

Race time

A brisk walk is usually done at around 12.5 minutes per kilometre. Teams will consist of 4 runners and 2 walkers, so we would expect all participants to be finished the course by no later than 10:00pm. This will give all teams 3.5 hours to complete the course. Should runners and walkers maintain the average speed their team should be expected to finish the race in time, below is an example of the times.

Teams of 4 runners @7min/km:

Team race completion in 140 min or 2 hours 20 min or 20:50 pm.

Teams of 2 walkers @12.5min/km:

Team race completion in 125 min or 2 hours 5 min or 20:35 pm.

Race timings will stop at 22:00 and any teams which have not completed the course there time will not be counted. All participants who do not finish the race will be entitled to a race medal. A sweep vehicle will run the course at 21:50 to clear the course of all runners and walkers who have not finished the event.

Course Marshalls will stand down if it can be confirmed that no teams are left to run the course or the time has reached 22:00. Any participants still left on the course at this stage must make their way back to the race village as quickly as possible.

Medals will be awarded to all finishers.

There are no water stations on route and no water will be supplied after the race. It is advised that participants bring water with them.

Medical provisions will be available on site.