

# RunGreno 2025 Race Day Information

Important: - All runners must be 18 years or over on the day of the race. Unfortunately, we cannot allow entrants to run with dogs due to lambs/livestock on the route. Full race T's and C's are available on the race website [www.greno.run](http://www.greno.run).

## Race Day Travel Information

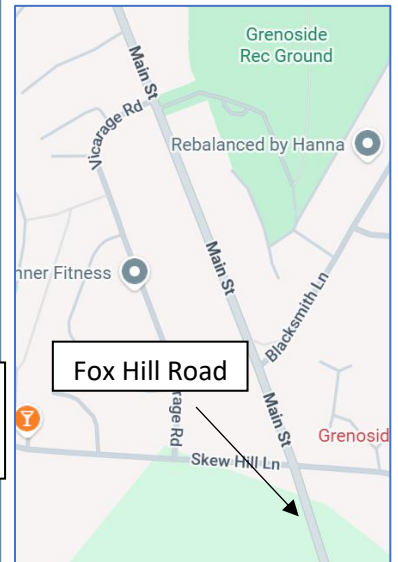
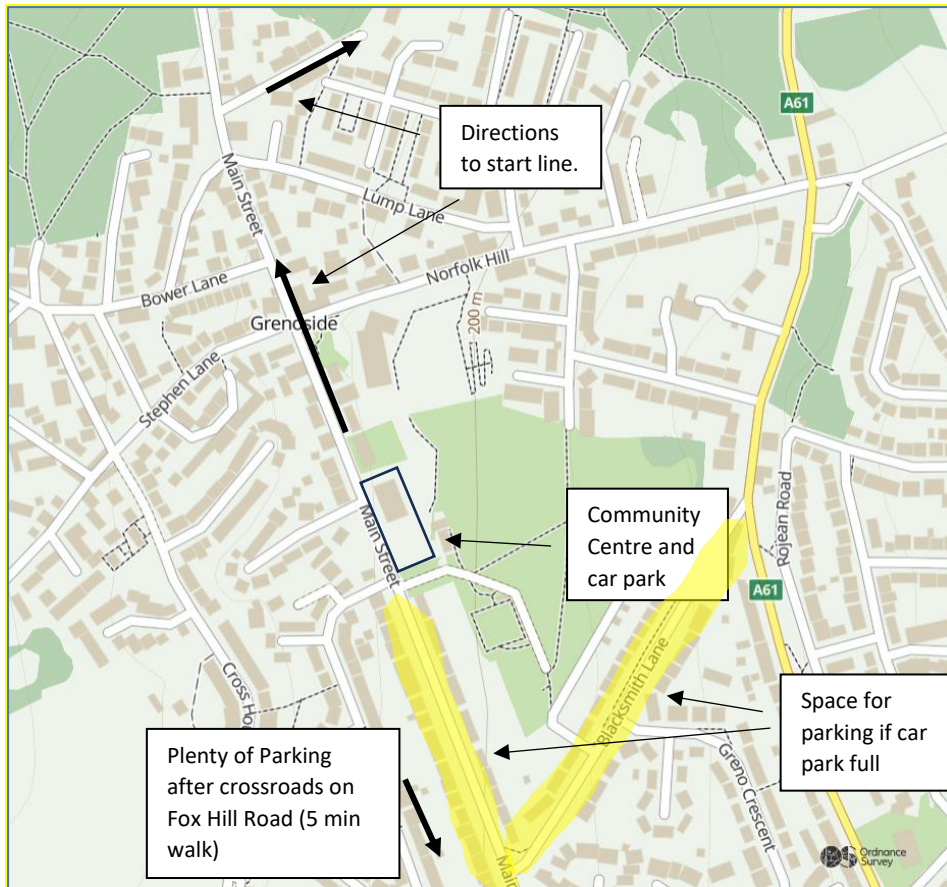
Race HQ is at the Grenoside Community Centre (Main St, Grenoside, S35 8PR). The Community Centre has a car park with a limited number of spaces - it will reach capacity before everyone arrives. Where possible we ask competitors to car share to ensure there will be space for as many cars as possible to limit on street parking.

Once the event car park is full, you will need to park on one of the roads nearby. We will try and direct you to the best place to park, but please be considerate and not block residents' properties/driveways. If parking on Main St, please park to the south of the Community Centre as there will be a church service taking place at St Mark's church next to the Community centre and they will need the parking spaces outside the church. There will be plenty of parking space on Blacksmith Lane and will probably have the most space available if the car park is full and is only a short walk to the Community centre through the park (See map).

