

Final Race Instructions

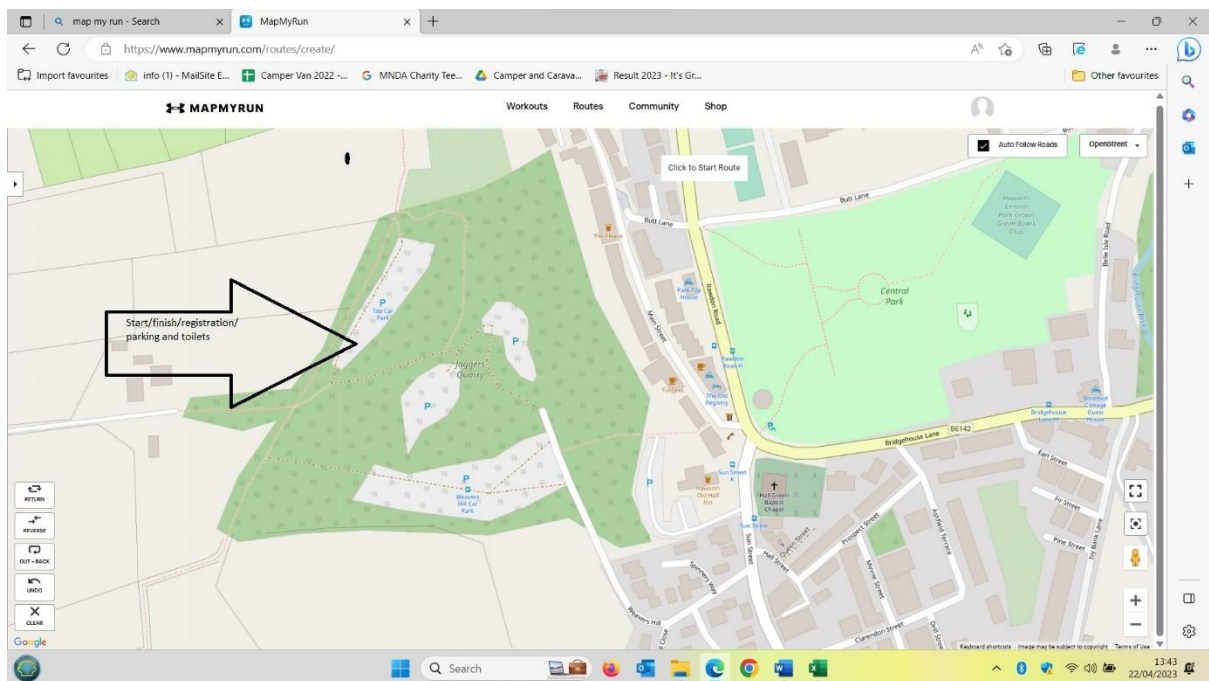
Its Grim up North Running – Wuthering Heights

GOVERNING BODY: The Trail Running Association

Saturday 27th May 2023

RACE HEADQUARTERS:

Registration is at the top of the carpark, see map below. The Post Code for the car park is: BD22 8QN, Weaver Hill Car Park, Weaver Hill, Haworth.



PARKING

Weavers Hill Car park has ample space for parking. Local council charges apply.

FACILITIES

Toilets are available at the top of the car park, near registration and the start/finish area.

RACE NUMBERS AND REGISTRATION

Are collected at registration. Please pin your race number on the front of your race garment, writing contact details and any medical conditions onto the back of your race bib. If you have a medical condition, please put a red cross on the front of your bib. Numbers MUST NOT be exchanged. If numbers are exchanged, the runners will be disqualified from the race.

Distance	Registration opens	Start
Ultra	08:45	09:30
Marathon	08:45	09:30
20 Miler	09:30	10:00
15 Miler	10:00	10:30
10 Miler	10:30	11:00
5 Miler	11:00	11:30

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 loop is just over 5 miles.

<https://www.plotaroute.com/route/2225825>

The Ultra is 6 times this loop – approximately 32 beautiful Yorkshire miles.

The route is a mixture of good trail, rocky trail, pavement, road and grass.

ROAD CROSSINGS: There are numerous road crossings on this route - PLEASE TAKE EXTRA CARE. Marshals are not allowed to stop traffic. The roads will be marked by a sign PLEASE DO NOT ENDANGER YOURSELF OR OTHERS.

There will be water/feed stations along the route approximately every 2.5 miles.

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

RACE SHOES

Weather dependant – if wet trail shoes.

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.

THE RACE

The race starts and finishes in the same place. The course is open to the public so please be aware and kind to other users.

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 3/4 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.

YOUR REWARD AT THE END

Our wonderful massage person Adam who can do post or pre-race massage. Cash or card can be taken.

Love and hugs

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.

We can't wait to see you.