

EQUINOX

BELVOIR CASTLE, LEICESTERSHIRE, NG32 1PE - 15TH-17TH SEPTEMBER 2023



RACE BROCHURE 2023



TIMETABLE OF EVENTS

FRIDAY 15TH 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 - 7:30pm - Equinox Registration open (Marquee)

Kids Fun Run Registration open (at the Virtual Runner stand)

8pm - **The Detroits - Live Band in the marquee**

9pm - Beer Fun 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

10pm - Entry to campsite closed

11pm - 7am Quiet time on the campsite - in case of overnight emergency go to event HQ

SATURDAY 16TH SEPTEMBER

7am - Campsite open

8am - 11am Equinox24 Registration Open

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

9:30am - Yoga on the start line (weather permitting) - bring a mat - 30 mins

10am - gate closes to general camping field (orange camping still open to vehicles)

10am-5pm - **Free climbing wall (ages 5-adult) in the event village**

11am - Kids Fun Run Sponsored by Virtual Runner UK (see website for details - sign up online for medal)

11:40am Race Briefing - in Race HQ near start/finish.

12.00pm - Equinox24/Equinox Day 10k begins!! Mass start.

1:00pm approx. - Equinox24 10k presentations

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

6:30pm - **Live Singer in event village - Amber Saqladi**

7.20pm Sunset, all runners must carry a light from this point

7:40pm - Briefing for Night 10k

8pm - Night 10k - starts

9:05pm - **Live Singer in event village- Amber Saqladi**

9:30pm - Night 10k Presentation

11pm - 7am - Quiet time on the campsite



SUNDAY 17TH SEPTEMBER

6:40am - Sunrise....only just over 5 hours to go! Head torches can be removed.

12:00pm - Race finishes. All runners to complete the lap they are on.

Able to exit campsite.

12:30pm - Sandiccliffe Hill Climb Competition presentation.

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

DIRECTIONS

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

Google maps pin for Entrance Gate: <https://goo.gl/maps/xxV24CQgvxgKkv7f7>

Follow the yellow event signs to the event entrance - Use the entrance signposted Equinox24 only.

Please do not use the main entrance to the castle. Please do not use the gate intercom for the castle - this is the wrong entrance.

The Belvoir Castle Estate is easily accessible by car and is signposted from the A1, A607 and A52. Grantham train station is only 7 miles. Taxis are readily available for the 15 minute journey to the castle.

PARK RUN - if you plan to go to the Belvoir Park Run please only use the published WALKING route from the campsite (avoiding the main road). Do not drive there from Equinox24 please. See the Park Run walking route at the end of this brochure.

ARRIVAL

Everyone who has entered the Solo, Team, 10k or bought a camping pass will be sent an email containing a QR code which will be scanned before entering the event field. Camping wristbands will be handed out at this point to 24hr runners and those who have purchased them. Bands must be worn all weekend by anyone camping at Equinox24.

You can show the email, a saved image, screenshot or a print out of the QR code. To speed up entry, we suggest you open your email before arriving and take a screenshot or save the QR code as an image in case of any issues with your emails/mobile data on the day.

For runners in the 24hr event (teams and solos): Solos and team members will each receive one email to the email address put on your entry form. This email will contain a QR code that includes your race entry and camping pass. If you purchased extra camping passes for spectators they will all be included on this single QR code. If you purchased additional race entries and/or extra camping passes with a different email address/account, you will get a QR code sent to the email address used for that purchase. See below if you are travelling separately to spectators you purchased passes for.

For 10k runners: You will receive an email with a QR code that will allow entry to the site and give you your car parking pass. (10k runners do not get camping included with their entry but can purchase camping passes if they wish to camp). If you purchased camping passes they will all be included on this QR code. If you purchased additional race entries and/or extra camping passes with a different email address/account, you will get a QR code sent to the email address used for that purchase. See below if you are travelling separately to spectators you purchased passes for.

For Spectators: If you have purchased your own spectator passes you will get an email with QR code for these - one QR code for all passes bought from one account. If they were bought for you by another person, that person will receive the QR code email which they can forward to you or send a screenshot of the QR code for you to show at the event. It can be used by multiple people as we will log how many people it has been used for each time it is scanned.

