

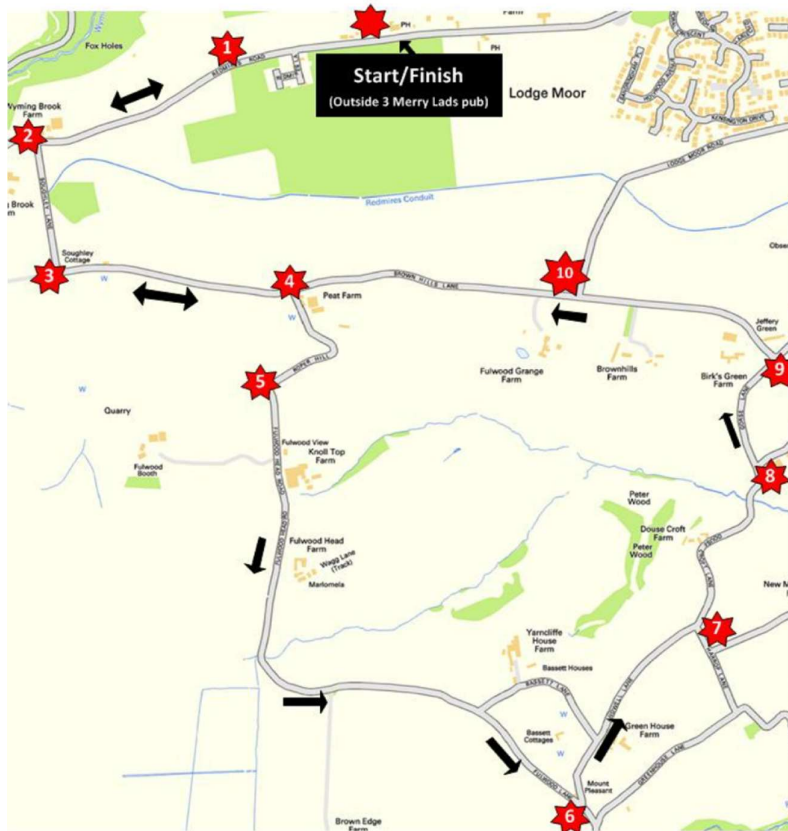
Wednesday 13th May Three Merry Lads, Lodge Moor, Sheffield. S10 4LJ 7pm

From the A61, take the A57, pass the University and Weston Park. Turn left at the sign for Claremont Hospital. Continue on this road for 2.5 miles until you see the Sportsman pub on the left. **Please do not park in the car park of the Sportsman.** There is a large car public park on the left just beyond the Sportsman which can be used. Please do not park in the car park of the Three Merry Lads unless you are staying after the race for food and/or drinks. There are toilets there and there should be four portable toilets plus a urinal.

The Three Merry Lads is serving food until 9pm BUT please order in advance.

We will attempt to get the results out as soon as the last runner is in

Race Route



Please remember:

- Be courteous to Marshals
- Keep number clearly displayed
- When finished do not go back onto finish straight
- Warm down away from the finish
- No headphones
- Enjoy the race