

# Final Race Instructions

## Its Grim up North Running – Bingley Baubles

**GOVERNING BODY:** The Trail Running Association

**Sunday 3<sup>rd</sup> December**

**RACE HEADQUARTERS:**

Fisherman Inn, Wagon Lane, Bingley, BD16 1TS



### GETTING TO US AND PARKING

Parking is not available at the Fisherman Inn. The best place to park is in Bingley Town Centre and walk sown the Leeds and Liverpool Canal to the registration point, it's about a  $\frac{3}{4}$  of a mile – a good warm up.

### FACILITIES

Toilets are available within the Pub.

### GRIM MESSAGE

Adam will be available for both pre-race and post-race massage. He his brilliant. You can pay by either cash or card.

## REGISTRATION

Is just off the edge of the car park (see map)

| Distance      | Registration opens | Start |
|---------------|--------------------|-------|
| Ultra         | 08:15              | 09:30 |
| Marathon      | 08:15              | 09:30 |
| 20 Miler      | 08:15              | 09:30 |
| Half Marathon | 08:15              | 09:30 |
| 10k           | 08:15              | 09:30 |
| 5k            | 08:15              | 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

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

5k – <https://www.plotaroute.com/route/2255068>

10k – Is the 5k route twice.

Half – <https://www.plotaroute.com/route/2255089>

20 Miler – Is the half route plus <https://www.plotaroute.com/route/2154035>

Marathon – Is the half route twice.

Ultra – is the half route twice plus <https://www.plotaroute.com/route/2154035>

This route is run along mainly good canal towpath. There are road crossings but these will be signposted cautioning you the runner and all other road users. Always take your time and extra care at the road crossings

Water and feed station approx. every 3/4 miles. Marshals will be placed along the route.

## RACE SHOES

Weather dependant.

## **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**

**Lots of Lovely Christmassy treats. Joy in Bingley and indeed the world.**

**Bespoke medal**

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

## **WEATHER**

Please keep an eye on the forecast and dress appropriately.

**GRIM Looks forward to welcoming you next week.**