

The Cragg Challenge Information for Participants



THE VENUE

Registration is at Mytholmroyd Community Centre, Caldene Ave, Mytholmroyd, HX7 5AF

Race Control and Start/Finish is near Royd Ices on Cragg Road in Mytholmroyd, HX7 5HR (about 10 minutes walk from registration).

CAR PARKING

There is some (limited) parking at Mytholmroyd Community Centre. There is more parking at Orchard Park on Scout Road, HX7 5HZ (nearer the Start/Finish). The parking areas are staffed by volunteers from Overgate Hospice (our target charity) who will collect donations for parking.

ARRIVING BY RAIL

Mytholmroyd station is a few minutes walk from the Community Centre (about halfway between the Community Centre and the Start/Finish).

REGISTRATION

Please be at the Start/Finish at least 15 mins before your scheduled start time.

Registration times are:

Cycling from 8.00am to 8.40. The event starts at 9.00 and you will need at least 5 mins to get to the start from the Community Centre.

10 Mile from 11.00 to 12.00. The 10 Mile run starts at 12.30

10 Km from 11.00 to 12.00. The 10 Km run starts at 12.40

5 Km from 11.00 to 12.00. The 5 Km run starts at 12.50

PARTICIPANT NUMBERS

Your Participant Number will be allocated on the day, please collect this when you register.

Runner numbers should be pinned to the front of your top (safety pins provided).

Cycle numbers would be attached to your handlebars (tie wraps provided), it is important that the marshals can see your number.

BAG STORAGE

There will be bag storage in the Silver TeamOA van near the Start/Finish point. The van will be open 20 mins before your event to leave one small, bag. Luggage tags are provided so you can mark your bag with your Participant Number.



TOILETS

There are toilets at the Community Centre and some limited toilet facilities at the Start/Finish line

THE START

Please make sure you are at the Start/Finish area 15 mins before your scheduled start time. These are:

Cycle: 9.00am

10Mile: 12.30pm

10Km: 12.40pm

5Km: 12.50pm

The runs are timed from your start with a split being recorded at your respective turn-around point.

CUT OFF TIME

The Cycle event cut-off time is 10.30, for cyclists to return under controlled descent to Mytholmroyd. Only descents controlled by a leading vehicle will be allowed.

Cyclists who finish at the top and wish to carry on to circuit round via either Littleborough, Todmorden and Hebden Bridge, or Ripponden and Sowerby Bridge, may of course do so. Cyclists who wish to return down the hill will need to wait for the escorted descent which will commence as soon as it is safe to do so.

Cut off time for runners will be 3.00pm, after that there is a tractor run, up the hill at 3.00 followed by the road being re-opened at 3.30pm.

THE ROUTE

The route is confined to Cragg Hill, the longest continuous incline in England.

The road is closed for the day with the only vehicle movements being, authorised/emergency vehicles during the events.

All competitors need to stick to the **left hand side** of the road to allow marshal vehicles access and runners coming back down the course.

There is some movement of escorted vehicles between 11.00 and 12.00, and a tractor run of some 60 tractors will descend from near the top starting at 11.00.

During the Schools Relay (start 12.00) there will be two buses tracking the relay dropping off and collecting runners. These buses are clearly marked and slow moving but be aware that some runners could catch up with them.

*You are strongly advised **NOT** to use earbuds or similar which will affect your ability to hear what is going on around you or to be able to respond to instructions from marshals.*

A map of the route for each event is on the website www.cragg15.uk



THE REFRESHMENT STATIONS

There are 3 Refreshment Stations on the route.

One at the 2.5 Km point (the turning point for the 5 Km run)

One at the 5 Km point (the turning point for the 10 Km run)

One at the 5 Mile point (the turning point for the 10 Mile run at the top)

The refreshment stations will be available for runners going up and down so the 10 Km runners will see 3 Refreshment Stations, and the 10 mile runners 5 Refreshment Stations. There will have bottled water and snacks (fruit, sweets, chocolate).

If you take water bottles away from the drink stations can we ask you to carry them to the next marshalling point or drink station so that they can be immediately cleared up and we don't spoil the enjoyment of the countryside for other users and we don't create choking hazards for grazing animals.

AT THE START/FINISH

There is a performance area at the Start/Finish compered by Hebden Radio to play music, provide commentary and link live music during the day. The prize ceremonies for runners will take place there too.

There is an outdoor cafe at the start/finish, serving a variety of hot and cold food and drinks. We hope you will stay to watch the prize givings and have some refreshments.

When you have finished your event please make sure you have been registered as finished and collect your Participant Medal, don't forget to collect your bag if you have left one at the bag storage. There will be a refreshment station providing water and snacks.

Please keep your Participant Number, we hope to offer a discounted entry for a future event against this number.

MEDALS AND PRIZES

Every participant will receive a medal to mark their entry into the event. There will be additional prizes allocated at the finish.

FANCY DRESS

Fancy dress is positively encouraged and there will be spot prizes for the costume(s) which have amused us the most.

EVENT PHOTOGRAPHY

We are making the event photography FREE and we will email after the event with a link to be able to download photographs, these will be available within 24 hours.

<https://www.blades-jordanphotography.com/>

FINALLY

Take care driving home. We hope you have a wonderful day

