

Dragons Running Club

HDSRL Race No 3

5.5 miles (mainly off road)

Yeadon, LEEDS

Race route

Starting at the clock tower, run past the industrial buildings on your right before turning right. Follow the tarmac path to the end of the Engine Fields. Turn left after the bridge and down through the field towards Spring Woods. Pass under the railway bridge and follow the track down, turning left just before the bottom. This route takes you out of the woods and doubles back via a gravel track, leading on to the tarmac road past the Water Beds. A right turn leads you into the woods again for a long climb to the top. After a right turn down a steep drop the route bends right before a left turn back onto the original track and out of the woods back along the tarmac path to the finish.



Car parking

From the A65 in Yeadon/Guiseley, turn onto Kirk Lane at the traffic lights by Nunroyd Park and Intoto Kitchens. Take the fourth right turn (by Homebase) and go past the clock tower to the car parking area at the bottom (LS19 7LX), or go another 25m and either park in Yorkshire College of Beauty Therapy on your right, or turn left onto Haworth Lane and Park in La Fitness (LS19 7EN).

Walk from LA Fitness

From LA Fitness cross the road and walk to the right of the Tut 'n' Shive Pub passed some private garages. Go through the kissing Gate on the right and follow the path down. Turn right over the small bridge after the pond.

