

We hope you are looking forward to the Apperley Bridge Canter 2020 on Thursday 28 May as much as we are.

Here is some more information about the race as Frequently Asked Questions. If you have any additional questions post on the ABC Facebook group or email race.abc@btinternet.com. These questions will also be available as a downloadable PDF at <https://horsforthharriers.co.uk/our-club-race/> as soon as our webmaster is able to put them up.

Where is the race being held?

Race HQ, parking and the race finish are at Woodhouse Grove School. This is found in Apperley Bridge, West Yorkshire, Bradford BD10 0NR.

Where do I park?

All entrants arriving by car should initially attempt to park around Woodhouse Grove School. Please DO NOT park along Woodlands Drive because this will obstruct the start and could annoy residents. Please follow the directions of the Car parking Marshals. Do not drive across, or park on, any of the grassed areas.

If you want to be dropped off ask your driver not to go beyond the outer car-park nearest the road.

Bicycles can be secured around the grounds of the school for those wishing to leave the car at home and get a great warm up/cool down either side of the race.

Please car share where possible to reduce the environmental impact of travelling to the race and to ensure everyone can get parked. Race HQ is a 10 minute walk from Apperley Bridge train station and is on the 747 and 948 bus route.

If you have a club coach then get in touch with Tony Hazell, Race Secretary (race.abc@btinternet.com) for assistance.

You should aim to arrive after 6:00pm.

What is at Race HQ?

- Number collection
- Toilets, showers and changing areas
- Baggage store
- Coffee van
- Cake stand run by Horsforth Harriers members for Motor Neurone Disease Association (MNDA)
- Yorkshire Runner merchandise stall

How do I get my race number?

Race numbers are NOT being sent out in advance. Your personal race number (and your reusable timing chip) will be available for collection on the day at Race HQ.

Race HQ will be open from 6:00pm. This will be clearly visible and sign-posted from the car park.

Lists will be displayed at Race HQ for runners to ascertain their race number but this is not necessary before queuing up.

You will not need specific ID to collect your race pack. Race packs will be distributed alphabetically by surname.

To collect your pack you will be asked to confirm your name.

Please arrive in good time to reduce the need to rush before the start. Remember the race starts at 7:15pm and there is a 5+ min walk to the start.

Don't forget to bring safety pins (although we will have a supply if you do!).

Wear your race number on the front of your running vest or shirt. Do not give your number to anyone else or allow anyone else to impersonate you on the night.

Write your contact details on the back of your number in case of emergency.

Is the race chip timed?

Yes, the race is chip timed by Evensplits. There will be timing mats at the start and finish so you will get a chip time and a gun time for the run.

What is in the race pack?

Inside the race pack envelope you will find your number, a reusable shoe chip, a wire thread for securing the chip and some chip instructions. The chip is for timing your run and it is very important that you follow the instructions provided. This must be attached to your shoe using the wire thread provided. If this is not on your shoe the timing mats will not pick you up and you will not get a time.

The chip will be removed from your shoe by marshals as you reach the end of the finishing funnel.

Where can I warm up?

As long as the playing fields are not being used it is OK to warm up around the school grounds. Please stay clear of the finish area while the area is set up.

Please do not warm up around the start area on Woodlands Drive as this may restrict residents moving in/out of the area.

Is there a cut-off time?

In previous years most runners have finished the course within 90 minutes. However, we have a sweeper runner and a sweeper vehicle as well as a cycle-based first aider who will follow the last runner.

If you believe you will take more than 90 min to complete the 10k course then get in touch with Tony Hazell (race.abc@btinternet.com) as a small number of runners will start the race 30 min early. These runners only get a gun time, not an accurate chip time.

Because of limitations with light and the use of the school venue we are not able to accommodate walkers who are not able to complete the course within 90 min. Please contact Tony Hazell if this is an issue.

Where does the race start?

The race starts at 7:15pm on Woodlands Drive, near to the A658 (Apperley Lane). There is a short walk from the grounds of Woodhouse Grove School to the start. There will be a marshal leading runners to the start leaving Race HQ at 7:05pm.

On the walk to the start please stay on the pavement for the short walk along the A658, as whilst this is a 30 MPH zone, the route is on a bend, cars can travel along this road very quickly and HGVs are common.

What's the route?

The race is being held on an approximately measured 10 Kilometre course. A route map is available here. – <https://horsforthharriers.co.uk/our-club-race/>

Will there be water available?

There will be 1 water station on the course water in recyclable cups at about 5.5 km (3.75 miles). There will also be water and juice at the finish.

We run the ABC in a picturesque area of Leeds and would like to ensure it stays that way! Please dispose of your cup and any other rubbish (e.g. gels) responsibly (bins will be provided after the water station and at the finish).

As well as being hazardous for the environment littering may impact upon our ability to stage the race again in future.

Will there be pacers?

Unfortunately we will not have pacers for this event.

Can I wear headphones?

The race is run on open (private) roads and tracks but we do not allow runners to use headphones. This is for your own safety and to ensure you are aware of vehicles or cyclists approaching, can hear marshal instructors and are aware of other runners.

Can I run with a dog?

We do not allow runners to run with a dog.

Can I run with a buggy?

Unfortunately the route is not suitable for buggies because of the narrow paths and steep climbs/descents.

Does the race have a charity?

We raise money for MNDA (Motor Neurone Disease Association). We raised around £800 in 2019. We are offering cakes for donations to MNDA, the tent can be found in front of Race HQ.

What happens at the end of the race?

Your time will be recorded as you cross the line. Please keep moving along the finish funnel until you find marshals who will cut your shoe tag off. Once out of the funnel you will see Horsforth Harriers members giving out the mementos, chocolate and drinks. Don't forget to visit the cake stand for some post-race treats and to support our charity.

Where can I find photographs?

We expect some of the wonderful volunteer photographers who attend races to take pictures of runners at their best for the love of it. Photos will appear on social media and will be linked from our race page.

Will there be toilets?

There are toilets at Race HQ, including disabled facilities. There are no toilets on the course.

What will be the race memento?

There will be a race memento to remind you of your ABC 2020 experience.

There will also be a chocolate bar available at the finish.

Is there space to secure bikes?

Bikes can be secured around the school grounds or a limited number can be placed in the baggage area.

What are the prizes?

We are awarding prizes to 1st, 2nd 3rd male and female and first v35, 40, 45, 50, 55, 60 and 65 (male and female) although each runner will only receive one prize.

Cash prizes will be presented on the evening. Vouchers will be issued after the event in respect of any prizes not collected on the evening.

There will be a prize giving at 8:30pm

Where will I be able to see the results?

The results will be published at <https://racebest.com/races/ksrky> as soon as possible after the race. We will display results as they become available in the race HQ (school gym).

I cannot run, can I transfer my number?

The time for refunds has now passed but transfers are being accepted until 21st May 2019.

Transfers should be notified to Tony Hazell via race.abc@btinternet.com.

Ideally get in touch with details of the runner you would like to transfer your place to and sort out money arrangements between you.

Will the race results show on RunBritain?

We are UKA licenced and so the results will get picked up by the RunBritain system and so count to your handicap etc.