

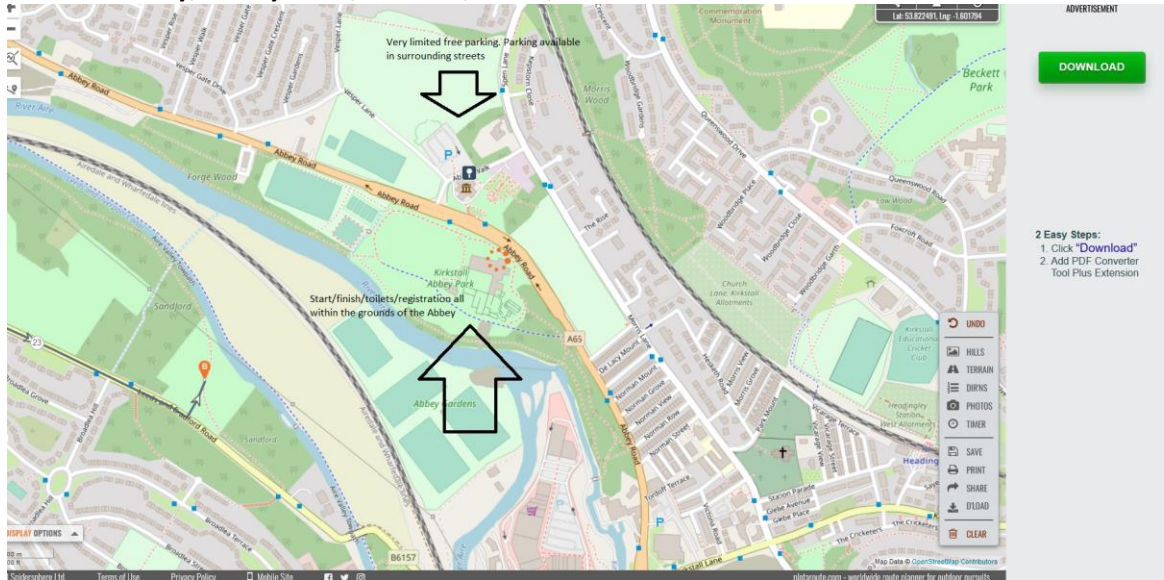
# Final Race Instructions

## Its Grim up North Running – Kirkstall Abbey

**GOVERNING BODY:** The Trail Running Association  
Sunday 17<sup>th</sup> November

**RACE HEADQUARTERS:**

**Kirkstall Abbey, Abbey Road, Kirkstall, Leeds, LS5 3EH**



### GETTING TO US AND PARKING

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.

### FACILITIES

Toilets are available within the Abbey Grounds.

### 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

Distance	Registration opens	Start
Early Bird Ultra & Marathon only – upon request	07:40	08:30
Ultra	08:30	09:30
Marathon	08:30	09:30
Half Marathon	08:30	09:30
8.8 Miler	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

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

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. <https://www.plotaroute.com/route/2199368>

Half Marathon x 1 larger loop <https://www.plotaroute.com/route/2255166>

Marathon 3 x 8.8-mile loops- <https://www.plotaroute.com/route/2199368>

Ultra marathon 4 x 8-mile loops <https://www.plotaroute.com/route/2199368>

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/feed stations.

## RACE SHOES

Weather dependant – if wet trail 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 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.**