SPONSORS:

Participant information

19th Bislett 24-Hour Indoor Challenge Nov. 21nd-22rd 2026

Website: www.romerikeultra.no/p/24681/info-in-english
Facebook: www.facebook.com/Bislett24
Organizer Romerike Ultraløperklubb: www.romerikeultra.no

Hi runners

There are now only two weeks left until the "Longest Christmas Party of the Year", which will be held for the 19th time on the indoor track beneath the stands at Bislett.

Nearly 700 runners entered the lottery for one of the 150 available spots when registration opened in early May. Those who were selected then had 24 hours to claim their place in the race. Since then, the demand for available entries has been exceptionally high.

We of course hope to see all of you on the starting line. However, if something comes up, please remember that it is still possible to transfer your entry. The absolute deadline for any changes is Sunday, 15 November at 23:59. Instructions can be found on the race website, where you can also join the "Entries for Sale" list.

We are expecting 162 runners at the start. With this many participants, we are very close to what we believe is the maximum capacity the venue can comfortably accommodate without compromising the experience too much for the fastest runners.

COLD & FLU

If you have a cold, the flu, or are feeling unwell in any way, please stay at home. If you are unsure whether your symptoms might be contagious, we kindly ask that you stay at home as well. This applies to both participants and supporters.

Time schedule

SATURDAY	07:30	The doors open at Bislett Stadion
SATURDAY	08:00	Distribution of start numbers
SATURDAY	10:00	Start
SATURDAY	16:00	Change running direction
SATURDAY	22:00	Change running direction
SUNDAY	04:00	Change running direction
SUNDAY	10:00	End signal and final measurement
SUNDAY	11:00	Prize ceremony Bislett24

Race Number Collection

Distribution of start numbers will take place in the area you will meet on arrival at the indoor track. There is no possibility for post-registration or transfer of start number this day, this opportunity was closed on November 15th.

If we find someone running with someone else's number, they will be disqualified. This also applies if it is discovered after the race.

IMPORTANT: Next of kin form

Upon arrival, all participants must complete a form before collecting their race number. The form is included with this participant information and will also be available on the race website.

Please pay particular attention to the questions regarding your physical fitness.

Next of Kin form

Printing and completing the form before you arrive will make race number collection quicker and easier for everyone.

Participant shirt

Participants had the opportunity to purchase the official race T-shirt for NOK 325 during registration. Ordered shirts can be collected at bib number distribution.

Any unsold shirts will be available for purchase for NOK 325 from the start of the race until the prize ceremony the following day. Payment is cash only.

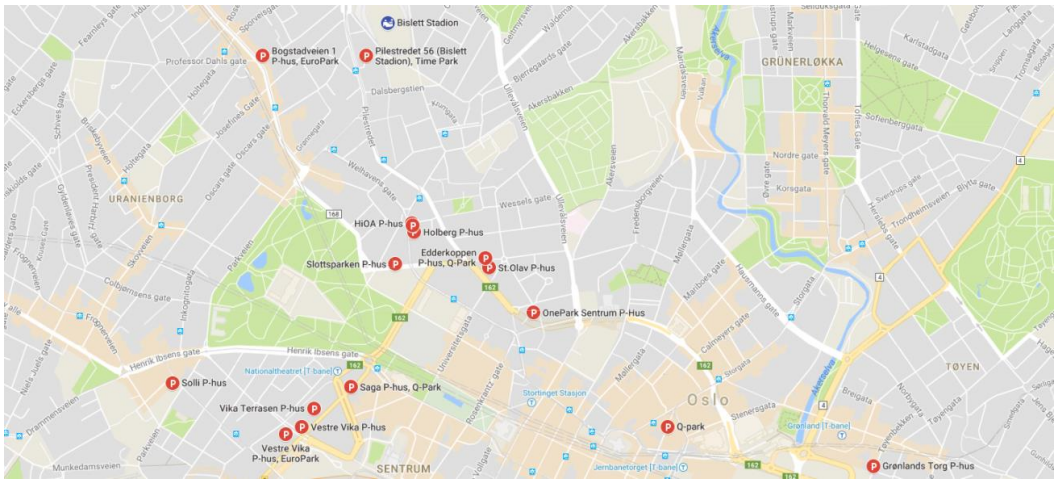


Find your way to Bislett stadium

Please note: Due to testing of a new signalling system, there will be no metro (T-bane) service through central Oslo from Thursday, 19 November to Sunday, 22 November inclusive. Please allow extra travel time when planning your journey to Bislett.