Travelling Separately? If multiple camping passes were purchased by one person and you are not all travelling in the same vehicle, please forward the email or QR code image to people not travelling with you as the QR code can be used more than once and they cannot enter site without it. As each group checks in with the QR code, we will log how many people have checked in and then it can be used by the remaining people up to the number of passes purchased. So for example if you bought a pass for 4 adults and they come in 2 separate cars, the first group will show the QR code and we will log how many have checked in. The next group will show the QR code and it will show how many passes are remaining and we can check them in. Once the number of people has been reached the QR code will not allow any further people to use it.

For Day Visitors - If you are not entered into the adults events and you are not camping you can get a free day visitor wristband which allows you to stay on site until 10pm each day. Day visitors will need to purchase a parking pass which is £3 per vehicle and is paid before entering the car park.

NB if you used different email addresses for different orders (entries or camping passes) then you will get emails/QR codes sent to each email address you used with the QR code for the items you purchased with each respective account.

CAMPING

- **Speed limit on site 5mph at ALL times - strictly enforced you will be asked to remove your car from the site if you speed.**
- Camping will be available Friday (from midday) to Monday 10am (Caterers/trade stalls and showers etc will not be available from Sunday afternoon).
- Access to the main camping field by vehicle will **close overnight at 10pm Friday until 7am Saturday and then close fully 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 and keep the flagged access routes clear.
- 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.

CAMPING

Continued

- **Caravans/motorhomes must ONLY park in the designated area and will be asked to move from all other areas of the field.**
- Check site map for camping areas.
- There are no electric hook ups or hardstanding available for campers or caravans.
- There is a dedicated area for caravans/motorhomes 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.
- Elson tank near showers for caravan liquid waste - do not use the toilets for caravan waste.
- No petrol generators at any time. Diesel generators very limited use 9am-10pm
- **WATER:** There will be water points in all camping areas - see site plan. Taps will be sign posted. This is mains water with new taps for the event. You may also bring your own water for use on the campsite. **CAUTION: BLUE WATER PIPES WILL RUN THROUGH THE CAMP - PLEASE TAKE CARE TO AVOID WHEN WALKING OVER.**
- Showers will be turned on Saturday morning 8am.
- The site is very dark at night so bring 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. **DO NOT DRIVE OVER THE RUN COURSE AT ANY TIME WITHOUT A MARSHAL PRESENT.**
- **All rubbish** must be placed in bags in the large skips near the exit gate. Please bring rubbish bags to dispose of your own waste. Do not leave bags of rubbish around the site. Try to dispose of rubbish throughout the event to minimise fire risk.
- No BBQ's to be disposed of in the skips as this is a fire risk. Please read the safety guide (SUBJECT TO LAST MINUTE CHANGES).
- Dogs are allowed on the camping area but not on the course. Please **keep dogs on a lead and clean up after them.**
- **Pre-booked bell tents** will be labelled with the names of the person who booked them. We will email a plan of the tents to those that have booked. Please come to HQ if you have any problems finding your tent or any issues. Please remember you will need to bring pillows and sleeping bags and any cooking equipment/food required. No animals allowed in the Bell Tents.
- In case of emergency call 999 if required and/or contact race HQ on **07518 475613** (during the event only).



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.



IMPORTANT

Please *do not* wander the castle grounds. We are not allowed access to the rest of the estate, **ONLY** the camping field and run course.

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, baked potatoes, 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, doughnuts, cake, ice cream van a camping store 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. Adults only in the Bus bar.

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.

Please note after midnight overnight we are limited to only 499 people in the food area at any one time.

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 or sanitise your hands thoroughly before eating and after using the toilet facilities. There will be hand sanitiser in toilets and at registration but we suggest you bring your own and use frequently.

Hand wash stations will be available at the toilet block near event HQ, hand sanitiser will be in all toilets 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

After a prolonged period of very dry weather we may not allow any BBQ/fires do to the fire risk. We will assess and confirm the week of the event in consultation with the Castle. Please look for the most up to date information in our email before the event.

- **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 **small**, and 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. No fires directly on the ground - they must be in some form of **small, appropriate vessel for this purpose**.
- 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.
- **NO Fires 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.

