



Duncombe Park 5k & 10k Saturday 13th July 2019. It's Grim Up North Running

Runner's Brief

Governing Body – The Trail Running Association

Please note the start time below

THE IMPORTANT STUFF

| <u>Distance</u> | <u>Registration Open</u> | <u>Race Brief (start line)</u> | <u>Race Start</u> |
|------------------------|---------------------------------|---------------------------------------|--------------------------|
| <u>5k</u> | <u>08:30 – 09:15</u> | <u>09:20</u> | <u>09:30</u> |
| <u>10k</u> | <u>08:30 – 09:15</u> | <u>09:20</u> | <u>09:30</u> |

GETTING TO US

PARKING

The Address for parking and registration and Camping (if you are camping).

Duncombe Park, Helmsley, York, YO62 5EB.

RACE NUMBERS AND REGISTRATION

Pick your race number up at registration. Toilets and a covered area to leave bags etc is also available at the start and finish area

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.

CAMPING

If you are camping there will be toilets and showers provided. Please drive into the estate, past the house and you will see us in the 'top field'. We have a large BBQ available for you to cook your own food.



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COURSE

5k x 1 loop

10k x 2 loops

The course is trail, field and pavement and very dry at the moment, road shoes are ideal. You will run on the estate road, where there is a small amount of traffic, take extra care.

BAGGAGE DROP

Is in our beautiful tepee at the start and finish area.

RACE SHOES

There is a lot of good trail but there could be a potential for mud if there is a lot of rain beforehand. Please keep an eye on the weather forecast.

WATER

Cupped water is available at all drinks stations, there will also be food on the course. Water will be available approx. every 3 miles at the start and finish. You may place your own drinks, gels etc, at the water stations.

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. Please listen to the marshals instructions. Please do not litter the course, use the bags provided, or leave rubbish with the marshals.

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.

WEATHER AND CLOTHING Please keep an eye on the weather forecast.