



**Grim Leodis Evening, Wednesday 12<sup>th</sup> June 2019. It's Grim Up North Running**

**Runner's Brief**

**Governing Body – The Trail Running Association**

**THE IMPORTANT STUFF**

<b><u>Distance</u></b>	<b><u>Registration Open</u></b>	<b><u>Race Brief (start line)</u></b>	<b><u>Race Start</u></b>
<b><u>5 Miler</u></b>	<b><u>18:00 – 19:00</u></b>	<b><u>19:05</u></b>	<b><u>19:15</u></b>
<b><u>10 Miler</u></b>	<b><u>18:00 – 18:45</u></b>	<b><u>18:50</u></b>	<b><u>19:00</u></b>

**GETTING TO US**

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

The Public car park at the side of Wood House Grove School (see attached map). Apperley Bridge, Bradford BD10 0NR.

The toilets are over the road at the George and Dragon Public House.

**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 x 1 lap

10 Miler x 2 laps

The route at the moment is very good underfoot. The route is a mixture of trail, track, grass, riverbank trail and very quiet private roads. The course will be well signed as well as marshalled.

**Roads: CHECK** The roads will have signs up warning drivers and other road users, please take care. The roads are private road and on the whole extremely quiet.

**RACE SHOES**

Road Shoes would be preferable.

**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. If you are intending to run for longer than 2 hours a head torch maybe a good idea.



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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.