If you are arriving by car, we recommend using one of the public parking facilities near Bislett.

Google search: "Parking near Bislett"

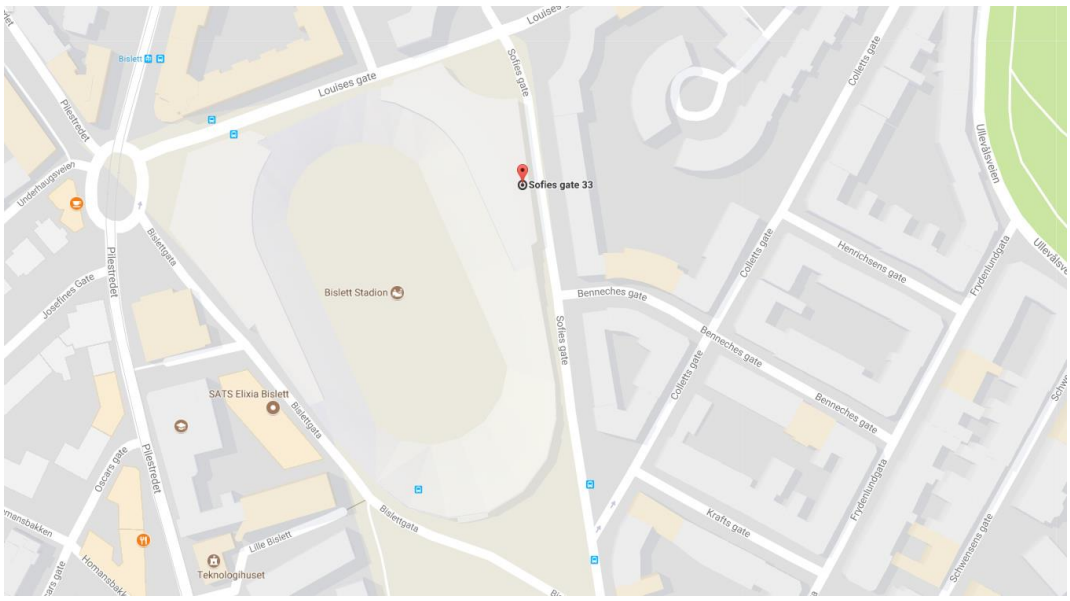


The entrance to the indoor track at Bislett is located on **Sofies gate**, even though the official address is Louises gate 1.

