

Ladies brief. It's Grim Up North Running.



Runner's Brief

SUNDAY 14TH APRIL 2019

THE IMPORTANT STUFF:

<u>Distance</u>	<u>Registration Open</u>	<u>Race Brief (start line)</u>	<u>Race Start</u>	<u>Towards</u>	<u>Colour</u>
<u>Ultra-Marathon</u>	<u>8:00 – 9:30</u>	<u>9:50</u>	<u>10:00</u>		<u>Red</u>
<u>Marathon</u>	<u>8:00 – 9:30</u>	<u>9:50</u>	<u>10:00</u>		<u>Blue</u>
<u>20 Miles</u>	<u>8:00 – 9:30</u>	<u>9:50</u>	<u>10:00</u>		<u>Purple</u>
<u>½ Marathon</u>	<u>9:30 – 10:30</u>	<u>10:50</u>	<u>11:00</u>		<u>White</u>
<u>10 Miles</u>	<u>9:30 – 10:30</u>	<u>10:50</u>	<u>11:00</u>		<u>Orange</u>
<u>10k</u>	<u>10:30 – 11:30</u>	<u>11:50</u>	<u>12:00</u>		<u>Green</u>
<u>5k</u>	<u>11:30 – 12:30</u>	<u>12:50</u>	<u>13:00</u>		<u>Yellow</u>

GETTING TO US:

All races start and finish on the Spen Greenway behind Victoria Park.

Train: Low Moor is right on the start finish.

Car: Park at Low Moor Station or in surrounding streets.

RACE NUMBERS AND REGISTRATION (AND LOOS):

Registration is at:

Woodlands Cricket and Club and Sports Hall, Albert Terrace, Bradford, BD12 7AX, there is limited parking at the Cricket Club but plenty of parking in the surrounding streets.

Toilets and bag drop are available at the club. All property is left at your own risk.

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.