## Public Transport

The 86 bus stops close to the Community Centre (exit on Main St, you will see the Community centre), but only runs every 2 hours on a Sunday (See times at the bottom of this document, the busses highlighted yellow are the only ones that will arrive during registration time). Public transport from the North involves taking a train to Chapeltown and then the 86 bus, so it would probably be easier to arrange a car share.

The number 20 bus is also available, but the nearest stop (Yew Lane) is a 15-20 minute walk away (See map and timetable at the bottom of the document).



### **Registration and Race HQ**

Registration will be from 08:30 – 09:45, where you collect your race number. The timing chip will be on your bib – your name will be assigned to the bib and attached chip, so make sure you remember which bib belongs to whom if collecting for several people (Race numbers are assigned alphabetically). There is a bag drop in a side room next to the bib collection for whoever requires it. Your race number may be used to identify your bag, so don't discard your number after the race if you've left a bag. We will supply pins for your race bib and a tag for your bag. While we will endeavour to take good care of your possessions and will close the room to non-organisers during the race, all bags are left at the owner's own risk.

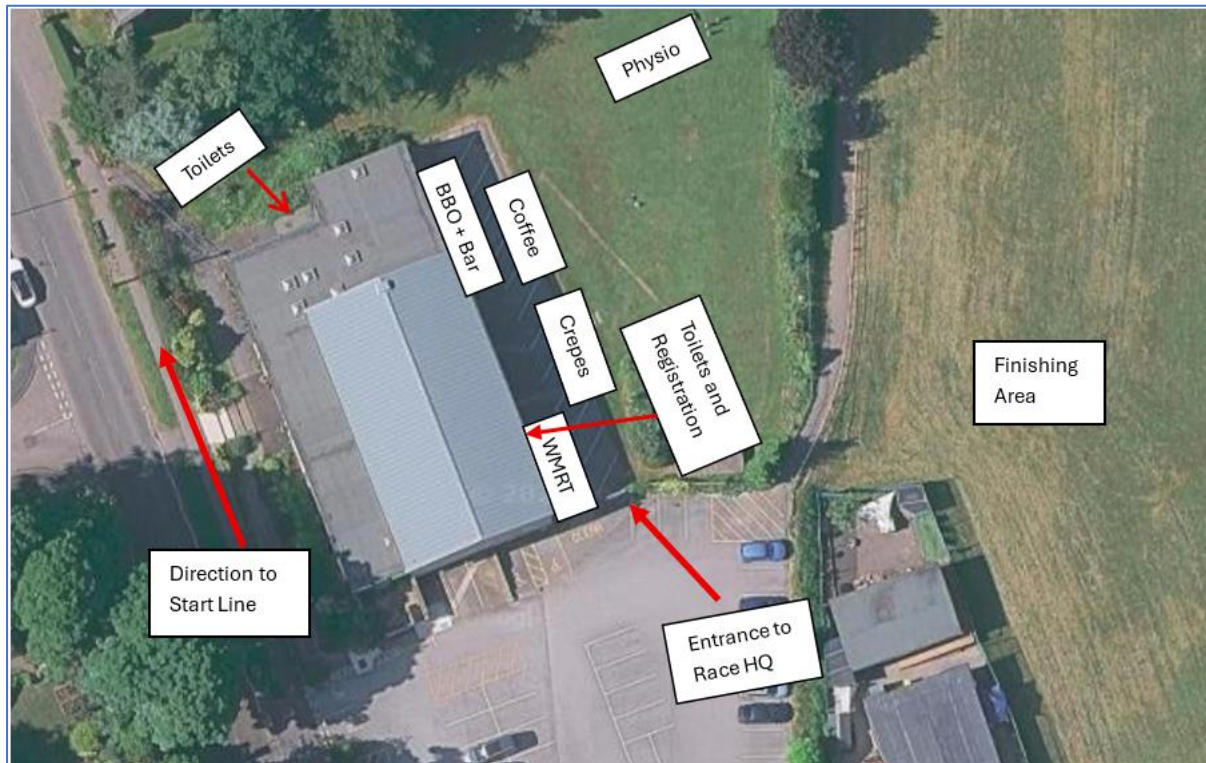
There are two areas of toilets – 2 next to the registration room, plus extra toilets accessed via the side door at the rear of community centre.

