

# TEAM MACMILLAN RACE DAY GUIDE

## JANE TOMLINSON'S LEEDS 10K

### 14 JULY 2013



Thank you once again for your support of Macmillan in the 2013 Jane Tomlinson's Leeds 10k. In order to show our gratitude we want to ensure you have as memorable a day as possible, so please read this booklet for information on where you will find Team Macmillan over the event weekend, including:

- Where you need to go the morning of the run
- Team Macmillan Cheer Points on the course
- Where to find Team Macmillan on the day

Key timings for the day:

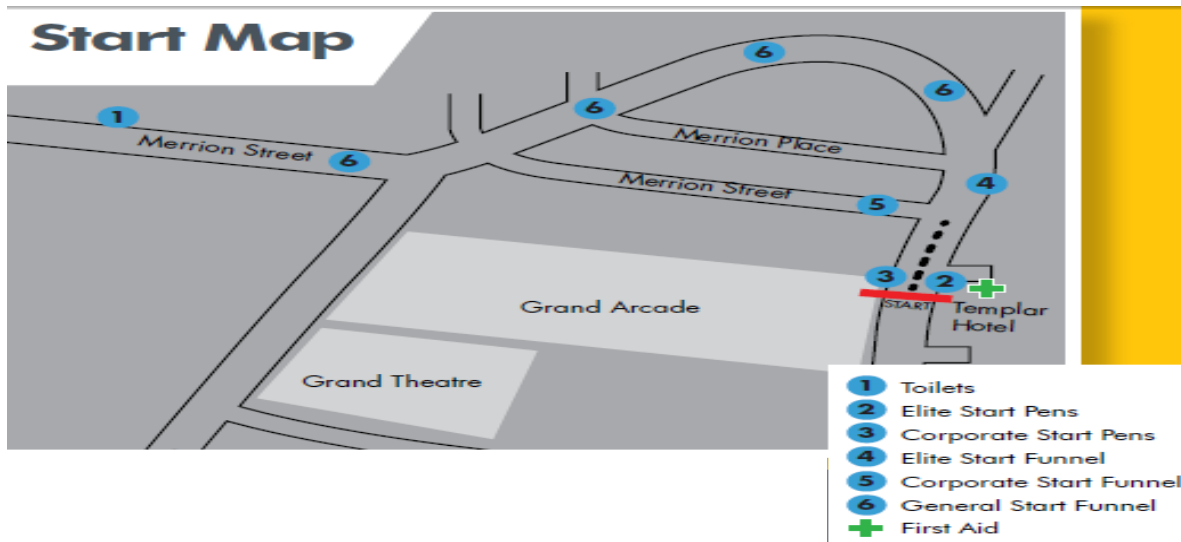
**7.30am** – Race office, baggage drop and charity marquee open to public

**8.30am** – Group warm up in Millennium square

**8.50am** – Runners will be guided to the start by event marshals

**9.30am** – The start of the 2013 Leeds 10k!

# The Leeds 10k start and assembly/finish areas:



**Come and say hello!**

Team Macmillan will be in the charity area in Millennium Square at this year's Leeds 10k. You'll be able to find us beside the goody bags – just look out for our flag! (pictured, right).



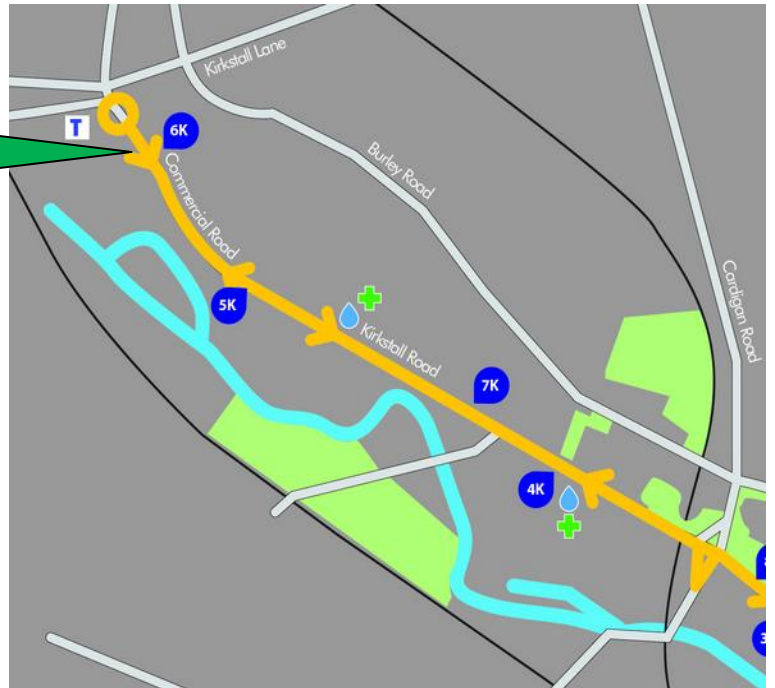
## Team Macmillan Cheer Points:

This is where you'll find us when you are running on the day – make sure you look out for the banners and green t-shirts so we can give you a big cheer! If you have any friends or family coming along on the day please send them to one of our cheer points so we can stock them up with a Macmillan t-shirt and some banger sticks to ensure the biggest cheer possible for all Team Macmillan runners.

