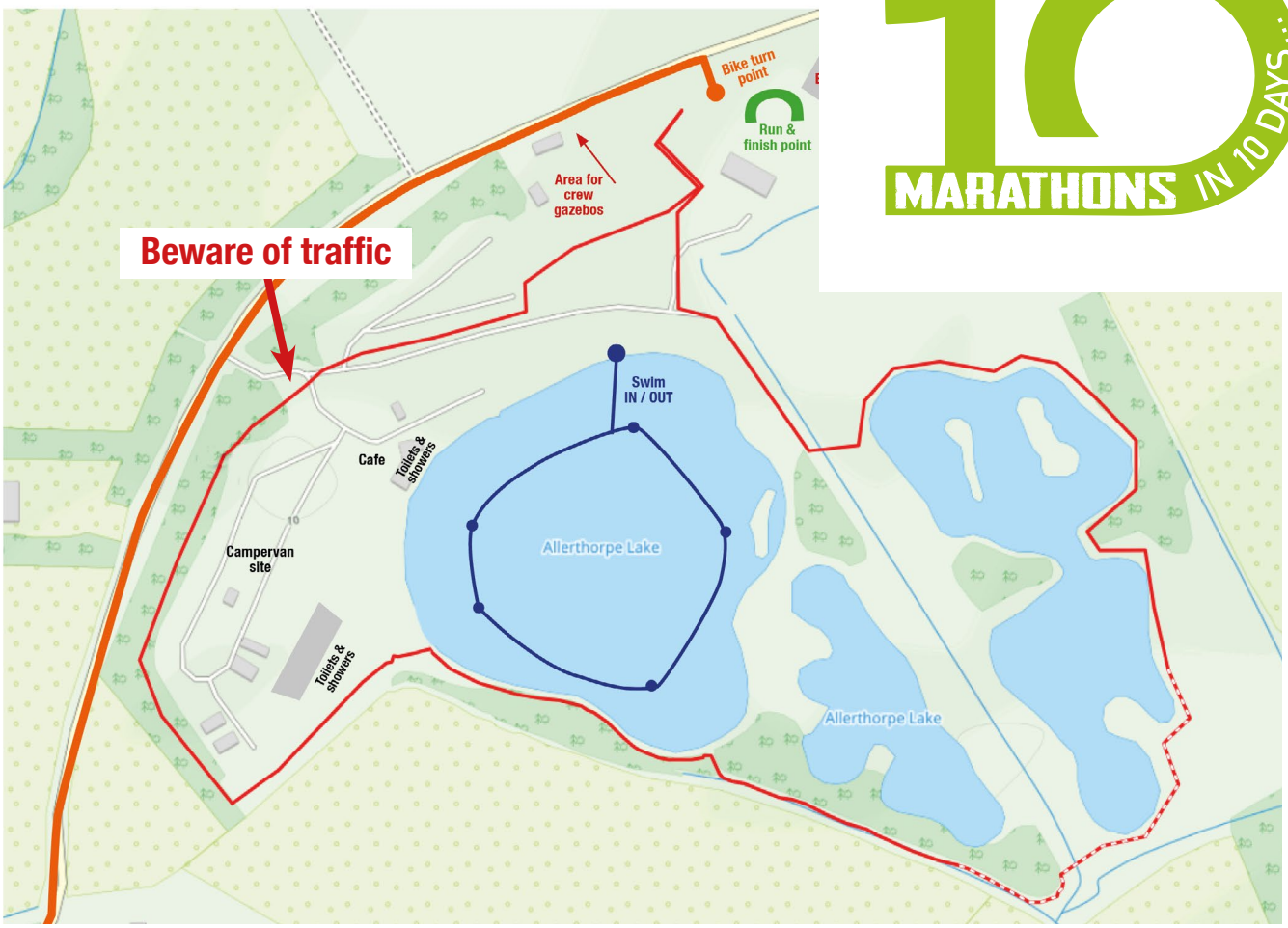

Run course in red. 22 laps of the 1.2 mile course https://ridewithgps.com/routes/29856731

Event dates: Tuesday 19th - Thursday 28th July

Registration: You can register the day before the first day or on the morning before you start. Just come a find a member of staff. You will be given a timing chip and t-shirt.

Briefing: 0845 each day on the startline **Start:** Each day at 0900 **Cut off:** 12 hours

The run course is a 1.2 mile lap around the lake and on private, traffic-free paths (mainly trail).

Be aware you will cross the main entrance to the park on every lap, there will be vehicles using this constantly (see above).

The aid station for the run is located in the event marquee. There are two toilets you can use. **Head torches will be required at dusk.**

At the end of your 10 days, you will be given your finisher medal.