



Christmas Cracker 2020

Saturday 5th December & Sunday 6th December 2020.

PLEASE NOTE THE CHANGE OF VENUE – SALTAIRE NOT KIRKSTALL – THANK YOU

Grimmers! Fabulous News, we are on for this weekend. Fingers crossed we are moving in the right direction.

We do believe the canal will be busy this weekend as lots of people are taking exercise, (maybe something to do with the pubs being shut)! So we all have to be extra vigilant and make sure we give all other users space.

What we can say, though, is that we welcome back all our “old” runners, and we want to say a great big hello to our new runners.

We can't wait to see you all. The team at Grim may not be able to hug you all, but we hope you will feel our Grim Love on the day.

Thank you all for supporting this event. Let's make this a great socially distanced 2 days together x

Runners' Brief

Governing Body – The Trail Running Association

GETTING TO US AND PARKING

Trains: Saltaire Train Station (Trains leave Skipton and Leeds regularly and the Saltaire station is 100 yards from the start/finish area.

PARKING is at:

Car parking on the road in the centre of Saltaire is limited (READ THE SIGNS), Caroline Street and Exhibition Road is pay and display. There is parking on the outskirts of Saltaire but check for parking signs.

There are no parking spaces at the start of the race by the canal or at the Caroline Street car park.

REGISTRATION

Is in the car park of the Caroline Club, Caroline Street, Shipley, BD17 3JZ

All the races start at the bottom of Victoria Road, Saltaire on the Leeds & Liverpool Canal. This is a 5 minute walk from registration. We will point you in the right direction.

THE IMPORTANT STUFF

If you feel unwell prior to the event or on the day of the event, please DO NOT ATTEND. Please email aces@itsgrimupnorthrunning.co.uk and you will be issued with a voucher to use at another one of our events.

Please maintain social distancing of at least 1 metre before, during and after the event.

Please bring your own hand sanitiser/hand wipes.

Please bring your own drinks and refreshments for the event. Emergency Water will be available on the route but please bring your own. Snacks are not available on the route

PLEASE SEE THE ATTACHED LIST FOR YOUR REGISTRATION AND START TIME. This cannot be changed.

PLEASE STAY IN YOUR VEHICLE OR AWAY FROM THE REGISTRATION AREA UNTIL IT IS YOUR ALLOTTED TIME TO REGISTER.

Please stand behind the line at registration and socially distance from other runners and marshals. We will check all your details with you at registration

Please be aware that you cannot change your distance on the day.

At registration you will be directed to a carrier bag. The bag will contain safety pins, your medal, a bottle of water, a bottle of beer, bar of chocolate AND Caths Cake. Please write your name and other details on the back of your race bib. This is important in case of any mishaps. Please take your bag and put it in your vehicle.

If you have come on public transport or foot/bicycle, please inform a marshal at registration and they will tell you where you can leave your bag and any other items you may have brought with you.

NUMBER EXCHANGE

Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

TOILETS

Toilets will be available at the Caroline Club they will be managed by a marshal, only 2 runners are allowed in the toilets at anyone time so please follow the marshals instructions. Please be aware that there are not many toilets, so there may be a queue. Please follow the marshals instructions. Toilets are not available by the canal.

BAGGAGE DROP

There will be a baggage drop, (Grim van), at the start and finish area.

START

The starts for all the events will be staggered. 5 runners will be set off together. The 5 runners will be socially distanced at the start. Runners will be set off in groups of 5 every 5 minutes. We will be using a race clock to ensure that all runners are set off exactly at the allotted time. If you miss your allotted start time, you will be asked to wait until all the other runners have set off, (a wait of up to 1 hour). You will then be started at the back of the pack.

Please socially distance whilst waiting for your allotted start time.

THE COURSE

The course is run alongside of the Leeds & Liverpool Canal on the towpath. Underfoot is generally good. If there has been a lot of rain then 1 mile of the course can be muddy and other parts may have puddles.

DURING THE EVENT

Please maintain a distance of at least 1 metre during the event.

Please do not run in large groups

Take a wide berth when approaching/overtaking runners, cyclists, dog walkers etc. Please be courteous to all other users. The Canal and River Trust are trusting you and Grim to abide by all the social distancing rules. If we receive complaints from members of the public, our licence will be revoked.

FINISH

There will be two marshals at the finish line to note your finish time. This is not a chip timed event: your time will be calculated based on your start time.

Unfortunately there will not be any refreshments at the finish line. **We request that once you have finished, you please leave the area as soon as possible.**

HEADPHONES

We don't want to spoil the enjoyment of the event for the competitors, but we do not endorse the use of MP3 players, or similar devices, for the following safety reasons:

Runners cannot always hear the marshals' instructions.

Runners may not hear cyclists behind them and stray into their path.

Bone conduction earphones are allowed.

WEATHER AND CLOTHING

Please keep an eye on the forecast and dress appropriately.

SORRY for all the rules and regulations! We hope to make your run as much fun as we possibly can without breaching all the guidelines!

ENJOY YOUR RACE!