sportswear and have their expertise in the health care industry to develop unique and innovative compression wear. Come and try a pair and buy from their stand over the weekend.

www.cepsports.co.uk

Virtual Runner will be attending our event to showcase their amazing virtual events and medals. They are also the sponsors of our kids fun run. www.virtualrunnerUK.co.uk

TORQ Nutrition - For all your nutrition needs to keep going for 24hrs. TORQ don't use chemical sweeteners, colours or artificial flavours, yet work meticulously to deliver the finest natural flavour profiles available in any food product, let along the niche sector TORQ is represented in. www.torqfitness.co.uk

Runderwear - Officially the best sports underwear brand for running as voted for by the public at the Running Awards 2018 and 2019. Breathable, seamless, moisture wicking and chafe free running. What's not to love? - especially when you're running for 24hrs!

www.runderwear.co.uk

Alton Sports - Pop up store with a great range of kit from race belts to running shoes Alton sports will be on hand to provide you with anything you may have forgotten, additional kit or something to treat yourself. www.altonsports.co.uk

Outdoors4you - With a great range of low cost camping gear for anything you may forget or things you need for a great camping weekend. Tents, chairs, airbeds, sleeping bags, cooking equipment plus all those little camping extras!

Look out for additional retailers/changes on social media.

KIDS FUN RUN

This year's event is being kindly sponsored by Virtual Runner with every penny of profit being donated to our charity partner MOVE. The cost to enter is £3 per child and includes a medal.

The Equinox24 Kids fun run is approx. 1km and is one lap around the camping field. The event starts at 11am on Saturday 21st September. The race is not timed. Children are welcome to run it with a grown up and we recommend this for children under 6. There will be medals for all children entered and registered with a race number before the event and there are trophies for the winners!

Each child entered will be assigned a race number this year which they must collect at the Kids Fun Run registration at the event at the Virtual Runner stand. Each child with a race number will receive a medal at the end of the race.

When you enter via the Virtual Runner Website you will not be asked for the child's details. The entry system keeps a record of the details of the adult who paid for the entries. You will need to ensure you have one entry per child who wishes to race. You will be emailed the race numbers for each entrant. There is no need to print these as you will get an official race number at registration. It doesn't matter that we don't have the child's name as long as you have one race number per child entered. If you prefer you can log into virtual runner and change the details of the runners to match the children you have entered but this is not necessary.

You need to collect the official race numbers from the Virtual Runner tent. Registration is open 4-8pm on Friday 20th and 8-10am on Saturday 21st. Please know the race numbers for your child/children when you come to registration (they will be in the email sent after you enter).

We will give out medals to children with race numbers at the end.

You can enter the fun run at the event but the price will be £5 rather than £3 for online entry.

Please be aware that the course will be marshaled but we cannot guarantee that your child will be in view of a marshal at all times. You are welcome to accompany your child on the fun run. You allow your child to run at their own risk. The whole run is on grass and there may be some uneven ground.



EVENT APP

Download the event app to your phone for quick and easy access to the weekend schedule, results, race rules, site map, info and more.

Not available in app stores - simply click the link below from your phone and follow the on screen instructions to save it to you home screen.

Alternatively scan the QR code with your phone or you can visit equinox24.beezer.com on your phone's internet browser.



Download the app



Download our App
Powered by Beezer

BELVOIR CASTLE

2 FOR 1 ENTRY OFFER

Belvoir Castle is open to visitors on set dates throughout the year. They have kindly offered 2 for 1 entry on presentation of this brochure (printed or on screen) valid until 20th September 2020 - special events not included - standard visitor entry only. Visit their website for opening times.

NEXT YEAR

EQUINOX²⁴

Next year's event will take place on 19th/20th September 2020

NEW EVENT FOR 2020

SOLSTICE²⁴

The same awesome venue and concept but a brand new challenge with a completely new 10k route taking in hidden parts of the Castle grounds, sculptures, waterfalls, and breath taking views.

The iconic view of Belvoir Castle high overlooking the course and lit up throughout the night will be a highlight for runners.

