



LUNA TRAIL 2025 OFFICIAL RUNNER GUIDE

WEBSITE: <https://lunarelay.co.uk/>
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CONTENTS

<u>1. INTRODUCTION</u>	<u>2</u>
<u>2. UPDATES</u>	<u>2</u>
<u>3. RACE INFORMATION</u>	<u>2</u>
<u>4. GETTING STARTED</u>	<u>6</u>
<u>5. TEAM SIZES</u>	<u>8</u>
<u>6. RACE DAY ARRIVAL INFO</u>	<u>8</u>
<u>7. COURSE RULES</u>	<u>12</u>
<u>8. RACE RULES</u>	<u>14</u>
<u>9. SAFETY</u>	<u>17</u>
<u>10. SUSTAINABILITY</u>	<u>20</u>
<u>11. SPECTATORS</u>	<u>21</u>

1. INTRODUCTION

Welcome to Luna Trail! We can't wait for you to experience this incredible event in beautiful Eridge Park. While it might seem daunting to run at night or on the trails in such a vast place... it will be SO worth it! We just have to make sure this is as safe and smooth for you all as possible.

This guide contains important information for Luna. Team captains / solo runners are responsible to be familiar with everything in this guide and to educate all team members or supporters..

It is recommended that all runners read through the Official Runner Guide

2. UPDATES

ITEMS IN THIS GUIDE ARE SUBJECT TO CHANGE.

Registered runners will be notified of all changes. It is important that all runners make sure that they have an updated version of the Official Guide. Use the above list of updates on the first page, to determine if the Guide you have downloaded is current with the one online.

3. RACE INFORMATION

Race Date: 4-6 July 2025

Race Venue: Eridge Park, Sussex

Race Address - entrance: Eridge Green, Mayfield Road, TN3 9HT

Access & Directions : Please do not rely on Sat Nav directions. Please access the estate from the entrance on Mayfield Road, A267 south of Frant. Co-ordinates: 51.080100, 0.259288

What3Words: [///reservoir.tried.soldiers](https://w3w.co/reservoir.tried.soldiers) <https://w3w.co/reservoir.tried.soldiers>

Event management contact number (for emergencies): 07303 120741

PLEASE PHONE THIS NUMBER IF YOU HAVE AN EMERGENCY.

Please TEXT this number if you have an issue that is not an emergency.

If you call this number a member of the event management will respond and direct your call as necessary. The event management will be in constant contact with our medical team should you require assistance.



a. ROUTES

A google map link to our routes can be found here:

<https://www.google.com/maps/d/u/0/viewer?mid=1cijha-iVyWD0mjWpNgc4TljPYdirnA8&femb=1&ll=51.08736208232678%2C0.243274999999996505&z=15>

GPX Green Loop: <https://www.strava.com/routes/3358417714031207458>

GPX Blue Loop: <https://www.strava.com/routes/3358417960498322898>

GPX Red Loop: <https://www.strava.com/routes/3359461927241587888>

GPX Black Loop: <https://www.strava.com/routes/3359463165113693606>

We will circulate the final GPX of the routes by Friday 4th July so you can download them before you leave for Eridge Park.

Please note it is difficult to accurately track our routes to be able to provide GPX files because of tree density. Also there may be last minute changes to routes due to course safety.

Please follow route signs at all times. If your GPX says you should be going left when the signs clearly say you should go straight on, please follow the signs. We may change the route for your safety because of weather and will not be able to adapt the GPX files.

Example of a Green Loop sign:



b. EXPLAINING THE ROUTES

We are using the same system as used in the mountains to describe severity of the ski / snowboard routes. In the mountains you can access Green (beginner), Blue, Red and Black (experienced) runs.

The Green loop has been chosen to be easier than the other three loops in case you need a break from the climbing. It is 4 miles (6.4km) in length and includes one climb. You will start by passing the Ice Caves and then running up an old road before entering Rocks Wood and running past Saxonbury Tower. You finish by running alongside the road back to the event village

<https://www.strava.com/routes/3358417714031207458>

The Blue loop is just 4.5miles or 7.5km and follows a lot of what was the red route in 2024, following the black route (and 10km / Half Marathon) through Whitehill Woods and over to the main house. You finish alongside one of the lakes.

