

RunBelievable Challenges

Halloween 6 hour Challenge!

Sunday 29th October 2023 9.00AM

Welcome to the Halloween 6 hour challenge!

Please ensure you read the little paragraph about going “cupless” and our zero waste vision.

Location :

Betteshanger Park Sandwich Rd, Deal CT14 0BF

Registration :

Will be open from 8.30am. Race briefing at 8.55am. Please bear in mind the park only opens at 8.00am the same time we can get in! Please try and allow us sometime to set up before you arrive.

[More info about this event can be found at our website here.](#)

Weather : Light rain with a moderate breeze. If on the day we believe the weather to be less desirable we will set up in the walkway of the visitor centre, you'll see our red gazebo!

Getting there : No issues that we are aware of. However the park only opens up at 8.00am so please try not to arrive too early to give us a chance to get in and set up. We need to try and avoid congestion getting into Betteshanger and around the registration area. We will be based at the overflow car park, basically the furthest car park away from the entrance.

Course : We're going to be flexible with deciding the route! Mainly as it will depend on the conditions on the day. But the A plan is a 4.37 mile route.

The surface is a high quality gravel surface in the main with the odd patch of potentially muddy bits if they're wet but overall it's an excellent running surface and should produce some fast times.

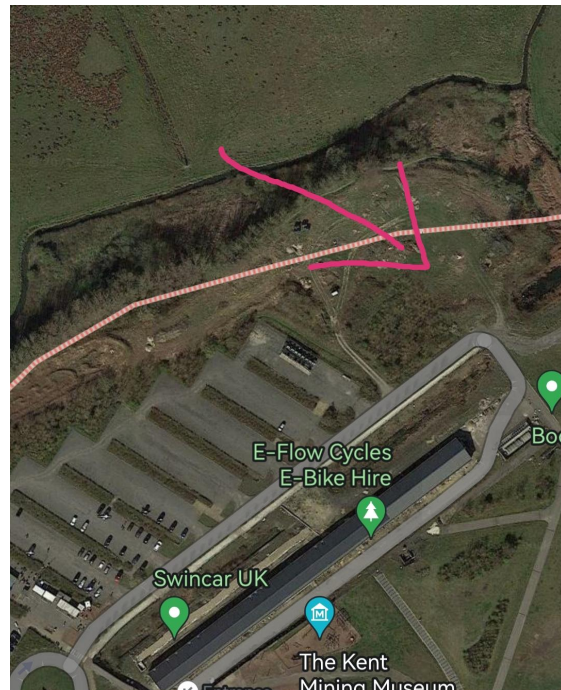
The route is viewable on [MayMyRun here](#).

There are slopes rather than hills, so it's not totally flat, each loop has maybe 60 feet of elevation rise, but there are some lovely woods to run by, ponds, grasslands, wetlands and some wildlife to spot too!

The route is suitable for either road or trail shoes.

Time Limits : You have a 6 hour time limit, as long as you are on your final lap by 5 hours, 59 minutes and 59 seconds you will be good to go out for your last lap.

Parking: There is lots of parking available, we will be located at the very far end of the carpark as you drive in in the new overflow carpark. You should see our red gazebo.. This is subject to change we will let you know if this changes. Please note parking is Pay & Display. (Currently £3.50 for an all day ticket) which is payable before you leave the park. They use an ANPR system and even if you forget you can pay afterwards for up to 48 hours.(You can find out more information on Betteshanger's website.



Toilets : There are toilets and showers located in the middle of the new visitor centre.

Numbers : You'll pick this up on race day from the race base camp. (Any elite SVN runners please could you bring your elite number)

Lap Counting : We will manually be counting your laps. Please give us a shout or a wave when you are back at basecamp to make sure we see you.

Runbelievable/SVN miles : Any miles run with us will also count towards your SVN mileage as well as contributing to the RunBelievable club. And for those of you who have earned an elite number through SVN, never fear you can still use it with us too! In fact we ask that you do bring your elite number.

Aid station : We will have an aid station with treats and goodies and jugs of water, juice or cola to refill your bottles. There will be limited room on our tables to leave your drinks so we would encourage you to use your car or bag drop area.

Bag drop : There will be a small bag drop area or you are more than welcome to use your car.

Doing our bit.... Our plan for our events is to be 100% rubbish free. We will be completely "cupless" which means we will not be supplying any bottles or plastic cups, instead we ask can all runners bring their own named bottle or cup which can be replenished freely at the water station. If after the event any runners or spectators have anything to dispose of, please please could you take it home with you!

We are really committed to this and believe together we can all make a difference, so we thank you all in advance for helping us eliminate waste and plastic usage!