**Holme Pierrepont 3hr & 6Hr challenge – RUNNERS Brief**

**governing body – The trail running association.**

**The Important Stuff:**

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | Registration Open | Race Brief (start line) | Race Start |
| 6 Hour Challenge | 08:20 – 09:45 | 09:50 | 10:00 |
| 3 Hour Challenge | 08:20 – 09:45 | 09:50 | 10:00 |

**GETTING TO US:**

Registration, parking, toilets, baggage drop and Start and Finish is at:

Holme Pierrepont Water Park

Nottingham

NG12 2LU

The water park is sign posted on brown tourist signs around Nottingham, follow the signs into the centre of the park and follow the parking signs. We’re are in the big building next to the lake. There is plenty of parking, please bring some loose change for parking, £2. We will have marshals directing you to the parking.

**Race Numbers and Registration (and loos):**

The registration and toilets is in the café in the big building next to the race track along with the toilets.

Race Registration will close promptly at the times stated above. We need to make our way to the start/finish area.

**Please don’t 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 isn’t a great start.**

You can drop your bag in the Grim big white van, which will be in the car park or leave it at the café, all bags etc are left entirely at your own risk, although we aim to keep an eye on them.

**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.

**HOLME PIERREPONT 3HR & 6HR CHALLENGE – RUNNERS BRIEF**

**RACE TIMES**

All races will start at the above times.

The start/finish area is on the track next to registration

**THE COURSES**

**The courses are available on Grim up North Strava and they will soon be available from the Grim website, we are making some changes very soon.**

The route is dry underfoot at the moment. The surface is a hard solid surface. The course is a flat circular route of approx.. 2.9 miles

You will take a wrist band for every lap run, including your last lap, we can then measure how many laps you have run. You will ring a bell/horn when you finish your final lap, this will alert the timing person.

**RACE SHOES**

I would recommend road shoes.

**withdrawal, deferrals, refunds, changes on the day entries.**

We have hundreds of entrants to manage on race day and whilst we want you all happy things invariably get hectic at Grim HQ, as a result:

We cannot issue refunds, or defer your entry without 2 weeks’ notice – with the number of races and the effort going into each event it’s just not possible.

We want to try and do everything we can to get you running and so we ask that you also give us two weeks’ notice if you want to transfer your place to another runner or change the distance you are running. However we will TRY to accommodate some of these changes on race day. This will be at the committee’s discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

There may be a number of entries on the day. This will be at the committee’s discretion and numbers will be released 30 mins before race start. This cannot be confirmed beforehand as it is dependent on a number of factors. You will be excluded from a top three award.

We hope to have a ‘Change and On the Day’ desk, due to limited volunteers there will only be one person staffing that desk so it could get busy and we’d hate you to be late for your race.

**HOLME PIERREPONT 3 & 6 HR CHALLENGE – RUNNERS BRIEF**

**DURING THE RACE**

We hope to start all the 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 don’t own the race path on the day ☺ please be courteous to other users, smile and try to keep left. The path should easily be wide enough for everyone to use.

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 **(bone conduction headphones can be used)** for the following safety reasons:

Runners cannot always hear the marshals’ instructions.

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

**WATER**

**We are going cup free on the 1st February 2020** – **We do have collapsible cups available for sale for £5**. please help us by bringing your own re-usable cups and/or drink bottles.

Jugged water and squash will be available at all drinks stations, there will also be food on the course. Water will be available 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.

**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, have a stern word with yourself☺.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately. We love you and only want the best for you, so, if it’s minus three, snowing and you are dressed in vest and shorts we probably won’t be letting you start. Similarly sun cream is always wise in sunny weather.

Remember many of our races are trail races and on our longer runs you may be exposed to tough conditions and whilst we have regular marshals and feed stations it can be 3 miles to your next station. Common sense will always apply but obviously dress to match the weather.

We recommend you carry the minimum kit of...

Money
Fully Charged Mobile
Survival/silver blanket
Medication (if required)
Hat and Gloves (forecast dependant)
Waterproof Jacket (forecast dependant).

If its hot/sunny then add:
Suncream
Water

**SOCIAL vs E-Mail.**

Well, we are a very social little group and we love our Twitter and Facebook, there is also a Facebook chat group where you can ask questions such as what trainers to wear, what’s the elevation like, any tips, recommendations, all from other runners as well as ourselves or if you just want to chat, we really recommend you use this rather than messaging/emailing in, as most of the time the query can be resolved on there. At times we get inundated with emails and messages asking the same questions which ties us up and means we can’t deal with things that need dealing with like permits, new race routes and baking cakes and fudge etc.

We really do understand your races are important days to you. We love seeing smiles and watching runners enjoying themselves, that’s why we do it! Please just help us to help you.

We look forward to seeing you on the day.