



Feckin Frickley Frollock – We have been looking forward to this one.

Sunday 29th January

Runners' Brief

Governing Body – The Trail Running Association

Marathoners and Ultras, if you think you may not make the cut off times, you may start at 08:30 am, please let me know diane.shaw132@gmail.com

GETTING TO US:

PARKING is at:

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

Event	Registration	Start
Ultra	08:40– 09:20	09:30 hrs
Marathon	08:40 – 09:20	09:30 hrs
20 Miles	09:20 – 09:50	10:00 hrs
15 Miles	09:50 – 10:20	10:30 hrs
10 Miles	10:20 – 10:50	11:00 hrs
5 Miles	11:00 – 11:50	11:30 hrs

REGISTRATION (AND LOOS):

Registration is a 30 second walk from the carpark, it is in the football pavilion, and it will be sign posted. The races start and finish just outside the football pavilion.

Toilets are available in the football pavilion.

BAGGAGE DROP

There will be a baggage drop, (yes you guessed it, the football pavillion), near to the start and finish area.

THE COURSES

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 handside 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

Trail shoes if wet but can always bring road as well and change if required.

RACE NUMBERS

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.

Please do not leave it to the last minute to collect your numbers we want everyone to enjoy their day and stressing in a queue minutes before the race is not a great start.

Race registration will close promptly as the times stated above. We need to make our way to the start/finish area.

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

THE IMPORTANT STUFF

Please bring your own drinks and refreshments for the event. Emergency Water will be available on the route, but no cups please bring your own water of drinking vessel. Snacks are not available on the route. We have runners cups on sale for £5.

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. .

Please do not litter.

FINISH

The finish is at the same place as the start.

Cakes and a sweetie shop will be available and in abundance at the end.

You will find your goody bags and medals.

This is a chip timed event, please put your chip in the bucket, when you have finished.

Your rewards will be at the end 🏆

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.

ENJOY YOUR RACE!