

# evensplits 5K Race Series

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## RACE HQ

The cycle circuit at the University of Leeds **Brownlee Centre**

Bodington Playing Fields  
Bodington Avenue  
Adel  
Leeds LS16 8NA

## PARKING

Please note that parking is limited at The Brownlee Centre. If you travel by car, please car share if you can. Or why not cycle here; it is a cycle centre after all!

If driving, please park in the car park (accessed from Otley Road, opposite the YMCA) at the bottom of Bodington Avenue. If the car park is full, you could try the car park opposite Lawnswood Cemetery or on St Helen's Lane or New Adel Lane. Do not park on the main road.

## REGISTRATION

**(Only applicable to those collecting a race number)**

You must collect your race number from registration at The Brownlee Centre. Registration will open at 6.15pm:

- 'B' race runners should collect their number before 7.00pm
- 'A' race runners should collect before 7.45pm

**KEEP YOUR RACE NUMBER:** you will need it for all subsequent races in the series! If you don't have it with you on the night, you will have to pay £3 for a replacement.

## START TIMES

- The 'B' race (for runners predicted to run 22:30-plus) will start at **7.15pm**
- The 'A' race (for runners predicted to run sub-22.30) will start at **8.00pm**

**Do not join the cycle circuit before you are called to the race start.** If you wish to warm up before your heat, please use the path between the footbridge and the transition area or use Boddington Fields.

Before 7pm there may be cyclists on the circuit, before Heat A there may still be Heat B runners on the circuit.

## ROUTE

There is a short (5 min) walk to the race start – you must cross over the green bridge and assemble in the 'transition' area 200m further down the track.

The race will be run entirely on the cycle circuit. This is exactly 1 mile in length, so you will run 3 complete laps, plus an extra 172m. Please keep to the left unless you are overtaking.

## **FINISH**

When you have finished your race, collect your water and chocolate and leave the track by the gate on your right. Be considerate to those still racing by not obstructing any part of the course. Do not leave by the left hand gate whilst there are races are still in progress.

## **Note for dog owners**

The management at the Brownlee Cycle Circuit has asked us to remind you that, with the exception of guide dogs and assistance dogs, dogs are not permitted anywhere on site, including the car park.