



Cannon Hall Race Brief Wednesday 8th May 2019. It's Grim Up North Running

Runner's Brief

Governing Body – The Trail Running Association

THE IMPORTANT STUFF

<u>Distance</u>	<u>Registration Open</u>	<u>Race Brief (start line)</u>	<u>Race Start</u>
<u>10 Miler</u>	<u>17:30 – 18:45</u>	<u>18:50</u>	<u>19:00</u>
<u>5 Miler</u>	<u>17:30 – 18:45</u>	<u>18:50</u>	<u>19:00</u>

GETTING TO US

Registration, parking, toilets, baggage drop and the start and finish is at:

Cannon Hall, Bark House Lane, Cawthorne, Barnsley, S75 4AT

Park in the bottom carpark next to the little café. You will see us if you look to your left hand side as you have come over the little bridge, with Cannon Hall in front of you. Parking is £1, make sure you are in the left hand car park as there are 2 cafes and 2 carparks, one on the right side one on the left. You will see our gazebo at the top of the carpark.

RACE NUMBERS AND REGISTRATION

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

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

NUMBER EXCHANGE

Numbers cannot be exchanged unless prior notice is given to the race committee. If numbers are exchanged without prior permission the runners will be disqualified from the race.

RACE TIMES

All races will start at the above times.



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The Courses

A Map is attached

5 Miler 2 x loops

10 Miler 4 x loops

The route at the moment is good underfoot, it can however become muddy if extremely wet. The route is a mixture of trail, track, grass and about half km of road and pavement. The course will be well signed as well as marshalled.

Road Crossings: CHECK There are three road crossings each loop which will be marshalled, we will also sign to caution the runners and motorists. Please take care..

RACE SHOES

Road Shoes if the weather stays fine

DURING THE RACE

We hope to start all races promptly. Please inform a race official if you are unable to complete the course and need to withdraw for any reason. Please assist officials by making sure your number is visible.

We do not own the trail 😊 please be courteous to other users, smile and try to keep left. The path should easily be wide enough for everyone to use it.

There is a cut off time of 21:30 for the 10 miler, if you think you may take longer, please start earlier.



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HEADPHONES

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of I pods or similar devices for the following safety reasons:

Runners cannot always hear the marshal's instructions.

Runners may not hear cyclists behind them and stray into their path.

Bone condensing equipment is preferable.

WATER

Cupped water, squash will be available at all drinks stations, there will also be food on the course. Water will be available at approx. every 2.5 miles and at the start/finish. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name. Bottled water is available at the end on the laps.

We are aiming to go cup free in 2019 – please help us by bringing your own re-usable cups and/or drink bottles.

Please don't litter, we run in beautiful locations and it's always a shame that we have to pick up cups and gel wrappers after every event.

WEATHER AND CLOTHING

Please keep an eye on the forecast and dress appropriately.