

Final Race Instructions – Roche Abbey

GOVERNING BODY: The Trail Running Association - Sunday 28th April 2024

RACE HEADQUARTERS:

Registration is at Travellers Rest, (Public House), Brookhouse, Rotherham S25 1YA.

The start and finish are outside the public house. See the map below.



PARKING

Is available in the field behind the pub, there will be a £3 charge per vehicle, if you could have the correct change that would be great.

FACILITIES

Toilets are available in the pub.

RACE NUMBERS AND REGISTRATION

Are collected at registration. Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib. If you have a medical condition, please put a red cross on the front of your bib. Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

Distance	Registration opens	Start
Early Birds	07:45	08:30
Ultra	08:30	09:30
Marathon	08:30	09:30
20 Miler	08:30	09:30
Half Marathon	08:30	09:30
6.7 Miler	07:45	09:00

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.

The 6.7 Mile route

<https://www.plotaroute.com/route/2210374>

The route is a mixture of trail, field, road and pavement with a short stretch of cobbles thrown in for good measure. There are also steppingstones across a small stream, a marshal will be available to assist you.

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. Part of the course runs along quiet country lanes, again please take care.

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.

THE RACE

The race starts and finishes in the same place. The course is open to the public so please be aware and kind to other users.

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 3/4 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.

YOUR REWARD AT THE END

Happiness and Joy 😊

Bespoke medal

All our events have lots of lovely things at the finish line. As we love to celebrate every runner's 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.