

Final Race Instructions

Its Grim up North Running – Spring Canal Canter 2024

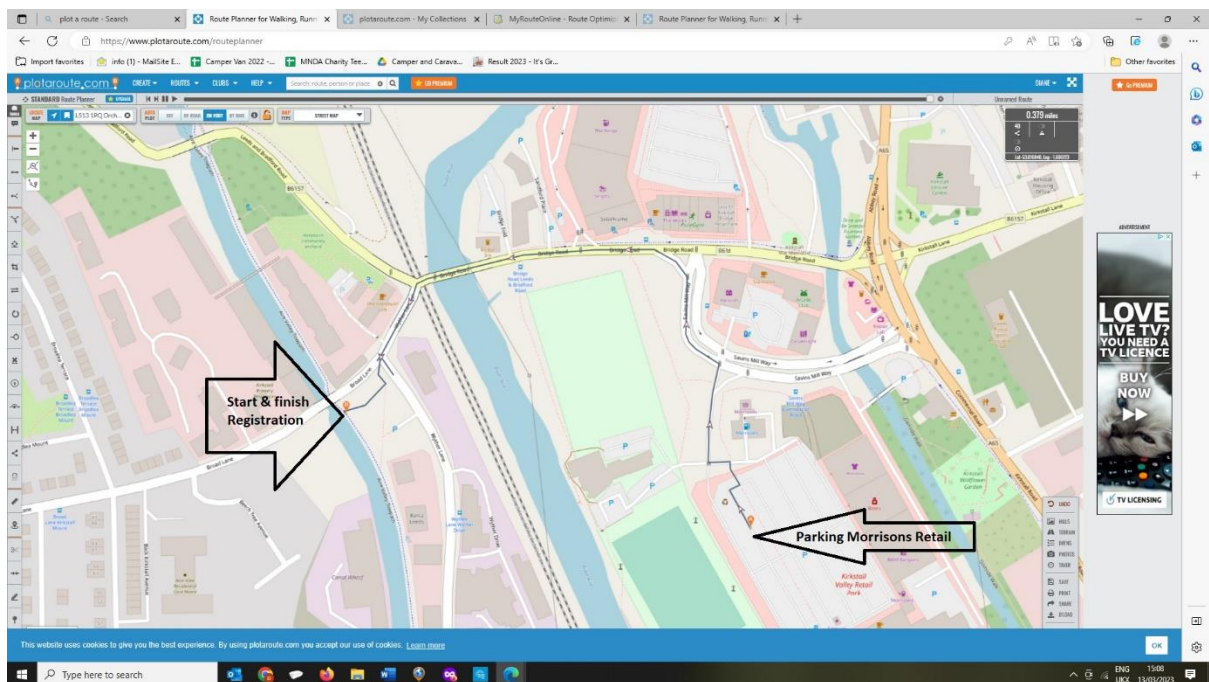
GOVERNING BODY: The Trail Running Association

Saturday 16th March

Sunday 17th March

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.



PARKING

There is NO parking at the start and finish area, please find parking in the surrounding streets or free parking at the local Morrisons Supermarket as indicated on the map.

FACILITIES

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

RACE NUMBERS AND REGISTRATION

Are collected at registration. Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib. If you have a medical condition, please put a red cross on the front of your bib. Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

Distance	Registration opens	Start
Ultra	08:30	09:30
Marathon	08:30	09:30
20 Miler	08:30	09:30
Half Marathon	08:30	09:30
10 Miler	08:30	09:30
10k	08:00	09:00
5k	07:45	08:30
Early Birds upon request	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 Plotaroute and Garmin.

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

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

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

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.

THE RACE

The race starts and finishes in the same place. The course is open to the public so please be aware of other users.

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 3/4 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.

YOUR REWARD AT THE END

A bespoke medal.
A table of treats.
Respect.

WEATHER

Please keep an eye on the forecast and dress appropriately.

GRIM Looks forward to welcoming you next week.