

Langsett Trail 13 briefing

Registration

Race numbers and race chips are to be collected on the day. Race Registration will open from **8.00am** and close at **8.45am** prompt. Registration is located in the Langsett Barn which is located in the main visitor's car park. The address for Sat Nav is; Langsett Barn, Sheffield S36 4GY

Race Start time

The race will start at **9.00am** and the race briefing will be held at **8.55am** by the start line.

On the course

Please ensure your race number is always visible to the marshals.

The Route is fully marked with arrows, **red flags** and hazard tape, please stick to the route/footpaths at all times.

Facilities

They are toilet amenities in the main visitor's car park. Tea, coffee and cakes will be available to purchase in the registration barn before and after the race. They will also be an area in the barn to leave any changing bags/items should you require.

Parking

VERY IMPORTANT – Please do not park on the main road on the soft verges, event parking will be located in the field opposite the main visitor's car park, it will be sign posted and marshals will direct you. **Parking charge is £2.00 per car this is to be paid in cash to the parking attendant once you have parked.**

Please try and not park in the visitor car parks, one of the stipulations of us holding the event at this beautiful location was to provide our own parking, this is to allow other visitors the opportunity to use the parking facilities. Failing to abide to these rules may unfortunately jeopardise us holding this event in the future, so we would be extremely grateful if you could respect this.

First Aid

We have fully trained First Aid Officers on site should we have any medical emergencies. Please notify us should you have any medical conditions you have not already stated when entering the race.

Kit

The Trail 13 takes you through various terrain, gravel paths, forest paths and open moorland so please wear appropriate running shoes.

Due to the remoteness of the course, you **will** need to carry the following kit;

Waterproof jacket

Waterproof trousers

Spare base layer

Hat and gloves

Enough fluid and fuel to be self-sufficient for the entire race

Fully charged mobile phone

Emergency blanket/bag

Whistle

Random kit checks will take place, failure to supply the items above will result in disqualification.

Route

There has been a small change to the route on the return leg due to land permissions, so please ensure you stick to the marked paths and always follow the arrows, this is not the same route as previous years if you have run the race before.