BBQ AND FIRE POLICY

Continued

- 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 (see site plan and familiarise yourself with your closest) and call 999 before getting help from HQ.

[PLEASE CLICK HERE TO VIEW THE EVENT SAFETY GUIDE BEFORE ATTENDING](#)

TIMING AND REGISTRATION

Race Pack will now be collected from Race Registration at the event. We will NOT send anything by post.

- Live timing/results will be available online - please check the event app for the link.
- Only **one person** from each team can register and collect the race pack and tshirts 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 of your number.

TIMING AND REGISTRATION

Continued

- 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. If you have done 10, 15 or 20 laps as an individual please make sure to collect your pin badge with your medal.
- The deadline for team changes and transfers is 31st August. 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.
- 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 1pm Saturday and if we have spares we will swap it for you but cannot guarantee this.

DAY AND NIGHT 10K

- 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.
- Night 10k runners MUST have a headlamp or some form of torch for running.
- 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).
- Car parking is available and is a short walk to the start/finish.
- You are also welcome to camp and will need a camping wristband for yourself and all spectators - available online until 9am 14th Sept.
- 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

HILL CLIMB COMPETITION

SPONSORED BY



- 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). As well as Day and Night 10k.
- Presentations with the Day/Night 10k presentations and on 1230 Sunday for the team/solo categories.

RULES (24HR EVENT)

- Each runner will get their own race number with timing chip.
- 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. Team runners cannot run without a number.
- Only one 24hr chip/number to be worn by a runner at any one time. You can wear chips/numbers for the 10k events and your 24hr category for the 10k lap only and count it for both events, 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.

RULES Continued

- 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 07518 475 613.
- 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.

RACE PHOTOGRAPHY

- We will have a team of photographers 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 and also facial recognition to allow you to find them instantly.
- You will be able to purchase larger photographs, prints and other photo merchandise from Mick Hall via his website. <http://www.mickhall-photos.com/>
- Please subscribe via this link to be notified when the photos are ready to view <https://mickhallphotos.photohawk.com/galleries/equinox24-2023>
- Team members are welcome to join the last team runner for the finish straight to cross the line together and for a finish line photo but please remove timing chips first.

FIRST AID, MASSAGE & EMERGENCIES

We have a team of professional first aiders, paramedics and first aid vehicles on site throughout the event. If you require First Aid please report to the First Aid point 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 **(07518 475 613)** which is printed on the back of your race number if you require assistance (event only). We suggest you download the **what3words app** and use this to share your location if you need assistance on the course or in the camp.

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.

Sports Massage will be available in the massage tent near HQ - fee £10 (+£5 for taping), with all profits from donations going to our charity partner. 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 and you can pay via cash or card. Perfect for before, during and after your running.

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, and 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

Santiser

Towels

Wet Wipes

Bags for wet kit

Rubbish bags

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), water bottles, mugs and hoodies.

Virtual Runner will be attending our event to showcase their amazing virtual events and medals. www.virtualrunnerUK.co.uk

Virtual Runner also sponsor our Kids Fun Run which takes place on the Saturday of Race Day. Kids get a great medal! Info on our Kids Fun Run page and entry is vis the Virtual Runner website.



TRADE STALLS

TORQ Nutrition - For all your nutrition needs to keep going for 24hrs. TORQ don't use chemical sweeteners, colours or artificial flavours. Special event deal available at the TORQ stand! www.torqfitness.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!

Koko+Kind - Great leggings and more from this new UK independent fitness brand. Designed by athletes and featuring premium fabrics, exclusive signature artwork and thoughtful touches. Get 15% discount with code E24 at www.kokoandkind.com/discount/E24

Flanci - FLANCI is a UK based activewear brand known for its funky colourful designs and its top selling, award winning skorts. Designed by runners, for runners of all shapes and sizes. 10% off(excluding sale and charity collab items) from now until the end of the event. Use code: KIELDER10 at checkout. All products at the event will be discounted by 10%

Profeet - Profeet was founded in 2001 to bring the custom footwear advantages experienced by top athletes to everyone. We bring together biomechanical knowledge, analysis technologies, custom insoles and footwear expertise. We analyse how you move, your foot shape and function and then build custom insoles and select and custom fit the very best running shoes, walking boots, ski boots and other sports footwear. profeet.co.uk

Swimzi - As well as their great range of clothing, XK changing robes (as worn by our marshals!) and super bobble hats, Swimzi will also be housing our official Equinox24 merchandise including the premium Equinox24 hoodies (by Swimzi), tshirts, hats, morphs and more. www.swimzi.com/

EQUINOX24 official merchandise will be for sale in our event shop - manned by Swimzi. You will find a new collection of hoodies plus tshirts, bobble hats, morphs, bottles, mugs, prints etc. Find it in the marquee.

