



# The Great NorthSouth R#n

Saturday 19<sup>th</sup> September 2026

Check-In: 9:30am to 10am

Photo & Start: 10:30am

**£25 entry price includes event T-shirt, event buses & support cars**

- You are encouraged to wear your event T-shirt at all times!
- Remember it's a social Hash R#n and definitely not a race!
- If you arrive at a pub stop before a bus, you **MUST** wait to be checked in!
- If you wish to leave during the event, the Check-In crew **MUST** be told!

The buses with your labelled kit bags will be available at every pub stop. There will be a front bus and a rear bus, so depending on your pace, you decide which bus to leave your kit on. The front bus will leave the pub stop when the last runner is approximately 1 mile away. The rear bus will leave the pub stop when the last runner is at the pub stop and is either ready to run on or gets on the bus.

There is a minimum average running pace of 14 minute miles for the first leg to the Blacksmiths (7.5 miles). Anyone slower than this will be encouraged to get on the bus to the Blacksmiths. If you think you may take longer than 1 hour 45 minutes to run the first 7.5 miles, please let us know via email and we can discuss your options in more detail.

