**RACE INSTRUCTIONS – Summer Sir Titus Trot Saturday 21st July 2018**

**Governing Body – The Trail Running Association.**

**Start Times Registration Times Registration Location**

**Half Marathon – 10:00 08:00- 09:45 Victoria Hall, Saltaire BD18 3JS**

**20 Miler – 10:00 08:00 – 09:45 Victoria Hall, Saltaire BD18 3JS**

**Marathon – 10:00 08:00 – 09:45 Victoria Hall, Saltaire BD18 3JS**

**5k – 12:00 11:00 – 11:45 Canal by Salts Mill BD17 7EF**

**10k – 13:00 11:45 – 12:45 Canal by Salts Mill BD17 7EF**

**CAR PARKING**

Cars can be parked in Saltaire, there is a carpark in the centre of Saltaire and it is £3 to park up. There are also public toilets in the centre of Saltaire. If however you are going to be less than 2 hours, I believe the parking is free of charge.

**RACE NUMBERS & REGISTRATION**

Please collect your race number at registration. See above for race registration

**Please note – Victoria Hall is a 5 minute walk from the start of the race – bags etc. can be left at the race start in our baggage tent. Marshals will direct you from registration to the start area.**

Toilets are available in Victoria Hall. There are also public toilets in the centre of Saltaire.

Registration will be open at the above stated times. There is not parking on the canal side but plenty of parking in the village of Saltaire

 Your race number will have your name written on the front of it. Please pin your race number on the Front of your vest. Write your name, address, family/friend contact number and details of any medical conditions or medication taken, on the back of your number.

**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.

**THE COURSE**

**5K –** Starts in Saltaire, heads East towards Esholt for approx. 1.5 miles turns around and heads back to the start/finish area. Underfoot is good towpath

**10K** – Starts in Saltaire, heads East towards Esholt for 3 miles then turns around and heads back to the start/finish area. Underfoot is good towpath. There are no roads to cross.

**Half Marathon** – Starts in Saltaire, heads East towards Esholt for 3 miles, where you will be turned around, you will come back through the start, head towards Bingley, climb to big famous locks, turnaround and come back to the start/finish area. Good towpath underfoot, all the way.

**20 Miler** – Starts in Saltaire, heading West towards Skipton, crossing 3 minor roads, please take care. Climbing 2 lovely locks. Turnaround about a mile West of Silsden, come back to the start/finish area.

**Marathon** – Starts in Saltaire, heads East to Esholt for approx. 3 miles, turnaround, back through the start/finish area. Run approx. 10 miles to Silsden turnaround and back to the start and finish area. All good towpath underfoot. The last mile is grassed towpath but still good and dry underfoot.

The course is easy to follow, do not deviate from the canal towpath. Marshals are placed at the water stations and turnaround points.

**DURING THE RACE**

**Be kind to our marshals as they are lovely.**

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.

Please respect all other people who are using the canal towpath. Give way where necessary to other runners, walkers and cyclists. Please listen to the marshals’ instructions. Please do not litter the course. Use bags provided.

We do not want to spoil the enjoyment of the event for the competitors but we do not endorse the use of Ipods or similar devices 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**

Cupped water will be available at all drinks stations, there will also be food on the course. Water will be available approx. every 3/4 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.

**WEATHER AND CLOTHING**

**It could be another warm day, please dress appropriately, wear sunscreen and arrive hydrated. Slow down and aim for a slower time if its is a hot day. Please do not pour cups of water over your head as this could mean the water stations run out of water.**

There will be goody bags and a bespoke medal for all runners. The winners of each distance male and female will get a trophy.

Saltaire is a lovely place to visit. It has its fair share of cafes and wine bars and nice shops. Salts Mill is also a great place to visit. It has a restaurant and a permanent David Hockney exhibition.

I think I have covered everything. If you have any queries, please do not hesitate in contacting myself and Cath. We really look forward to seeing you on the day.

It’s Grim up North Running