



Spring Canal Canter Brief. It's Grim Up North Running

Runner's Brief

Spring Canal Canter Saturday 23rd March, Sunday 24th March

THE IMPORTANT STUFF

| Distance | Registration Open | Race Brief (start line) | Race Start | Towards |
|-----------------------|--------------------------|--------------------------------|-------------------|----------------|
| Ultra-Marathon | 08:00 – 09:30 | 09:50 | 10:00 | Leeds |
| Marathon | 08:00 – 09:30 | 09:50 | 10:00 | Leeds |
| 20 Miler | 08:00 – 09:30 | 09:50 | 10:05 | Shipley |
| Half Marathon | 09:30 – 10:30 | 10:50 | 11:00 | Leeds |
| 10 Miles | 09:30 – 10:30 | 10:50 | 11:05 | Shipley |
| 10K | 10:30 – 11:30 | 11:50 | 12:00 | Shipley |
| 5k | 11:30 – 12:30 | 12:50 | 13:00 | Shipley |

GETTING TO US

All races start on the Leeds Liverpool Canal just off Wyther Lane. This is 10 mins walk from registration. Do not park at the start/finish area. Marshals at registration, (Leeds Postal Sports Association Club, 4 Beecroft Street, Leeds LS5 3AS), will direct you to parking and the start and finish area.

Train: Kirkstall Forge is 30 mins walk away from registration.

Bus: To Kirkstall Bridge Shopping Park.

Car: Some parking is available at Leeds Postal Sports Association Club, 4 Beecroft St, Leeds LS5 3AS.

RACE NUMBERS AND REGISTRATION (AND LOOS):

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 five minutes before the race isn't a great start.

You can drop your bag at the start/finish line. All property is left at your own risk.

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

The route is flat and fast, starting in Kirkstall near the famous Abbey. The route is along the fantastic Leeds Liverpool Canal with some beautiful views. The tow path has been resurfaced and is predominantly flat (a few locks but not 5-rise) and good underfoot (but some bits of mud).

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

There are no road crossings.

RACE SHOES

I would recommend Road Shoes; the course is predominately good tow path.

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 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 starts to prevent congestion

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 earlier ensuring you finish before the marshals stand down. You must let us know prior to the event what time you will be starting.

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.



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WATER

We are going cup free in 2019 – Please help us by bringing your own reusable cups and/or drinks bottles.

Jugged water and squash will be 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/finish. You may place your own drinks, gels etc. at the water stations, please mark them clearly with your name.

Please do not litter, we run in beautiful locations and it is always a shame that we have to pick up cups and gel wrappers after every event, have a stern word with yourself.

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 -3, 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.

DEFERALLS, REFUNDS, CHANGES AND ON THE DAY ENTRIES

For our Deferrals Refunds and Changes please see our FAQ attached to this email.

There may be several entries on the day. This will be at the Race Directors discretion and number will be released 30 minutes prior to the race start. This cannot be confirmed beforehand as it is dependent on several factors. You will be excluded from a top 3 award.

We hope to have a 'Change on the Day' desk, due to limited volunteers there will only be one person staffing this desk so it could get busy and we would hate you to be late for your race, leave plenty of time.

SOCIAL vs E-MAIL

Well, we are a very social little group and we love Twitter and Facebook, there is also a Facebook chat group where you can ask questions such as what trainers to wear, what is 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 times 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, baking cakes and fudge etc.

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

