

Final Race Instructions

Its Grim up North Running – Rock up and Pay on the Day – Summer Evening Series.

GOVERNING BODY: The Trail Running Association

Thursday 11th July 2024 Slaithwaite, Huddersfield

Thursday 18th July 2024 Kirkstall, Leeds

Thursday 25th July 2024 Saltaire, Bradford

Thursday 1st August 2024 Marsden, Huddersfield

Thursday 8th August 2024 Rodley, Leeds

Thursday 15th August 2024 Cromwell Bottom, Brighouse

Thursday 22nd August 2024 Bingley, Bradford

Thursday 29th August 2024 Kirkstall, Leeds

General Information

Our evening series is a friendly, informal gathering.

We have a bag drop but we do not have toilets.

5k – Registration from 18:00 – Start time 19:00 - £10.00 pay on the day cash only.

10k – Registration from 18:00 – Start time 18:45 - £15:00 pay on the day cash only.

Multi-buy offers

You can buy 8 events for the price of 6 – 5k £60.00 – 10k £90.00.

You can buy 7 events for the price of 5 – 5k £50.00 – 10k £75.00.

You can buy 6 events for the price of 4 – 5k £40.00 – 10K £60.00.

All our events will have a soft drink or beer/snacks/jumble medal/BBQ weather permitting and if we can remember to bring the gas.

Anyone who attends 4 races plus will qualify for a trophy.

Numbers are unlimited, so just turn up on the day.

All routes are along canals.

Water and feed stations will be provided.

WEATHER

Please keep an eye on the forecast and dress appropriately.