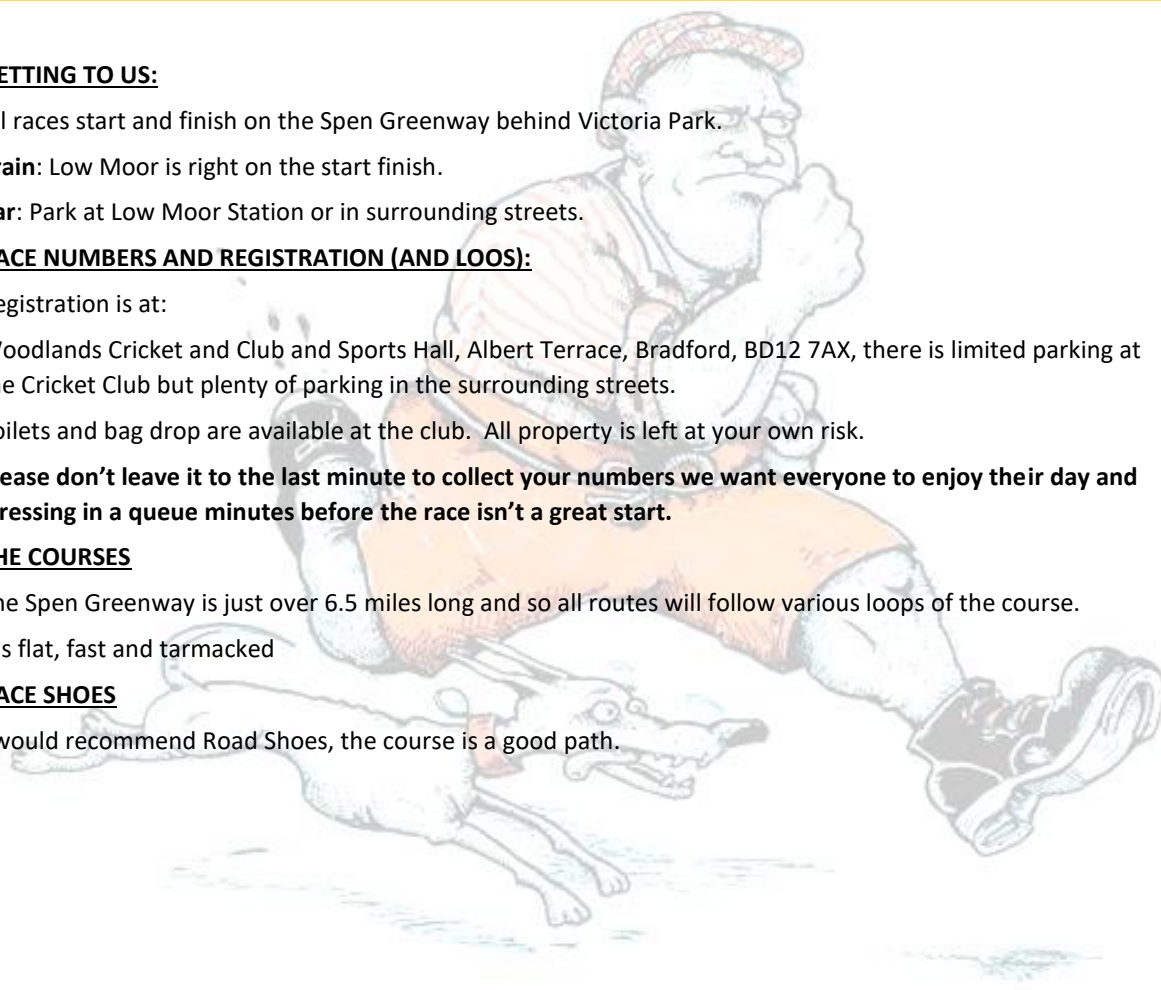
THE COURSES

The Spen Greenway is just over 6.5 miles long and so all routes will follow various loops of the course.

It's flat, fast and tarmacked

RACE SHOES

I would recommend Road Shoes, the course is a good path.



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NUMBER EXCHANGE, 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.

RACE BRIEFS AND MAPS

These will go out within a week of the race. We will try and e-mail you (check your junk mail), they will go on Facebook and be on the website. We are building up a library of maps and courses from historic events but things change and so we will update as we approach each race.

BAG DROP

There will be a drop at the start finish, any other arrangements are highlighted above. Bags and property left at your own risk, we will keep an eye on it but can't promise.

RACE TIMES

All races will start at the above times.

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 it and we are staggering the starts to prevent congestion. **Please keep left whilst running.**

There is a 6 hours 30 mins 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. Please let us know prior to the event if you wish to start early.

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 induction 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 in 2019 – please help us by bringing your own re-usable cups and/or drink bottles or buy our branded 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. Bottled water is available at the end.

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 ☺.

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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.

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 time 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.

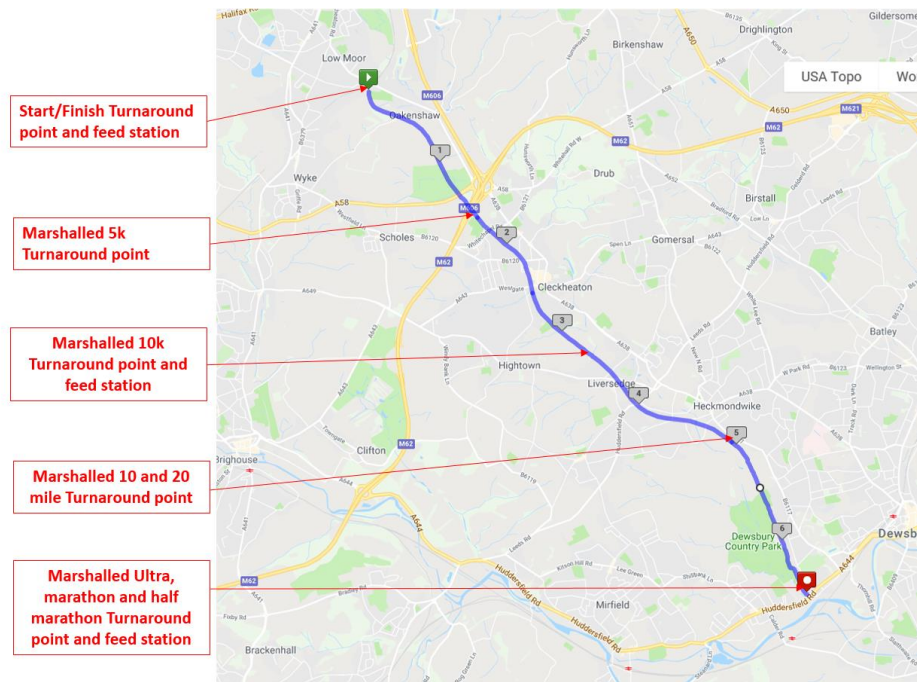
We really do understand your races are important days to you. We love seeing smiles and watching runners enjoying themselves, that's why we do it! Please just help us to help you.



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Ultra-Marathon.

Run 6.55 miles to the turnaround point/feed station

Run 6.55 miles back to start finish

Run 6.55 miles to the turnaround point/feed station

Run 6.55 miles back to start finish

Run 3.2 miles to the 10k turnaround point/feed station

Run 3.2 miles back to start finish

This run has been risk assessed and whilst we recommend you carry enough to self-support it is not mandatory, unless you are planning to run for over six hours 30 mins, then the six hour 30 mins rules apply (see above).

The 10k turn-around station will stand down after six hours (16:00), you will be at mile 29.4 at this stage, but the start finish will be there until you get back.