To avoid everyone arriving at the last minute we'd like to request that wherever possible, local runners register early and make their own way to the start line, although you are also welcome to stay and socialise at the community centre pre-race. If you're within walking distance of the race, due to the limited parking, please leave your car at home.

Due to lack of space at the start line, the race briefing will be held at the community centre at 09:40. We will leave a printed briefing in the registration room if you would rather read it in your own time, but most of the information is held in this document anyway.

Woodhead Mountain rescue have kindly agreed to be present during the race. Their volunteers will have a stand and collection at the community centre, so it would be great if you could bring some

spare change to donate to this great organisation. Coffee, pancakes, snacks (and potentially bacon sandwiches) will be available to purchase pre-race for runners and spectators.



### **Race Kit**

Although there is no mandatory kit list, trail shoes are strongly recommended, as there will be uneven ground in places, notably rocks and tree roots and some sections of the race may be very muddy depending on the preceding days weather. Please dress appropriately for the weather on the day, the race organisers have the right to remove you from the race on safety grounds if this is not the case.

Your Bib number must be clearly visible throughout the race.

For your own safety, runners should not wear earphones during the race. Part of the race takes place on open roads and you must be able to hear vehicles and instructions from marshals.

### **Race Start Line**

The start line is in Greno Woods at the Greno Gate entrance (See street map above), which is approximately 800m/ 10 minute walk from race HQ. Please try and leave race HQ by 09:45 to allow the race to start on time. To make your way there, turn right out of the car park onto Main St, then turn right **after** the Old Red Lion Pub, along Greno Gate (There will be signs directing you). There won't be parking near the start line, so vehicles will need to be left at the community Centre/parking place.

The start line will be crowded – there are an extra 50 runners from last year so we will be putting up start zones to try and prevent bottlenecks. We appreciate many people might not have an idea what time they will run the race in, so we will put up zones based on the time you would expect to run in a 10k, as provided by yourselves. You will be assigned a zone on your race number. If you feel this is

incorrect, please feel free to line up in a different zone, otherwise, please respect the zone you've been given – they are there to avoid runners having to push past others at the race start. Do not line up with friends/family if you are going to set off faster or slower than the runners around you.

The zones run across quite wide time ranges – Please judge where you should start in the zone based on whether you are at the faster or slower end of the times given.

The zones are set using the following 10km times provided by entrants:

Zone 1 – Sub 42min

Zone 2 – 42min – 50 min

Zone 3 – 50:01 – 59:59

Zone 4 – 60:00 – 69:59

Zone 5 – 70:00 +

### **Race info/ Instructions**

The route will be marked out and marshals will be placed at regular intervals. No paths or roads will be closed. Marshals will endeavour to make sure the paths are as clear as possible at the start of the race and local equestrian centres and forums have been advised of the race and timings, but the woods are used by many people, especially mountain bikers and dog walkers, so please show respect to other users, giving as much room to others as possible. Please respect the landscape/ wildlife throughout the course and do not litter. Marshals will have rubbish bags throughout the course, so please make sure you use them. If you drop anything, please do not leave it on the floor.

Although vehicles on the main tracks in the woods are rare, there's a chance that there could be forestry or other vehicles, so please stay vigilant. In the unlikely event you come across any trail bike/ Sur-Ron riders, please give them a wide berth as they should not be riding in the area and will likely show little regard for your safety.

Wharnccliffe Chase is permissive access land only, which Wharnccliffe Estates have kindly granted us permission to use for the race. It is active grazing land for sheep/ lambs so please try and give them space where possible. Make sure that you give way to any farm activity/ vehicles that you may encounter, moving off the farm tracks where necessary.

Road sections will be marshalled but are not closed. For your safety and the safety of other road users, please follow any instructions the marshal give. Be especially vigilant approaching the Crossroads of Steven Lane and Main St, keeping to the pavement on this section if possible. Runners should not be wearing headphones – if you are wearing them on the road sections, this may lead to your disqualification from the race.

There will be a water table next to the car park in Wharnccliffe Woods, approximately 8km into the race and at the finish. This will be serving water in paper cups. If you feel you may need more water, then please bring a water bottle, which can be filled at race HQ if required.

