



PETZL NIGHT RUNNER, GRIZEDALE

**Full Address: Grizedale Forest, Hawkshead,
Cumbria, LA22 0QJ**

ENTRY CONFIRMATION

All competitors have been automatically forwarded an email confirming their entry and will be on the current entry list, displayed on the event web page.

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website www.thenightrunner.com. In making the application competitors have agreed to abide by these terms and conditions.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the www.thenightrunner.com website.

EVENT PARKING

Parking will take place on the main visitor centre car park and the Kennels car park.

Please see the car parking map for reference.

Please try to car share where possible as parking is limited.

TOILETS

Toilets will be available near to the Registration area and the public toilets will also be available to use at the Visitor Centre.

TRAVEL

The post code LA22 0QJ will bring you to the Visitor Centre. The event car parks are just off the main road leading to the Visitor centre.

When arriving please leave enough time to park your vehicle and get to the start.

Please also ensure your head torches are working. The walk to the start will be dark.

The walk to the start/registration will be signed. dark as there are no lights on the forest trails.

REFRESHMENTS ON SITE

Grizedale Visitor Centre Café will be open all evening through to 21:00pm [at their discretion], serving hot drinks, food and snacks.

TIMETABLE

EVENT SCHEDULE

- 17:00 - Car park opens
- 17:00 - Registration & Refreshments open
- 18:05 - Briefing and warm up Trail Kidz 1k (under the start gantry)
- 18:10 - Start of Trail Kidz 1k
- 18:50 - Compulsory Event Briefing for 10k Night Runner competitors (start gantry)
- 19:00 - Start of Night Runner 10k
- 20:30 - Prize Presentation

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

ON THE NIGHT

Registration for the Petzl Nightrunner 10k will open at 17:00 and close at 18:30.

Registration for Trail Kidz 1k will be in a separate area and will open at 17:00 and close at 17:55.

Registration will be extremely busy so please allow extra time to ensure you get through registration stress free.

Registration, for all competitors, will take place in the picnic huts within the visitor centre.

REGISTER

Competitors to show reliable ID to prove it's you and collect your competitor t-shirt, race number, timing chip and race pack.

NUMBER & TIMING CHIP COLLECTION

Your electronic timing chip will be attached to the reverse of your race number. You must not manipulate your race number as it may damage the timing chip/barcode.

EVENT BRIEFING

The Event Briefing is **compulsory**. Last minute changes to the route and event will be announced at the briefing only therefore you must ensure that you are present at 18:50pm.

The briefing will take place under the start/finish gantry.

START

The Petzl Night Runner starts at 19:00pm immediately after the race briefing.

FINISH

You will finish under the finish gantry where you will then be presented with your finish medal.

ROUTE

The route will be marked by yellow 'run route' arrows with reflective tape on them.



As you shine your torch at the sign, the reflective tape will reflect in a similar way to 'cat's eyes'. There will be marshals at all the major turns on the route.

Please respect the forest surroundings and residents and do not drop litter. A copy of the route can be downloaded from the event web page and is also enclosed in these notes (see the "useful information" section).

The Petzl Night Runner Course:

<https://www.strava.com/routes/3370914>

RESULTS

A set of provisional results will be available to download on the same night from www.thenightrunner.com. Any queries relating to provisional results posted on the web must be e-mailed to info@thenightrunner.com by Monday following the event, after which time all results will be deemed as final and complete.

PRIZE PRESENTATION

Please join us for the prize presentation at 20:30pm. Prizes will be awarded to the 1st, 2nd &

3rd male and female runners overall and 1st M/F V40/50/60/70.

You must attend presentation to collect your prize. Prizes will not be posted out following the event.

MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number.

This is not just an administrative request; it could be a matter of life and death in an emergency.

This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race!

In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event First Aid Team who will assist.

EMERGENCIES

During the race, should you come across another competitor who needs assistance please inform the nearest marshal. There will be first aid cover on the course and at the start/finish area.

TRAIL KIDZ

Registration for the free Trail Kidz 1k race will open at 17:00hrs and close 17:55hrs. There will be a

separate registration tent/table for the Trail Kidz 1k event. There is no need to pre-register on-line prior to the event. At registration, all children will be given a race number and a glowstick.

