

# Final Race Instructions

## Its Grim up North Running – Old Mother Shipton Shuffle

**GOVERNING BODY:** The Trail Running Association

**Sunday 5<sup>th</sup> November**

**RACE HEADQUARTERS:**

All races start in the park opposite Mother Shipton Cave, you will see a yellow sign stating RACE HQ – The post code for Mother Shipton Cave is HG5 8DD.



### GETTING TO US AND PARKING

You cannot park at the start/finish area, but you can park over the Bridge in Conyngham long stay carpark, council charges apply. The address is:

Conyngham Car Park

Bond End

Knaresborough

HG5 9AY

### FACILITIES

Toilets are available within the car parking area.

### 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

Is just off the edge of the car park (see map)

Distance	Registration opens	Start
Ultra	08:15	09:30
Marathon	08:15	09:30
20 Miler	08:15	09:30
Half Marathon	10:00	10:30
10k	09:30	11:00

## 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.

<https://www.plotaroute.com/route/2255142>

The route is undulating. The route is mainly on good path, private road, disused railway track and 150 yards of field, the field could become very muddy if there has been a lot of rain beforehand, but it is only a very short stretch of field.

10k x 1 loop

Half Marathon 2 x loops

20 Miler x 3 loops

Marathon x 4 loops

Ultra x 5 loops, Yikes.....

**ROAD CROSSINGS: There are a couple of small road crossings - 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 miles.

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

## RACE SHOES

Road Shoes – the course is mainly good underfoot, with one very short section of field.

## **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 the course 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**

**A chance to have a look round the lovely Yorkshire village of Knaresborough.**

**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.**