<https://www.strava.com/routes/3358417960498322898>

The Red loop is a mix of the green and blue loop from 2024, with the first few miles through Forge Wood and past one of the three Folly's at Eridge Park. This loop is 10km in length (or 6.25miles) and finishes beside a beautiful lake.

<https://www.strava.com/routes/3359461927241587888>

The Black loop is following much of the same route as in 2024 but with a new section prior to entering Whitehill Woods. This year the route is 12.5km (or 8.5miles) We will be cutting a path through a section of woods, which means it has not been used by many people for a number of years.

<https://www.strava.com/routes/3359463165113693606>

The 10km / Half Marathon routes

We've tried to create a loop that contains all the best bits of Eridge Park. Starting by the lake near Forge Wood the 10km / HM route takes in a beautiful set of woods and the Sham Farm folly. Then heading to join the Black and Green loops up the old road and across Eridge Park towards Whitehill Woods and joining up with the Blue route. This is a really testing 10km / HM with three significant climbs.

<https://www.strava.com/routes/3359463777692199224>

c. MEDALS AND POINTS - ultra events only

How well you do at Luna can be measured by how much fun you've had! However, we want to give you a target to shoot at. We will be awarding Gold, Silver and Bronze medals based on points you collate for the number of loops completed.

POINTS	LOOP	DISTANCE	ELEVATION
5	Green	4 miles	182m
6	Blue	4.5 miles	187m
9	Red	6.25 miles	196m
12	Black	8.5 miles	326m

"THE 24 HOUR" medal table:

TEAM SIZE	BRONZE POINTS	SILVER POINTS	GOLD POINTS
SOLO	0-30	30-60	60+
PAIR	0-40	40-80	80+
3-5	0-80	80-150	150+
6-8	0-100	100-175	175+

DAWN til DUSK // WEEKENDER medal table:

TEAM SIZE	BRONZE POINTS	SILVER POINTS	GOLD POINTS
SOLO	0-20	20-40	40+
PAIR	0-30	30-60	60+
3-5	0-60	60-100	100+
6-8	0-75	75-120	120+

*All distances are in miles and are a guide to how medals will be awarded

4. GETTING STARTED

a. GETTING READY

We recommend teams meet prior to the event to work out logistics and solo runners also consider the below. It may be helpful to prepare for the following things:

- What to do if a runner finishes their loop and the next runner isn't in the transition area.
- What to do if a runner gets lost.
- What to eat. What types of food and drink to bring.
- What types of clothing, running gear, and camping equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night.
- Assigned Start Time, arrival to the event, and transportation.

b. REQUIRED ITEMS FOR NIGHT RUNNING

IMPORTANT: If you or your team will be running at night it is **MANDATORY** that you bring with you and wear during nighttime hours:

- A head torch - which you point 2-3 metres ahead of where your feet are landing
- Something reflective to wear
- We recommend also running with a hand torch which you can use to find course signage ahead of you on the route

Nighttime hours over the event weekend will be: **8pm until 6am**; you will not be allowed to start running unless you have a head torch and are wearing a high-viz vest / top.

Please note the nighttime 10k and Half Marathon starts at 9pm, so the required items apply if you are taking part in these events.

c. TEAM NAME

When selecting a team name, please remember that Luna is a family friendly event. Teams are encouraged to bring their families, friends, and supporters to the event (paid passes required). **Children will be present at the event.** We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Use the same respect when considering your campsite decorations and team t-shirts.

d. START TIMES / FINISH TIMES

- **The 24HR:**
12:00 Saturday 5 July - 12:00* Sunday 6 July
- **Dawn til Dusk:**
08:00 Saturday 5 July - **20:00*** Saturday 5 July
- **The Weekender:**
15:00 Saturday 5 July - 21:00* Saturday 5 July.
The Weekender will resume at 06:00 until 12:00* on Sunday 6 July.
- **Half Marathon day**
09:00 Saturday 5 July
- **10km day**
09:00 Saturday 5 July
- **Half Marathon night**
21:00 Saturday 5 July
- **10km night**
21:00 Saturday 5 July

***please note ultra events:** you will be allowed to complete the loop you started before the finish times. E.g. If you start a Blue loop at 11.55am as part of The

24hr, you will be allowed to complete this loop and the distance will be added to your total.

e. TRAIL RUNNING GEAR REQUIRED

Trail running is different to road running. Check out a list of essential trail running and camping gear to pack for the event [here](#).

