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**Skipton Skidaddle – We have been looking forward to this one.**

**Sunday 15th January**

***Runners’ Brief***

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

please note our measurements are not exact, this is trail running not road running. We try to get as near to the exact measurement as possible. HOWEVER, you will usually get a little bit more for your money. We can only put our lovely marshals and feed stations where it is feasible to put them. Thank you for your understanding**.**

**Marathoners/Ultras – If you don’t think you can make the cut off times, you can start at 08:30 please contact Grim.**

**GETTING TO US:**

Trains: The train station is a 500 yard walk from the start/finish/registration

**Start and Finish is at** is at:

The Craven Leisure Centre

21 Gargrave Road

Skipton

BD23 1UD

**PARKING**

Parking is limited at the Leisure Centre. The council have requested that you park in the Town Centre and walk the 500 yards to the start/finish area. See attached map. If you try to park at the leisure centre, there is a good chance you will be re-directed to the town centre and you’ll miss the start of your event.

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| --- | --- | --- |
| Event | Registration | Start |
| Ultra | 08:50 – 09:20 | 09:30 hrs |
| Marathon | 08:50 – 09:20 | 09:30 hrs |
| 20 Miler | 09:20 – 09:50 | 10:00 hrs |
| Half Marathon | 09:50 – 10:20 | 10:30 hrs |
| 10 Miles | 10:20 – 10:50 | 11:00 hrs |
| 10k | 07:30 – 08:50 | 09:00 hrs |
| 5k | 07:45 – 08:20 | 08:30 hrs |

**Registration (and loos):**

Registration is a 2 minute walk from the car park at the Craven Leisure Centre. It will be sign posted. The races start and finish at the side of registration.

Toilets are available in the main leisure centre which will be open from 08:30hrs. There is also a café at the leisure centre which is open from 09:30 – 15:30.

**BAGGAGE DROP**

There will be a baggage drop, (Grim Van), near to the start and finish area.

**THE COURSES**

The course is alongside the Leeds & Liverpool Canal on the towpath. Underfoot is good. Except for 1 mile of the course, which can be very muddy, weather dependant. This will not affect the 5k and 10k but it will affect all the other distances

Roads are crossed on some of the distances. At these road crossings please take extra care and watch out for traffic. The roads will be signposted to warn you and other road users.

The courses will be marshalled and signed.

All distances are an out and back, initially going east. The ultra will follow the marathon route and then do an extra 5 mile out and back west, the length of the ultra is 31 miles ish.

**RACE SHOES**

Road for the 5k & 10k.

Trail for the other distances, unless next week is very dry.

**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 or drinking vessel. Snacks are not available on the route. Runners cups are available to purchase for £5.00**

**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. BE EXTRA CAREFUL, when running the Skipton Town Centre part of the towpath as there may be lots of other canal users in that area.

Please do not litter.

**FINISH**

The finish is at the same place as the start.

Cakes will be available at the end.

Goody bags and medals can be collected.

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!**