

# Final Race Instructions

## Its Grim up North Running –I'll Sithee at Slawit Sweetathon Slog

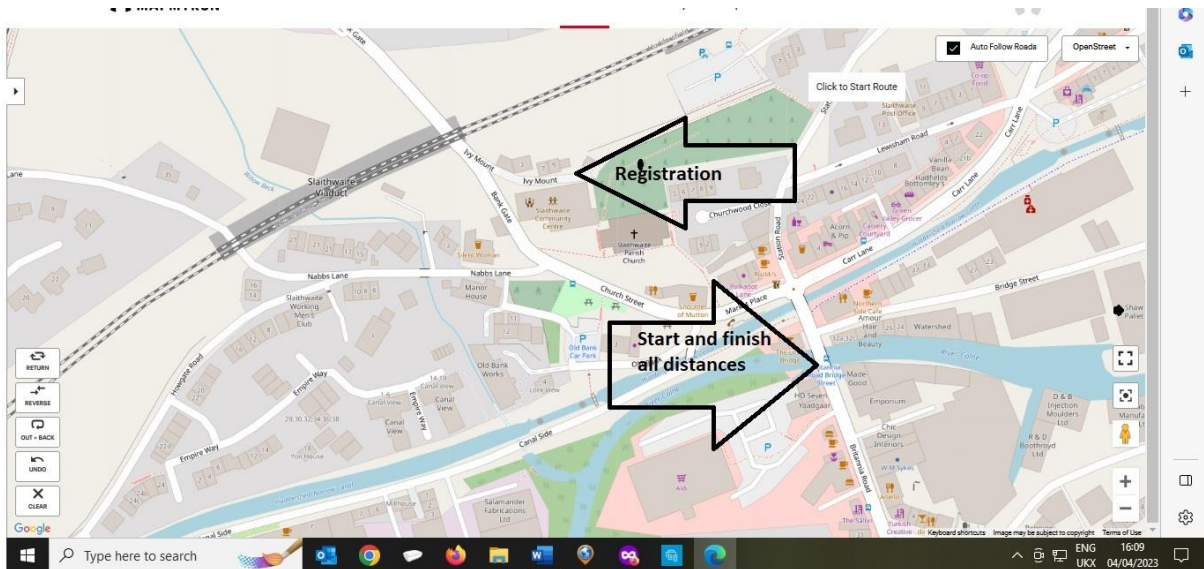
**GOVERNING BODY:** The Trail Running Association

**Sunday 14<sup>th</sup> April 2024**

### **RACE HEADQUARTERS:**

Registration is at Slaitwaite Community Centre, Bank Gate, Slaitwaite, HD& 5XE, please note the start and finish is at a different point from registration.

The start and finish is at the side of the Huddersfield narrow gauge canal. See the map below.



### **PARKING**

Parking is very limited, you can however park on the streets around the village of Slaitwaite, wherever possible please travel by public transport or care share.

### **FACILITIES**

Toilets are available at the Slaitwaite Community Centre.

## 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	08:45	09:30
Marathon	08:45	09:30
20 Miler	09:00	09:30
Half Marathon	09:30	09:30
10k	08:00	09:00
5k	07:45	08:30

## 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.

5k- <https://www.plotaroute.com/route/2205910>

10k - <https://www.plotaroute.com/route/2184014>

Half Marathon- <https://www.plotaroute.com/route/2184008>

20 Miler – Half marathon route plus the 10k route and a bit 😊

Marathon - <https://www.plotaroute.com/route/2184008> X 2

Ultra – Is the Marathon route above plus the 10k route.

The route is a mixture of good canal towpath and not so good canal towpath. The not so good canal towpath does become muddy after wet weather.

**ROAD CROSSINGS: Dependant on which route you are doing there is one major road crossing and 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 – 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**

**Joy.**

**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.**