

RunBelievable challenges

Heads or Tails!

Saturday 8th February 2025 - 9am start



**6 hour
Challenge**

Location:

Betteshanger Country Park
Sandwich Rd, Deal
CT14 0BF

Registration:

From 8.15am

COURSE DETAILS

The 4.37 mile course runs alongside the tarmac cycle track but at no point crosses it so there are no traffic concerns to worry about. 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.



Weather

Cloudy
highs of 4 degrees

Parking

There is tonnes of parking right by where our base camp will be. Parking can now only be paid as you leave the park at the machines based by the visitor centre. You can no longer pay online when you get home. Parking for all day is £5.50 at time of writing.

EVERYTHING ELSE...

Toilets: There are toilets at the visitor centre and showers if you desire after the events. There is also a coffee shop serving snacks.

Getting there: No issues that we are aware of.

Time Limits: 6hrs, you must have started your last lap by 5:59:59 on the race clock.

Numbers: These will be picked up at base camp on race day.

Lap counting: We will be manually counting your laps.

Aid station: Well stocked with snacks, treats along with water, squash and coke.

Bag drop: There will be a small area for your bags, but most runners tend to use their car.

Doing our bit:

We will not be supplying any plastic cups, instead we ask all runners to 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!