

CHANGEOVER POINTS AND CUT-OFF TIMES

CAR PARKING To avoid complaints and future problems (we do hope to run the relay race in future years) **please** ensure drives, gateways and other access points are not obstructed by careless parking.

START AND FINISH Both the start and finish will take place on the road in front of the Garforth Sports % Leisure Centre. The race sets off down Ninelands Lane, to the bottom of the hill, where a marshal will direct runners through the gate. The finish will be the reverse of the start, i.e. on reaching the disused railway line turn left, continue to Ninelands Lane, and turn left to the finish at the Garforth Sports & Leisure Centre.

1ST CHANGEOVER **Playing Fields, Stanley** **Cut off time – 10.00 (2 hrs)**
Adequate parking is available around the area please **DO NOT** park on the main road (A642).

2ND CHANGEOVER **Scotchman Lane** **Cut off time 11.45 (3.45 hrs)**
Limited parking is available around Scotchman Lane. Please try not to congest Scotchman Lane.
****We had some complaints from local residents in previous years, so please can all runners show the utmost consideration to local residents and their property, particularly with regard to where they take their toilet breaks! The future of the race depends on the co-operation of local residents, and we do not wish to jeopardise this.**

3RD CHANGEOVER **Playing Fields, Thornbury** **Cut-off time 13.15 (5.15 hrs)**
There is parking in the side streets off the dual carriageway, but unfortunately none in the cricket field adjacent to the change over point. **Note the Police will prosecute anyone parking on the yellow lined sections of the dual carriageway.**

4TH CHANGEOVER **Golden Acre Park** **Cut off time 14.30. (6.30 hrs)**
Changeover point is on the grass immediately after the tunnel on the east side of the A660.
There is parking available in the Main Car Park. The changeover point is on the grass area immediately after the tunnel adjacent to the Main Car Park. **Will teams note that the official route through the Park follows the right hand Park Boundary fence to the Otley Road, along the road to the personnel gate, ahead to the car park, left and under the tunnel. Teams will be sent back or time penalised for short cutting this section.**

5TH CHANGEOVER **Thorner Lane, Scarcroft** **Cut-off time – 15.30 (7.30 hrs)**
Changeover point is at the grass triangle at the top of the hill)
We have been fortunate to be able to obtain permission from a local resident to use a field for car parking at Thorner Lane on race day, which solves a long standing problem with parking on this leg. The field is only a few hundred metres from the changeover point, and will be signposted. Out of respect for the local residents and their generosity in allowing us to use their land, can you please ensure you park **ONLY IN THE CAR PARK**, and not on the verges, roadside or driveways in the surrounding area . Please co-operate in order not to cause friction with the local residents.

CUT-OFF TIMES - Should any team not complete their legs before the specified cut-off times, there will be a mass start for the remaining teams and any individual leg runners. Please note, if any runners finish well outside the cut off times, their results may not be available on the day.

Please ensure that you print a copy of the route directions from our website just prior to the race as there may be minor clarifications to the directions in some instances.