

Race Instructions

Its Grim up North Running – Recession Run - £20 Pay on the Day.

6.55 Mile, Half Marathon, 20 Miler, Marathon, Ultra

GOVERNING BODY: The Trail Running Association

Saturday 6th April 2024

RACE HEADQUARTERS:

The Fishermans Inn, Wagon Lane, Bingley, BD15 1TS

<https://maps.app.goo.gl/wVwSYeGWbJqDhemx8>

GETTING TO US AND PARKING

Parking is not available at the start/finish/registration area, but parking is available in Bingley Town Centre around half a mile walk.

FACILITIES

Toilets are available at the start/finish/registration area by the canal.

REGISTRATION – Will take place outside.

Distance	Registration opens	Start
The event starts at 09:00	08:00	09:00

BAGGAGE DROP

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

THE ROUTE

The route is measured by Plot-a-route and Garmin.

<https://www.plotaroute.com/route/2535494>

x 1 6.55 Miler

x 2 Half

x 3 20 Miler

x 4 Marathon

x 5 Ultra

RACE SHOES

Road Shoes

DURING THE RACE

Please do not litter, take all gel wrappers etc with you or leave with a marshal.

We hope to start all the races promptly. Please inform a race official if you are unable to complete the course and need to withdraw for any reason, please hand your race number to the official. Please assist officials by making sure your number is visible. Always wear your race number on the front of your vest.

Please be aware of all other users of the route and be kind and courteous.

THE RACE

The race starts and finishes in the same place.

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'll have feed stations every 3 miles. We'll provide water, squash, cola as well as crisps and savoury snacks. Please use the bins provided. If you don't have your own bottle/cup, we sell reusable, squashable cups for £5.

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.

Bone conduction earphones are allowed.

YOUR REWARD AT THE END

Jumble medal.

All our events have lots of lovely things at the finish line. As we love to celebrate every runner's achievement. All our runners are winners.

WEATHER

Please keep an eye on the forecast and dress appropriately.

GRIM Looks forward to welcoming you next week.