

Eccup 1 & 2 Mile 'Junior Athletes' Road Races (Sunday July 11th 2010 from 9.30 am)

Thank you for entering our race! We hope you have an enjoyable day. This is the third year that we have added a 2 mile junior race to our popular 10 mile senior road race, and the second time that we have also included a 1 mile race for younger junior athletes.

We are also delighted that both the Eccup 10 and the Junior Athletes Races have again been supported by Leeds City Council, who are covering the costs of the road closures.

Race headquarters and all the important facilities - toilets, changing rooms, baggage store, showers, refreshments and the prize giving will be at the Adel War Memorial Association (AWMA) – details of which will be found elsewhere in this document, and on our web site at www.abbeyrunners.co.uk. Parking will be at the Bedquilts Recreation Ground – five minutes walk from Race HQ. You will find all the relevant details below.

Mark Hetherington (Junior Athletes Race Director)

FACILITIES

Everything you need both before and after the race is to be found at Race HQ at AWMA. There should be adequate toilet and changing facilities for everyone.

RACE STARTS

Junior Race competitors should assemble at the Eccup 10 Mile Race finish line (on the opposite side of the cricket pitch from the AWMA buildings) at 9.30am prompt.

IMPORTANT: DO NOT ASSEMBLE AT THE SENIOR RACE START: THE JUNIOR RACES START IN A DIFFERENT PLACE!

Please leave enough time to jog from the car park to AWMA (about 5 minutes). Note that the approximate start times for the Junior Athletes Races are 9.40am for the 1 Mile race and 9.45am for the 2 Mile race. The athletes will be walked round to the race start as soon as the last runners in the senior race have passed by. Announcements will be made at appropriate times.

RACE NUMBERS

Your race number is enclosed. Please wear this on the front of your running vest or T-shirt. Where more than one number is enclosed in the envelope, names have been written on the back of each number. Please ensure that you wear the correct number. Do not give your number to anyone else. It would be helpful if contact details were printed on the back of your number in case of emergency.

THE RACE ROUTES

The routes have been accurately measured, and are certified at 1 mile and 2 miles respectively. They are run entirely on closed roads (apart from the last 30m, which is on a good quality gravel track). From the start, both routes are out and back along Church Lane and Eccup Lane, and both finish back at AWMA. There will be water available at the finish.

RESULTS & PRIZE GIVING

Results will be displayed at AWMA as soon after the finish as possible. They will also be available on the Abbey Runners website.

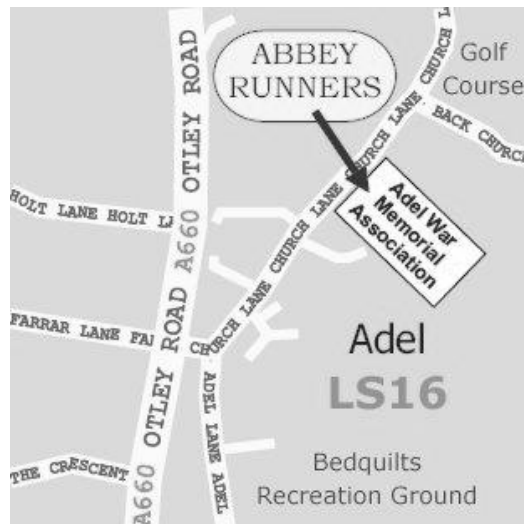
Prize giving will take place at around 11.45 a.m. in the Main Hall at AWMA. Please come and make use of our facilities; refreshments will be available.

HOW TO FIND US

Race HQ is at the Adel War Memorial War Association Sports and Social Club, which is located in Church Lane, Adel. This is situated to the north of the Leeds Ring Road (A6120), about 5 miles from the City Centre (see map overleaf).

Parking for the race, however is located at Bedquills Recreation Ground which is a 5-minute jog/walk from Race HQ. The start of the race is located between the two (see map). Everything will be signposted on the day and marshals will be available to provide assistance. There should be adequate space for everyone at Bedquills, but if you do park on the adjacent roads, please consider the local residents. **Please note there will be no parking available at Race HQ.**

Routes to the car park at Bedquills: Coming from the centre of Leeds, take the A660, cross the Ring Road at West Park, continue half a mile to the traffic lights, turn right into Church Lane and immediately right into Adel Lane. Coming from the East, leave the Ring Road at the West Park roundabout, turning right, signposted A660 Otley. From the West, turn left (A660 Otley) at West Park Roundabout. Coming from the North, turn left at the traffic lights just after the Lawnswood Arms pub into Church Lane and immediately right on to Adel Lane.



PRIZES

Prizes will be awarded to the winners in each of the following categories:

1 Mile Race

- Boys U11 (8, 9 & 10 year olds)
- Girls U11 (8, 9 & 10 year olds)

2 Mile Race

- Boys U13 (11 & 12 year olds)
- Girls U13 (11 & 12 year olds)
- Boys U15 (13 & 14 year olds)
- Girls U15 (13 & 14 year olds)
- Boys U17 (15 & 16 year olds)
- Girls U17 (15 & 16 year olds)

AND FINALLY - our thanks to Up & Running for their sponsorship

We hope that that this leaflet provides you with all the information that you might need. However, if you have any problems or questions, please do not hesitate to contact: Mark Hetherington on 07753 614624, or m.s.hetherington@leeds.ac.uk