



Sir Titus Trot Summer 20th July 2019. It's Grim Up North Running

Runner's Brief

Governing Body – The Trail Running Association

THE IMPORTANT STUFF

<u>Distance</u>	<u>Registration Open</u>	<u>Race Brief (start line)</u>	<u>Race Start</u>
<u>Ultra Marathon</u>	<u>08:40 – 09:40</u>	<u>09:50</u>	<u>10:00</u>
<u>Marathon</u>	<u>08:40 – 09:40</u>	<u>09:50</u>	<u>10:00</u>
<u>20 Miler</u>	<u>09:40 – 10:10</u>	<u>10:20</u>	<u>10:30</u>
<u>Half Marathon</u>	<u>09:40 – 10:40</u>	<u>10:50</u>	<u>11:00</u>
<u>10 Miler</u>	<u>09:40 – 10:40</u>	<u>10:50</u>	<u>11:00</u>
<u>5k</u>	<u>10:40 – 11:40</u>	<u>11:50</u>	<u>12:00</u>
<u>10k</u>	<u>11:40 – 12:40</u>	<u>12:50</u>	<u>13:00</u>

GETTING TO US

All races start at the bottom of Victoria Road, Saltaire. This is a 5-minute walk from registration.

Trains: Saltaire Train Station (Trains leave **Skipton** and Leeds regularly and the Saltaire station is 100 yards from the start/finish so an ideal option).

Car Parking on road is limited (READ THE SIGNS), Caroline Street and Exhibition Road pay ad displays.

RACE NUMBERS AND REGISTRATION (and Loos)

Caroline Club, Caroline Street, Shipley, BD18 3JZ

Please do not leave it until the last minute to collect your numbers we want everyone to enjoy there day and stressing in a queue minutes before the race is not a great start.

Race registration Will close promptly as the times stated above. We need to make our way to the start/finish area.

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 COURSES

Most of the route is good underfoot and has been resurfaced. If it rains heavily before the event the Esholt end of the course could be Puddley as could the Silsden end.

All runners will get to enjoy the beauty of Saltaire (a World Heritage site) and everyone except the 5k runners will get to see Five Rise Locks “the most spectacular feature of the Leeds and Liverpool Canal” – lucky you.

All courses start on the canal. If you are not on the canal tow path, then you are off course and running another race.

ROAD CROSSINGS: There are 6 road crossings PLEASE TAKE EXTRA CARE. Marshals are not allowed to stop traffic. The roads will be marked by a sign PLEASE DO NOT ENDANGER YOURSELF OR OTHERS.

Ultra: 10:00 Start – Towards Leeds

1. 3.1 miles towards Leeds, to Esholt turn around.
2. 3.1 miles back through start finish.
3. 10 miles past Silsden, to Silsden turn around.
4. 13.1 miles back to Esholt turn around
5. 3.1 miles back to finish

Marathon: 10:00 Start – Towards Leeds

1. 3.1 miles towards Leeds, to Esholt turnaround.
2. 3.1 miles back through start finish.
3. 10 miles past Silsden, to Silsden turnaround
4. 10 miles back to finish.

20 Miler: 10:30 start – Towards Silsden

1. 10 Miles to Silsden turnaround and return.

Half Marathon: 11:00 Start – Towards Leeds

1. 3.1 miles towards Leeds, to Esholt turn around.
2. 3.1 miles back through start and finish.
3. 3.5 miles to Micklethwaite turnaround point
4. 3.5 miles back to the finish.

10 Miler: 11:00 Start – Towards Silsden

1. 5 miles towards Silsden, turnaround 5 miles back to start finish.

10k: 13:00 Start – Towards Bingley

1. 3.1 miles to Crossflatts turnaround point return

5k: 12:00 Start – Towards Bingley

1. 1.55 towards Bingley, turnaround to finish.

BAGGAGE DROP

At Caroline Street Club.

RACE SHOES

There is a lot of good trail, especially on the shorter distances, I would recommend road shoes.

WATER

Cupped water is available at all drink's stations, there will also be food on the course. Water will be available approx. every 3 miles and at the start and finish. You may place your own drinks, gels etc, at the water stations.

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. Please listen to the marshal's instructions. Please do not litter the course, use the bags provided, or leave rubbish with the marshals.

We don't own the canal tow path, on the day please be courteous to other users and where possible try to keep left. The path should be easily wide enough for everyone to use it and we are staggering the starts to prevent congestion.

There is 6 hours 30 minutes cut off for support on the runs. If you think you will take longer than 6 hours 30 minutes the you can arrange to start early but marshals will stand down assuming a 6-hour 30-minute runner. If you think you will take longer then:

Then let us know beforehand and start the race earlier.

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.

WEATHER AND CLOTHING Please keep an eye on the weather forecast.

