



# Athlete Information

## Saturday 17<sup>th</sup> November 2018

Welcome, and thank you for entering The Lemur Loop 2018

Please read the race information carefully and note the maps detailing the race route, location of car parking and race HQ.

### Getting there & Car Parking

The Lemur Loop is held at Cricket St Thomas, Nr Chard TA20 4DD

The route from the entrance to Cricket St Thomas can be found at the link below:

[https://drive.google.com/open?id=1hZfqzUx\\_IODnhTK80LveDARbKhSyj8kY&usp=sharing](https://drive.google.com/open?id=1hZfqzUx_IODnhTK80LveDARbKhSyj8kY&usp=sharing)

### Arrival, Registration & Race HQ from 7:30am

On arrival please make your way to Race HQ signed from the parking area, where you will get signed in and given your race number.

Those runners taking part in the 12 hour event will have their kit checked to ensure that you are in possession of the required items. See below for the mandatory kit list.

### The Pits

The Pits are open to all; 10k, solos, teams and support crew.

Gazebos (max 3m x3m) or pop tents are welcomed, but spaces will be allocated on a first come first served basis. There will be lighting during darkness and toilet facilities will be located discreetly nearby.

Between 9am - 9pm if a runner enters or leaves the pit they must advise the timing team of their race number and make sure your number has been recorded. We need to know who is out on the course and must record your time spent in the pits.

We will have several awesome caterers on site, with a variety of food and drink available to purchase:

Ethic Street Pizza

Peace, Love & Bananas

Exodus Coffee

Flanci Clothing

Immortal Merchandise

### Pre-race and Start

There will be a race briefing at 8:45 at the start line. The event starts at 09am for all competitors, all team members and all 10k only runners will start together.

### 10k Finish and Prizes

Runners taking part in the 10k will cross the finish line where your time will be recorded. Please make sure your race number is clearly visible. If we can't see your number, we may not get your time recorded accurately. We will present prizes as soon as possible after the all runners have completed the 10k. Please note all runners including 12 hour runners, are eligible for the 10k prize. In the case that a 12 hour runners records the fastest 10k time the prize giving will be done at 9pm! There is a prize for the fastest mean time by a team or club of at least 3 runners, one member of the team or club must be female. This will be awarded during the week after. Make sure you have added your team or club name

during your registration. If in doubt get in touch with us. There will be an aid station at 6.3k, where water will be available in biodegradable cups on the first lap (10k) only. Alternatively bring your own drinking vessel and refill it if you need to.

## 12 Hour Solos

Runners taking part in the solo 12 hour event will all run the first 10k lap starting at 9am and then can choose to continue running or return to the pits for any reason e.g. getting additional kit, changing shoes, eating, sleeping etc. etc.

Each lap time will be recorded as you pass the lap point. Please make sure we can see your race number (even better shout it to us as you pass by) if you go into the pits we will record your time in the pits and this will be included in the results. Please make sure that you advise us of your race number when entering or leaving the pits.

The winner (male and female) will be the runner who completes the most laps between 9am – 9pm.

For a lap to count towards the total it must be completed by 9pm. You will not be allowed to start a lap after 8:30pm.

In the case of an equal number of laps being completed, the first runner to complete their final lap will be declared the winner. In the case of 2 runners crossing the line together it will be decided on the total running time e.g. 12 hours less time spent in the pits. If no time was spent in the pits by tied runners it will be decided on the fastest lap completed.

**Please note this is a cupless event so please be prepared to provide you own drinking vessel. You can fill this at the aid station or in the pits.**

## 12 Hour Teams (2-6)

All team members taking part in the 12 hour event must start at 9am and complete the first lap. Then the choice is yours. Go back to the pits or continue running it is up to you. Any runner can start a new lap at any time once their first lap has been completed. The whole team can be in the pits or out on course. It is entirely up to you.

The winning team in each category will be the team that completes the most laps. For a lap to count it must be completed by 9pm. No laps can be started after 8:30pm.

Each lap time will be recorded as you pass the lap point. Please make sure we can see your race number (even better shout it to us as you pass by) if you go into the pits we will record your time in the pits and this will be included in the results. Please make sure that you advise us of your race number when entering or leaving the pits. During the event we will be able to provide you with an update on the total team laps completed, therefore teams can sort out tactics.

**Please note this is a cupless event so please be prepared to provide you own drinking vessel. You can fill this at the aid station or in the pits.**

## The Course

The 10k lap can be found at the link below

[https://drive.google.com/open?id=1hZfqzUx\\_IODnhTK80LveDARbKhSyj8kY&usp=sharing](https://drive.google.com/open?id=1hZfqzUx_IODnhTK80LveDARbKhSyj8kY&usp=sharing)

If you would like to add it to your GPS device follow this link <https://www.plotaroute.com/route/709374>

The 10k route is tough, with plenty of climbing some tricky descents and mixed terrain, including some short sections of road, a trail shoe is highly recommended.

## Aid Station

There will be an aid station at 6.3km at Modus Furniture. Here there will be a variety of High 5 energy gels and High 5 energy drink available. Water will be available so you can refill your own drinking vessels. There will also be sweet and savory snacks such as crisps, twiglets and jelly babies.

We are only able to run on this route with the very kind permission of the land owners, farmers, businesses and residents. **If we find any rubbish we won't be back. If anyone is seen littering you will be reported to the race director and removed from the event. If you are a member of a team your whole team will be removed from the event.**

## Runner Safety & Wellbeing

This is an off-road event endurance, and you must be prepared.

The weather could be very cold and wet. Please ensure you bring suitable layers and waterproofs if necessary.

If you see a fellow runner in difficulty or distress, please relay the situation to the next marshal location.

## Race Cut-off

The event finishes at 9pm.

You will not be allowed to start a new lap after 8:30pm.

Laps completed after 9pm will not be counted towards totals.

## Massage

We are hoping to have a massage provider in the pits to help ease aching muscles during the event.

## Medical Facilities

St John Ambulance will be providing medical care throughout the event.

## Mandatory Kit List (12 hour solos and teams)

- Mobile phone with race control number saved 07462 835789
- Whistle (so we can hear you if you get lost)
- Water carrying capability. The 12 hour event is a cupless event and you must have water carrying capability (water bottle, cup, water bladder or similar) which may be refilled at the Aid Station and in the pits.

Those starting a lap at 2pm or after will also be required to carry the following (this will be checked):

- Head torch or torches capable of giving useable light for 5 hours
- Hat
- Gloves

## Race Details

The Lemur Loop has been permitted by the ARC 18/484

Completion of 5 laps or more can be submitted to the 100 Marathon Club for those who wish to do so.

## Race Results

Will be available post the event on the Lemur Loop website. Please bear with us as it is a complicated event to time manually so it might not be until Monday.

## Awards Presentation

10k prizes will be presented at around 11am

12 hours awards will be presented as soon as possible after 9pm

Immortal Sport are the proud organisers of several events across the South West.

Please visit [www.immortalsport.com](http://www.immortalsport.com) to book your next challenge!

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