



**The Wortley Wobble Wednesday 19th June 2019. It's Grim Up North Running**

**Runner's Brief**

**Governing Body – The Trail Running Association**

**THE IMPORTANT STUFF**

<b><u>Distance</u></b>	<b><u>Registration Open</u></b>	<b><u>Race Brief (start line)</u></b>	<b><u>Race Start</u></b>
<b><u>10 Miler</u></b>	<b><u>17:30 – 18:45</u></b>	<b><u>18:50</u></b>	<b><u>19:00</u></b>
<b><u>5 Miler</u></b>	<b><u>17:30 – 18:45</u></b>	<b><u>18:50</u></b>	<b><u>19:00</u></b>

**GETTING TO US**

**REGISTRATION AND PARKING** is at:

Wortley RUFC

Finkle Street Lane

Wortley

SHEFFIELD

S35 7DH

Although the address states Sheffield, Wortley is in between Barnsley and Sheffield. Please park in the car park next to the Rugby Ground. Parking is free and toilets are available at the Rugby Ground.

**COURSE**

5 Mile – 1 out and back

10 Mile – 1 out and back

The course is mainly on the Trans Pennine Trail.

**RACE NUMBERS AND REGISTRATION**

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 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.



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**BAGGAGE DROP**

Is in our beautiful tepee at the start and finish area.

**RACE SHOES**

Weather dependant.

**WATER**

Cupped water is 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 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 marshals instructions.

Please do not litter the course, use the bags provided, or leave rubbish with the marshals.

**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 forecast and dress appropriately.