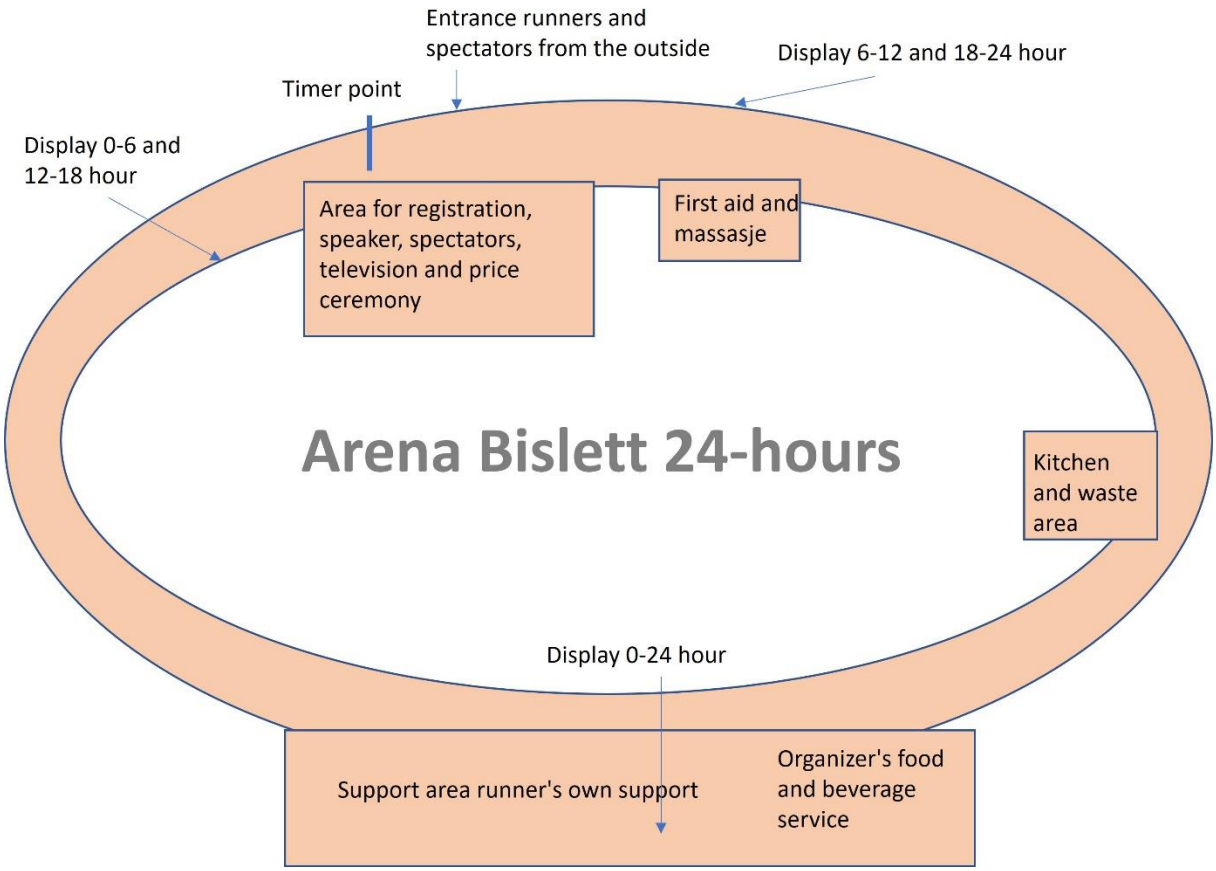
The entrance will be clearly marked with Bislett24, and the doors will open at 07:30 on Saturday.

From the entrance, there are stairs and a lift (elevator) leading two floors down to the running track, changing rooms, and arena area.

This is also the entrance for spectators and supporters.


Sofies gate 33
Louises gate
Pilestredet
Underhaugveien
Josefines Gate
Bislett Stadion
Bislettgata
Sofies gate
Colletts gate
Bennecheus gate
Henrichsens gate
Fridtjof Nansens plass
Ullevålsveien
SATS Elixia Bislett
Oscars gate
Homansbakken
Lille Bislett
Teknologihuset
Krafts gate
Fridtjof Nansens gate
Schweigaards gate

ARENA


Entrance runners and spectators from the outside
Display 6-12 and 18-24 hour
Timer point
Display 0-6 and 12-18 hour
Area for registration, speaker, spectators, television and price ceremony
First aid and massasje
Arena Bislett 24-hours
Kitchen and waste area
Display 0-24 hour
Support area runner's own support
Organizer's food and beverage service

Changing room and toilets

Changing rooms and toilets are in the arena area on your right as you enter the track area.

The toilets are cleaned every hour throughout the event.

If you feel sick and are unable to reach a toilet in time, please use one of the waste bins rather than the floor. This helps our volunteers keep the venue clean and pleasant for everyone.

Valuables

Secure storage boxes for wallets, keys, and other small valuables are available to the left of the arena entrance. A total of 60 boxes are available. Please bring your own padlock if you wish to use one.

Runner support area

The runner support area is in the sprint zone, on the opposite side of the track from where you enter the arena. Tables will be provided for runners and their support crews.

There will not be enough table space for everyone to have as much room as they would ideally like, so please be considerate and share the available space. Please also follow any table markings and instructions. If you have helpers supporting you during the race, we ask that they show the same consideration towards others.

You are welcome to bring a small camping table or similar equipment, which may be set up behind the provided tables. Please remember that support activities must take place behind the tables and not in the running lanes.

