

**Nearly London With A Twist Sunday 4th of October**

***A great big welcome all our regular Grim runners and of course a big welcome to any first time Grim runners.***

***Thank you all for supporting this event. Let’s make this a great socially distanced day together.***

***Runners’ Brief***

***Governing Body – The Trail Running Association***

**GETTING TO US AND PARKING**

**PARKING** is at:

The LPSA Club, 4 Beecroft Street, Leeds, LS5 3AS.

There are no parking spaces at the start of the race by the canal.

 Marshals will be available from 07:15 at the LPSA car park, free parking. They will direct you to registration (SEE NOTES BELOW). It is a 10 minute walk to the start of the event. See attached map for the walk from parking/registration to the start of the race.

**THE IMPORTANT STUFF**

If you feel unwell prior to the event or on the day of the event, please DO NOT ATTEND. Please email races@itsgrimupnorthrunning.co.uk and you will be issued with a voucher to use at another one of our events.

Please maintain social distancing of at least 1 metre before, during and after the event.

Please bring your own hand sanitiser/hand wipes.

**Please bring your own drinks and refreshments for the event. Water will be available on the route but snacks will not be available.**

**We have taken the feedback from our 4 days of events so far and water will only be available in jugs at the feed station, (there are 3 water stations on each loop).**

**The marshals will pour the water into your container (cup or bottle). Squashable Grim cups are available to purchase on the day. They are £5 each, if you wish to purchase one please bring your money in a sealed envelope.**

**Please take care not to touch the table, the jugs, the marshals, or other runners whilst you are stopped for water.**

**We would still prefer you to self-support for the race as this is the most ‘Covid Safe’ method of hydration.**

**PLEASE SEE THE ATTACHED LIST FOR YOUR REGISTRATION AND START TIME. This cannot be changed.**

**PLEASE STAY IN YOUR VEHICLE OR AWAY FROM THE REGISTRATION AREA UNTIL IT IS YOUR ALLOTTED TIME TO REGISTER.**

**Please stand behind the line at registration and socially distance from other runners and marshals. We will check all your details with you at registration**

Please be aware that you cannot change your distance on the day.

At registration you will be directed to a carrier bag. The bag will contain safety pins, your medal, a bottle of beer, a bar of chocolate AND Caths Cake. Please write your name and other details on the back of your race bib. This is important in case of any mishaps. Please take your bag and put it in your vehicle.

If you have come on public transport or foot/bicycle, please inform a marshal at registration and they will tell you where you can leave your bag and any other items you may have brought with you.

**NUMBER EXCHANGE**

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

**TOILETS**

Toilets are available in the club at the car park and they will be managed by a marshal. Please be aware that there are not many toilets, so there may be a queue. You will be required to wear a facemask as soon as you enter the building. Toilets are not available by the canal.

**BAGGAGE DROP**

There WILL NOT be a baggage drop at the start/finish area. Please leave all your stuff in your car, or at a safe place in the car park shown to you by one of the marshals.

**START**

The starts for all the events will be staggered. 10 runners will be set off at a time. The 10 runners will be socially distanced at the start. Runners will be set off in groups of 10 every 5 minutes. We will be using a race clock to ensure that all runners are set off exactly at the allotted time. If you miss your allotted start time, you will be asked to wait until all the other runners have set off, (a wait of up to 1 hour). You will then be started at the back of the pack. Please socially distance whilst waiting for your allotted start time.

**DURING THE EVENT**

Please maintain a distance of at least 1 metre 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 users.

**FINISH**

There will be two marshals at the finish line to note your finish time. This is not a chip timed event: your time will be calculated based on your start time.

Unfortunately there will only be water at the finish line, no other refreshments will be available. **We request that once you have finished, you please leave the area as soon as possible.**

**HEADPHONES**

We don’t 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.

**SORRY for all the rules and regulations! We hope to make your run as much fun as we possibly can without breaching all the guidelines!**

**ENJOY YOUR RACE**

***Virtuals and forthcoming events:***

***Welcome Back with a Glorious Whopping Medal – Run your own distance virtually and post a picture on Facebook Grim up North Chat – with a donation going to charity from this event.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/270***](https://bookings.itsgrimupnorthrunning.co.uk/book/270)

***The Dales Way Challenge – Run the length of the Dales way virtually, over 78 miles in total, do 1 mile a day or 20 miler a day its your challenge. When you sign up, we will send you a mile by mile marker that you can tick off as you go. Sign up for a medal or a medal and t shirt – only 19 places left.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/267***](https://bookings.itsgrimupnorthrunning.co.uk/book/267)

***Virtual Remembrance Day Challenge***

***Run or walk any distance you like from the 1st to the 11th of November and reward yourself with the enormous Remembrance Day medal and we mean enormous. 15% of all profits will go to the British Legion.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/272/add/1090***](https://bookings.itsgrimupnorthrunning.co.uk/book/272/add/1090)

***Sunday 11th October***

***The Old Colliery Canter, a lovely course, and an old favourite.***

***10 Miles – Full***

***15 Miles – 4 places remaining***

***20 Miles – 7 places remaining***

***Marathon – 13 places remaining***

***Ultra Marathon – 5 places remaining***

***This event takes place in Rabbit Ings Country Park in South Yorkshire. Good trail with one short sharp hill.***

[***http://booking.itsgrimupnorthrunning.co.uk/book/111***](http://booking.itsgrimupnorthrunning.co.uk/book/111)