A head torch - Every runner running at the night **must** have a good headtorch. We recommend one with 70 lumens or more. (Even friends and family should be sure to bring torches and spare batteries etc.)

Water Container – Every runner - ultra or half / 10km, should run with a full water container or bottle of some sort.

The Black and Blue loop, and 10km / Half Marathon will have water available on the route but all will be CUPLESS WATER STATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATER STATION.

5. TEAM SIZES (Ultra events only)

Teams can be made up as follows:

- Dawn til Dusk : 1 - 6 runners
- The 24HR: 1 - 10 runners
- The Weekender: 1 - 6 runners

All teams / runners have access to the Event Village and camping for one night as part of their entry. Teams taking place in Dawn 'til Dusk can camp on Friday or Saturday night - it is your decision.

You will be asked to confirm which challenge you are taking part in and how many people are in your team when your team captain collects the running numbers.

6. RACE DAY ARRIVAL INFO

a. GETTING TO THE VENUE

Check Section 3 for the name of the Race Venue and the address.

Please note the turning into Eridge Park is quite tight / comes up quite quickly. There will be signage on the approach to Eridge Park to help you find the turning.

Please ensure you have your vehicle / camping pass to hand when you arrive to ensure you do not create a queue getting into the venue.

b. ARRIVAL TIMES - Friday

If you are taking part in Dawn 'til' Dusk or have purchased a second night of camping you can arrive at Eridge Park **from 4pm** on Friday 4th July. At the entrance gate the security team will ask to see your camping pass, and any passes for spectators.

Arriving before 4pm may mean you have to wait at the gates. Last arrivals must be **before 9pm** when the gates will be locked overnight. If you are running late please send a text to the event management: **07303 120741** and we will warn the security team.

c. ARRIVAL TIMES - Saturday

Arrivals on Saturday 5th July are **from 6am until 2pm and from 7pm to 9pm**. Please ensure you have your passes with you to help our security team get you into the Estate quickly. There is no final arrival time as security will be in place at the entrance throughout the event. If you are arriving by car you can exit and re-enter the venue whenever you want - just ensure you have a parking pass.

d. PARKING

Overnight parking at Eridge Park is only available to those who have pre-purchased car parking passes. If you have not paid for an overnight parking pass we will not be able to allow you to park at the venue in the evening until Sunday.

Passes can be purchased here:

<https://race-nation.co.uk/register/luna-relay/luna-trail-relay-2025>

Parking and camping passes will be distributed via email 10 days prior to the event taking place.

Cars are able to leave the venue whilst the event takes place to collect supplies / go to local supermarkets. (Please display your car parking pass at all times.)

PLEASE NOTE: Parking up any campervans / caravans and using them as event accommodation is different. These vehicles will be allowed into the Event Village **but they cannot be moved whilst the event takes place.**

e. CAMPING AREAS

Camping at Luna Trail is split into three sections - 1) Glamping, 2) Camping with tents, 3) Camping near Campervans / Caravans

All three sites circle the Event Village where runners start / finish their loops.

f. CHECK IN / RACE PACK COLLECTION

IMPORTANT: Team captains / solo runners must check in to the event at the Info Tent in the Event Village to collect their race packs, before their official start time.

Upon check-in, they will receive the team / runner slap bracelet and running numbers. (Team Captains will be able to declare team size in case it is different to the team size registered.)

Team Captains and solo runners must attend a short briefing with the Race Director who will give up to date information on route conditions, expected weather and any changes to the event format.

Check in times are as follows:

Dawn 'til Dusk:

Saturday 5th July: 6.30-7.30am

The 24hr:

Saturday 5th July: 9-11am

The Weekender:

Saturday 5th July: 1-2pm

Half Marathon / 10km:

Saturday 5th July: 7.00-8.30am / 7.00-8.30pm

Please do not arrive at times outside of this window - we have a small event team who have many jobs to manage and they may not be available to check-you into the event outside of these times.

g. RACE DAY SIGN-UPS

Every runner needs to provide us with certain important information before they can take part, such as any medical conditions.