Participants arriving on Friday may not place personal equipment in the support area until the organisers have completed their setup and given permission to do so. This will be no earlier than 19:00 and only if organisers are still present. We strongly recommend waiting until Saturday morning.

Please note – new this year

Space behind the tables is limited, and we want to ensure as much room as possible for both runners and support crews. Therefore, from this year onwards, each runner may have a maximum of **two support persons** in the support area at any given time.

We understand that family and friends may wish to visit and cheer on participants, but they may not remain in the support area unless they are one of the runner's designated support persons.

A passageway will be maintained through the support area to ensure that runners can easily access and leave their support station. This passage must be kept completely clear of bags, tables, chairs, and other equipment at all times. This is also important for safety in the event of an emergency.

The organisers' service station will also be in the sprint zone.

Please note that no space has been allocated for support stations or personal aid stations on the entrance side of the arena. Follow the instructions of the organisers, as these areas are reserved for spectators, first aid services, massage, timing officials, display screens, and other event operations.

Food & drink

A wide selection of food and drinks will be available at the service station throughout the race.

MENU (approximate serving times)

- 14:00 – Pasta with tomato sauce and meatballs (served separately)
- 18:00 – Meat soup and vegetable soup
- 22:00 – Hot dogs with potato flatbread (*lompe*), vegetable soup, and broth
- 22:30 – Ice cream
- 02:00 – Smoothies
- 06:00 – Porridge

Waffles and broth/soup will be available throughout the event.

In addition, we will be serving:

Water, FUEL OF NORWAY sports drink with electrolytes, coffee, tea, milk, and a selection of soft drinks, including Coca-Cola, Solo, Fanta, and Farris/Bris.

A selection of sandwiches and bread with assorted toppings, various biscuits and cookies, salty snacks, sweets, and fresh fruit will also be available.

And if you're especially nice and friendly, there's a chance we'll serve you a hug and shower you with compliments, too!

Special dietary requirements

If you require a special diet, please bring any food you depend on yourself.

We do make some accommodation for vegetarians by serving foods such as pasta, tomato sauce, and meatballs separately. However, we cannot accommodate gluten-free diets or other food allergies and intolerances.

Supporters

Helpers, supporters, family members, and friends do not have access to the organisers' service station. Only the runner may collect food and drinks from the service station.

We also do not have the capacity to serve anyone other than race participants and event staff. Please make sure to share this information with anyone who will be assisting or supporting you during the race.

Use of power-demanding sources such as kettles etc. can be connected to two power cabinets with additional power outlets. The organizer also provides kettles/water.

We will set up a very simple refreshment area for spectators and supporters in the arena area near the entrance to the track. Most likely, only tea and coffee will be available.

Rules for the track

All runners have an equal right to run or walk in Lane 1. This applies regardless of pace or position in the race. Overtaking must therefore be done on the outside of runners using the inside lane, even if this means that the faster runners cover a few extra metres over the course of the 24 hours.

Running shirtless is not permitted.

All shoes with a maximum stack height of 40 mm and no more than one carbon plate are permitted during the race.

Important exception: If participants are walking side by side, there must always be at least one complete running lane free on the inside of them. This ensures that other runners can pass safely and without obstruction.

All participants and event staff have the right to point out and remind others of this rule if it is not being followed.

Filming while running

Filming while running is permitted only if it does not interfere with or obstruct other participants. The use of selfie sticks is not allowed.

No one may accompany runners on the track for filming purposes unless this has been approved by the organisers in advance.

The organisers may issue warnings and, if necessary, disqualify runners who fail to follow instructions or show consideration for others on the track. Supporters who do not comply with these rules may be asked to leave the venue.

Supporters on the track

Only runners and event staff are permitted on the running track. Supporters, children, family members, and friends are not allowed to accompany runners on the track or provide support anywhere other than in the designated support area.

Repeated violations of this rule may result in the runner being disqualified.

Supporters may, of course, walk along the outer wall of the arena when travelling to and from the support area, the toilets, or other facilities located on the changing-room side of the arena.

PLEASE WALK AGAINST THE DIRECTION OF RUNNING.

Runners are not permitted to stop, sit, or lie down on the running track. The obvious exception is if a runner is injured or requires immediate assistance.

