



**The Exit or Brexit Track Challenge, (no extension) Sunday 3<sup>1st</sup> March 2019. It's Grim Up North Running**

**Runner's Brief**

**THE IMPORTANT STUFF**

<b><u>Distance</u></b>	<b><u>Registration Open</u></b>	<b><u>Race Brief</u></b>	<b><u>Race Start</u></b>
<b><u>Marathon</u></b>	<b><u>09:15 – 10:15</u></b>	<b><u>10:20</u></b>	<b><u>10:30</u></b>
<b><u>Half Marathon</u></b>	<b><u>09:15– 10:15</u></b>	<b><u>10:20</u></b>	<b><u>10:30</u></b>

**GETTING TO US**

Park up at the in the carpark within the Grammar School and follow the black arrows on yellow background signs to registration.

The track is just at the back of registration.

The address for parking, registration and the track is:

Tadcaster Grammar School, Toulston, Tadcaster, North Yorkshire, LS24 9NB.

**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.

Toilets are at registration, you can also leave your bags etc at registration

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.

**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 course is on a 400 metre running track.

Half Marathon 53 laps.

Marathon 106 laps.

Don't worry you do not have to count them or wear bands, you will be chip timed.

**RACE SHOES**

Road shoes will be suitable

**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.

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 early but the marshals will stand down assuming a 6 hours 30 minute runner.

**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**

Water, squash and food will be available every 400 metres miles. You may place your own drinks, gels etc. at the water station, please mark then clearly with your name.

We are aiming to go cup free in 2019 – please help us by bringing your own re-usable cups and/or drink bottles.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately.