## Run Believable Challenges



8 hour Challenge

### Location:

Manston Rd, Ramsgate
CT12 5BQ(Map
What Three Words Ambitions, Winners,
Outdoors

### Registration:

**From 7.45am** 

### The Runway 25 Saturday 21st June 2025 - 9am start

### **COURSE DETAILS**

The course will start from the control tower, you will then follow the course signs around the perimeter of the airport before joining the top of the 2752 metre runway. After this you will then follow the signs back to base camp and that's a lap.

### Weather

Sunny with a gentle breeze. Highs of 24 degrees

### Parking

There is allocated parking in the large strip to the right of the entrance gate.
This will be signed.

# Helix AV A We parking above this point, as part of the route PARKING

### **EVERYTHING ELSE...**

**Toilets:** There are toilets in the control tower and in the visitor centre a short distance away.

**Getting there:** No issues that we are aware of.

**Time Limits:** There is a hard 8 hour cut off to complete as many laps as you like. One lap will earn you a medal. All full laps must be completed within this time.

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

Lap counting: You will have lap cards which will be clipped after each lap.

**Aid station:** Well stocked with cake, treats, water, juice and cola.

**Bag drop:** There will be room inside and outside the control tower but feel free to use your car as well.

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!