

Firefighters 5 – 2018 Competitor Information

The Firefighters 5 is being run on Sunday 12th August 2018. It starts at 10:30 am. **Note** that some of the flyers for the event had a misprint that said it started at 22:30, it doesn't!

Getting There

Race HQ is Classroom 1 and 2, West Yorkshire Fire and Rescue Service (WYFRS) Headquarters, Bradford Rd (A651), Birkenshaw, Bradford.

Parking is in the main car park off Whitehall Road West (A58), Birkenshaw, Bradford, BD11 2LS, please use this post code to get to the race. The entrance from Bradford Road should not be used by competitors.

Race Day Information

Race numbers are to be picked up from Race HQ on the day.

Toilets/changing facilities are available on site.

There is a water station on the course approx. 3 miles, water will be in plastic cups. Water will also be available at the finish.

The start/finish of the race is within the WYFRS HQ. **Note** that the route around the HQ site has changed for the 2018 race, please see the below information and pictures.

There will be marshals at all changes in direction as well as specific points for the safety of the runners whilst on the route. Marshal's instructions should be obeyed at all times.

Runners are to keep to the left at all times and stay on the public footpath when possible. There are three separate sections along Hunsworth Lane, between the village green in East Bierley and the bridge over the M62 Motorway, where public footpaths are not provided. There will be a marshals to inform the runners whilst on route.

There are a small number of roads to cross, please be careful. Larger roads will be marshalled, smaller roads will not be marshalled, runners must take care when crossing these.

As you will be aware, we are having a glorious summer, which may make the race harder than anticipated, however it doesn't mean we won't have an unseasonable day either, please ensure you are ready for the conditions of the day.

A competitor's safety briefing will be held prior to the start of the event at 10:25.

For further details please contact Dave Teggart on dave.teggart@westyorksfire.gov.uk

Course Details

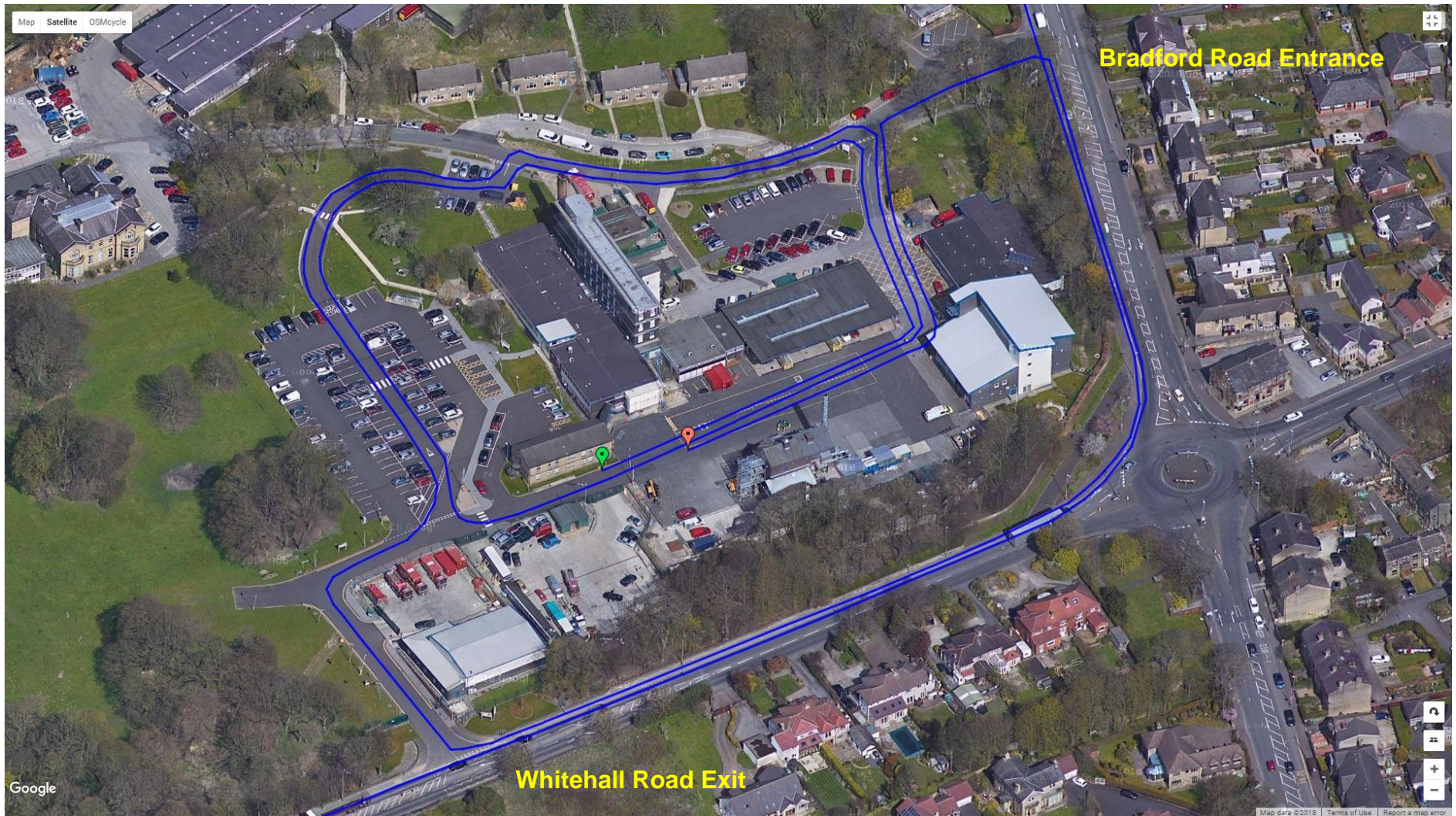
Note the route has changed for the 2018 race. You will now run two small laps within the grounds before leaving the exit onto Whitehall Road, at this point you will have run approx. 1,200 metres. The route once out of the roads is the same course as previous. Finally when you re-enter the HQ site, you will run 175 metres directly to the finish on the drill square.

