

# Final Race Instructions

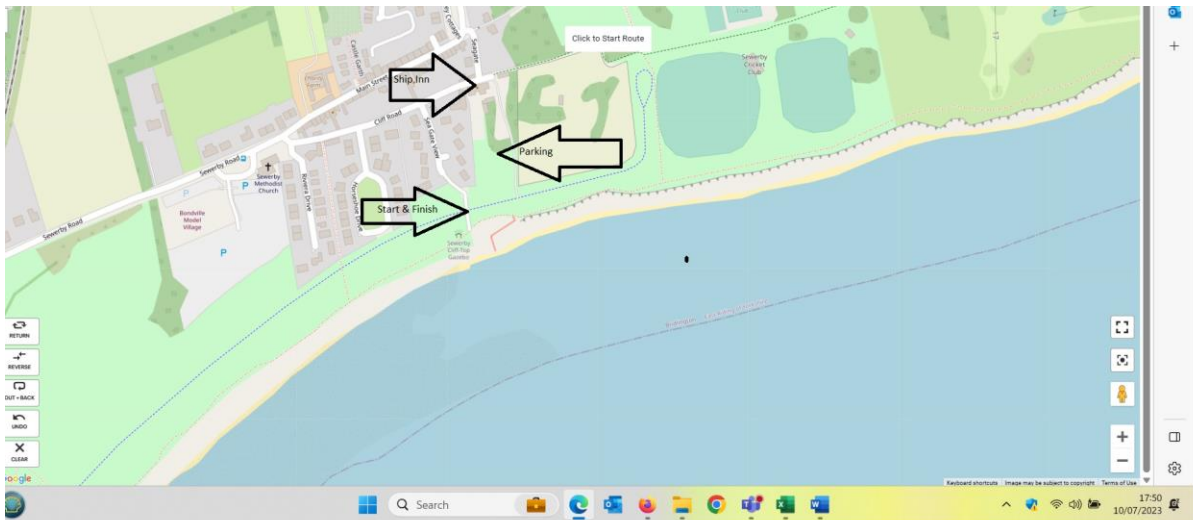
## Its Grim up North Running – Bridlington Bonanza 2023

**GOVERNING BODY:** The Trail Running Association

**Saturday December 30<sup>th</sup>, 2023**

**RACE HEADQUARTERS:**

**The Ship Inn, Cliff Road, Sewerby, Bridlington, YO15 1EW**



### GETTING TO US AND PARKING

Parking is at the back of the Ship Inn, there will be a charge of £3.00. A marshal will be available from 07:45 to point you in the right direction.

### FACILITIES

Toilets are available within the Ship Inn.

### 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

Distance	Registration opens	Start
Early Bird Marathon only – upon request	08:00	08:30
Marathon	08:30	09:40
Half Marathon	08:30	09:40
10k	08:30	09:40
5k	08:30	09:40

## 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 and a 10k route.

5k - <https://www.plotaroute.com/route/2314478>

10k – <https://www.plotaroute.com/route/2314478>

Half Marathon - <https://www.plotaroute.com/route/2255176> x 2

Marathon - <https://www.plotaroute.com/route/2255176> x 4

The course is a mainly on a hard surface (Bridlington Promenade).

There are no roads but do be careful to not get run over by the miniature train 😊

Drink & feed station every 3 miles.

## RACE SHOES

Road 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 Promenade 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 3 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**

Bacon Butties available at the finish for the 5k runners (Pie and Peas are only available from midday, you are of course quite welcome to wait).

Pie and peas are available at the end. Vegan and vegetarian pies also available. There will also be a hot drink wagon available for the other distances.

Bespoke medal

All our events have lots of lovely things at the finish line. As we love to celebrate every runner's achievement. All our runners are winners.

## **WEATHER**

Please keep an eye on the forecast and dress appropriately.

**GRIM Looks forward to welcoming you next week.**