

# Final Race Instructions

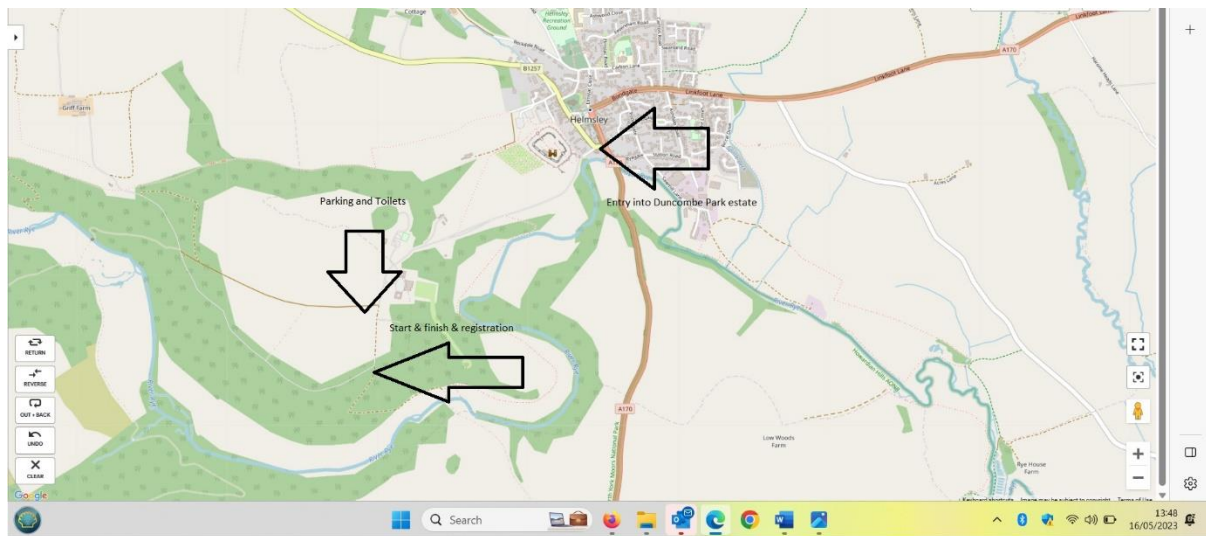
## Its Grim up North Running – Hey up its Helmsley

**GOVERNING BODY:** The Trail Running Association

**Sunday 16<sup>th</sup> July**

**RACE HEADQUARTERS:**

Duncombe Park, Helmsley, York, YO62 5EB



**GETTING TO US AND PARKING (See map above)**

**PLEASE NOTE THERE WILL BE A £5 CHARGE PER CAR FOR PARKING IN THE GROUNDS OF DUNCOMBE PARK, IT WOULD BE HELPFUL IF YOU HAD THE CORRECT MONIES.**

### **FACILITIES**

Toilets are available within the 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
Early bird marathon & ultra only by request	08:00	08:30
Ultra	08:45	09:30
Marathon	08:45	09:30
20 Miler	09:00	10:00
Half Marathon	09:00	10:00
6.7 Miler	10:00	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. The route is a 6.7-mile loop.

<https://www.plotaroute.com/route/2252966>

Marshals will be placed along the route and on the water/feed stations. The route is undulating and a mixture of tarmac, field, trail, steps and traily trail, it is a gorgeous route. There may be a small amount of traffic on the road in and out of Duncombe Park, please take care.

There will be marshals at all turnaround points and other strategic places. Water/Feed approx. every 3 M

Ultra x 5 loops (approx. 33 miles)

Marathon x 4 loops

20 Miler x 3 loops

Half x 2 loops

10k, is a 10k loop.

## RACE SHOES

The route is mainly trail, good trail if dry.

## 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 estate 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**

**Relief**

**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.**