

# Final Race Instructions

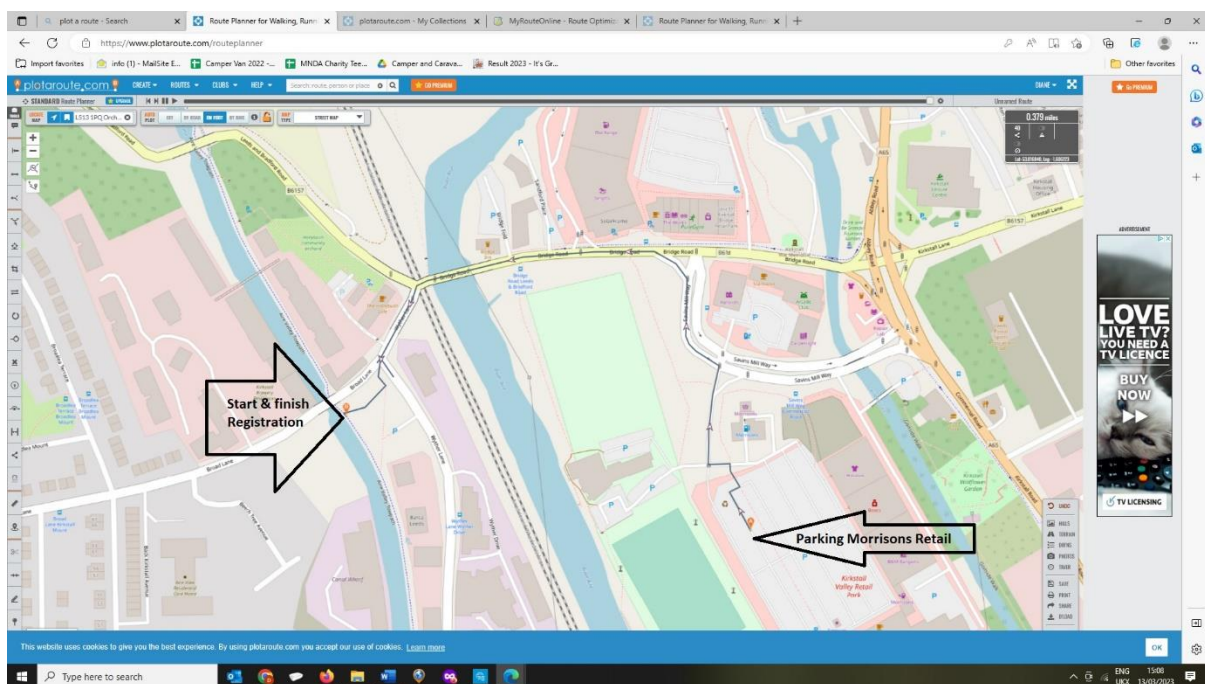
## Its Grim up North Running – Christmas Cracker Day 1 & Day 2

**GOVERNING BODY:** The Trail Running Association

**Saturday 9<sup>th</sup> December/Sunday 10<sup>th</sup> December**

**RACE HEADQUARTERS:**

All races start at the side of the Leeds & Liverpool Canal, next to the bridge on Broad Lane at Kirkstall – the nearest post code is LS5 3BP.



### GETTING TO US AND PARKING

There is NO parking at the start and finish area, please find parking in the surrounding streets.

### FACILITIES

Toilets are available at the start/finish/registration area by the canal.

### 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

Is at the side of the canal – see map above.

Distance	Registration opens	Start
Early Birds	07:45	08:30
Ultra Marathon (Sunday only)	08:30	09:30
Marathon	08:30	09:30
20 Miler	08:30	09:30
Half Marathon	08:30	09:30
10 Miler (Sunday only)	08:30	09:30
10k	09:00	09:30
5k	08:30	09:00

## 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 Plotaroute and Garmin. (Same route as Spring CC).

5k- <https://www.plotaroute.com/route/2182785>

10k - <https://www.plotaroute.com/route/2182786>

10 Miler - <https://www.plotaroute.com/route/2185076>

Half Marathon- <https://www.plotaroute.com/route/2182791>

20 Miler - <https://www.plotaroute.com/route/2182796>

Marathon - <https://www.plotaroute.com/route/2182798>

Ultra – Is the Marathon route above plus - <https://www.plotaroute.com/route/2182800>

All distances are traffic free, there will be water/feed stations approx. every 3 miles and marshals at the turnaround points.

## 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 canal 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 ¾ 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**

**Christmas Cheer, merriness, love & 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.**