

Final Race Instructions

Its Grim up North Running – Swinsty & Fewston 2025

- Day 1 - Summat's a'foot Swinsty & Fewston** -Saturday April 12th
- Day 2 – Sling Yer Hook at Swinsty & Fewston** - Sunday April 13th.
- Day 3 – Sod it it's Swinsty & Fewston** - Monday April 14th.
- Day 4 – Shut Tha Cake Oyle at Swinsty & Fewston** - Tuesday April 15th.
- Day 5- Nowt as Queer as Folk at Swinsty & Fewston** - Wednesday April 16th
- Day 6 – Ow's it Goin at Swinsty & Fewston** -Thursday April 17th
- Day 7 - Thanos it's Good Friday at Swinsty & Fewston** - Friday April 18th.

GOVERNING BODY: The Trail Running Association

Race Headquarters

Swinsty & Fewston Reservoir
Swinsty Moor Car Park, LS21 2NP – Parking charges apply.

<https://maps.app.goo.gl/zXi1Qm5HAVTSTDRF8>

GETTING TO US AND PARKING

See Google map and postcode above. Yorkshire Water car parking may charges apply.

FACILITIES

Toilets are available within the car parking area.

REGISTRATION

Will be within the car parking areas.

Distance	Registration opens	Start
Early Bird – Marathon only	08:00	08:20
6.7 Miler Reservoir Dogs	08:00	08:30
3.3 Miler Reservoir Dogs	08:00	08:40
6.7 miler	08:30	09:30
Half marathon	08:30	09:30
20 Miler	08:30	09:30
Marathon	08:30	09:30

BAGGAGE DROP

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

THE ROUTE

Plot-a-route and Garmin measure the route.

Reservoir Dogs 3.3 Mile Loop - <https://www.plotaroute.com/route/2255158>

Reservoir Dogs 6.7 Mile Loop - <https://www.plotaroute.com/route/2255154>

Swinsty & Fewston 6.7 Mile loop - <https://www.plotaroute.com/route/2255154>

The route is undulating and on good trail.

ROAD CROSSINGS: There are a couple of small road crossings - 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 miles.

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

RACE SHOES

Road Shoes – unless wet, the course is good underfoot.

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 the course 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 2.5 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

Bespoke 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.