

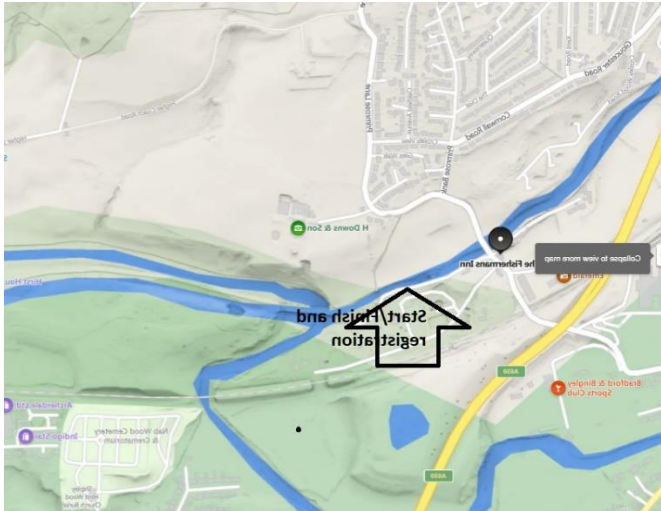
FINAL RACE INSTRUCTIONS.

Its Grim up North Running Bingley Boll@*ks – Sunday 19th February

GOVERNING BODY: The Trail Running Association (TRA)

RACE HEADQUARTERS:

On the canal, next to Dobson Lock. 2 minutes' walk from the Fishermans Public House, Wagon Lane Bingley BD16 1TS

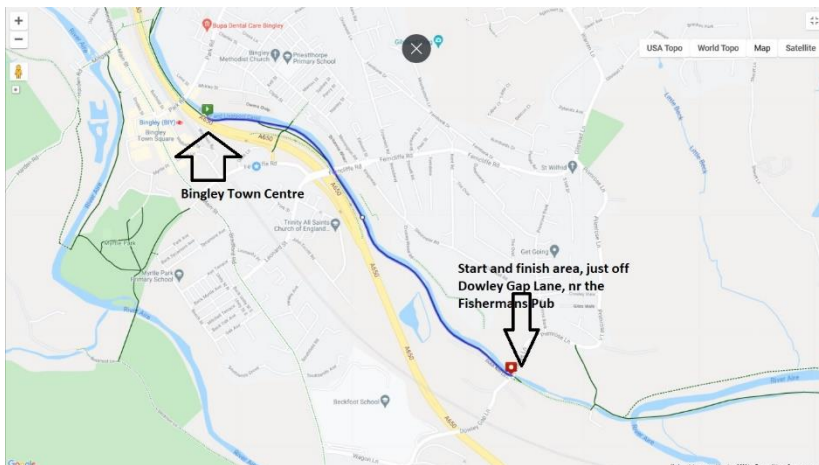


GETTING TO US AND PARKING

Trains: Bingley Train Station (Trains leave Skipton and Leeds regularly and Bingley station is about a mile the start/finish area).

PARKING

Parking is not available at the start and finish area. Parking is available in Bingley town centre about half a mile away. You can walk down the canal to the start/finish/registration area.



FACILITIES

Toilets are available.

REGISTRATION AND START TIMES

Registration is 10 mins walk from the start

The Bradford and Bingley Rugby Club, Wagon lane, Bingley. BD16 1LT

Distance	Registration opens	Start
5k	07:30	08:30
10k	08:00	09:00
Ultra	08:30	09:30
Marathon	08:30	09:30
20 Miler	09:30	10:00
½ Marathon	09:30	10:30
10 Miler	10:30	11:00

BAGGAGE DROP

There will be a baggage drop, in the Grim van which will be available at the start.

THE ROUTE

The route is Garmin measured.

All the distances are and out and back run by the side of the Leeds & Liverpool Canal. For the longer distances there is a mile out and back grassed stretch. There will be route markers and marshals. All road crossings will be marked to warn you and other road users.

THE RACE

The race starts and finishes in the same place.

The course is open to the public so please be aware of other users.

MUSIC

We do not want to spoil the enjoyment of the event for the competitors, but we do not endorse the use of iPods or similar devices for safety reasons. Whilst the course is off road, the route is open to members of the public and you may not hear runners/cyclists behind you. Runners also will not be able to hear the instructions of marshals. Bone conductor head phones are recommended if runners do want to listen to media.

Any runners using iPods and similar devices, do so completely at their own risk.

WATER AND FEED STATIONS

This is cupless event. All runners are requested to bring their own labelled, reusable cup or bottle. We are happy to fill your bottles before, during and after the event.

We will have a feed stations every 3/4 miles.

We will have water, squash, cola as well as crisps and savoury snacks. You are welcome to have cake at any point not just when you finish.

Please use the bins provided.

If you don't have your own bottle/cup, we sell reusable, squashable cups for £5.

MEDALS AND GOODY BAGS:

We will have a selection of previous SYRY medals for you to choose from when you finish as well as some chocolate goodies.

HOMEMADE CAKES

We will have a selection of cakes available with both gluten free and dairy free options. You are welcome to make as many visits as you want to the cake stall during and after the event.

WEATHER

Please keep an eye on the forecast and dress appropriately.

THE COURSE

Drinks stations are every 3 miles.

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NUMBER EXCHANGE

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

ENJOY YOUR RACE!