



***Old Colliery Canter Saturday 13<sup>th</sup> April 2019. It's Grim Up North Running***

***Runner's Brief***

**THE IMPORTANT STUFF**

<b>Distance</b>	<b>Registration Open</b>	<b>Race Brief</b>	<b>Race Start</b>
<b>Marathon</b>	<b>08:45 – 09:45</b>	<b>09:50</b>	<b>10:00</b>
<b>20 Miler</b>	<b>08:45 – 09:14</b>	<b>09:50</b>	<b>10:00</b>
<b>15 Miler</b>	<b>09:45 – 10:45</b>	<b>10:50</b>	<b>11:00</b>
<b>10 Miler</b>	<b>09:45 – 10:45</b>	<b>10:50</b>	<b>11:00</b>
<b>5 Miler</b>	<b>10:45 – 11:45</b>	<b>11:50</b>	<b>12:00</b>

**GETTING TO US**

Registration is at Rabbit Ings Country Park, Lund Hill lane, Royston, Barnsley, S71 4BB, South Yorkshire

The Start and finish is just on the edge of the car park at Rabbit Ings.

There is a good sized car park within the country park and you can also park on the streets around the village of Royston.

**RACE NUMBERS AND REGISTRATION, LOOS AND BAG DROP**

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.

There are toilets within the Country Park.

You can leave bags, coats etc in our tipi.

**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 of the loop for the course is attached. The marathon will have an extra out and back at the start of the event

5 miler – 1 loop

10 miler – 2 loops

15 miler – 3 loops

20 miler – 4 loops

Marathon – little bit and 5 loops

The route is a mixture of very good trail and good trail, when dry. If it is extremely wet before the event about half a mile of the course could be prone to be muddy. The course is however very dry at the moment.

**Road Crossings:** There are no road crossings on this route. Please take care when running on the edge of the car park

#### **RACE SHOES**

Road shoes would be preferable unless extremely wet.

#### **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. **Please make sure you have some idea of the route if you are starting early.**



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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 drinks stations, there will also be food on the course. Water will be available at approx. every 2 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.