

# Its Grim up North Running John's April Fool's Frolick

**10k, Half Marathon, Marathon, 50 Miler**

**Saturday 6<sup>th</sup> April 2024**

**Governing Body – The Trail Running Association**

## Getting to us and parking

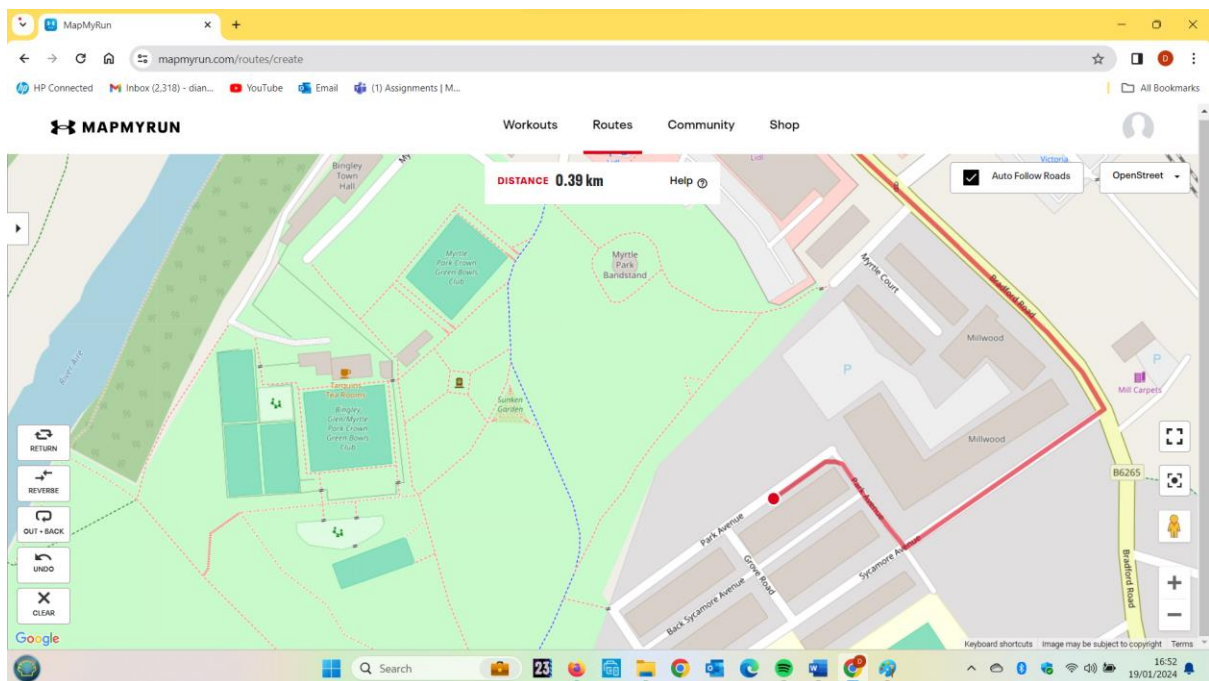
Your race will start and finish in Myrtle Park.

On Race Day there is a Parkrun please be aware of those runners as you come to registration.

The Park is 5 mins walk from Bingley Train station.

If you chose to drive, there is ample parking in Bingley centre near the arts centre.

We recommend you join our Facebook Group and **downloading the GPX file is Mandatory.**



## Please Note:

**Marathon - The marathon is a point to point.**

**Ultra - Kit must be brought for the Ultra, a kit check will take place, list will be sent out prior to the event.**

**10k – Does not have a water/feed station.**

## Registration

Is in the Myrtle Park in the Park Hub, opposite the Cenotaph, next to the Bowling Green. Nearest postcode is BD16 2LQ.

<b>Distance</b>	<b>Registration</b>	<b>Start Time</b>
Ultra	05:00	05:45
Marathon	08:00	08:45
Half Marathon	09:00	10:00
10k	09:00	10:15

### **Facilities**

Toilets, café, changing area, hot drinks and hot food are all available in the Park Hub, see map above.

### **Baggage Drop**

All baggage can be left in the Park Hub.

### **The Route**

All the routes are undulating and challenging. Downloading a GPX file is mandatory. There will be signage and tape on the course to guide you. It's advisable to wear trail shoes. If at all possible, reccie the route beforehand.

10k –

Half Marathon –

Marathon –

Ultra Marathon –

### **Race Shoes**

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.

Please be aware of all other users of the canal and be kind and courteous.

### **The race**

The race starts and finishes in the same place.

### **Water & 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 6 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.

### **Weather**

Please keep an eye on the forecast and dress appropriately.