**Kirkstall Abbey**

**The Important Stuff:**

please note our measurements are not exact, this is trail running not road running. We try to get as near to the exact measurement as possible. However you will usually get a little bit more for your money. We can only put our lovely marshals and feed stations where it is feasible to put them by transport. Thank you for your understanding.

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | Registration Open | Race Brief (start line) | Race Start |
| Ultra-Marathon | 08:00 – 09:10 | 09:20 | 09:30 |
| Marathon | 08:00 – 09:10 | 09:20 | 09:30 |
| ½ Marathon | 09:10 – 10:40 | 10:50 | 11:00 |
| 8.8 Miler | 09:10– 10:40 | 10:50 | 11:00 |

**GETTING TO US:**

All races start within the grounds of Kirkstall Abbey. There is very limited parking at the Abbey itself.

**REGISTRATION IS A 10 MINUTES WALK AWAY FROM THE START/FINISH AREA, SEE BELOW.**

**Train**: Kirkstall Forge is 20 mins walk away from registration.

**Bus:** To Kirkstall Bridge Shopping Park.

**Car**: Park at Leeds Postal Sports Association Club, 4 Beecroft St, Leeds LS5 3AS. Marshals will be available to help you park from 07:45.

**Race Numbers and Registration (and loos):**

Leeds Postal Sports Association Club, 4 Beecroft St, Leeds LS5 3AS**.**

**You can sit at the registration point until it is time to walk down to the start finish area, so you can keep warm. Therefore, please don’t leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race isn’t a great start.**

Marshals will be available to direct you to the start/finish area at Kirkstall Abbey.

Toilets are available at both the LPSA Club and the start/finish area.

You can drop your bag in the social club or at the start finish line. All property is left at your own risk.

**THE COURSES**

Detailed maps are available on Its Grim up North Strava

The route is undulating, starting in Kirkstall near the famous Abbey. The route can be lovely this time of year as you run through lots of woodland areas. However caution must be taken as the route can be slippy with leaves and muddy in parts if the week prior has been wet. The courses are a mixture of good canal towpath, short stretches of fields that can get extremely muddy if wet, tracks, trails and pavement.

8.8 Mile x 1 loop.

Half Marathon x 1 larger loop

Marathon 3 x 8.8 mile loops

Ultra marathon 4 x 8 mile loops

**RACE SHOES**

The choice is ours, I never wear trail shoes so it is difficult for me to advise. Keep an eye on the weather and remember it is a very mixed course and very small parts of the course can get extremely muddy if the weather is particulary bad the week prior to the event.

**NUMBER EXCHANGE, withdrawal, deferrals, refunds, changes on the day entries.**

We have hundreds of entrants to manage on race day and whilst we want you all happy things invariably get hectic at Grim HQ, as a result:

We cannot issue refunds, or defer your entry without 2 weeks’ notice – with the number of races and the effort going into each event it’s just not possible.

We want to try and do everything we can to get you running and so we ask that you also give us two weeks’ notice if you want to transfer your place to another runner or change the distance you are running. However we will TRY to accommodate some of these changes on race day. This will be at the committee’s discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

There may be a number of entries on the day. This will be at the committee’s discretion and numbers will be released 30 mins before race start.

We hope to have a ‘Change and On the Day’ desk, due to limited volunteers there will only be one person staffing that desk so it could get busy and we’d hate you to be late for your race.

**BAG DROP**

There will be a drop at the start finish, any other arrangements are highlighted above. Bags and property left at your own risk, we will keep an eye on it but can’t promise.

**DURING THE RACE**

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 assist officials by making sure your number is visible.

We don’t own the race path on the day ☺ please be courteous to other users, smile and try to keep left. The path should easily be wide enough for everyone to use it and we are staggering the starts to prevent congestion.

There is a 6 hours 30 mins cut off for support on the runs. If you think you will take longer than 6 hours 30 mins then you can arrange to start early but the marshals will stand down assuming a 6 hours 30 mins runner. If you think you may take longer then:

1. Let us know prior to the event so that we can arrange with you to start you earlier
2. Carry your own food, water, warm, spare clothing, and charged mobile phone.
3. Carry a head torch (it will go dark around 4pm)

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of I pods or similar devices **(bone conduction headphones can be used)** for the following safety reasons:

Runners cannot always hear the marshals’ instructions.

Runners may not hear cyclists behind them and stray into their path.

**WATER**

**We are going cup free in 2019** – please help us by bringing your own re-usable cups and/or drink bottles.

Jugged water and squash will be available at all drinks stations, there will also be food on the course. Water will be available approx. every 3 miles and at the start/finish. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name. Bottled water is available at the end.

**Please don’t litter**, we run in beautiful locations and it’s always a shame that we have to pick up cups and gel wrappers after every event, have a stern word with yourself☺.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately. We love you and only want the best for you, so, if it’s minus three, snowing and you are dressed in vest and shorts we probably won’t be letting you start. Similarly sun cream is always wise in sunny weather.

**SOCIAL vs E-Mail.**

Well, we are a very social little group and we love our Twitter and Facebook, there is also a Facebook chat group where you can ask questions such as what trainers to wear, what’s the elevation like, any tips, recommendations, all from other runners as well as ourselves or if you just want to chat, we really recommend you use this rather than messaging/emailing in, as most of the time the query can be resolved on there. At times we get inundated with emails and messages asking the same questions which ties us up and means we can’t deal with things that need dealing with like permits, new race routes and baking cakes and fudge etc.

We really do understand your races are important days to you. We love seeing smiles and watching runners enjoying themselves, that’s why we do it! Please just help us to help you.

End of Runners Brief

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