The course has been re-measured and certified as 5 miles by Course Certificate 18/362

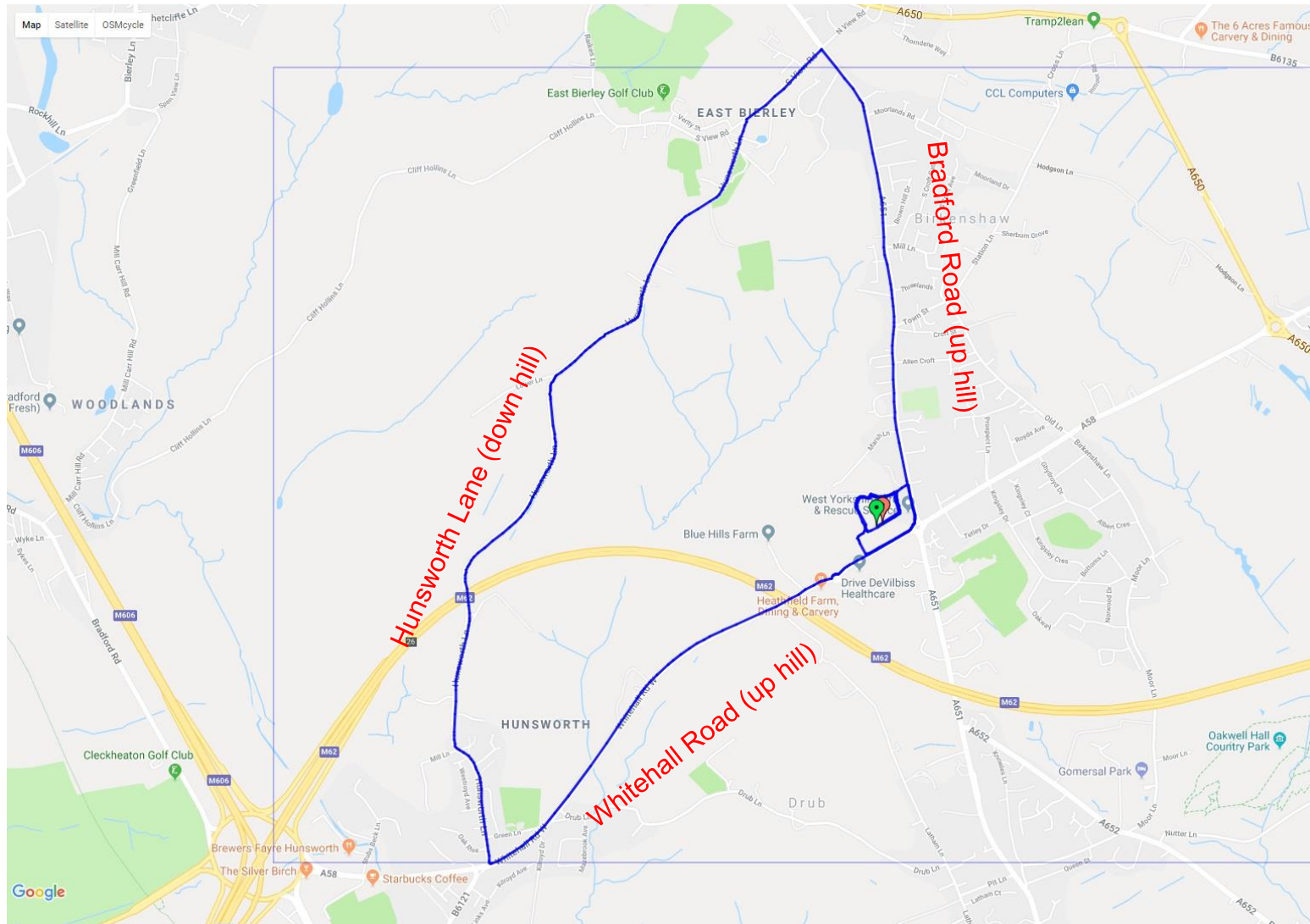
Route Directions

- Start at the edge of the drill ground and head past the finish line towards the Bradford Road entrance.
- Turn left up the main drive.
- Turn left into the small carpark and run down the link road into the main car park.
- At the bottom of the main car park turn left and pass the start and finish line.
- Complete a 2nd loop the same as the first.
- At the bottom of the main car park for the 2nd time, turn right and head towards the exit on Whitehall Road.
- Turn left on to Whitehall Road.
- Turn left at the roundabout on to Bradford Road and continue up past the West Yorkshire Fire Service HQ entrance towards Birkenshaw.
- Continue up Bradford Rd for approximately 1¼ miles and turn left at the East Bierley sign onto South View Road.
- Follow this road for approximately 400m then turn left onto Hunsworth Lane.
