



FACILITIES

Toilets are available at the start and finish.

REGISTRATION AND START TIMES

Registration is at the Race Headquarters on the canal. 2 minutes' walk from the Fisherman's Public House, Wagon Lane, Bingley, BD16 1TS.

RACE NUMBERS

Are collected at registration.

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	08:30	09:30
½ Marathon	08:30	09:30
10 Miler	08:30	09:30

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.

5k

<https://www.plotaroute.com/route/2154025>

10k

<https://www.plotaroute.com/route/2154035>

10 Mile

<https://www.plotaroute.com/route/2509550>

Half Marathon

<https://www.plotaroute.com/route/2509554>

20 Miler

<https://www.plotaroute.com/route/2509550>

Marathon

<https://www.plotaroute.com/route/2509554> x 2

Ultra

<https://www.plotaroute.com/route/2509554> x 2 plus <https://www.plotaroute.com/route/2154035>

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 headphones 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.

WEATHER

Please keep an eye on the forecast and dress appropriately.

WATER AND FEED STATIONS

Are available approx every 3 miles.

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.

NUMBER EXCHANGE

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

ENJOY YOUR RACE!