**governing body – UK Athletics**

**The Important Stuff:**

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| --- | --- | --- | --- |
| Distance | Registration Open | Race Brief (start line) | Race Start |
| 10k | 08:00 – 09:30 | 09:40 | 09:50 |
| 10 Miles | 08:00 - 09:20 | 09:30 | 09:40 |
| Half Marathon | 08:00 - 09:10 | 09:20 | 09:30 |

**GETTING TO US:**

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

Settle Area Swimming Pool,

Kendal Road,

Giggleswick,

Settle

BD24 0BU

**PARKING:**

There is no parking available at the swimming pool but there is plenty of parking within Settle and Giggleswick, some council charges may apply.

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

The registration and toilets are in the car park of the swimming pool and there are public toilets in Settle village centre.

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 bags in the Grim big white van, which will be kept in the car park at the swimming pool, all bags etc are left entirely at your own risk, although we aim to keep an eye on them.

**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.

**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 several factors. You will be excluded from a top three award.

There may be several 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 several 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.

**RACE TIMES**

All races will start at the above times.

The start area is just outside the swimming pool, the finish area is at the side of the swimming pool

**THE COURSES**

Are available on the Grim Website, attached to the event.

The route is an out and back route along closed roads.

The course is hilly.

Although the roads are closed, access will be given to some traffic at the traffic management’s discretion.

Please note there are a few small roads that exit onto the route. The odd vehicle may sneak through please be aware and give way.

**RACE SHOES**

Road shoes.

**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.

There is a strict 3 hour cut off for this event. All roads will be re-opened and all support will be withdrawn at the 3 hours cut off mark.

**HEADPHONES**

We do not want to spoil the enjoyment of the event for the competitors but in guidance with UK Athletic rules the wearing of headphones is prohibited and can lead to disqualification.

Bone condensing equipment is allowed.

**WATER**

**We went 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 must 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.

Remember many of our races are trail races and on our longer runs you may be exposed to tough conditions and whilst we have regular marshals and feed stations it can be 3 miles to your next station. Common sense will always apply but obviously dress to match the weather.

We recommend you carry the minimum kit of...

Money
Fully Charged Mobile
Survival/silver blanket
Medication (if required)
Hat and Gloves (forecast dependant)
Waterproof Jacket (forecast dependant).

If its hot/sunny then add:
Sun cream
Water

**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**.**