

evensplits 5K Race Series

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 this car park is full, you will be directed to alternative parking area.

Alternative parking

- Drive back up Bodington Avenue to A660
- Turn left onto dual carriageway towards Leeds and take first right across dual carriageway into Leeds University Lawnswood site (to the right of YMCA drive).
- When walking to and from Cycle Circuit, please cross using the pedestrian crossing opposite the cemetery
- There is no pavement along Bodington Avenue and limited street lighting, so proceed with caution
- One line of cars may park along Bodington Avenue but do not block the double gates to the circuit or park too close to the bend
- 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.