- Follow Hunsworth Lane all the way to the end (approx. 1.5 miles) and turn left at the traffic lights onto Whitehall Road.
- Follow Whitehall Road all the way up the hill; go straight over the mini roundabout and pass the entrance to WYFRS and on to the second roundabout.
- Turn left at the roundabout on to Bradford Road (you've already run this little bit).
- Take the next left into the West Yorkshire Fire Service HQ.
- Once inside the HQ turn left and to the finish line on the drill ground.

Race Start, opening laps and finish within WYFRS HQ



Route around Birkenshaw, East Bierley and Hunsworth



Final section to finish within WYFRS HQ



Course Profile

Note the is 5 miles, not 5.05 as per the course profile below

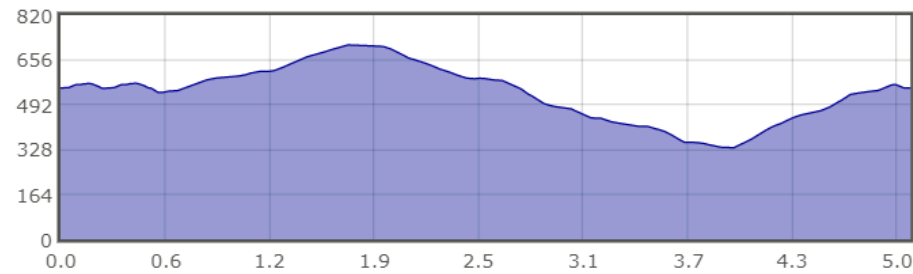
Elevation Data

Total Ascent:	421 ft
Total Descent:	421 ft
Start Elevation:	554 ft
End Elevation:	553 ft
Min Elevation:	335 ft
Max Elevation:	711 ft

Elevation

Gradient

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