

# Emsleys ROTHWELL 10K

Monday 2nd May 2011

Starting at 9.30am

## Travel Directions

Race HQ is **Rothwell Sports Centre** (see map on overleaf)

**By car from Leeds:** take the A639 towards Castleford & Pontefract. Follow the dual carriageway past the Tesco Express Garage and down the hill to a roundabout. Take the second exit (signposted M62) and Rothwell Sports Centre will come into view at the next roundabout, 1/4 mile further on.

**By car from Wakefield:** take the A642 Aberford Road through Stanley and across the M62. The Sports Centre is on the right just before the next roundabout.

**M1:** leave at junction 42 and join the M62 eastbound towards Hull, then follow the direction for the M62 below.

**M62:** leave at junction 30 and head north on the A642 for about a mile. Rothwell Sports Centre is on your right, just before the next roundabout.

**Public Transport:** buses 189 (hourly from Leeds/Wakefield), 410 (two hourly from Leeds/Doncaster) and 445/6 (hourly from Leeds/Barnsley) all pass the Sports Centre. There are trains hourly to Woodlesford station (Metrotrain Sheffield and Hallam Line), which is about a mile from the Sports Centre.

## Changing/Car Parking

The Sports Centre provides changing facilities and lockers are available (£1 coin required as a returnable deposit). Please be advised **not** to park at the Sports Centre as wardens are on patrol. Parking is available on Fleet Lane which is a short walk away. Vehicles are left at the owner's risk; Rothwell Harriers can not be held accountable for theft from, or damage to, any vehicle. Please note that toilets will be available to use at the sports centre.

## Late entries and results

A late entries desk and chip collection will be situated upstairs at Rothwell Sports Centre. If you have a companion entering on the day, please advise them that late entries close at 9.00am prompt, or when the race limit of 1000 is reached. See entry information on our club website before travelling. Results can be obtained by addressing an envelope and leaving it at the desk with £1.50 for postal results and 50p for email. Results will also be available on the Rothwell Harriers website ([www.rothwellharriers.org.uk](http://www.rothwellharriers.org.uk)) and [www.ukresults.net](http://www.ukresults.net) on Monday evening.

*Note: entrants details are held on computer for the purpose of generating race results. Rothwell Harriers are registered for this activity under the terms of the Data Protection Act.*

## The Start

The start is on Methley Lane, just outside Rothwell Sports Centre. Please allow sufficient time to walk/jog the distance from Royds School parking, ready for a prompt 9.30am start to the race.

## The Course

The course is an 'out and back' in to the village of Methley. A map of the route is enclosed. Please keep to the left unless instructed otherwise by a marshal. Some of the roads are open to traffic so you are advised to use caution at all times.

## The Finish

The race finishes outside Rothwell Sports Centre. Please continue moving after crossing the line to the chip removal area. No Chip, No Time! A prize will be issued at the finish and drinks will be available.

## Presentation of Prizes

We hope to have the presentation of prizes for the 10k at around 11.30am, upstairs at the Sports Centre. In the event of any delay, we would appreciate your patience.



Organised by  
  
**ROTHWELL  
HARRIERS**  
under UK Athletics Rules

[www.emsleys.co.uk](http://www.emsleys.co.uk)

