**Race Brief**

**Grim Glorious Gargrave**

**Sunday 24th June 2018 – 10:00 am start**

**Permits Issued by the Trail Running Association**

**PLEASE NOTE Staggered start times. Please listen carefully to briefing for on the day to know where your start line is.**

10k, Half Marathon & Ultra (running West) 10:00 – All Ultra runners must wear a back pack or equivalent.

5k (running west) 10:30

Marathon & 20 Miler (running East) 10:15

**Because you will meet runners coming in the opposite direction, please stay in single file and stay to your left.**

**The Canal and River Trust have kindly requested that we do not block the canal for other users. With that in mind runners will not be allowed onto the towpath until their race is going to start. Upon finishing all runners must leave the canal and make their way to the Grim Gazebo. Whilst participating in an event all runners must run in single file and must not run in groups. Anyone deemed to be blocking the path, will be disqualified .**

**Parking & Registration**

Parking and registration is at the Premier Inn Skipton North Gargrave, Hellifield Road, Gargrave, Skipton BD23 4AJ.

Parking is free at the Premier Inn, there is also free parking within the village of Hellifield.

Registration is at the Premier Inn. Registration will be open from 08:30 – 10-00. Toilets and refreshements are available at the Premier Inn.

**DURING THE RACE**

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.

Please respect all other people who are using the canal towpath.

Please listen to the marshals’ instructions.

Please do not litter the course, use the bags provided, or leave rubbish with marshals

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of IPod 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.

**WATER**

Cupped water 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.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately. The course is good trail all the way, the track has recently been re-laid. I wear my road shoes when running the course, but that is my preference.

**THE COURSES**

**ULTRA**

Out towards Bank Newton for 3 miles, turnaround back through Gargrave, east for 10 miles, turnaround back through Gargrave towards Bank Newton, 13 miles then back towards Gargrave 3 miles.

**MARATHON**

The Marathon is 1 loop. Starting in Gargrave, running East through Skipton for 10 miles, turn around run through Gargrave towards Bank Newton 13 miles, turnaround, back towards Gargrave, 3 miles.

**20 MILER**

Starting at Gargrave, running East through Skipton for 10 miles, turnaround and run back to Gargrave 10 miles.

**HALF MARATHON**

Starting in Gargrave, running West towards Bank Newton for approx. 6.55 miles, turnaround and run back to Gargrave.

**10K**

Starting in Gargrave, running West towards Bank Newton for approx. 5K, turnaround and run back to Gargrave

**5k**

Starting in Gargrave, running West towards Bank Newton for approx. 2.5k, turnaround and run back to Gargrave.

The course is not way marked and there are only marshals at the water/feed stations. Do not turn off the canal unless directed to do so. There will be a back runner/cyclist to make sure no one is left behind. Upon finishing the race please use the funnelled finish area, so that we can record your times and ensure your bib number is clear.

The winners’ trophies, medals and goody bags will be given to the runners as they finish. There will also be cake at the end of the race for all entrants.

We will be having a BBQ and cakes at this event. We are asking for contributions towards Chris Heaton, (our regular back runner), mammoth task of running across the Gobi Desert in July. Chris will be running a whopping 1200 miles in total in 30 days. [www.runthegobi.co.uk](http://www.runthegobi.co.uk) . Chris is fundraising for the Bluebell Wood Children’s Hospice. Anyone who would like to read about the challenge that Chris will be facing or who would like to donate some money please click on the above link. Many Thanks.

See you soon

forward to seeing you on the day.

The Grim Team