Teams often have last minute runners fill in due to injury or complications.

We will have a paper registration form available at check-in for this reason. If someone on your team has not registered they **MUST** complete this form before the team captain can check-in.

Your team can't start running until all the team's waivers are registered.

h. CAMPSITE SELECTION AND SETTING UP

We pretty much have unlimited space in Eridge Park. But, we do ask that you / your team takes up less than 30sqm. Staking out a spot near the Event Village / transition will mean that you are in the middle of the action. Selecting a spot on the edge of camp may guarantee you a little more sleep.

Campervans will be parked in a separate area to the tent camping not far from the Event Village. You can pitch tents behind parked campervans.

Glamping tents will be pitched up ready for all those who have booked one.

i. CAMP FIRES, BBQS, GAS STOVES

IMPORTANT: Campfires and BBQs are NOT allowed in the grounds, during the event at any time.

Camping stoves with gas canisters up to 500g **are** allowed.

j. AMENITIES

Food & Drink will be available to purchase on site as below.

Friday pm:

- Joe Box coffee truck will sell coffee, hot drinks, pastries
- A food truck will be serving hot food for anyone arriving to camp over

Saturday:

- Joe Box coffee truck will sell coffee, hot drinks, pastries all day
- Pizza Post will be selling pizzas from 3.30pm - midnight.

Sunday:

- Joe Box coffee truck will sell coffee, hot drinks, pastries
- A food truck will be serving hot food morning-lunchtime

The Deer Park Cafe will also be open and walkable within approx a mile of the event site.

It will be open:

Saturday: 8.30am- 4pm

Sunday: 9am - 4pm

We 100% recommend that you also bring team food (and lots of haribo!).
Treat it just like a camping trip.

k. RUBBISH AND RECYCLING

If you bring it, you MUST take it home and dispose of it or use provided bins. When you leave, your campsite should look exactly like it did before you arrived. Luna will manage event waste but **runners should deal with their own rubbish.** Please make your best effort at recycling, composting, and reducing waste.

7. COURSE RULES

Many of these rules follow the principles of LEAVE NO TRACE. You should know and practise these principles outside of the race, whenever you are on the trails.

a. TAKE NOTHING FROM THE GROUNDS

Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

b. LEAVE NOTHING

No littering. Leave nothing but footprints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place in Eridge Park. Consider wearing clothing with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. **Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on the course will be disqualified and will not be invited back.** Toilets and rubbish bins will be provided in the Event Village.

c. STAY ON THE TRAIL

Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. When multiple trails exist, run on the one that is the most worn. **No cutting across the loops.** Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

d. NO ANIMALS

No dogs on the course. No dogs in the campsite. No dogs at the event. We love dogs but this is a safety issue for participants, the deer that live there, and for the dogs.

e. PACING / SUPPORT RUNNERS

Running pacers or support runners are allowed during the event. Runners may run with any number of pacers at any time (humans only, sorry no dog pacers). **If four of you head out together that's absolutely fine** - however only one loop will be credited to your total.

Pacer(s) and runner should run single file when passing another runner or being passed.

Bicycle pacers are never allowed on the course.

f. CHEERING RUNNERS ON

Spectating at Eridge Park is possible - there are a number of places you can access on the route easily from the Event Village - for example where the Green loop merges with the Blue / Black loop.

g. PROHIBITED ITEMS

The following items are not allowed on the course: bicycles, dogs or other animals, prams, scooters, e-bikes and any other device that may endanger others or put a runner at an advantage over the other participants.

8. RACE RULES

a. RUNNER ROTATION - teams

Runners can choose which loops(s) they take on. Runners in teams can run in any order. Runners decide which loop(s) they take on just before they change over / start running. Only one runner at a time counts towards the total distance.

Runners must tell organisers which loop they plan to run just before the changeover between teammates. This is so we know which loop you are on in case of injury or (in the very unlikely event) you get lost.

Runners cannot switch loops once they have started. You cannot start the Blue loop and decide to finish on the Black loop. You cannot start on the Green loop and finish on the Blue loop. If you do start on the Green and finish on the Blue you will be credited as completing three miles, and not the four miles you would have actually completed.

