



Daffodil Dash Saturday 30th March 2019. It's Grim Up North Running

Runner's Brief

Slaithwaite Slog 23rd February

THE IMPORTANT STUFF

Distance	Registration Open	Race Brief	Race Start
Marathon	08:30 – 09:40	09:50	10:00
20 Miler	08:30 – 09:40	09:50	10:00
Half Marathon	10:00 – 10:40	10:50	11:00
6.7 Miler	11:10 – 12:10	12:20	12:30

GETTING TO US

Registration is in the field in front of the main house, you will see the GRIM Gazebo. Address is Temple Newsam House, Temple Newsam Road, Leeds LS15 0AE

The Start and finish is next to the Gazebo in the field

PARKING – There are plenty of carparks within the grounds of Temple Newsam, most of the carparks are free and all within walking distance. I do believe there are car parking charges if you park in the carpark nearest to the house.

RACE NUMBERS AND REGISTRATION (AND LOOS):

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

The Map is attached

6.7 Miler – 1 loop.

Half Marathon - 2 loops.

20 Miler – 2 loops.

Marathon – 4 loops

The courses are a mixture of hard surface, grass and trail, parts of the course can become extremely muddy if the weather is particularly wet the week prior.

ROAD CROSSINGS

There are not road crossings. All the course is within the grounds of Temple Newsam.

RACE SHOES

Dependant on the weather prior to the event, see above

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 6 hours 30 minutes cut off for support on the runs. If you think you will take longer than 6 hours 30 mins then you can arrange to start early but the marshals will stand down assuming a 6 hours 30-minute runner.



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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.

WATER

Cupped water, squash will be available at all drink's stations, there will also be food on the course. Water will be available at approx. every 3 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.