Spectators

All spectators, supporters, family members, and other visitors are asked to remain in the designated spectator area near the track entrance. This includes runners' family members.

Friends and family are, of course, very welcome to visit the arena and cheer on the runners. Please ensure that they stay within the designated spectator areas.

Media coverage

As in previous years, DirekteSport will provide a 24-hour live stream from the race. The broadcast will be available through more than 100 Norwegian newspapers. Further details will be announced on the race website and Facebook page.

Kondis.no will be covering the event with pre-race articles as well as reports during and after the race.

We are also delighted to welcome back Samuel Hafsahl as the official race photographer. He will be taking hundreds of photos throughout the event, which will be available to participants and the press.

Race procedures

The race starts in the arena area where you enter the track. This is also where you will find the announcer, timing system, live results display, and media representatives.

Each lap is 546.5 metres long. Please take extra care not to cross the timing mats back and forth during the race. If you have passed the toilets or another area you intended to visit, continue your lap and return on the next one. Also avoid stopping to chat near the timing mats.

The running direction changes every six hours, close to the timing mats. These changes will be clearly announced, so simply follow the organisers' instructions. If you are off the track when the direction changes (resting, using the toilet, etc.), please check which direction runners are moving before rejoining the race.

The most important rule of all is simple: treat fellow runners and volunteers with courtesy and respect.

To help our service station volunteers, please note that food and drinks may not be grabbed while running past the station. Spilled food and drinks create extra work and safety issues. Sports drinks and other sugary beverages must not be poured onto the track. Please treat the venue as you would any indoor facility, because that's exactly what it is.

You are welcome to eat and drink while moving, but please do so without spilling.

Please use the many waste bins provided. Do not leave litter on or around the track, and do not throw cups or other rubbish from a distance. Simply place it in a bin. Trust us, you won't lose any time by doing so.

There is only so much we can do about the temperature. The indoor venue was not designed for this many people over such a long period, but we will do our best by adjusting ventilation and opening or closing doors as needed. Some people prefer it warmer, others cooler. Please remember that the volunteers helping you also need a comfortable working environment. Rather than complaining, we ask everyone to adapt to the conditions.

Running shirtless is not permitted.

You may leave the track to rest, receive support, use the toilets, or even take a short nap if you can find a suitable place. However, this is a running race, and no dedicated sleeping facilities are provided. When returning to the race, please rejoin the track at the same point where you left it.

Chip

All runners wear two timing chips attached to their race number. The race number must be worn on the front, clearly visible, and must not be altered in any way.

Folding, cutting, or modifying the race number is not permitted. Damaging the timing chips may result in your laps not being recorded.

Final measurement

When the announcer declares that the 24 hours are over, you must stop immediately and remain where you are until the distance measuring officials reach you.

If you choose to sit down after stopping, please avoid the inside lane, as you may be asked to move to allow the measurement process to take place. Instead, sit in the middle or outer lanes.

You will be informed when it is safe to leave your position. Depending on where you are on the track, this may involve a waiting time of up to 10-15 minutes.

First aid and massage

Norwegian People's Aid (Norsk Folkehjelp) will be present throughout the entire 24-hour race. Their primary role is to deal with serious injuries and medical emergencies. If you are concerned about your own health or that of another runner, please do not hesitate to contact Norwegian People's Aid or one of the race organisers.

A massage team will be available from Saturday 20:00 until Sunday 07:00, offering massage treatment and assistance aimed at injury prevention and recovery.

Two scales will also be available for participants who wish to monitor their body weight during the race.

Announcers

Two announcers will keep you company throughout the 24 hours.

The sound system should be audible around the entire track, bringing you music, runner shout-outs, race updates, and the latest results throughout the event.

Greetings to the runners

Friends, family, and supporters are welcome to send greetings and messages of encouragement to the runners via Jon@romerikeultra.no but **only after the race has started**. Messages sent in advance will not be read out.

If many messages are received, there may be a considerable delay before they are announced, and we cannot guarantee that all messages will be read.

Please do not expect greetings sent through other channels to be noticed or announced.

Music requests

Runners are welcome to submit music requests to the announcers during the race. However, please understand that we cannot guarantee that every request will be played.