If you are having problems in the race and need to retire, please let a marshal know so we don't have to track you down after the race. There will be a tail runner to make sure no one gets left behind. We haven't set a maximum time, but if the tail runner considers you to be in a condition that you need to retire, you may be asked to remain with a suitable marshal who will arrange for you to return safely to race HQ. This will only be done for your safety, so please respect their decision.

Woodhead Mountain Rescue will be in and around the course for the event. If you are injured in a hard-to-reach spot, they will be able to help get you off the course.

### Race Route

You will receive a course description document, please read this carefully to familiarise yourself with the route. There is also a route overview video on YouTube, a gpx file on the greno.run website and a flyby on the Run Greno Facebook page. Please also see the 1:25000 OS map of the route below. The race starts in Greno woods and goes in an anti-clockwise direction.

NOTE: There is always a possibility that a marshal may not be at their station. These will also be marked by race route markers, which are large pink or yellow signs with a black arrow. Please remain vigilant for signs when running past adjoining paths.



### Race Finish

The race will finish in Grenoside Recreation Ground and will make a 270-degree loop around the top of the Grenoside Recreation Ground. From there you can collect your goody bag (provided for all entrants) and medal if you ordered one as part of your entry. If there is bad weather on the day, we may move the collection point to inside the community centre.

Race medals will be issued based on your name and race number, so please keep your race number with you. It will be noted on the race number if you have ordered a medal by a letter 'M'.

### Timings and race winners

The race will be chip timed, but winner's prizes will be based on first over the line. In the event of a tie, chip times of the runners will be considered.

### Pre/Post Race

There will be Coffee, snacks, burgers, bacon sandwiches, pancakes, soft drinks and a bar (Alcoholic and non-alcoholic) available to purchase at the community Centre. If you have pre-ordered any burgers or drinks, you can make your way to the burger/ beer tent in your own time where they will have a list of orders. If paying on the day, payments can be made by card or cash. Entrants who have pre-ordered food or drinks will have an 'F' and/or 'D' on their race number.

To try and avoid everyone going to the BBQ and bar at the same time, drink and food can be taken to the finishing straight, where you can enjoy it whilst cheering on friends, family and team-mates. Please make sure you use the rubbish bags provided.

There will be at least one physio available for any acute physio requirements that occur during the race, but they will also be providing sports massages before and after the race if anyone wishes to purchase this service.

### **Prize Giving**

Trophies will be given to placed runners in the Men's and women's race, winners trophies for V40+, V50+, V60+, V70+, plus individual trophies for the winners of the team races. The team race is for affiliated club runners only, who have been automatically entered. If you are a member of a club but did not put it down on your entry form, please let us know at registration and we'll add you on.

We would like to present trophies after all runners have returned so they can see the presentation, but if you have won a trophy and need to head off, please let us know and we won't hold you any longer than required. In the event the back markers are taking longer than expected, we will have the race presentation at 11:45.

NOTE: We have had a request that all runners wash the soles of their shoes to prevent the spread of any potential non-native spores to other areas of forest/ woodland. There has been tree felling in Grenoside Woods and Wharncliffe woods over the past couple of years for this reason, so it is important. There won't be any facilities to enable this at the Community Centre, so we ask that you help with this request when you return home.

For Bus Timetables, see below:

## Number 86 Bus timetable

86 ▶ Sunday		Chapelton ▶ Sheffield Centre								
Operated by:		FST	FST	FST	FST	FST	FST	FST	FST	FST
Chapelton, Market Place/Chapelton Stn	0630	0830	1030	1230	1430	1630	1830	2030	2230	
Burncross, Bevan Way/Burns Dr	0635	0835	1035	1235	1435	1635	1835	2035	2235	
Grenoside, Norfolk Hill/The Frostings	0641	0841	1041	1241	1441	1641	1841	2041	2241	
Parson Cross, Deerlands Av/Wordsworth Av	0649	0849	1049	1249	1449	1649	1849	2049	2249	
Fox Hill, Wilcox Rd/Fox Hill Rd	0651	0851	1051	1251	1451	1651	1851	2051	2251	
Owlerton, Penistone Rd/Hillsborough Leisure Ctr	0659	0859	1059	1259	1459	1659	1859	2059	2259	
Owlerton, Penistone Rd/Livesey St	0701	0901	1101	1301	1501	1701	1901	2101	2301	
Sheffield, Arundel Gate/AG123	0713	0913	1113	1313	1513	1713	1913	2113	2313	