However if you start a Black loop and decide halfway round you only want to do the Blue loop we will allow you to finish and be credited for the four miles completed - we understand that you might be feeling good at the start and soon realise that another four miles is beyond you.

Runners do not have to complete every loop.

Runners / teams can take a break whenever they want - please hand your slap bracelet into the timing tent so that we know you are having a break.

b. CHANGEOVER / TRANSITION AREA - ultra events

IMPORTANT: The changeover is going to be busy so it's important that all runners understand how this process works.

When the incoming runner reaches the finishing straight the outgoing runner can access the changeover area. It is important that runners exchange the slap bracelet at this point - and it is not uncommon to swap head torches, high viz vests as well as high 5's!

The outgoing runner then can choose which loop to head off onto.

c. DOING MULTIPLE LOOPS - ultra events

We expect many runners to do multiple loops (especially the solo runners).

You must cross the line of the loop you are completing to allow race organisers to note which loop you have completed and which loop you are tackling next.

Failure to ensure race organisers have logged your finish / start may mean that loop is not registered to your total.

d. INJURED OR UNWELL RUNNERS DURING THE EVENT

In the event of an injury or a runner feeling unwell, any of the remaining runners in their team can replace the injured runner.

For example, if runner A is injured half way through his or her first leg, any member of the team may complete the leg for him or her.

Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the unwell runner is no longer eligible to run.

e. FOLLOW RACE OFFICIALS INSTRUCTIONS

Race officials include staff and volunteers. Course volunteers are considered Race Officials. They have authority to disqualify a team / runner for breaking an event rule, showing any sign of intoxication, abusive behaviour, or a failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a disqualification and you will be asked to leave the event.

f. FOLLOW CORRECT ROUTE: NAVIGATION IS THE RESPONSIBILITY OF EACH RUNNER

IMPORTANT: Runners are responsible to make sure that they stay on the course. If a runner gets off course, they are to return (on foot) to the point where they went off course and continue from there.

Signage has been placed along the course but sometimes runners overlook markings; be prudent in your knowledge of the course.

We will be providing GPX's of the route (Thursday / Friday before once the course is set-up. **We advise carrying a phone when running.**)

g. VISIBLE RACE NUMBER

IMPORTANT: Race bibs must be worn and visible on the front of the runner at all times. This bib and the slap bracelet (provided to every team / runner at check-in) will help us to provide accurate timing and identify who is or isn't out on the route.

h. SLAP BRACELETS - ultra events

At the start of each loop, runners must wear the slap bracelet that has been provided / hand over the bracelet to the runner taking over. If you lose the slap bracelet, please head to the Info Tent.

IMPORTANT: If your team stops running for a while, please hand your slap bracelet in at the Transition so that we know which teams / runners are not currently out on the course.

9. SAFETY

Safety is our number one priority. There are many potential hazards in an event of this type. Please help us keep the event safe by focusing on being safe runners, safe campers, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

a. RUNNING IN THE HEAT

Staying hydrated is critical to having a fun and successful Luna Trail, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke.

Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 30°C, heat cramps and heat exhaustion are possible. Above a HI of 36°C, heat exhaustion is likely and heat stroke is probable with continued activity.

The event has a team of medics at the event at all times and will take their advice if weather conditions become very hot.

Teams must ensure their runner's safety by monitoring the condition of their runners before and after each loop. Runners should pre-hydrate before each of their loops, hydrate while running, and re-hydrate after each of their loops. Water should be supplemented with electrolytes such as HIGH5, etc. **Proper hydration is obtained when the runner has clear (light lemonade coloured) and copious urine.** If you are worried about the condition of one of your runners, please visit the Medics on site.

IMPORTANT: Water will be available in the Event Village but not necessarily along the course. Be a responsible trail runner and carry your own water and nutrition during your legs.

Water Container – Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATER STATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATER STATION.

b. PERSONAL MUSIC DEVICES AND HEADPHONES

The use of personal music devices with headphones while running is strongly discouraged. Trail running requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements:

- Be aware of the sounds around you
- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)
- Be able to hear “on your left”. Listen for other runners trying to pass you.

c. WILD ANIMALS AND TICKS

There are herds of deer within Eridge Park. If they see you they will be more scared of you than you are of them (this includes stags) and will likely run away as soon as they sense your presence.

