

**Roche Abbey Trail Event**

**Sunday 27th September 2020.**

***Grimmers! Fabulous News, Caths Cakes are back. You cannot help yourself to cake, but you will find a piece in your goody bag… Yaaay.***

***We look forward to welcoming returning runners and new runners, if you have never done this course it is beautiful.***

***Runners’ Brief***

***Governing Body – The Trail Running Association***

PLEASE NOTE THIS EVENT IS AT THE ADDRESS BELOW AND NOT AT ROCHE ABBEY

**GETTING TO US AND PARKING**

Registration, parking, toilets are at the start and finish: Travellers Rest (Public House), Main Street, Brookhouse, Rotherham, S25 1YA.

**PARKING**

There is parking aplenty and it is free.

**REGISTRATION**

Please see information below in red with regards to registration,

**THE IMPORTANT STUFF**

If you feel unwell prior to the event or on the day of the event, please DO NOT ATTEND. Please email [races@itsgrimupnorthrunning.co.uk](mailto:races@itsgrimupnorthrunning.co.uk) and you will be issued with a voucher to use at another one of our events.

Please maintain social distancing of at least 1 metre before, during and after the event.

Please bring your own hand sanitiser/hand wipes/mask for the toilet

**Please bring your own drinks and refreshments for the event. Snacks are not available on the route.**

**We have taken the feedback from our 4 days of events so far and for Roche water will only be available in jugs at the feed station, (there are 2 feed stations on each loop).**

**The marshals will pour the water into your container (cup or bottle). Squashable Grim cups are available to purchase on the day. They are £5 each, if you wish to purchase one please bring your money in a sealed envelope.**

**Please take care not to touch the table, the jugs, the marshals, or other runners whilst you are stopped for water.**

**We would still prefer you to self-support for the race as this is the most ‘Covid Safe’ method of hydration.**

**PLEASE SEE THE ATTACHED LIST FOR YOUR REGISTRATION AND START TIME. This cannot be changed.**

**PLEASE STAY IN YOUR VEHICLE OR AWAY FROM THE REGISTRATION AREA UNTIL IT IS YOUR ALLOTTED TIME TO REGISTER.**

**Please stand behind the line at registration and socially distance from other runners and marshals. We will check all your details with you at registration**

Please be aware that you cannot change your distance on the day.

At registration you will be directed to a carrier bag. The bag will contain safety pins, your medal, a bottle of beer, bar of chocolate AND Caths Cake. Please write your name and other details on the back of your race bib. This is important in case of any mishaps. Please take your bag and put it in your vehicle.

If you have come on public transport or foot/bicycle, please inform a marshal at registration and they will tell you where you can leave your bag and any other items you may have brought with you.

**NUMBER EXCHANGE**

Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

**TOILETS**

Toilets are available in the Travellers Rest, they will be managed by a marshal, only 2 runners are allowed in the toilets at anyone time so please follow the marshal’s instructions. Please be aware that there are not many toilets, so there may be a queue. You will be required to wear a facemask as soon as you enter the building.

**BAGGAGE DROP**

Please leave baggage in your vehicle where possible. If you do not have a vehicle, please speak to a marshal.

**START**

The starts for all the events will be staggered. 6 runners will be set off at a time. The 6 runners will be socially distanced at the start. Runners will be set off in groups of 6 every 5 minutes. We will be using a race clock to ensure that all runners are set off exactly at the allotted time. If you miss your allotted start time, you will be asked to wait until all the other runners have set off, (a wait of up to 1 hour). You will then be started at the back of the pack.

Please socially distance whilst waiting for your allotted start time.

**THE COURSE**

Is looped.

1k x 1 loop

Half Marathon x 2 loops

20 Miler x 3 loops

Marathon x 4 loops

Ultra Marathon x 5 loops – Ouch.

The route now is good underfoot, it can however become muddy if extremely wet beforehand. The route is a mixture of trail, track, grass and about 1k of road and pavement. There are stepping stones on the course and a marshal will be available to assist you. Please take extra care on the short board walked section. The course will be signed as well as marshalled.

**Road Crossings: There is one road crossing onto a small side street, we will sign to caution the runners and sign to caution other road users. Please take care.**

**RACE SHOES**

Are weather dependant.

**DURING THE EVENT**

Please maintain a distance of at least 1 metre during the event.

Please do not run in large groups

Take a wide berth when approaching/overtaking runners, cyclists, dog walkers etc. Please be courteous to all other users. The Canal and River Trust are trusting you and Grim to abide by all the social distancing rules. If we receive complaints from members of the public, our licence will be revoked.

**FINISH**

There will be two marshals at the finish line to note your finish time. This is not a chip timed event: your time will be calculated based on your start time.

Unfortunately, there will not be any refreshments at the finish line. **We request that once you have finished, you please leave the area as soon as possible.**

**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 AND CLOTHING**

Please keep an eye on the forecast and dress appropriately.

**SORRY for all the rules and regulations! We hope to make your run as much fun as we possibly can without breaching all the guidelines!**

**ENJOY YOUR RACE**

***Virtuals and forthcoming events:***

***Welcome Back with a Glorious Whopping Medal – Run your own distance virtually and post a picture on Facebook Grim up North Chat – with a donation going to charity from this event.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/270***](https://bookings.itsgrimupnorthrunning.co.uk/book/270)

***The Dales Way Challenge – Run the length of the Dales way virtually, over 78 miles in total, do 1 mile a day or 20 miler a day its your challenge. When you sign up, we will send you a mile by mile marker that you can tick off as you go. Sign up for a medal or a medal and t shirt – only 23 places left.***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/267***](https://bookings.itsgrimupnorthrunning.co.uk/book/267)

***Sunday 4th October***

***Nearly London with a Grim Twist. A lovely course from Kirkstall just outside Leeds, it starts on the canal then goes into the surrounding countryside.***

***10 Miles – 23 remaining – 1 loop***

***20 Miles – 2 loops***

***Half Marathon – 1 loop***

***Marathon – 2 loops***

[***https://bookings.itsgrimupnorthrunning.co.uk/book/264***](https://bookings.itsgrimupnorthrunning.co.uk/book/264)

***Sunday 11th October***

***The Old Colliery Canter, a lovely course, and an old favourite.***

***10 Miles – Full***

***15 Miles – 4 places remaining***

***20 Miles – 7 places remaining***

***Marathon – 13 places remaining***

***Ultra Marathon – 5 places remaining***

***This event takes place in Rabbit Ings Country Park in South Yorkshire. Good trail with one short sharp hill.***

[***http://booking.itsgrimupnorthrunning.co.uk/book/111***](http://booking.itsgrimupnorthrunning.co.uk/book/111)