

It's Grim up North Running April Fool's Day 10k

Saturday 1st April.

Governing Body – The Trail Running Association

Registration is 9 am – 9:45am At the Park Hub in Myrtle Park.

<https://w3w.co/wrenching.blissful.purchaser>

Race Start is at 10am

GETTING TO US

Your race will start and finish in Myrtle Park.

On Race day there is a Parkrun please be aware of those runners as you come to registration.

The Park is 5 mins walk from Bingley Train station.

If you chose to drive there is ample parking in Bingley centre near the arts centre.

WE STRONGLY RECOMMEND YOU JOIN THE FACEBOOK GROUP AND HAVE THE GPX AND WORD DOCUMENT AVAILABLE.



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docx



2023_10k_April_Fool
s.gpx

Mandatory kit:

A drink – there is no feed station on the 10k – there's loads of goodies at the end.

A mobile with What3Words and the two emergency numbers on it

John – 07402315035

Diane - 0755076455

REGISTRATION & TOILETS All registration will take place in the Park Hub just next to the start and finish area. Please do not 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 is not a great start. Please pin your race number on the front of your race garment. Public toilets are available next to the park where registration will take place.

RACE NUMBERS Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib. If you have a medical condition, please put a red cross on the front of your bib. Please do not 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

is not a great start. Race registration will close promptly as the times stated above. We need to make our way to the start/finish area.

BAG DROP All bags, coats etc can be left in the Park Hub at the start/finish, we will do our best to keep an eye on them, but we cannot be held responsible.

THE COURSES The route is definitely trail. You cross a golf course twice so please be courteous and cautious. You cross two minor roads – we don't expect traffic but please do be careful.

You are following the arrows with Blue tape and Blue arrows.

The GPX is here:

<https://www.facebook.com/groups/357188812834440/permalink/637444101475575/>

The word guide is here:

<https://www.facebook.com/groups/357188812834440/permalink/637447914808527/>

RACE SHOES Trail (full stop).

THE IMPORTANT STUFF Please bring your own drinks for the event.

We do sell reusable runners cups at £5.00. Snacks and cold drinks will be available at the feed station. Hot drinks will be available at the end.

NUMBER EXCHANGE WITHDRAWAL, DEFERRALS, REFUNDS, CHANGES ON THE DAY ENTRIES. Numbers **MUST NOT** be exchanged. If numbers are exchanged, the runners will be disqualified from the race. We cannot issue refunds and to defer your entry we do need 7 days' notice – with the volume of requests for refunds and exchanges this is the only way to make the races viable. Any person believing, they need to self isolate should contact the organiser to discuss.

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 footpath users.

FINISH The finish is at the same place as the start. Your rewards will be at the end 😊

HEADPHONES We do not 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. We are looking forward to welcoming you to Grim. **ENJOY YOUR RACE!**