

# Final Race Instructions

## Its Grim up North Running – The Bluebell Bash

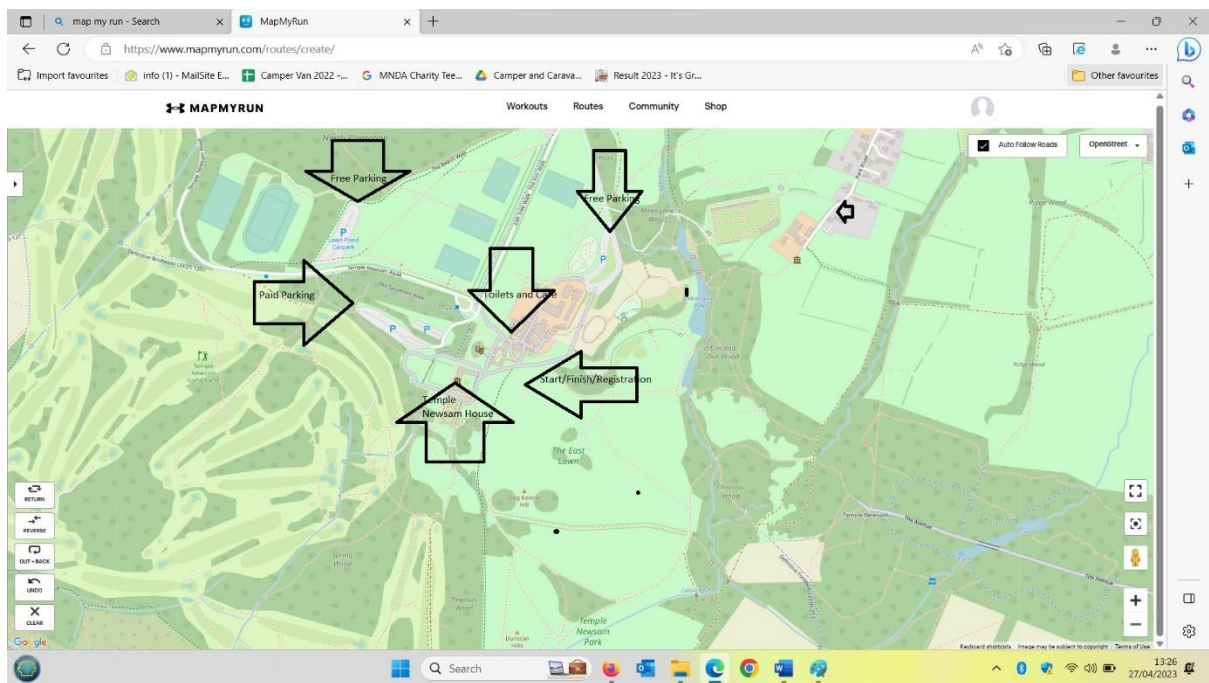
**GOVERNING BODY:** The Trail Running Association

**Saturday 20<sup>th</sup> May**

### **RACE HEADQUARTERS:**

Temple Newsam House, Temple Newsam Road, Leeds LS15 0AE

The Start and finish will be in the field opposite the House.



### **GETTING TO US AND PARKING**

See map above for both free and paid parking within Temple Newsam Grounds. All carparks are within walking distance.

### **FACILITIES**

Toilets are available see map above.

### **GRIM MESSAGE**

Adam will be available for both pre-race and post-race massage. He is brilliant. You can pay by either cash or card.

## REGISTRATION

Is in front of Temple Newsam House, see map.

Distance	Registration opens	Start
Marathon	08:45	09:30
20 Miler	09:30	10:00
Half Marathon	10:00	10:30
6.7 Miler	10:30	11:00

## BAGGAGE DROP

There will be a baggage drop, in the Grim van which will be available at the start and finish area.

## THE ROUTE

The route is measured by Plot-a-route and Garmin. The route is a 6.7 Mile loop.

<https://www.plotaroute.com/route/2228006>

6.7 Miler x 1 loop

Half marathon x 2 loops

20 Miler x 3 loops

Marathon x 4 loops 😊

## THE COURSES

The course is a 6.7-mile loop on trail with a short section of tarmac. Parts of this course can be muddy if there has been a lot of rain.

Marshals will be placed along the route and on the water/feed stations.

## RACE SHOES

My preference is road shoes if the course is dry. BUT the course is mainly trail.

## DURING THE RACE

Please do not litter, take all gel wrappers etc with you or leave with a marshal.

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 hand your race number to the official. Please assist officials by making sure your number is visible. Always wear your race number on the front of your vest.

Please be aware of all other users of the country park and be kind and courteous.

## **THE RACE**

The race starts and finishes in the same place.

## **WATER AND FEED STATIONS**

This is cupless event. All runners are requested to bring their own labelled, reusable cup or bottle. We are happy to fill your bottles before, during and after the event. We'll have feed stations every 3 miles. We'll provide water, squash, cola as well as crisps and savoury snacks. Please use the bins provided. If you don't have your own bottle/cup, we sell reusable, squashable cups for £5.

## **HEADPHONES**

We do not want to spoil the enjoyment of the event for the competitors, but we do not endorse the use of MP3 players, 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.

Bone conduction earphones are allowed.

## **YOUR REWARD AT THE END**

**Greatness and Glory**

**Bespoke medal**

**All our events have lots of lovely things at the finish line. As we love to celebrate every runners' achievements. All our runners are winners.**

## **WEATHER**

Please keep an eye on the forecast and dress appropriately.

**GRIM Looks forward to welcoming you next week.**