

TRAVEL DIRECTIONS AND VENUES FOR ROAD LEAGUE

10 April, Oxspring, Wagon and Horses pub, Penistone.

7pm prompt start.

Parking on Football field where the Trunce race starts from. This is the same venue as last year. Do NOT park on the course or in the estate or pub car park.

The finish is in the estate on the road. Please do not stay near the finish area, go into the field to meet other runners. Last year we caused a problem for local people and we do not want to annoy them again. The course is a bit hilly but the last mile or so is downhill. I will be in the pub car park for late names and entries.

The Bar will be open at the pub in the loft after the race, the toilets are there also.

17 April 3 Merry Lads, Lodge Moor, Sheffield (new venue)

7pm prompt start.

Come into Sheffield from Hillsboro' and join the A57 which goes past the University And the Weston Park Hospital. Continue to the Sandygate area and turn left on to Sandygate Road, just past a petrol station. It is sign posted for Hallam FC football ground. Cary on about 2 mile until the Bus turn around and park on road side as far as the Sportsman pub on left, There is parking in a public park just past the pub but we May use it for the finish. If you park in there you can't get out until the last runner Has finished. Walk/jog to 3 Merry lads pub which is the start. Do not block Gates/drives. The 3 Merry Lads car park to be used if staying for a drink or food. Toilets in pub. Please respect other pub users. The course is rather hilly and rural so Definitely NO ear phones. Sat Nav info S10 4LJ

24 April Low Bradfield, Sheffield 7pm prompt start.

The same course as last year but the start and finish area slightly changed. We will now finish down the track off the road towards the Dam side. Please ask runners not To clog the finish area and move away as soon as possible. If you go along the track it Leads to the village.

Runners are asked NOT to park on the dam wall or on the course. Parking is at the cricket club and on the hill going out of the village. Also do not park on the narrow road down to the village as this is part of the course. The cricket club bar will be open and any late names to be given to me there. Last time for entries is 18.50pm

8 May Pickburn Arms, Near Brodsworth Hall, Doncaster. 7pm prompt start.

Same course as last year but 5 miles this time. Parking at the Garden centre and not on the course or village. I will be in the pub car park until 18.50 for late entries.

After the race there will be food . The landlord puts up a marquee and the prizes will be given out there. If you are a prize winner please stay or get someone to pick it up for you.

Numbers are £6 for the series. Please PIN them to vests, do not use these Triathlon waist bands as it is difficult to read the numbers when they are not clear to the recorders.

Club vests MUST be worn, No club vest, Disqualified from team event.

NO ear phones to be worn or runners will be disqualified and NOT appear on results.

This is for safety reasons and UKA rules state that they should not be worn in the competition area. That includes runners at the back of the field.