



# Saturday 16<sup>th</sup> November 2019

## Athlete Information

Thanks for entering The Lemur Loop 2019!

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)

Please DO NOT park at the Cricket St Thomas Warner Hotel.

### 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.

### 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 nearby.

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

Ethic Street Pizza

Cherished Events Catering (burgers etc.)

Exodus Coffee

The Milkmaid's Arms

Flanci Activewear

Immortal Merchandise

We will also have hot and cold water available, and limited charging facilities

### Pre-Race and Mass Start

There will be a race briefing at 8:45 at the start line. The event starts at 09:00am for all competitors; all 12hr and 10k runners will start together.

### Prizes

Prizes will be posted the week after the event to individual winners & team captains.

### 10k Finish

Runners taking part in the 10k will cross the finish line where your time will be recorded. Please remember, all runners including 12-hour runners, are eligible for the 10k prize.

## 12 Hour Solos

Runners taking part in the solo 12-hour event will all run the first 10k lap, starting at 9am, and can then choose to continue running or return to the pits.

Each lap time will be recorded as you pass the lap point. If you go into the pits, we will record your time, and this will be included in the results.

The winners (Male & Female) will be the runners who complete 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 8:15pm, or earlier at the Race Directors' discretion, for example due to bad weather.

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.

***This is a cupless event so please provide you own drinking vessel.***

***You can fill this at the aid station & 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.

You will not be allowed to start a lap after 8:15pm, or earlier at the Race Directors' discretion, for example due to bad weather.

Each lap time will be recorded as you pass the lap point. If you go into the pits, we will record your time, and this will be included in the results.

During the event we will be able to provide you with an update on the total team laps completed, so bring your tactical game!

***This is a cupless event so please provide you own drinking vessel.***

***You can fill this at the aid station & in the pits.***

## The Course

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

## Aid Station

There will be an aid station at 6.3k with thanks to [Modus Furniture](#)

## 10K

Water will be available in biodegradable cups on the 10k (first lap for 12-hour runners)

## 12 Hour

For the remainder of the 12-hour race you will need to carry a drinking vessel.

There will be a variety of High5 energy gels and High5 energy drink available.

Water will be available so you can refill your own drinking vessel.

There will also be sweet and savoury snacks such as crisps, Twiglets and Jelly Babies.

## Rubbish

We are only able to run on this route with the very kind permission of the landowners, farmers, businesses and residents.

**If we find any rubbish, we won't be back.**

**If anyone is seen littering, they will be reported to the Race Directors and removed from the event.**

**If they are a member of a team, the whole team will be removed from the event.**

## Runner Safety & Wellbeing

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

The weather could be very cold and wet. Please ensure you bring suitable layers and waterproofs if necessary. There is room in the pits to store additional clothing and supplies.

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 lap after 8:15pm, or earlier at the Race Directors' discretion, for example due to bad weather.

Runners completing a lap after 9pm will not have that lap counted towards their total.

## Medical Facilities

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

## Mandatory Kit List - 12-hour Runners

- 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 can 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** & has received permit number 19/111

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

## Race Results

These will be available after the event on The Lemur Loop [website](#) as soon as possible after the race.

Please bear with us as it is a complicated event to time!

## Awards Presentation

10k prizes will be presented at around 11am.

12-hour awards will be posted after the event to individual winners and team captains.

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

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

Immortal Sport Ltd, Suite 59 Yeovil Innovation Centre, Copse Road, Yeovil, Somerset BA20 2DD Tel: 01935 315470 email: [info@immortalsport.com](mailto:info@immortalsport.com) [www.thelemurloop.com](http://www.thelemurloop.com)