The Trail Kidz briefing and warm up for all participants will be at 18:05pm under the start gantry.

The Trail Kidz start will follow the briefing and will be under the gantry at 18:10pm.

Medals will be given to all Trail Kidz finishers.

FANCY DRESS

Running in fancy dress is not compulsory, but it is very much encouraged...

BRASS BAND

The Kendal Concert Band will be there on the night signing Christmas Carols. They will perform 2 sets of 40 minutes between 17:00 & 19:00pm.

Finally

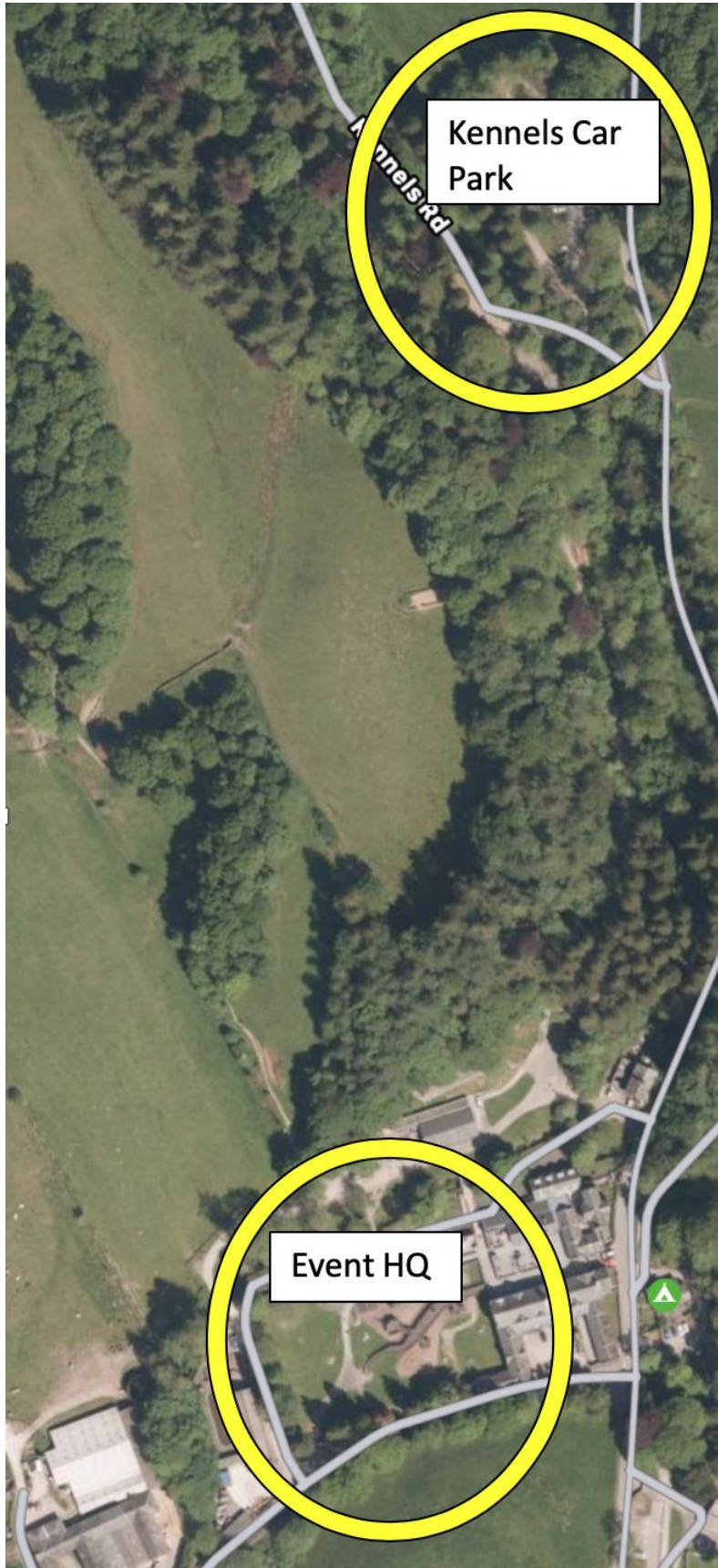
Thank you for entering the Petzl Night Runner, Grizedale. We hope you enjoy your night and the course we have prepared for you. We wish you the best of luck!!

