



**Wuthering Heights Sunday 7<sup>th</sup> April 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>08:45 – 09:45</u></b>	<b><u>10:20</u></b>	<b><u>10:30</u></b>
<b><u>20 Miler</u></b>	<b><u>08:45 – 09:45</u></b>	<b><u>10:20</u></b>	<b><u>10:30</u></b>
<b><u>15 Miler</u></b>	<b><u>09:45 – 10:45</u></b>	<b><u>10:50</u></b>	<b><u>11:00</u></b>
<b><u>10 Miler</u></b>	<b><u>09:45 – 10:45</u></b>	<b><u>10:50</u></b>	<b><u>11:00</u></b>
<b><u>5 Miler</u></b>	<b><u>10:45 – 11:45</u></b>	<b><u>11:50</u></b>	<b><u>12:00</u></b>

#### **GETTING TO US**

Registration is at The Old School Room, Church Street, Haworth, Keighley, BD22 8DR.

The Start is about 100 metres from registration. The finish is outside the Old School Rooms, (see map attached).

**PARKING – There is loads of parking in Haworth, see attached map for parking, charges from 60p for 1 hour up to £4 for all day, no change given so bring plenty of change. Free parking can also be found. Please find map attached for the main car park**

#### **RACE NUMBERS, REGISTRATION, BAG DROP, TEA AND COFFEE 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 in a quite minutes before the race isn't a great start.

Bag drop, loos and tea and coffee can all be found in the Old School Room along with registration.

#### **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**

See attached map of the loop.

5 Miler – 1 loop

10 Miler – 2 loops

15 Miler – 3 loops

20 Miler – 4 loops

Marathon – 5 loops

The course is a mixture, of good trail, grass, pavement.

**Road Crossings:** **CHECK** There are a couple of road crossings, please take care. These will signposted to warn both the runners and motorists/cyclists etc. There is also a small part of the course where you run on the side of a road. Always stay on the left hand side, UK athletic rules.

**RACE SHOES**

Dependant on the weather prior to the event.

**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.

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 must arrange to start early.



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**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.

**WATER**

Cupped water, squash will be available at all drinks stations, there will also be food on the course. Water will be available at 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. Bottled water is available at the end on the laps.

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

Please don't litter, we run in beautiful locations and it's always a shame that we have to pick up cups and gel wrappers after every event.

**WEATHER AND CLOTHING**

Please keep an eye on the forecast and dress appropriately.