

East Leeds 10K

FAQs

When is the race?

Date: Friday 6th July 2018
Start time: 19:00
Race HQ: RSPB St Aidan's Visitor Centre
Leeds LS26 8AL
Satnav: LS26 8AL
Map: evensplits.events/el10k or [here](#)

What's the route?

You can see the route in several places:

- [Good Run Guide](#)
- [Map My Run](#)
- Route description [PDF](#)

The course is entirely on well-defined, public footpaths, bridleways and some tarmac and as such road shoes will be suitable.

St Aidan's Nature Park is a popular site for dog walkers, bird spotters and horse riders. Please be considerate of other users as you run.

How do I get my race number?

Race numbers are **NOT** being sent out in advance. Your personal race number (which contains your timing chip) will be available for collection on the day at Race HQ from 17:30.

You will not need specific ID to collect your race number. Race numbers will be distributed alphabetically by surname. To collect your pack you will be asked to confirm your name and your date of birth.

Please arrive in good time. Remember the race starts at 7pm.

Don't forget to bring safety pins (although we will have a supply if you do!).

Wear your race number on the front of your running vest or shirt. **Do not** give your number to anyone else. Write your contact details on the back of your number in case of emergency.

What's at Race HQ?

- Number collection
- Toilets
- Hot and cold drinks and snacks from the RSPB Visitor Centre
- Authentic wood-fired pizza from [Knead 'N' Feed](#)

Where can I park?

There is an official car park off Astley Lane next to the RSPB Visitor Centre and adjacent to the race start. The car park is not large enough for all competitors, so **PLEASE CONSIDER CAR SHARING**, or travel by public transport or bike (there are safe places to lock up your bike) to ease the strain on parking.

Only if the car park fills up should you park on the public highway: Wood Lane, Astley Lane/Queen Street (see map [here](#)). Please park considerately and do not inconvenience local residents and businesses.

Will there be water?

There will be a water station at half way (5.2K) and at the end. **Water at the water station will be in cups.** This is a deliberate

decision to try and contain litter close to the water station. If you think this will be insufficient for your needs, carry your own bottle, **but** you must dispose of it responsibly (see below). There will be rubbish bags at the water station for this purpose. Water at the end will be in a bottle.

Can I wear headphones?

We'd encourage you not to; it really is better to hear your fellow runners, listen to your breathing, take in the atmosphere. But if you feel you just can't run without them, headphones may be worn as long as you take responsibility for the volume to be low enough for you to hear all marshal instructions and the words of those around you. Although the race is run off-road there is a short section on road and so vehicles may be present.

What happens if I drop litter?

St Aidan's Nature Park is an area of international wildlife importance managed by the RSPB. Our agreement with them includes a promise to leave the site as we found it; if this is not the case we will not be granted permission to stage the race again in future years. We as organisers and you as competitors share the responsibility to ensure that no litter is left on the course or adjacent areas.

Consequently, you must not drop litter: bottles, cups, gel sachets and the like must either be put in the rubbish bags or kept on your person.

Anyone seen carelessly dropping litter will be disqualified from the race and all future events at St. Aidan's Nature Park.

Can someone else run in my number?

Your race number must not be given to another person. If you wish to transfer your place to another runner you must send an email to admin@racebest.com to request instructions **no later than 9am on Wednesday 4th July**.

What do I get for finishing?

All competitors will receive a bespoke medal plus a choice of a bottle of beer **OR** a bar/bag of chocolate.

Prizes will be awarded in the following categories on the day:

Men: 1st, 2nd & 3rd overall
1st & 2nd M40
1st & 2nd M50
1st M60
1st M70

Ladies: 1st, 2nd & 3rd overall
1st & 2nd F35
1st & 2nd F45
1st F55
1st F65

Have a great race and enjoy the site and the sights!

Where will I find my result?

The results will be published at <https://racebest.com/results/ukt58> as soon as possible after the race.

PS Entry for the Vale of York Half Marathon (the next race organised by EvenSplits) is now open. Don't miss out on this fast, flat half marathon, which sells out every year.

[ENTER HERE](#)