

# eastleeds10k

## Route

1. Start 100 metres from RSPB Visitor Centre on wide, tarmac section
2. Head south along the perimeter road/bridleway to leave the Country Park and cross the River Aire at around 1.25km
3. Follow the trail south of the River Aire to Lemonroyd Marina
4. Cross the Aire & Calder Navigation on Fleet Lane
5. Cross the River Aire
6. Follow the trail alongside the River Aire to just past 5K, when runners turn into St Aidan's.
7. Head north for 300 metres and then turn left (west) and follow the path clockwise around St Aidan's back towards the dragline
8. At 8.2km take the public footpath south-east to 9.2km where runners meet the perimeter road again and turn to finish where they started.