ANY QUESTIONS THEN PLEASE ASK.

Marathon

Run 6.55 miles to the turnaround point/feed station

Run 6.55 miles back to start finish

Run 6.55 miles to the turnaround point/feed station

Run 6.55 miles back to start finish

Half marathon

Run 6.55 miles to the turnaround point/feed station

Run 6.55 miles back to start finish

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20 miles

Run 5 miles to the 10/20 mile turn around point (that's not too confusing!)

Run 5 miles back to the start finish

Run 5 miles to the 10/20 mile turn around point

Run 5 miles back to the start finish

10 miles

Run 5 miles to the 10/20 mile turn around point (that's not too confusing!)

Run 5 miles back to the start finish

10k

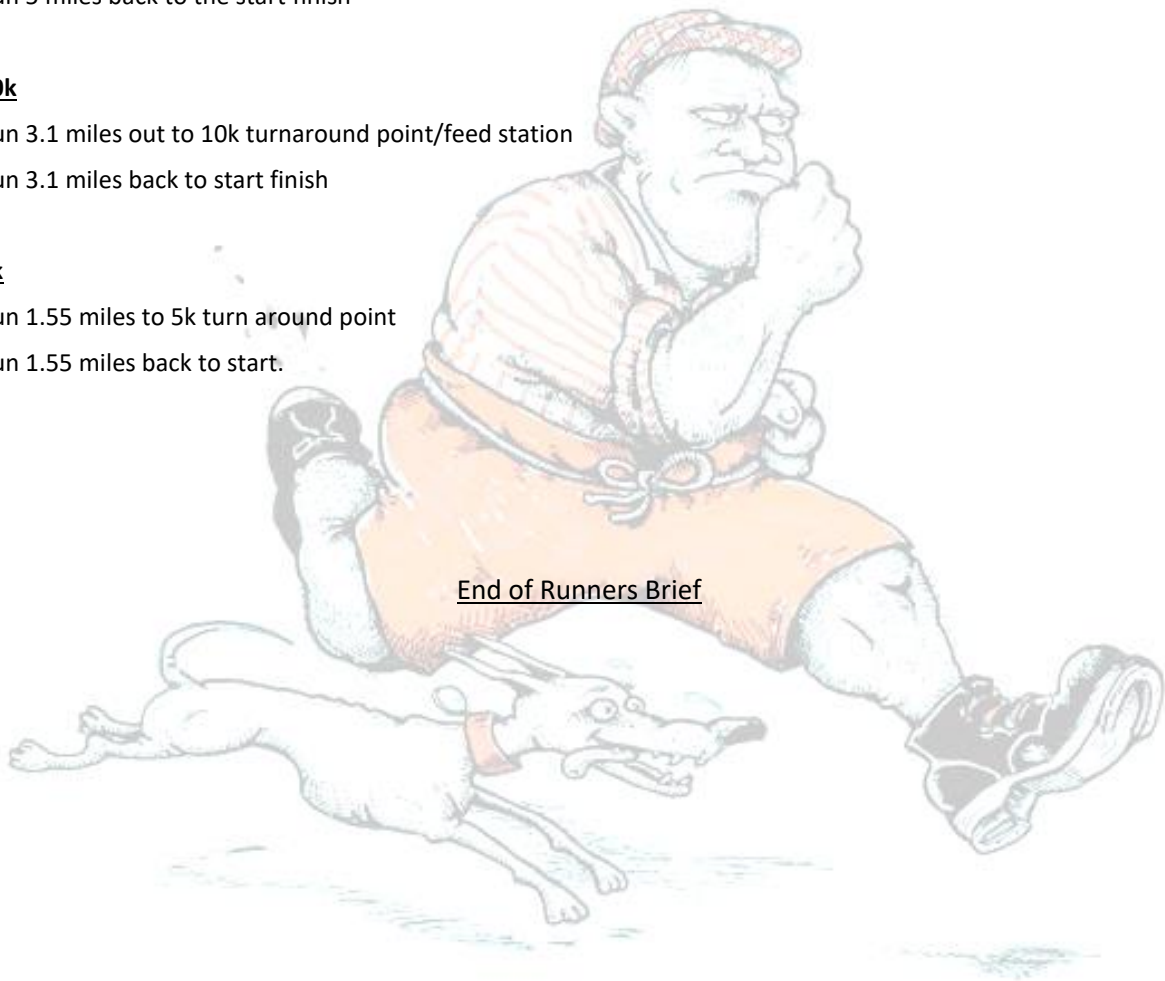
Run 3.1 miles out to 10k turnaround point/feed station

Run 3.1 miles back to start finish

5k

Run 1.55 miles to 5k turn around point

Run 1.55 miles back to start.



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