IMPORTANT: Deer often carry ticks, so it is important that you and any supporters with you, are tick aware during the weekend and take measures to prevent picking up ticks.

Government advice includes:

- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET / REPEL
- carry out a tick check regularly

We would also recommend that you wear long running socks or running tights (weather dependent).

We have a team of trained medics at the event that will be able to support you if you need to remove a tick.

The safest way to remove a tick is to use a pair of fine-tipped tweezers or a tick removal tool. Grasp the tick as close to the skin as possible, pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection. Clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes. Contact your GP promptly if you begin to feel unwell

with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors.

d. ALCOHOL

While participating in the event, the consumption of alcohol is highly discouraged. Alcohol greatly increases the risk of dehydration. Alcohol also affects perception and equilibrium, two things that are highly important while trail running. If you choose to consume alcohol it must be consumed responsibly in the Event Village area.

e. IN CASE OF INJURY / EMERGENCY / GETTING LOST

IMPORTANT: If you are injured or get lost while running out on the course, **NEVER** cut across country as a shortcut back to the Event Village. Continue to follow the trail markings back to the Event Village or go backwards along the course to get back to the Event Village.

If you can't walk, just sit down along the trail and alert the next runner that comes past you. On your running numbers will be the emergency number for the event. Please try to work out where you are using what3words and text the emergency number for the event.

We will have medical staff on hand. A Medic Tent will be located in the Event Village and will be open and available at all hours during the race.

In the event of an emergency in the Event Village please notify the nearest race official, as they will be able to communicate with the Medic Tent. If you are not near any race officials, please text the Race Director.

Event weekend contact number (call for emergencies) - 07303 120741
PLEASE ONLY SEND TEXT MESSAGES if it's not an emergency so we can process your query or issue before responding.

If the emergency is severe, always call 999, then the Race Director.

f. MANDATORY START LINE BRIEFING

IMPORTANT: All solo runners or team captains must attend a briefing when collecting their race packs. The briefing will last approximately 10 minutes and

will cover things such as trail markings, course specifics, what to do in case of an injury, and trail ethics. **Please arrive at the race at least 3 hours before your team's start time** to give yourself adequate time to check-in and go through the Trail Briefing.

g. BAD WEATHER

The event will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the event course occur, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves. There will be no refunds given if the race is cancelled due to weather. Conditions that may result in a race being cancelled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, hurricanes, flooding, fog, etc

10. SUSTAINABILITY

Luna is conscious of the importance of organising a socially and environmentally responsible event.

E.g. Carshare to the event where possible, don't bring disposable plates/silverware/cups/napkins, stay away from food with excessive packaging.

However, please note we have chosen to buy bottled water for this event - and while this might seem counterintuitive we have done so having weighed up our options carefully.

It is critical that we have ample water supplies for all runners, spectators, event crew and volunteers, especially if we have warm weather. There is no drinking water available at Eridge Park, so enough water for every situation must be brought to site before the event starts.

We have considered water bowzers and received quotes. To deliver a 2000 litre minimum water bowser, which would ensure we have enough water, will require four lorry journeys, and will likely mean we have to pour away >500 litres of fresh drinking water after the event.

We have therefore chosen to buy 5 litre bottles of water and jugs for easy pouring. This will mean :

- We can collect and recycle all used bottles of water.

- We do not expect any water to be poured away / wasted.
- We remove the need for lorries to make lengthy round round trips.

We hope you can understand and support our decision.

CUPLESS EVENT – We are a cupless event. **Every participant (runner, volunteer, friend, family, crew, etc) should bring reusable water bottles.** (Please feel free to bring reusable coffee cups also, but this isn't obligatory.)

11.SPECTATORS

a. RECEIVING PASSES

All passes will be sent to those who purchased them, roughly 10 days prior to the event taking place. Please ensure that friends and family who are coming to spectate bring the passes with them.

b. ENJOYING ERIDGE PARK

Spectators are free to follow the running routes either running or walking. We ask that you do not leave the routes and access land that may be used by local businesses or the family that own the Estate.

Please be aware that there are a number of lakes in Eridge Park that are used for fishing. Swimming is strictly prohibited at all times.