86 ▶ Sunday		Sheffield Centre ▶ Chapelton								
Operated by:		FST	FST	FST	FST	FST	FST	FST	FST	FST
Sheffield, Arundel Gate/Charles St CS2	0625	0825	1025	1225	1425	1625	1825	2025	2225	
Owlerton, Penistone Rd/Owlerton Stadium	0632	0832	1032	1232	1432	1632	1832	2032	2232	
Wadsley Bridge, Penistone Rd North/Clay Wheels Ln	0635	0835	1035	1235	1435	1635	1835	2035	2235	
Fox Hill, Fox Hill Rd/Wilcox Rd	0640	0840	1040	1240	1440	1640	1840	2040	2240	
Parson Cross, Chaucer Rd/Chaucer Cl	0644	0844	1044	1244	1444	1644	1844	2044	2244	
Grenoside, Halifax Rd/Salt Box Ln	0647	0847	1047	1247	1447	1647	1847	2047	2247	
Burncross, Bevan Way/Burncross Surgery	0655	0855	1055	1255	1455	1655	1855	2055	2255	
Chapelton, Market Place/Chapelton Stn	0659	0859	1059	1259	1459	1659	1859	2059	2259	

## No 20 Bus Map and Timetable

### Bus route map for service 20



20 ▶ Sunday	Hemsworth ▶ Sheffield ▶ Ecclesfield													
Hemsworth, Blackstock Rd/Gaunt Cl	0808	0907	0937	1009	1039	1112	1145	1218	1253	1328	1403	1438	151	
Heeley, Chesterfield Rd/Heeley Retail Park	0817	0917	0947	1019	1049	1122	1155	1227	1302	1337	1412	1447	151	
Sheffield, Arundel Gate/AG6	a. 0829	0930	1000	1031	1101	1135	1208	1241	1316	1351	1426	1501	153	
Sheffield, Arundel Gate/AG6	d. 0831	0932	1002	1033	1103	1137	1210	1243	1318	1353	1428	1503	153	
Pitsmoor, Burngreave Rd/Pitsmoor Rd	0844	0945	1015	1048	1118	1152	1225	1259	1335	1409	1444	1519	154	
Southey Green, Southey Hill/Southey Green Rd	0850	0951	1021	1054	1124	1159	1232	1307	1342	1416	1451	1526	155	
Ecclesfield, High St/Sycamore Rd	0902	1003	1033	1107	1137	1212	1245	1320	1355	1430	1504	1539	160	
Hemsworth, Blackstock Rd/Gaunt Cl	1544	1614	1710	1810	1910	2010	2110	2210						
Heeley, Chesterfield Rd/Heeley Retail Park	1552	1622	1718	1819	1919	2019	2118	2218						
Sheffield, Arundel Gate/AG6	a. 1605	1634	1730	1830	1930	2029	2128	2227						
Sheffield, Arundel Gate/AG6	d. 1607	1636	1732	1832	1932	2031	2130	2229						
Pitsmoor, Burngreave Rd/Pitsmoor Rd	1622	1651	1746	1846	1946	2046	2144	2244						
Southey Green, Southey Hill/Southey Green Rd	1629	1658	1753	1853	1953	2052	2150	2252						
Ecclesfield, High St/Sycamore Rd	1642	1712	1805	1905	2005	2104	2203	2304						

20 ▶ Sunday	Ecclesfield ▶ Sheffield ▶ Hemsworth													
Ecclesfield, High St/Sycamore Rd	0803	0908	0938	1009	1039	1112	1145	1218	1251	1326	1401	1435	151	
Southey Green, Moonshine Ln/Galsworthy Rd	0812	0918	0948	1020	1050	1123	1156	1228	1301	1337	1412	1446	152	
Pitsmoor, Burngreave Rd/Toll Bar	0818	0924	0954	1026	1056	1129	1202	1234	1307	1343	1418	1452	152	
Sheffield, Arundel Gate/AG9	a. 0828	0935	1006	1037	1107	1140	1214	1246	1320	1356	1430	1504	153	
Sheffield, Arundel Gate/AG9	d. 0830	0937	1008	1039	1109	1142	1216	1248	1322	1358	1432	1506	154	
Heeley, London Rd South/Well Rd	0841	0948	1019	1052	1122	1155	1229	1301	1337	1413	1446	1520	155	
Hemsworth, Blackstock Rd/Gaunt Cl	0856	1003	1034	1106	1136	1209	1245	1317	1354	1430	1503	1537	160	

