

# Its Grim up North Running

## Kirkstall Abbey – Grims 6<sup>th</sup> Birthday Party.....

13<sup>th</sup> November – Saturday

### Runners' Brief

Governing Body – The Trail Running Association

#### GETTING TO US, RACE TIMES AND START TIMES

All races start in the grounds of the fabulous Kirkstall Abbey, Abbey Road, Kirkstall, Leeds, LS5 3EH.

PLEASE NOTE THAT REGISTRATION IS NO LONGER AT THE LPSA CLUB, IT IS AT KIRKSTALL ABBEY.

There is NO parking at the start and finish area, please find parking in the surrounding streets.

Distance	Registration Times	Start Times
Ultra Marathon	08:40 – 09:10	09:15 am
Marathon	08:40 – 09:25	09:30 am
Half Marathon	09:40 – 10:25	10:30 am
8.8 Miler	10:25 – 10:55	11:00 am

#### RACE NUMBERS AND REGISTRATION AND LOOS

PLEASE NOTE THAT REGISTRATION IS NO LONGER AT THE LPSA CLUB, IT IS AT KIRKSTALL ABBEY.

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.

Please pin your race number on the front of your race garment.

Toilets are available within the Abbey grounds.

#### BAG DROP

You can drop your bag at the start and finish area in the Grim Van.

## **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 slippery 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

**ROAD CROSSINGS: There are 2 road crossings on the route - 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 approximately every 3/4 miles

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

## **RACE SHOES**

Totally weather dependant.

## **THE IMPORTANT STUFF**

**Even though we are free, yay, we would like to keep common sense in place:**

If you feel unwell prior to the event or on the day of the event, please DO NOT ATTEND. Please email [aces@itsgrimupnorthrunning.co.uk](mailto:aces@itsgrimupnorthrunning.co.uk) and you will be issued with a voucher to use at another one of our events. Please maintain social distancing of at least 1 metre before, during and after the event. Please bring your own hand sanitiser/hand wipes.

**Please stand behind the line at registration and socially distance from other runners and marshals. We will check all your details with you at registration**

**At registration you will be given your bib and safety pins. Please write your name and other details on the back of your race bib.**

**Please bring your own drinks for the event. Water will be available on the route, but no cups please bring your own water of drinking vessel.**

**Snacks will be available at the feed station, please let the marshal scoop the snack and put it in your hand.**

**Cakes will be available at the end of the event, again please let the marshal serve these to you so that they are not touched by anyone else.**

When you finish your event/distance. Please could you remove your chip and hand it to the marshal, who will give you your medal and goody bag. **CHIPS FOR CHOCOLATE** 😊

### **NUMBER EXCHANGE WITHDRAWAL, DEFERRALS, REFUNDS, CHANGES ON THE DAY ENTRIES.**

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

We cannot issue refunds and to defer your entry we do need 7 days' notice – with the volume of requests for refunds and exchanges this is the only way to make the races viable. Any person believing they need to self-isolate should contact the organiser to discuss..

There may be several entries on the 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 several factors. You will be excluded from a top three award.

### **DURING THE EVENT**

Please maintain a distance of at least 1 metre during the event.

Please do not run in large groups

Take a wide berth when approaching/overtaking runners, cyclists, dog walkers etc. Please be courteous to all other users.

### **FINISH**

The finish is at the same place as the start.

Your rewards will be at the end ☺

### **HEADPHONES**

We don't 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.

### **WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately.

**SORRY for all the rules and regulations! We hope to make your run as much fun as we possibly can without breaching all the guidelines!**

**ENJOY YOUR RACE!**