**Langsett Loop – RUNNERS Brief**

**governing body – The trail running association.**

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.

**The Important Stuff:**

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | Registration Open | Race Brief (start line) | Race Start |
| Ultra Marathon | 07:45 – 09:15 | 09:20 | 09:30 |
| Marathon | 07:45 – 09:15 | 09:20 | 09:30 |
| 20 Miles | 07:45 – 09:15 | 09:20 | 09:30 |
| 15 Miles | 07:45 – 09:15 | 09:20 | 09:30 |
| 10 Miles | 07:45 – 09:15 | 09:20 | 09:30 |
| 5 Miles | 07:45 – 09:15 | 09:20 | 09:30 |

**GETTING TO US:**

Registration, parking, toilets, baggage drop and Start and Finish is at:

Langsett Barn Car Park

A616

Langsett

Sheffield

S36 9FD

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

**All registration is at**:

The registration and toilets is in the Langsett Barn in the car park.

Race Registration will close promptly at the times stated above. We need to make our way to the start/finish area.

**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.**

You can drop your bag in the Grim big white van, which will be in the car park.

**NUMBER EXCHANGE**

Numbers cannot be exchanged unless prior notice is given to the race committee. If numbers are exchanged without prior permission the runners will be disqualified from the race.

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**RACE TIMES**

All races will start at the above times.

**THE COURSES**

**The courses are available on Grim up North Strava and they will soon be available from the Grim website, we are making some changes in the New Year.**

Most of the route is good underfoot at the moment, with the exception of part of a field and a wooded are which is extremely wet and muddy, (about 200 yards). The route is a mixture of trail, track, grass and about 1km of route and pavement on every loop. The course will be clearly signed and marshalled.

**Road Crossings** **CHECK** There is a small amount of road to run on with will be marshalled, we will also sign to caution the runners and other road users.  **ALWAYS** run on the left hand side of the road or you could risk disqualification. **ALWAYS** take out and headphones whilst running on the road as you will be at risk of disqualification.

**RACE SHOES**

The course is a mixture of hard stuff, good trail and mud, the choice is entirely yours.

**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. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

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 is the Grim big white van**

Available at the start finish area, 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.

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**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, we can then arrange to set you off early diane.shaw132@gmail.com
2. Carry your own food, water, warm, spare clothing, and charged mobile phone.

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 on the 1st February 2020** – **We do have collapsible cups available for sale for £5**. 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.

**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.

We look forward to seeing you on the day.