Regards

Petzl Night Runner Team
<http://www.thenightrunner.com>
info@thenightrunner.com

CAR PARK LOCATION & WALK TO START:

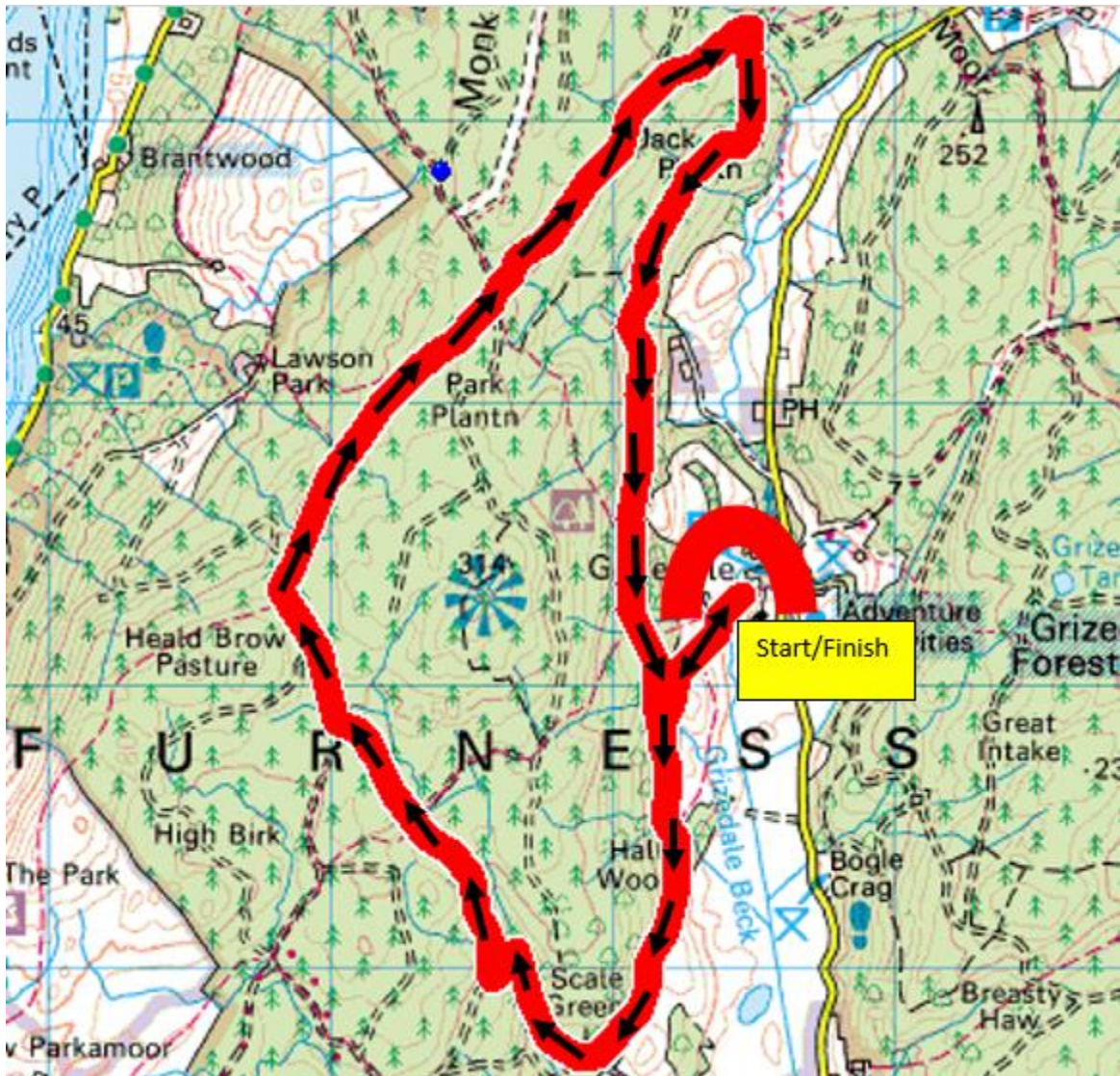




Kennels Car
Park

Event HQ

ROUTE MAP



The course is a single clockwise loop. You can access the online version of the course here:

<https://www.strava.com/routes/3370914>