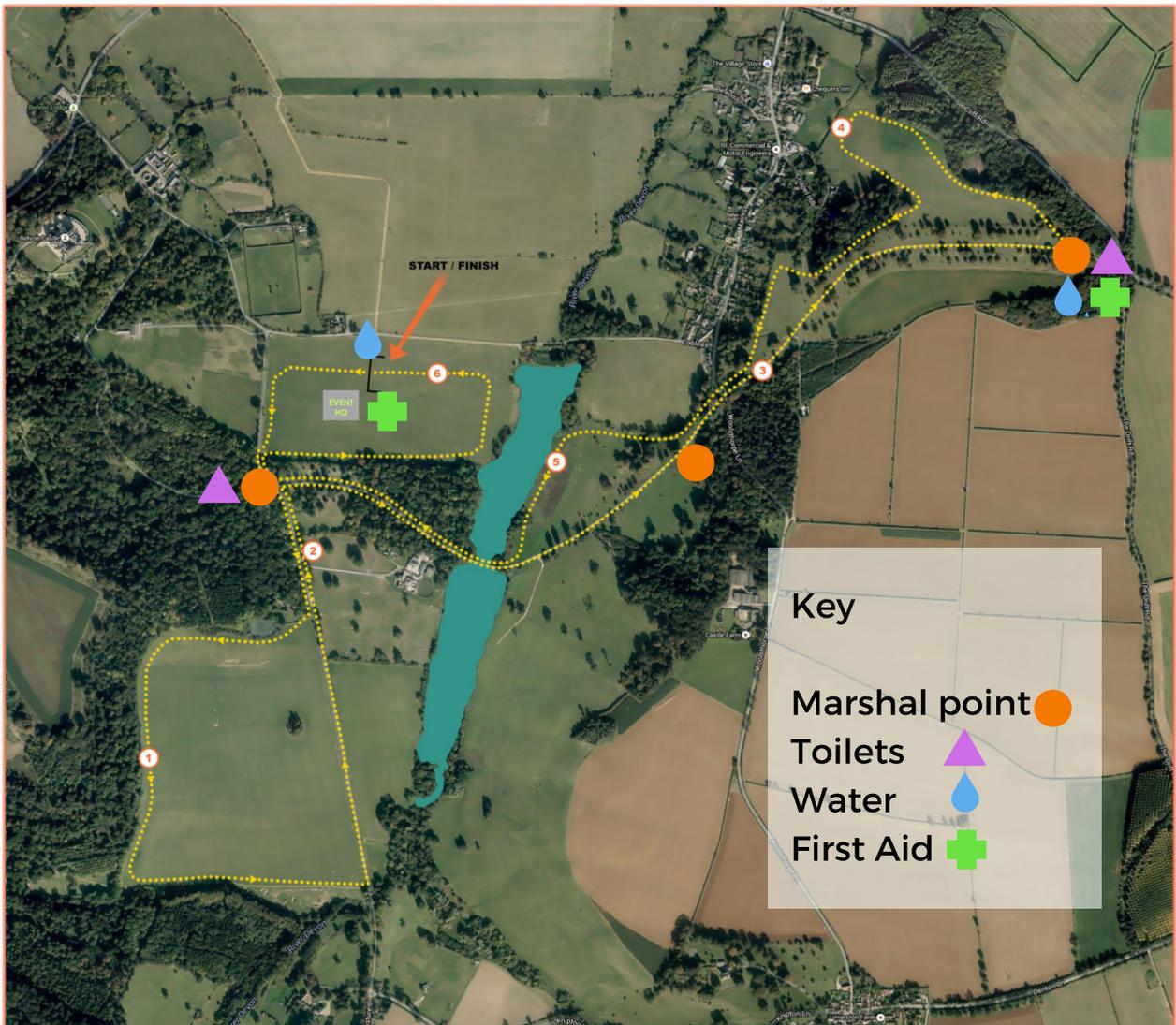
With sunset not until 21:20 and sunrise at 4:45 it will feel very different from the 12 hours day/12 hour night of Equinox24!

Entries are open now at www.solstice24run.co.uk

There will also be entry available at Equinox24 with a special entry gift of an 'In training for Solstice24' tshirt - don't miss out!

27TH-28TH JUNE 2020

COURSE MAP



SITEMAP

