

Final Race Instructions

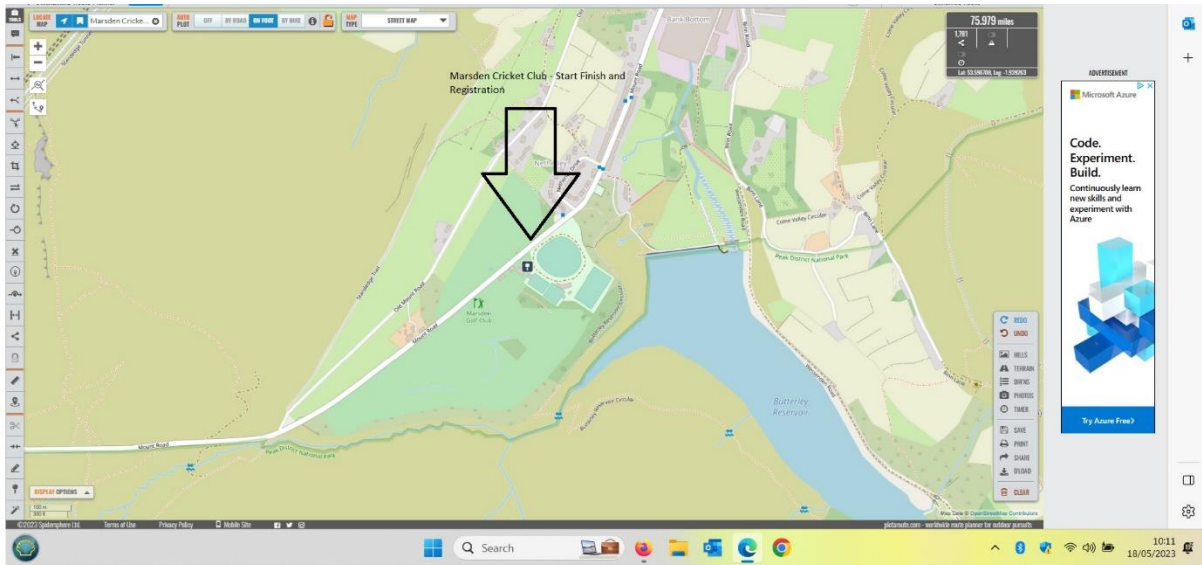
Its Grim up North Running – Marsden Madness

GOVERNING BODY: The Trail Running Association

Sunday 17th September

RACE HEADQUARTERS:

Marsden Cricket Club, Hemplow, Mount Road, HD7 6NN



GETTING TO US AND PARKING

Parking available at the Cricket Club

FACILITIES

Toilets available at the Cricket Club

GRIM MESSAGE

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

REGISTRATION

Is at the Cricket Club

Distance	Registration opens	Start
Ultra	08:00	09:30
Marathon	08:00	09:30
20 Miler	08:00	09:30
Half Marathon	08:00	09:30
6.7 Miler	08:00	09:30
5k	08:00	09:25

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 is a 5-mile loop.

6.7 miler loop - <https://www.plotaroute.com/route/2255120>

5k - <https://www.plotaroute.com/route/2255129>

Half Marathon x 2

20 Miler x 3

Marathon x 4

Ultra x 5

The loop is mainly on trail through fields and hills and parts of this course can be very muddy if there has been lots of rain. There is also a good section which is good solid trail, oh and there is a small stream crossing. 😊 There are 2 roads to cross and extra care should be taken, you will be cautioned with signage before crossing the road. Other road users will also be cautioned that runners will be on the road.

Water and feed station approx. every 2/3 miles. Marshals will be placed along the route.

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 trails 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

Gratitude that you've finished

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.