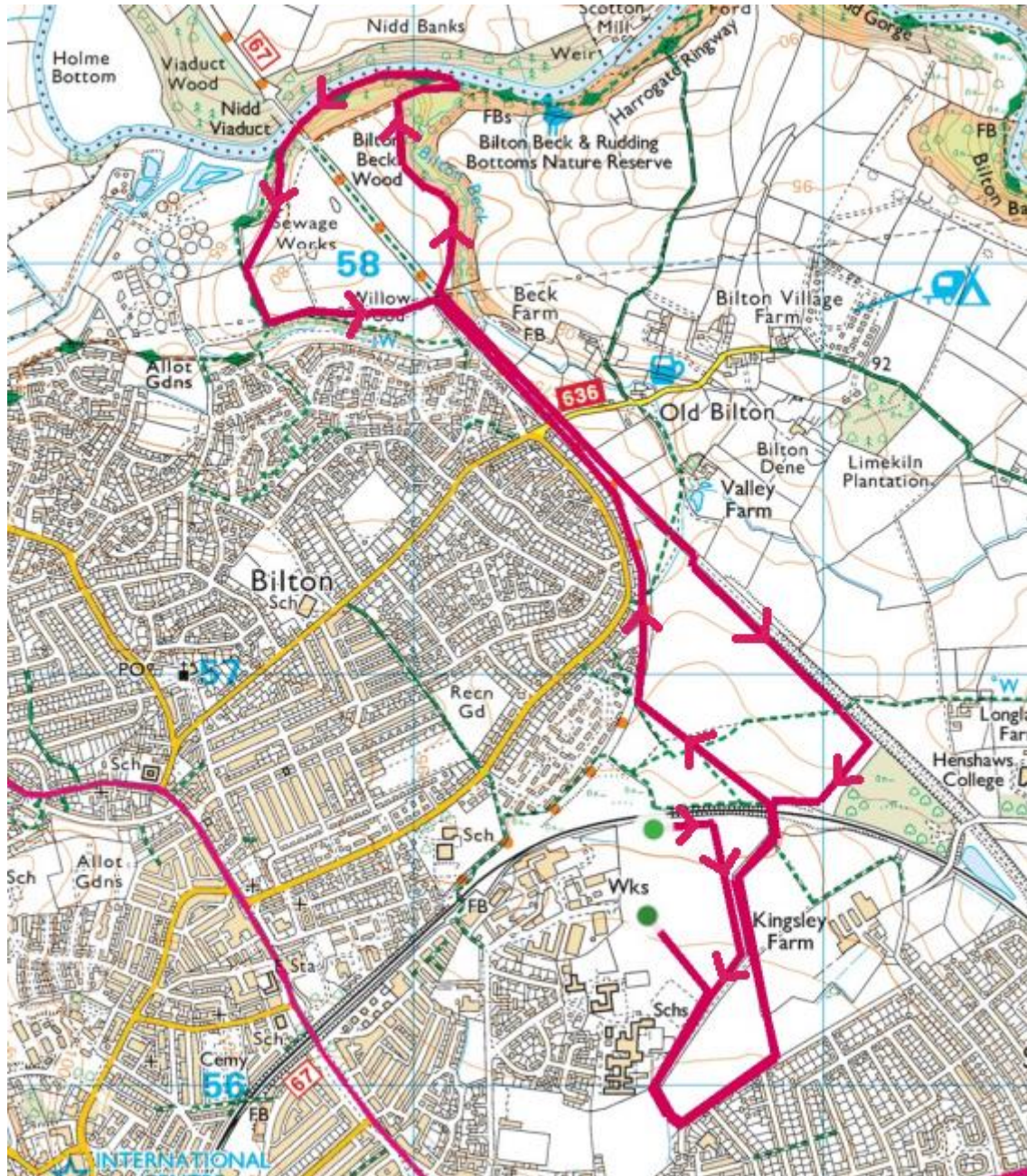


# NIDD VALLEY

## Road Runners

HDSRL Race 4: Tuesday 17<sup>th</sup> July 2018, 7.45pm

Approximately 9km over mixed terrain paths, woodland tracks and fields.  
It could be muddy, but you should be fine in road shoes unless it pours down!



### IMPORTANT NOTICE.

Since agreeing the date of the race with the school, they have rearranged their school show to be on the same night. The course runs right past the main hall so we ask that all runners are quiet as they pass, this also applies when walking to the start and after you finish, when leaving the school site. Thank you, in advance, for your co-operation with this.

**COURSE DESCRIPTION:**

The race starts with a turn around the sports field, exits the school and works away across farm fields towards the railway bridge and on towards the cycle track. Continuing along the greenway, crossing Bilton Lane and turning for an anti-clockwise loop round the fields and down Nidd Gorge. Follow the cycle track back and turn right onto the field and continue round until you reach the railway bridge. From there, it's back the way you came to the finish in the sports field.

**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:**

Google Maps doesn't show the Hockey Club but it is adjacent to Harrogate High School which is shown. There is very limited parking around the Hockey club, however, it won't accommodate everyone and priority will be given to race officials and first aid cover etc. so you will need to take advantage of the ample on street parking surrounding the Hockey Club. Be aware, you may have to park some distance and walk in.

For those approaching from Knaresborough, the streets North of the A59 towards Kingsley Drive would be best, and the school can be accessed via the cycle way at the top of Kingsley Drive which is clearly shown on Google Maps, nearest postcode HG1 4TH.

For those approaching from elsewhere, there are parking options on the streets around the Stray around the Empress pub, Coach rd and Granby rd for example.

On street parking may be subject to a small charge at Pay and Display machines but most are free after 6pm, 'Disk Zones' are also free after 6pm.

The school can then be accessed via Ainsty 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. **Please allow plenty of time, the traffic in Harrogate can be abysmal!**

**SAFETY NOTICE:**

The route crosses a road. 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!

**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, and for those who aren't designated driver, the bar will be open!



Race HQ,  
Harrogate Hockey  
Club.

