

# Eccup Junior Races

## Sunday 30<sup>th</sup> June 2019

Thank you for entering this year's Eccup Junior Races. We hope you enjoy your race.

As in previous years the races are run entirely on grass on the Bedquilts Playing fields, behind our Race HQ at Adel St. John the Baptist Primary School.

**Please note all junior runners must be accompanied by an adult (18 years +) and remain the responsibility of the accompanying adult throughout the race.**

We will be operating a **staggered start for the 1 mile and 2 mile races**. The timetable is:

9:00am	Junior 2 mile	Please collect your race number from the tent on the Bedquilts field and make your way to the start line by 8:50am
9:03am	Junior 1 mile	
9:45am	Family Fun Run	On the day entry only. After registering at the tent on the Bedquilts field, make your way to the start line on Bedquilts by 9:35am

The junior races start at 9:00am and **need to start promptly** so that both races can be completed before the adult race sets off at 9:30am. This enables parents running the adult race to watch their children race and still get to their own start line on time.

**SO PLEASE LEAVE ENOUGH TIME TO PARK, COLLECT YOUR RACE NUMBER AND ASSEMBLE ON THE START LINE FOR 8:50am WHERE THERE WILL BE A SHORT RACE BRIEFING BEFORE THE RACE.**

## Chip Timing

This year our races will be chip timed for the first time. Your race chip is in your race number and so that we can keep our entry fees low, and in the interests of reducing waste, we are recycling race numbers left over from previous races. This means that race numbers will not always run consecutively and will **show the name of a different race**. Rest assured that the chip in your number has been allocated to you and you will get your own race time (see links below).

## Race Number Collection

**In a change to previous years, race number collection (entry in advance and entry on the day) will be set up in the Abbey Runners tent on Bedquilts Playing field near the start line.**

Please collect your number leaving sufficient time to assemble on the start line.

## Race Route

As in previous years the 1-mile race is one lap of the course and the 2-mile race is 2 laps. The route will **be run anti-clockwise** as this helps with marshalling adult runners walking from the car park to race HQ, away from the junior race route.

## Parking and Directions

**Parking** for the race is on the field at **Bedquilts Recreation Ground**, entered via Adel Lane car park, which is a 5 minute jog/walk from Race HQ. Everything will be signposted on the day and marshals will be available to provide assistance. There is adequate space for everyone at Bedquilts so, out of consideration for local residents, please park your car there. **There is no parking available at Race HQ.**

Please do not park on the gravel section of the car park as this is reserved for other users of Bedquilts.

### Directions:

The nearest postcode for the car parking is **LS16 8BX**. From the centre of Leeds, take the A660, cross the Ring Road at Lawnswood, continue one mile to the traffic lights, turn right into Church Lane and immediately right into Adel Lane; the car park entrance is then about 200 metres on the left.

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 into Church Lane at the traffic lights just after the Lawnswood Arms.

## Race HQ

**Race HQ is at Adel St John the Baptist Primary School, Long Causeway, Leeds LS16 8EX.** Here there are toilets, changing rooms, baggage store and catering.

The Abbey Café will be serving tea, coffee and cake all morning in the school hall. All proceeds will go to our charity partners. This was hugely popular last year and we hope you enjoy all our baking efforts again!

## Medals and Presentations

There are medals for all finishers on the finish line. In addition, there will be **presentations in the school hall at 10:00am to 10:15am approx.**

There are 6 age group categories:

Girls: school years 3 to 6, school years 7 to 9, school years 10 to 12

Boys: school years 3 to 6, school years 7 to 9, school years 10 to 12

**In each age group category, the prizes are:**

1<sup>st</sup> place - £10 cash prize and a trophy

2<sup>nd</sup> and 3<sup>rd</sup> places - trophies

## Photographs

Photographs from the junior races will be published on the Abbey Runners website. Runners will not be named in photographs. If you do not wish for photographs of your child to be included, please email [maurentaylor70@gmail.com](mailto:maurentaylor70@gmail.com) or make your wishes clear when you collect your race number and I will exclude photographs of your child.

## Results

Results will be available at <https://racebest.com/results> and <http://www.abbeyrunners.co.uk/eccup-10/>