

RACE INSTRUCTIONS – Old Colliery Canter – Sunday 9th September

Governing Body – The Trail Running Association.

5k – 1 loop – start 10:00 am

10k – 2 x loops – start 10:00 am

Half Marathon – 3 x loops – start time 11:00 am

20 Miler – 4 x loops – start time 11:00 am

Marathon – 5 and a bit loops – start time 10:45 am

Please note the loops for the 5k and the 10k will measure 3.1k

The loops for the half marathon will be 2 x 5 mile loops plus 1 x 3.1k loop

The loops for the 20 miler will be 4 x 5 mile loops

The loops for the Marathon will be 5 x 5 mile loops plus 1 shorter loop of 1.2 miles at the beginning.

If you are running the half marathon, 20 miler or marathon you will be given a band each time you lap, this will enable the marshals to know which lap you are on.

CAR PARKING

The address for parking and registration:

Rabbit Ings Country Park, Lund Hill Lane, Royston, Barnsley, S71 4BB, South Yorkshire.

There is also parking around the village of Royston.

RACE NUMBERS & REGISTRATION

Please collect your race number at registration which will take place at the above address.

Registration will be open from 0830 hours. The start/finish is next to registration. Toilets and a covered area to leave bags etc is also available at the start and finish area.

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 COURSES

Are a mixture of good trail/grass/pavement. The course very good underfoot at the moment.

There are no road crossings.

RACE SHOES

The choice is yours, I never wear trail shoes so it is difficult for me to advise. Keep an eye on the weather and remember it is a very mixed course and very small parts of the course can get extremely muddy if the weather is particularly bad the week prior to the event.

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.

Please respect all other people who are using the trails. 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 I pods 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, 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 on the laps.

WEATHER AND CLOTHING

Please keep an eye on the forecast and dress appropriately.

Goody bags, medals, trophies and cakes will be available at the end of the event

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.

The Grim Team