



It's Grim up North Running Grim Leodis

Rewards: Pies/flapjacks/medals & goody bags.

Saturday 4th February.

Governing Body – The Trail Running Association Runners' Brief

Any marathon runner wishing to start early. You may start at 08:30 please let me know
info@itsgrimupnorthrunning.co.uk

<u>Distance</u>	<u>Registration Open</u>	<u>Race Brief (start line)</u>	<u>Race Start</u>		
<u>Early Bird</u>	<u>08:00 – 08:20</u>	<u>08:20</u>	<u>08:30</u>		
<u>Marathon</u>	<u>08:20 – 09:20</u>	<u>09:20</u>	<u>09:30</u>		
<u>Half Marathon</u>	<u>09:20 – 09:20</u>	<u>09:20</u>	<u>09:30</u>		

GETTING TO US

All races start at the side of the Leeds & Liverpool Canal, next to the bridge on Broad Lane at Kirkstall – The nearest post code is LS5 3BP.

There is NO parking at the start and finish area, please find parking in the surrounding streets.

REGISTRATION & TOILETS

All registration will take place next to the Leeds & Liverpool Canal at 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.

Toilets are available next to the Leeds & Liverpool Canal 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 Grim van 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 good underfoot. There maybe puddles on the canal towpath if we have heavy rain beforehand.

Marathon – Start towards Leeds

Half Marathon – Start towards Leeds

ROAD CROSSINGS: There are two road crossings on the routes - PLEASE TAKE EXTRA CARE. Marshals are not allowed to stop traffic. The roads will be marked by a sign PLEASE DO NOT ENDANGER YOURSELF OR OTHERS.

There will be water/feed stations along the route every 3 to 4 miles

Marshals will be placed along the route at the turnaround points and on the water/feed stations.

RACE SHOES

The course is mainly very good underfoot, I would recommend road shoes.

THE IMPORTANT STUFF

Please bring your own drinks for the event. Water will be available on the route, but no cups please bring your own water of drinking vessel. 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.

When you finish your event/distance. Please could you remove your chip and hand it to the marshal, who will give you your medal and goody bag. **CHIPS FOR CHOCOLATE 😊**

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 canal 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.
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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!