### Cheer Point One 6km

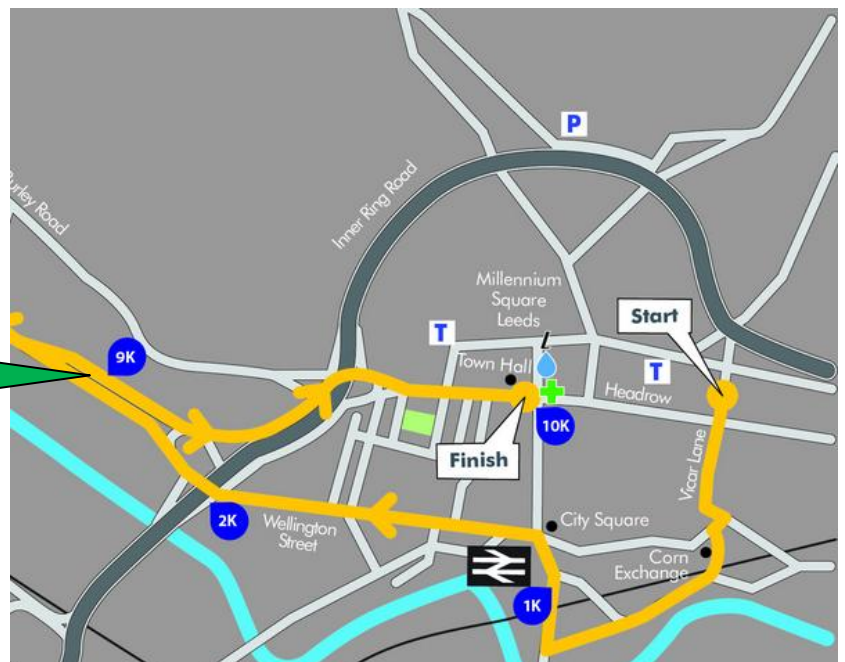


This supporter point is at the roundabout where you will turn to run back down Commercial Road



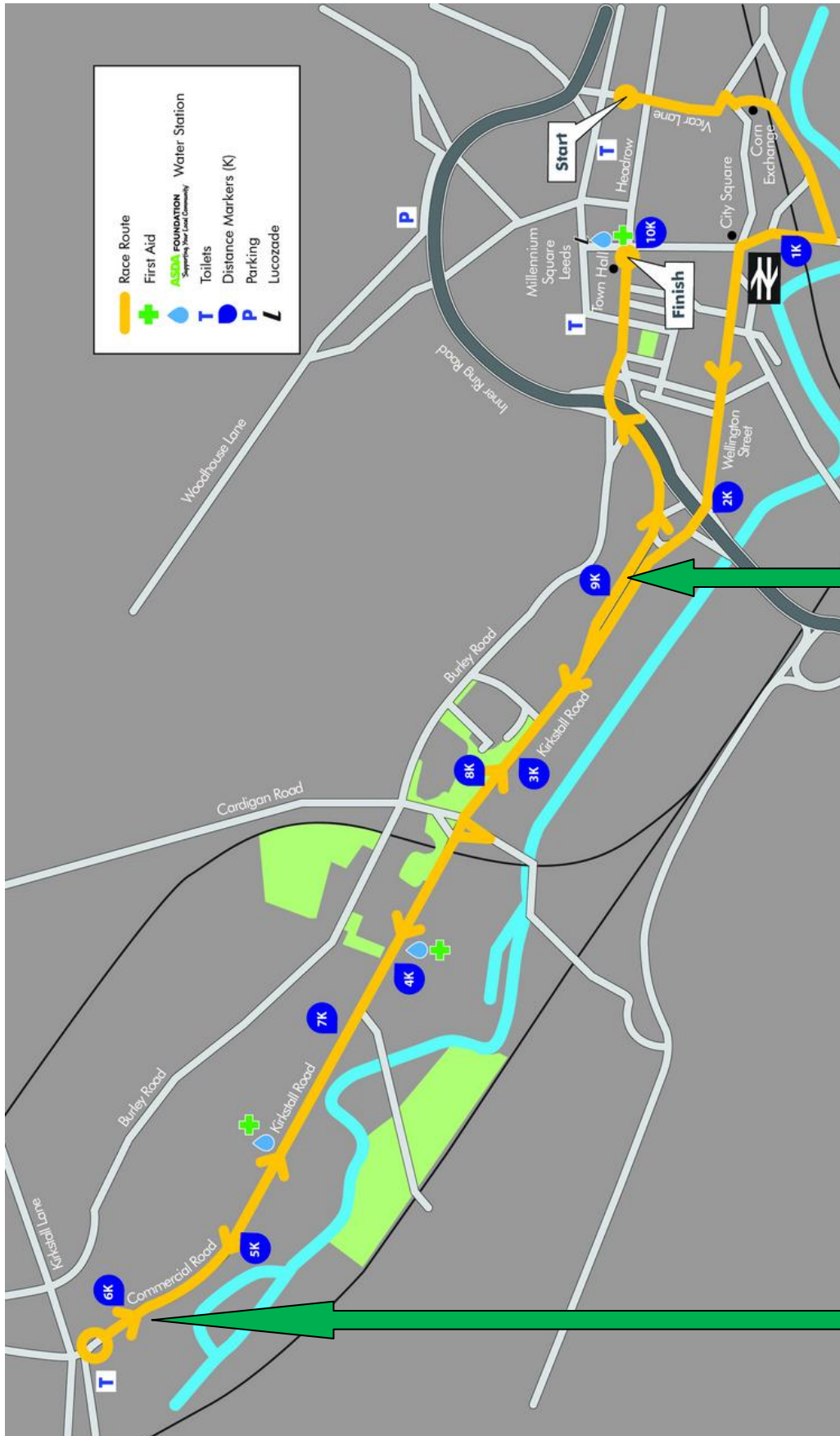
### Cheer Point Two 9km

This is the official Leeds 10k cheer point for all charities, and a great place to cheer runners into the last 1km. It is located in a car park just off Kirkstall Road





# Official Jane Tomlinson's Leeds 10k Course Map:



Team Macmillan cheer point two

Team Macmillan cheer point one