IDLE TRAIL RACE

SUNDAY 1st AUGUST 2010 10.30am. Licence no: 2010-100822

Thank you for entering the Idle Trail Race. Please find your race number enclosed which should be pinned to front of your vest/t –Shirt. Please write emergency contact details on the back of your race number. Race numbers must not be folded, cut or mutilated. The 6th Idle Trail Race, organised by Idle AC. This event offers a scenic route on towpath, bridleway, path and private road and is approximately 10k in distance.

Travel Information:
The race headquarters is at the Grove Sports Centre, Woodhouse Grove School at Apperley Bridge, Bradford. For Sat Nav's the post code is BD10 0NR. Woodhouse Grove is less than 5 miles from the centre of Bradford on the A658 and is easily accessible via the UK motorway network as follows:

From the M62 and Bradford: Leave M62 at Junction 26 and join the M606 to Bradford. At the end of the M606, take the A6177 Bradford Outer Ring Road, following the A658 to Harrogate and the Airport. Continue until reaching a roundabout (St Luke's Church on your right) and follow the signs to Greengates. Passing Sainsbury's on your right continue through the traffic lights for approx 600m. The entrance to the school is on the right, opposite the Stansfield Arms pub. You will then be directed to the car parking area outside the Sports Centre.

From the M1 and Leeds: Leave M1 at junction 42 and join the M62 travelling towards Manchester. At Junction 28, take the 5th exit, the A653 towards Leeds. At the roundabout take the A6110 (White Rose Centre) and continue along until reaching the A647 signposted to Bradford, take the A657 towards Shipley. Turn right at the traffic lights at Greengates (Opposite the Roebuck pub). Continue down the hill for approx 600m. The entrance to the school is on the right, opposite the Stansfield Arms pub. You will then be directed to the car parking area outside the Sports Centre.

From Ilkley: Take the A65, following the signs for Leeds. At the roundabout (Burley in Wharfedale), take the A65 to Bradford. On reaching the roundabout with Harry Ramsden's (on left) take the A65 and continue through Guiseley until reaching the roundabout (JCT 600 garage on right). Take the A658, down Apperley Lane towards Greengates. Travel for approx 2 miles. The entrance to the school is on the left, just before the Stansfield Arms pub (on right). You will then be directed to the car parking area outside the Sports Centre.

From Harrogate: Take the A61 following signs for Leeds. At the junction with the A658, take the A658 towards Bradford. Continue on the A658 past Leeds and Bradford International Airport (on left). Through the lights, turn right down Green Lane (A658). Take the A658, down Apperley Lane towards Greengates. Travel for approx 2 miles. The entrance to the school is on the left, just before the Stansfield Arms pub (on right). You will then be directed to the car parking area outside the Sports Centre.

Google Map Directions:
Click on the Google Map facility (Idle Trail Race page) on our website: www.idleac.co.uk to obtain exact directions from your home (via postcode) to the race site.

Facilities at Grove Sports Centre:
We can offer excellent shower, changing and toilet facilities from the race headquarters at the Grove Sports Centre.

The Trail Race course description: The course will be marshalled. Please look at the course photos on the website (Trail Race page). The race starts with a 3/4 lap of the scenic school grounds before turning left on the main road (stay on the pavement), over the river bridge and up the small hill

for approx 150m towards the Leeds and Liverpool canal. The route then turns left into Crag Road football ground, and through the gate at the other side, turning left along the canal bank. Take care on the canal as it is wet and cold and should be avoided!!. Runners are then free to enjoy the scenic course as it follows the canal for around two miles to Calverley Swing Bridge, and then left down a cobbled path at the back of the houses – take care on the short cobbled section. The route then goes left onto a small road near to the Railway Pub. Take great care here as there is a concrete block on the path, however the marshal will be ensuring that runners are aware of this. A path then takes you down to a right turn and onto the stone footbridge over the river Aire. Runners should then keep to the pavement on the left hand side as the course goes up Calverley Lane. Just past the Clariant works, take the left hand turn onto Low Hall Road and onto the water station. Follow the road to the end, past the small industrial estate on your right. Ignore the footpath sign, then take a right hand turn up the rough track (Knott Lane), through the edge of the wooded area for approx 200m until the stile is reached on the left hand side of the wall just before the stone house. Go carefully over the stile and keep to the wall on the right, until a further stile is reached, by the farm houses on the left. If time admire the views of this scenic course!! Take a right hand turn up the rough track, passing the house with goal post & tramaline on the right, until you reach Woodlands Drive. Turn left through the barrier. Follow the private road being careful of the speed bumps on the road. Continue on this quiet private road to the top of a steady climb. Turn right where directed up 9 stone steps and up the path. Turn left along the tree lined track which passes below Rawdon Golf Club on Cliffe Drive. Take care on here in case there is any golf course traffic. Bear left down the hill –taking care of any potholes. Turn left, when directed onto Craggwood Drive & follow this track onto the end. Take care when directed right and follow Woodlands Drive down the hill. Take care of any traffic. Take in the views over North Bradford at the junction with Acacia, remembering to keep left as marshalled along the private road (usually quiet but please beware). After 40 metres turn left at the road dogleg over the stile. Follow the path down to the riverbank and over the stile (take great care on the stile) turn right, on the bank of the River Aire (as with the canal, the river is wet and cold and should be avoided!!). Follow the river path, under the railway bridge and through the open gate into the grounds of Wood House Grove School following the markers across the field. Runners finish in the impressive school grounds outside the Grove Sports Centre. Well done.

Congratulate yourself by collecting your race memento. Enjoy a shower and then head for the prize giving presentation. We offer a number of prizes in all age categories plus a number of spot prizes!! We will also be having a cake stall selling various home made items – all proceeds to Yorkshire Cancer Research.

Prize giving presentations and results service:
There will be individual and team prizes. Prize giving presentations will be held as soon as possible after the race. Results will be available on our website as soon as possible after the race on the uk results site: **www.ukresults.net**

Race Results:
We hope to have results on our website later in the day. There will also be photos and an opportunity for runners to provide feedback about the event.

Yorkshire Cancer Research (YCR)
Though the generous support of runners we raised over £500 for our chosen charity Yorkshire Cancer Research in 2009. We hope that via charity donation or via sponsorship that runners will help us to support the same charity this year. All the proceeds from our cake stall will also be donated to the charity – So please buy lots of cakes and buns after your run!!! Visit the YCR website a www.

Any queries: Please contact me, Davina Smith, via email: trailrace@idleac.co.uk should you have any questions or telephone me on 01274 615003. Alternatively look on the Trail Race page on our club website: www.idleac.co.uk. Each year we strive to make improvements to ensure that we are offering a race that is enjoyed by all, is good value for money and that is a friendly and well organised event. We always welcome ideas and feedback to ensure that we continue to improve the race. **Thanks for supporting the 2010 Idle Trail Race.**