

3. Will I need a crew or lapcounters?

Providing your own crew for the 24 Hour is highly recommended. There will be First Aid on hand for the duration of the event but crews are great for providing specialist support for individual runners.

Lap counting will be done electronically so there is no need for runners to supply their own counters.

Up to date results will be via the TV screens at the Timing Area for the duration of the event.

4. What time do the events start?

6 Hour: 6.00am Saturday July 14

12 Hour: 6.00am Saturday July 14

24 Hour: 10.00am Saturday July 14

All events start at the Timing Area. Each loop is a certified 2200m.

5. When do I receive my race number/timing chip?

Bibs and timing chips, as well as merchandise, can be collected at the Timing Area from 5.00pm Friday July 13, and on Saturday July 14 from 5.00am.

6. Will there be shelter?

Several marquees will be set up at the Food and Timing Areas which will provide shelter.

7. Will there be toilets and showers?

There will be four portable toilets on course next to the Timing Area.

8. Will I have milestones recorded?

All entrants will have their final distances recorded. **However if you wish to have any interim distances recorded (such as 50km, 100km etc) you must let Ben know by Thursday July 12.**

9. Can I have a pacer?

In short, no. Pacers are prohibited by the IAU who provide the sanctioning (and therefore the rules) for the event.

However, after 6.00pm on Saturday July 14, the 24 Hour runners will be permitted to have an occasional friend or family member join them on laps for support only, **no pacing**. This person must run/walk on the grass on the inside of the track and all runners must be aware of not impeding the progress of other entrants on the track.

10. Where do I park?

Parking is available for free along War Memorial Drive after 6pm Friday and all times across the weekend.

11. Is there accommodation nearby?

For accommodation options near the race area you may want to consider:

Adelaide Caravan Park <http://adelaidecaravanpark.com.au/>

Adelaide Meridien Hotel and Appts <http://www.adelaidemeridien.com.au/>

Majestic Minima <http://www.minimahotel.com.au/>

Adelaide Royal Coach <http://www.royalcoach.com.au/>

Hotel Old Adelaide <http://www.adelaideinn.com.au/>

Remember the Uni Loop is no more than a fifteen minute drive from anywhere in North Adelaide or the Adelaide CBD.

If you have any further questions please do not hesitate to contact Ben ben@yumigo.com.au

Further to this, an event information handbook will be emailed out in the week prior to the event.