

**Winter Sir Titus Trot**

**Saturday 7th 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.

**any marathon runners wishing to start early. There will be a early start time of 07:45, please contact me if you would like this early start, thanks..** **diane.shaw132@gmail.com**

**GETTING TO US:**

Trains: The train station is a 50 yard walk from the start/finish/registration

**PARKING** is at:

Anywhere in Saltaire really, if you park outside the village then some parking is free, check for restrictions. Otherwise, a council charge is applied for parking, price dependant on the length of your stay, information is available on the internet.

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| Event | Registration | Start |
| Ultra | 09:00 – 09:20 | 09:30 |
| Marathon | 08:40 – 09:20 | 09:30  |
| 20 Miler | 09:20 – 09:50 | 10:00  |
| Half Marathon | 09:50 – 10:20 | 10:30  |
| 10 Miles | 10:20 – 10:50 | 11:00  |
| 10k | 08:00 – 08:50 | 09:00  |
| 5k | 07:50 – 08:20 | 08:30 |

**Registration (and loos):**

Registration Is on the canal, near the canal bridge. The races start and finish at the side of registration.

Toilets is a 2 minute walk from the start/finish area, these are council toilets and please note they may not open until after 08:00. It will be sign posted.

**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 generally good.

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. The ultra will follow the 10k route and then marathon route and then the 10k out and back again, the length of the ultra is 32 miles ish.

**RACE SHOES**

It could be wet underfoot but Road Shoes would suffice.

**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. Snacks are available on the route.**

**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.

Beautiful Pork Pies will be available at the end of the event. Along with vegetarian and vegan pies.

Goody bags and medals can be collected.

This event may be hand-times as we are currently having problems with our timing system.

😊

**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!**