

Bramley 10k. It's Grim Up North Running.



Runner's Brief

Bramley 10k

THE IMPORTANT STUFF:

| <u>Distance</u> | <u>Registration Open</u> | <u>Race Brief (start line)</u> | <u>Race Start</u> |
|-----------------|--------------------------|------------------------------------|-------------------|
| <u>10k</u> | <u>07:20 – 08:20</u> | <u>08:20</u> | <u>08:30</u> |

GETTING TO US:

All races start in Bramley Park, Leeds. LS13 3JZ. You will see the Grim up North Gazebo at the top of the park.

PARKING:

Park on the streets around the park.

RACE NUMBERS AND REGISTRATION (AND LOOS):

Registration will take place in our gazebo at the top of the park.

Toilets facilities and changing rooms are available at the bottom of the park **Please don't leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race isn't a great start.**

NUMBER EXCHANGE, WITHDRAWAL, DEFERRALS, REFUNDS, CHANGES ON THE DAY ENTRIES.

We have hundreds of entrants to manage on race day and whilst we want you all happy things invariably get hectic at Grim HQ, as a result:

We cannot issue refunds, or defer your entry without 2 weeks' notice – with the number of races and the effort going into each event it's just not possible.

We want to try and do everything we can to get you running and so we ask that you also give us two weeks' notice if you want to transfer your place to another runner or change the distance you are running. However we will TRY to accommodate some of these changes on race day. This will be at the committee's discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

There may be a number of entries on the day. This will be at the committee's discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

We hope to have a 'Change and On the Day' desk, due to limited volunteers there will only be one person staffing that desk so it could get busy and we'd hate you to be late for your race.

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BAG DROP

You can drop your bag in the Grim Van which will be at the top of the park
Bags and property left at your own risk, we will keep an eye on it but can't promise.

RACE TIMES

All races will start at the above times.

THE COURSES

Detailed maps are further down the brief.

The course starts and finishes at the top of Bramley Park. You will come out of the main entrance of the park and turn right and do a right loop around the Bramley area twice. You then re-enter the park and run up the opposite side of the park to the finish area. The pavements are wide and accommodating.

The course is marshalled. You will also see black arrows on yellow backgrounds directing you
The route is undulating and fast and good underfoot .

RACE SHOES

Road Shoes

DURING THE RACE

We hope to start all the races promptly. Please inform a race official if you are unable to complete the course and need to withdraw for any reason. Please assist officials by making sure your number is visible.

We don't own the race path on the day ☺ please be courteous to other users and try to keep left. The path should easily be wide enough for everyone to use it and we are staggering the starts to prevent congestion.

There is a 2 hours 30 mins cut off for support on the runs.

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of I pods or similar devices (**bone conduction headphones can be used**) for the following safety reasons:

Runners cannot always hear the marshals' instructions.

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

WATER

We are going cup free by the end of 2019 – please help us by bringing your own re-usable cups and/or drink bottles.

Jugged water and squash will be available at all drinks stations, there will also be food on the course. Water will be available approx. every 3 miles and at the start/finish. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name. Bottled water is available at the end.

Please don't litter, we run in beautiful locations and it's always a shame that we have to pick up cups and gel wrappers after every event, have a stern word with yourself☺.

WEATHER AND CLOTHING

Please keep an eye on the forecast and dress appropriately. We love you and only want the best for you, so, if it's minus three, snowing and you are dressed in vest and shorts we probably won't be letting you start. Similarly sun cream is always wise in sunny weather.

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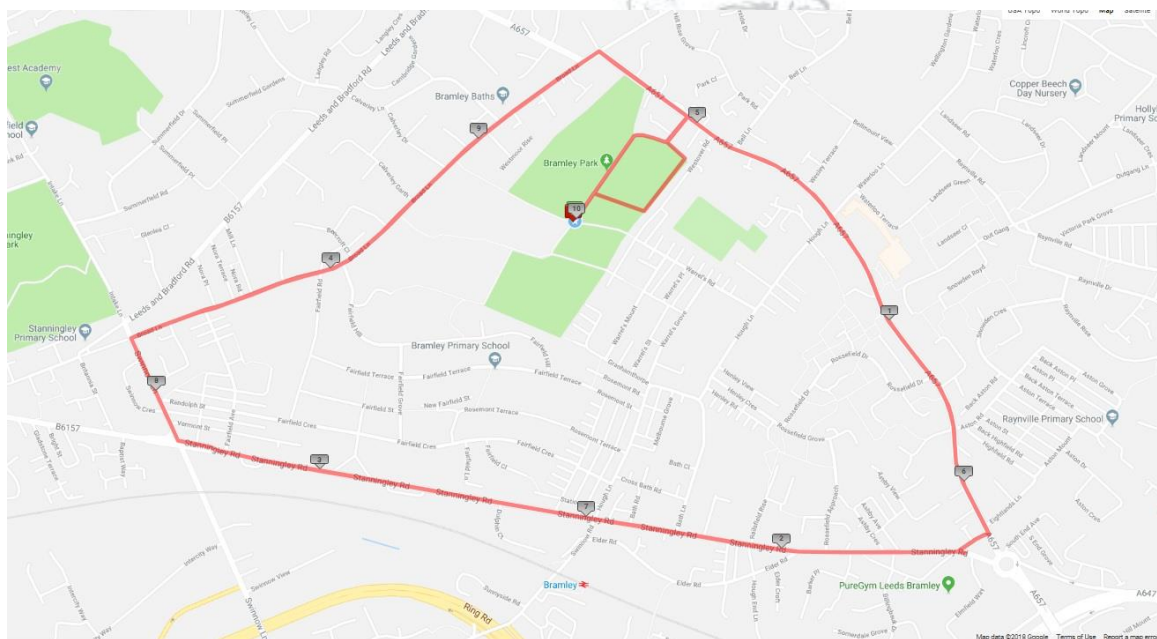
SOCIAL vs E-Mail.

Well, we are a very social little group and we love our Twitter and Facebook, there is also a Facebook chat group where you can ask questions such as what trainers to wear, what's the elevation like, any tips, recommendations, all from other runners as well as ourselves or if you just want to chat, we really recommend you use this rather than messaging/emailing in, as most of the time the query can be resolved on there. At time we get inundated with emails and messages asking the same questions which ties us up and means we can't deal with things that need dealing with like permits, new race routes and baking cakes and fudge etc.

We really do understand your races are important days to you. We love seeing smiles and watching runners enjoying themselves, that's why we do it! Please just help us to help you.

THE COURSE

All routes are available on 'Its Grim Up North Running' Strava



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Whatever distance, whatever time, enjoy your day.

End of Runners Brief

