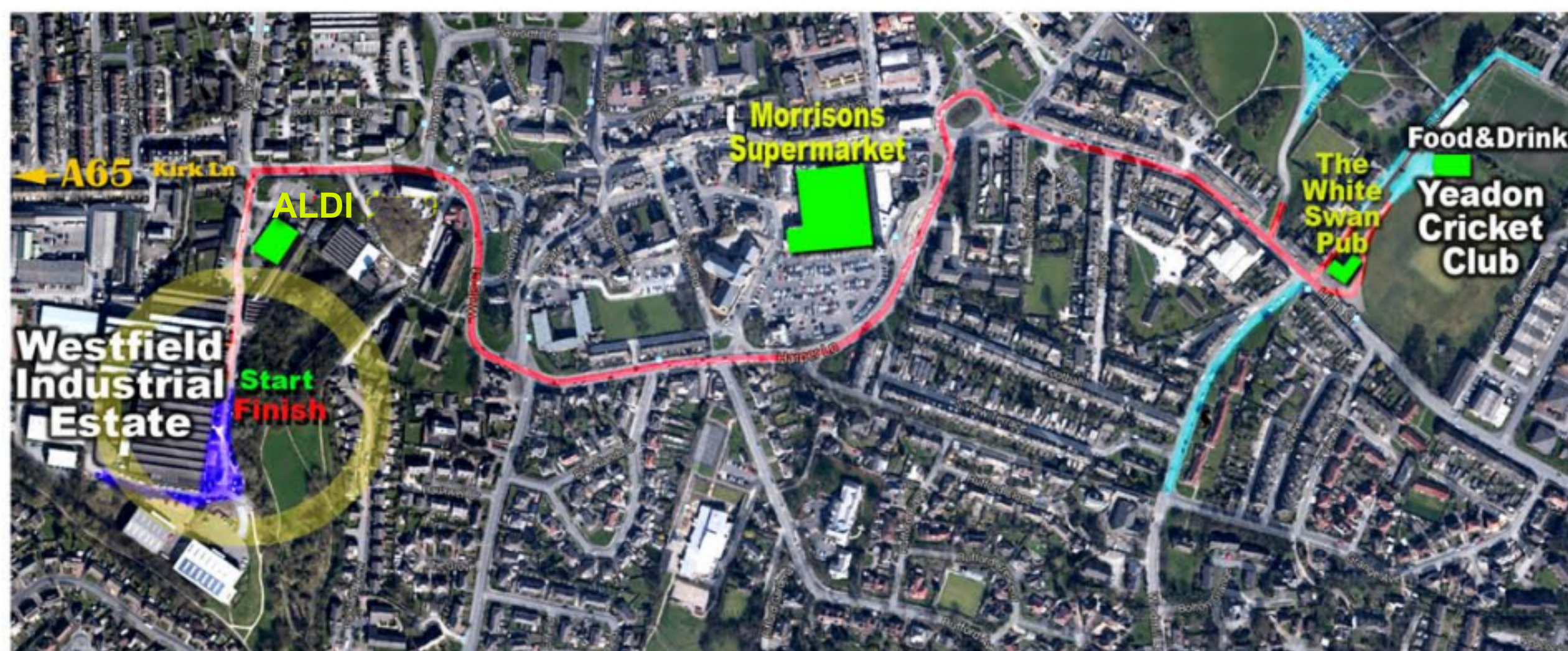


DRAGONS RUNNING CLUB

www.dragonsrunning.co.uk



The Dragons HDSRL race starts and finishes at Westfield Industrial Estate. From the A65 in Yeadon/Guiseley turn right at the traffic lights by Nunroyd Park and Intoto Kitchens. Take the 4th right turn (by ALDI) and go past the clock tower to parking areas at the bottom. **Please do not park in Aldi's car park as this could jeopardise our future race events**. Alternatively, you can park at Yeadon Cricket Club -our venue for the post race food & drinks. This has a licensed bar, toilets and limited changing facilities. Access via Dam Lane or behind the right hand side of The White Swan Pub. The race start is a 10 minute walk down the High Street and past Morrisons Supermarket.

Additional parking near the Cricket Club can be used on Dam Lane to the left of The White Swan Pub or opposite on Windmill Lane. **Please do not use The White Swan Pub's parking areas.**

Parking Areas -start/finish

* Westfield Industrial Estate (off Kirk Lane)

Parking Areas -post race

- * Dam Lane
- * Windmill Lane
- * Yeadon Tarn
- * Yeadon Cricket Club

Food & drink -Post Race

Yeadon Cricket Club (behind The White Swan Pub)
High Street
Yeadon
LS19 7TA

Race start/finish

Westfield Industrial Estate
Kirk Lane
Yeadon
LS19 7LX



Approximately 5.5 miles over mixed terrain-tarmac paths, fields and woodland trails. If it's wet then trail shoes would be best. If it's dry then road or trail shoes will be OK

Race route

Starting at the clock tower, run past the industrial buildings on your right before turning right and following the tarmac cycle path. This path crosses two minor roads, so please be aware of oncoming vehicles.

Once over the short steep bridge, turn left and head down through the fields towards Spring Woods.

Pass under the railway bridge and follow the track down, turning left just before reaching the bottom.

Follow the path through the woods and exit turning right onto the track and continuing onto the tarmac road past the water beds.

Turn right into the woods and follow the path all the way up to the top-yep, right to the top!

Follow the path along the top of the woods before dropping down a short steep hill and turning right into the bottom part of the woods.

Exit left and return up the track out of the woods, under the bridge, up the fields and back along the cycle path back to the finish.