

BRODSWORTH 5

WEDNESDAY 22nd AUGUST 2012 at 7.00pm

The picturesque woodland of Brodsworth Community Woodland is rapidly developing into one of the most attractive wildlife sites in the area. With its mixture of broadleaf woodland, large open meadows and a scenic wetland valley, Brodsworth Community Woodland is renowned for its diversity of wildlife. Around the 99 hectare site are some intriguing sculptures, wonderful vistas and perfect spots for a rest or a picnic. The woodland is on the edge of the nearest towns and villages but it allows you to escape from the hustle and bustle of daily life, although runners are expected not to be taking too much notice! The site is owned by The Land Trust and managed by the Forestry Commission who's permission to let us put on this race is appreciated. The route is free of obstructions such as stiles, bridges, etc.

- Travel Directions** Race HQ is in the Pickburn Arms on Doncaster Road, in the village of Pickburn. Parking is at the Markham Grange Garden Centre on Long Lands Lane, Brodsworth, Doncaster, DN5 7XB. It is approximately a 5 minute walk from the car park to the Race HQ and the Start and Finish areas.
- Car Parking** There is ample free parking at Markham Grange Garden Centre but runners are advised to arrive earlier as the road into the Garden Centre will become busy. Vehicles are left at the owners risk; Doncaster Athletic Club nor Markham Grange can be held responsible for theft from, or damage to, any vehicle. The car park is locked at 9pm so runners staying for the presentation are advised to move their cars to the Pickburn Arms car park after the race.
- Changing / Showers** Toilets are available at the Pickburn Arms.
- The Course** The start is approximately 50 metres from the Pickburn Arms and finish of the race is off-road, approximately 100 metres from the Pickburn Arms. The final 2 miles of the course is traffic free and the first 3 miles are run on quiet country lanes which are still open to traffic. Runners are reminded to use caution and to follow Marshals instructions at all times.
- At the finish please continue moving after crossing the line and remain in finishing order until you have left the funnel. Technical T-Shirts will be issued at the finish and drinks will be available.
- Rules** The event is run under UKA Rules and competitors are reminded that your race number must be worn on the **front** of your vest/top throughout the race. Please do not pass your number to another runner. Additionally the use of MP3 players and iPods is prohibited.
- First Aid** First Aid is provided by First Aid Medical Services.
- Refreshments** Pickburn Arms will be serving food and drinks all evening. Weather permitting there will also be a BBQ in the Pub Garden.
- Presentation** The presentation of prizes will be held at approximately 8.30pm in the Pickburn Arms.
- More Information** More detailed maps of the course and car parking can be found on our web-site, www.doncasterathleticclub.com and click on the 'Road' tab on the navigation bar at the top of the home page.

Finally everyone at Doncaster Athletic Club would particularly like to thank Total Logistics for sponsoring this race and to all runners for entering our race and hope you have an enjoyable evening.