

HDSRL 2017

Wetherby Runners – Sicklinghall Race – June 14th 2017 (7.45pm)



Location: Sicklinghall, North Yorkshire

Start/Finish:

Sicklinghall Cricket Club
Kirby Lane
Sicklinghall
LS22 4BH

Parking:

Parking will be available in the designated car parking field **opposite** the cricket club just out of the village this will be signposted and marshalled.

Runners Instructions

1. Welcome to the Wetherby race of the 2017 Harrogate & District Race Series.
2. This race distance is approximately 5 miles and is entirely on road. Most of the road surface is very good but please take care on uneven patches.
3. You will be running on the Left on the way out, and Right on the way back. Please pay attention to 'Keep Left' signs and marshal instructions. This is for your own safety as there will not be any road closures to traffic. This is particularly important in Sicklinghall village. On the return leg you will be instructed to cross from Right to Left when safe to do so.
4. Please pay attention to marshals' instructions at junctions and road crossing. In accordance with the Highway Code runners must yield to traffic on the road. If you are asked to Stop, please do so.
5. There will be 400m and 200m warning signs before the Finish.
6. Water will be provided at the Finish.
7. At the Finish area, please keep off the road when you are supporting other finishers.
8. Good luck and see you at the Buffet which will be at Sicklinghall Primary School on Main Street (LS22 4BD) after the race from 8.20pm.