NIDD VALLEY Road Runners

HDSRL Race 2: Tuesday 24 May 2016 7.45pm

Approximately 5.5miles over mixed terrain paths, woodland tracks and fields. It could be muddy, but you should be fine in road shoes unless it pours down!

RACE HQ: Harrogate Hockey Club, Ainsty Road, Harrogate, HG1 4AP.

There are toilets, showers and changing spaces at Race HQ. There'll be space to leave your bags, just please remember that, although there'll be marshals there, we accept no liability or responsibility for any of your possessions. **You leave them at your own risk**.

PARKING:

The usual car parking area is not available due to building works at the Hockey Club. You may have to park some distance from the Hockey Club and walk in. The limited parking at the club will be needed for race officials and first aid etc and will be taken early so please don't try to use it.

Google Maps doesn't show the Hockey Club but it is adjacent to Harrogate High School which is shown. The parking possibilities on Claro Road and adjacent streets are also very limited so be prepared to look further afield and share cars wherever possible.

The roads between Knaresborough Road and Kingsley Road to the south-east of the site are quite accessible from the club via the cycle track at the top of Kingsley Drive, which is clearly shown on Google Maps, nearest postcode HG1 4TH. This area is accessed by car from Knaresborough Road via Birstwith Road, Leyland Road etc and not from Claro Road. Even here you may find space limited and may have some distance to walk. There's also some limited parking options on the roads and residential streets around the Stray near the intersection between Claro Road and Skipton Road. We'll have marshals in and around the surrounding streets to point you in the direction of the Hockey Club.

Wherever you intend to park, please do so with consideration for residents, not blocking drives or roads, and arrive early.

NOM NOM NOM:

We hope you'll come and join us for food and a drink in the club house afterwards. Just go up the stairs from the main entrance. You can't miss it.



COURSE DESCRIPTION:

The Race starts with a lap of the sports field , skirts the edge of the next field, over the railway bridge, along the field to the cycle track. Continue up over Bilton Lane, turning for an anti-clockwise loop down to Nidd Gorge and under the viaduct. Follow back round the field, onto the cycle track past the bollards until you reach the disused bridge. Climb the steps on your right back up to the field, and continue round until you reach the railway bridge. From there, it's back the way you came to the finish.

SAFETY NOTICE:

The route crosses a road at two points. Please make sure you follow all instructions from marshals, and be prepared to slow down and stop if necessary.

The route uses public paths, so please show consideration to walkers, cyclists, dog walkers etc. We have not got exclusive right of way.

Please note that it is not permitted to wear earphones, mp3 players etc. during this race. You have to be able to hear the marshals!

