

Final Race Instructions

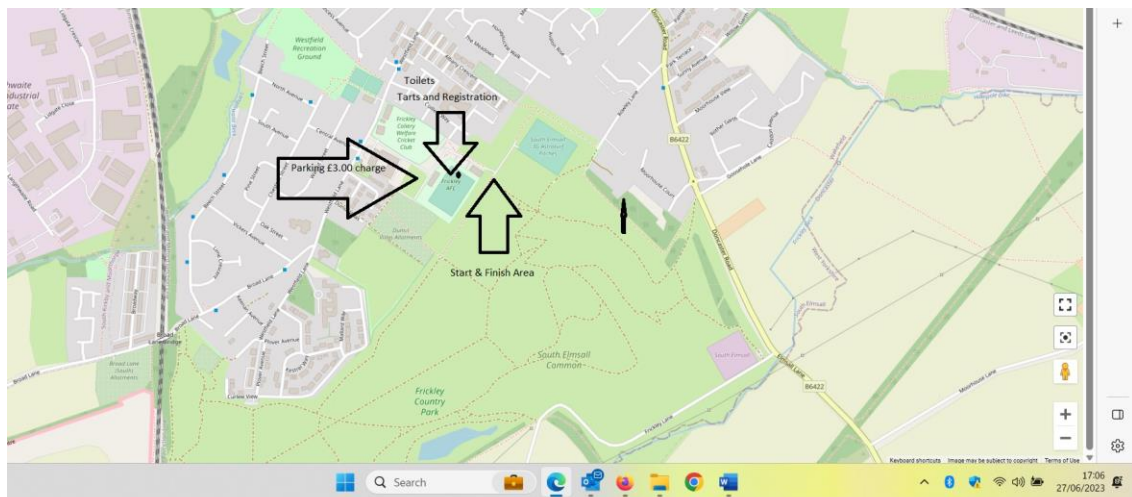
Its Grim up North Running – Frickley Frolic Tarts n Terrier Trot

GOVERNING BODY: The Trail Running Association

28th January 2024

RACE HEADQUARTERS:

Frickley Athletic Football Club, Westfield Lane Stadium, Westfield Lane, South Elmsall, WF9 2EQ



GETTING TO US AND PARKING

Parking is at the above address. There will be a £3.00 charge.

FACILITIES

Toilets are available within the Athletic Club.

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 Ultra & Marathon only – upon request	07:45	08:45
Ultra	07:45	09:00
Marathon	08:30	09:30
20 Miler	08:30	09:30
15 Miler	08:30	09:30
10 Miler	08:30	09:30
5 Miler	07:45	08:45
Terrier Trot with Human	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. The route is a 5-mile loop.

<https://www.plotaroute.com/route/2300381>

The course is on a mixture of good trail, private roads, field, and trail that could be potentially muddy if it has rained prior to the event. There is one stretch of road about 150 yards where you will need to run along the right-hand side of the road as it would be riskier to cross the road twice on such a short stretch. Please take extra care and watch out for traffic. This road will be signposted to warn you and other road users.

The courses are marshalled and signed.

All distances are loops of 5 miles.

The marathon will have an out and back at the beginning of the race to make up the distance of 26.2 miles.

The ultra is 6 laps – 30 miles 😊

RACE SHOES

Weather dependant – if wet trail shoes.

DURING THE RACE

Terrier Trot – All dogs must be on suitable leads.

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 country park 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 2.5 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

Tarts n more tarts

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.