

Race Rules:

- Each runner will get their own race number with timing chip.
- Try to maintain social distancing on the run course.
- Teams will get a slap band at registration (one per team) which acts as your relay baton.
- Only runners registered through our official entry system or by official transfer via the race organiser are eligible to run. Anyone running under another person's name/race number or with no number will be disqualified and is not covered by the event insurance.
- There will be a transition area next to the start/finish which is the handover area for team mates and where all runners must enter/exit the course. This is the only place runners should end or begin a lap.
- Team runners must not start their lap until they have been tagged with the team slap 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 team member must complete at least one lap during the 24 hours. You can complete more than one lap at a time before handing over to your next team member.
- There must only be one runner per team (and one team timing chip) on the course at any one time.
- Only one 24hr chip/number to be worn by a runner at any one time. You can wear chips/numbers both for the 10k events and your 24hr laps at the same time however, you cannot count 1 lap for more than one 24hr race category or team. 10k chips must be removed after the 10k event.
- Only enter and exit the course in the tagging changeover area.
- If you are leaving the course without another team member entering a course, or if you are leaving for a break as a solo, please cross the finish mat under the race arch at the end of the lap and DO NOT cross the start mat after the tagging area until you begin your next lap.
- Try and keep track of who is running in your team and how long their lap is likely to take - this is so you can alert a marshal if you are concerned about them and it will help to keep your changeovers smooth and ensure you maximise your rest.
- A head torch or torch MUST be worn or carried between sunset and sunrise (approx 7pm to 7am). If you begin a lap that is due to finish between these times, even if it is not dark when you set off, you must take a torch with you.
- The course is unlit. There will be glowsticks to mark the route.
- 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.
- You can stop running at any point and your number of completed laps will count towards the final results. If you leave the course at any point after crossing the start map you must inform a marshal so that we know you have left the course. You must then start your next lap from before the start mat.
- If you choose to withdraw from the event before midday Sunday, please inform the event staff at race HQ and the timing tent and collect your medal.

- You may spend as much time off the course as you wish so long as you have not crossed the start mat as this would mean we believe you are out on the course and may alert us if you have been 'missing' for an unusual period of time. You must cross the start mat when resuming your running.
- If you feel unwell before or during the event or have any injuries or illness, do not race. You will put yourself in danger. This is an endurance event and is extremely taxing. You must be fit and well to take part.
- If you need any assistance please inform a marshal/first aid, alert another runner to inform a marshal or first aid or call the emergency number on the back of your race number.
- Anybody caught cutting corners or parts of the course will disqualification for you and your team.
- 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 the final results.
- The winning team and solo runners will be the ones that complete the most laps in the shortest time. results will be as number of laps, plus time taken to finish after 12pm 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 faster finish time than Team B. Team C have fewer laps so come third.

HILL CLIMB COMPETITION

There will be a timed section of the course going up 'That Hill' - these times will be shared with the results. There will be prizes for the fastest Hill Climb by a team runner and solo runner (male and female).

10k runner hill climb times will be recorded and shared but 10k runners are not eligible for the competition.