FOOD & DRINK

Pop Top Kitchen - Breakfast, pulled pork, burgers, mac n cheese and more!

Purely Woodfired Pizza - Great freshly cooked pizza!

Chinatown Noodles - Freshly cooked noodles.

Good Spuds - Jacket potatoes with great toppings

Blend - Seriously good grilled cheese sandwiches

Howe & Co. - Traditional fish and chips

Project D - Handbaked doughnuts

The Cake Fairy - Homemade cakes and bakes

Huskys Ices - Traditional ice cream van

Route 14 - Double decker bus bar

Stewarts Coffee- Locally roasted top quality barista coffee

Grocery Stall - Bread, milk and other essentials.



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 Alzheimers Research UK. The cost to enter is £4 per child if entered in advance (£5 at the event if there are still spaces) 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 16th 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 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 and 8-10am on Saturday. 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 £4 for online entry.

Please be aware that the course will be marshalled 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.



ALZHEIMER'S RESEARCH UK **FOR A CURE**



EVENT APP

Download the event app to your phone for quick and easy access to the weekend schedule, live results, race rules, site map, info and more. Plus it is where we will send important announcements over the race weekend.

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



NEXT YEAR



Next year's event will take place on 21st/22nd September 2024

COURSE MAP

EQUINOX²⁴



VIEW THE ANIMATED COURSE/ROUTE HERE:
<https://www.relive.cc/view/vAOZznWRPyO>

SITEMAP



Arrivals

For **BLUE (SOLO)** area - enter blue area and use ROUTE B, alternatively turn right through gate 4, follow the road and enter gate 3 using ROUTE F.

For **YELLOW (GENERAL)** area turn RIGHT at the entrance, through GATE 4, Turn LEFT towards GATE 2 and enter on ROUTE A.

For **RED (GENERAL AND BELL TENTS)** - Turn left at the entrance and use Route D or E

For **GREEN (CARAVAN/MOTORHOME)** - Turn left at the entrance and use Route D or E

ENTRANCE TO MAIN FIELD CLOSED TO VEHICLES 10AM SAT - 12PM SUN

After this time use the **ORANGE** camping area or use the car park and enter on foot. If you will need to move a vehicle/leave the event before Sunday midday, please camp in the orange area or park in the car park.

BELVOIR PARK RUN WALKING ROUTE

We know some of you like to do a local parkrun when you visit Equinox24. This year there is a Belvoir Park run close to our event and we are working together to help our events co-exist safely as we anticipate some Equinoxers will want to participate.

In order for this to be able to go ahead safely we ask you NOT to drive to this event from Equinox24. The best option is to walk there on the route we provide below which will be signed and marshalled, or drive there **before** coming to Equinox24 (but be aware the gate to the camping field closes at 10am and if you miss that you will only be able to camp in the orange area or access the main field on foot).

Under no circumstances should you walk or drive out the Equinox24 vehicle exit or the main castle gate to the main road. Use the walking route we provide only to avoid walking along the main road which is very busy with both Park Run, Equinox24 and Castle open day traffic at that time.

If people follow these guidelines and there are no issues on the day then we will be able to co-exist with them for future years.

Please do not drive from Equinox24 to go to other local Park runs - in the past this has caused issues during our peak arrival times and the added traffic makes it harder for everyone to access the camping field before the 10am cut off. Your cooperation with this is much appreciated and helps the arrivals run smoothly for everyone.





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1x TORQ 500ml Energy Drink Bottle
4x TORQ Energy Drink Sachets
4x TORQ Energy Gels

Other offers will also be available from the TORQ trade stand.



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