Live results, website & mobile app

A link to the live results will be published no later than the day before the race on **Kondis.no**, as well as on the race website and Facebook page.

The same announcement will also include information about the TV broadcast and how to send greetings to the runners, making it easy for spectators to find everything in one place.

You can also follow the race by downloading the **MYLAPS Sports Timing** app from the **App Store** (iPhone) or **Google Play** (Android).

Prize ceremony and awards

The prize ceremony will take place at **11:00**.

- Prizes will be awarded to the top three women and top three men overall.
- Class winner prizes will be awarded.
- Participation prizes and performance medals will be awarded as described below.



Anyone who completes 150 km (men) or 130 km (women) will receive the race's prestigious Performance Medal.
The medal will be presented in the arena area near the announcers, either before or after the prize ceremony.
For participants aged 70 and over, the qualifying distances are 130 km for men and 110 km for women
.

Prizes from the prize draw will be awarded in the arena area near the announcers, either before or after the prize ceremony.

Please note that prizes will not be mailed or otherwise sent to participants who leave the venue before they are distributed

Results

In a timed race, there is no such thing as a DNF. Once you have completed a single lap (546.5 metres), you have an official result.

If you stop before the 24-hour finish signal, your result will include all full laps completed up to that point.

During the race, you can follow your distance and position on the result screens located near the announcers and in the support area. Family and friends can follow the race live online, and the official results will be published on Mylaps.com, the race website, and Kondis.no after the event.

Each lap is 546.5 metres long.

The current course records are:

- Men: 264.887 km (Allan Hovda, 2021)
- Women: 261.170 km (Therese Falk, 2021)

Live results display

The display screens will show information like the following:



Ranking screen D_N (S1)

Runner	Laps	Km	Last lap	Rank	NM	Age
61 Hallvard Enger - NOR	540	294.840	2:40	M 3		2
15 John F. Jahre - NOR	541	295.386	2:40	M 2	M 2	1
13 Siw Benonisen - NOR	539	294.294	2:40	K 2	K 2	1
7 Andrea Sandness - NOR	540	294.840	2:40	K 1	K 1	1
58 Torbjørn Os - NOR	540	294.840	2:40	M 3	M 3	1
14 Arild Thomassen - NOR	539	294.294	2:40	M 8		2
8 Trond Arne Liavik - NOR	540	294.840	2:40	M 3	M 3	1
2 Peter Jensen - DEN	540	294.840	2:40	M 3	M 3	1
74 Svein Kjetil Riska - NOR	540	294.840	2:40	M 3	M 3	1
161 Lars Bjørbæk - NOR	543	296.478	2:39	M 1	M 1	1

Network & results displays

Mobile network coverage in the arena can be somewhat limited. The Wi-Fi network is reserved for event staff and organisers, so participants, supporters, and spectators should rely on their own 4G/5G connection.

A dedicated results screen will be in the support area by the sprint zone to help support crews keep track of the race. The screen will show runners' passings approximately half a lap before they reach the support area.

Shoe rules

For ultramarathon races, shoes with a maximum stack height of 40 mm are permitted, with no more than one embedded carbon plate.

It is the athlete's responsibility to ensure that their shoes comply with the regulations, both at the start of the race and after any change of footwear during the race.
Random shoe checks may be carried out at any time.

Please use email for all inquiries to the organisers

If you have any questions about the event, please contact the Race Director by email.
Marit_kbb@live.no

We cannot guarantee that messages sent through other channels will be seen or answered.

This participant information, along with any additional newsletters or updates, will also be published on the race website.

We wish you the best of luck with your final preparations and look forward to seeing you at the start line. Thank you for being part of Bislett24, and we will do our very best to help you reach your goals during the race.

We look forward to seeing you at the start line!

Marit, Race Director

and everyone at Romerike Ultraløperklubb

ROMERIKE ULTRALØPERKLUBB

Website: www.romerikeultra.no/p/24681/info-in-english
Facebook: www.facebook.com/Bislett24
Organizer: Romerike Ultraløperklubb www.romerikeultra.no

WELCOME!

Welcome to Oslo and the legendary Bislett Stadium for this year's Bislett24, taking place on **21-22 November**.

2027

Next year's race (2027) will take place on November 20st -21nd

Bislett24

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