* The target time to complete the relay is 18 hours.
* Waterproofs & spare base layers must be carried on legs 3, 4, 5, 6 & 7. These are the most rural & remote legs of the route where access for the buses won’t be possible for long distances.
* Legs 1 to 5 will be ran in the dark so head torches will be required for these legs.
* Maps for each of the legs will be provided and GPX files are available if required.
* There won’t be any provision for re supply in-between changeover points, so where necessary runners must carry there own food & water.