

Knaresborough Striders

Walk • Jog • Run

HDSRL 2019 – Race 4 – Knaresborough – Tuesday 2nd July - 19:45

Knaresborough Striders look forward to welcoming all HDSRL participants to the town on the 2nd July for the 4th race of the 2019 series.

Route

The start and finish area will be based on Horseshoe Field at the rear of Conyngham Hall, Knaresborough, HG5 9AY.

After a short lap of Horseshoe Field, participants will head out towards the main Conyngham Hall entrance and take a right turn over High Bridge before a further right turn onto the Beryl Burton Cycleway, which participants will stay on until they reach the turnaround point at Bilton. It's then a dash back to Knaresborough, with the last quarter of the race predominately downhill before reaching the left turn over High Bridge and the left turn back into the Conyngham Hall grounds.

Some key points of the course to take note of –

- The start is narrow, so please ensure you start in the relevant spot amongst your fellow runners based on anticipated finish time.
- The main A59 road over High Bridge will not be closed for this event and therefore ALL participants must stay on the path. This section will require almost single file running – please obey the instructions of the marshals.
- There are two cattle grids on the Beryl Burton Cycleway however please do not cross them and use the newly installed gates for access through.
- There are several blind corners in the vicinity of Village Farm Caravan Park and the Gardeners Arms pub. Please obey race marshal instructions.

Race Facilities

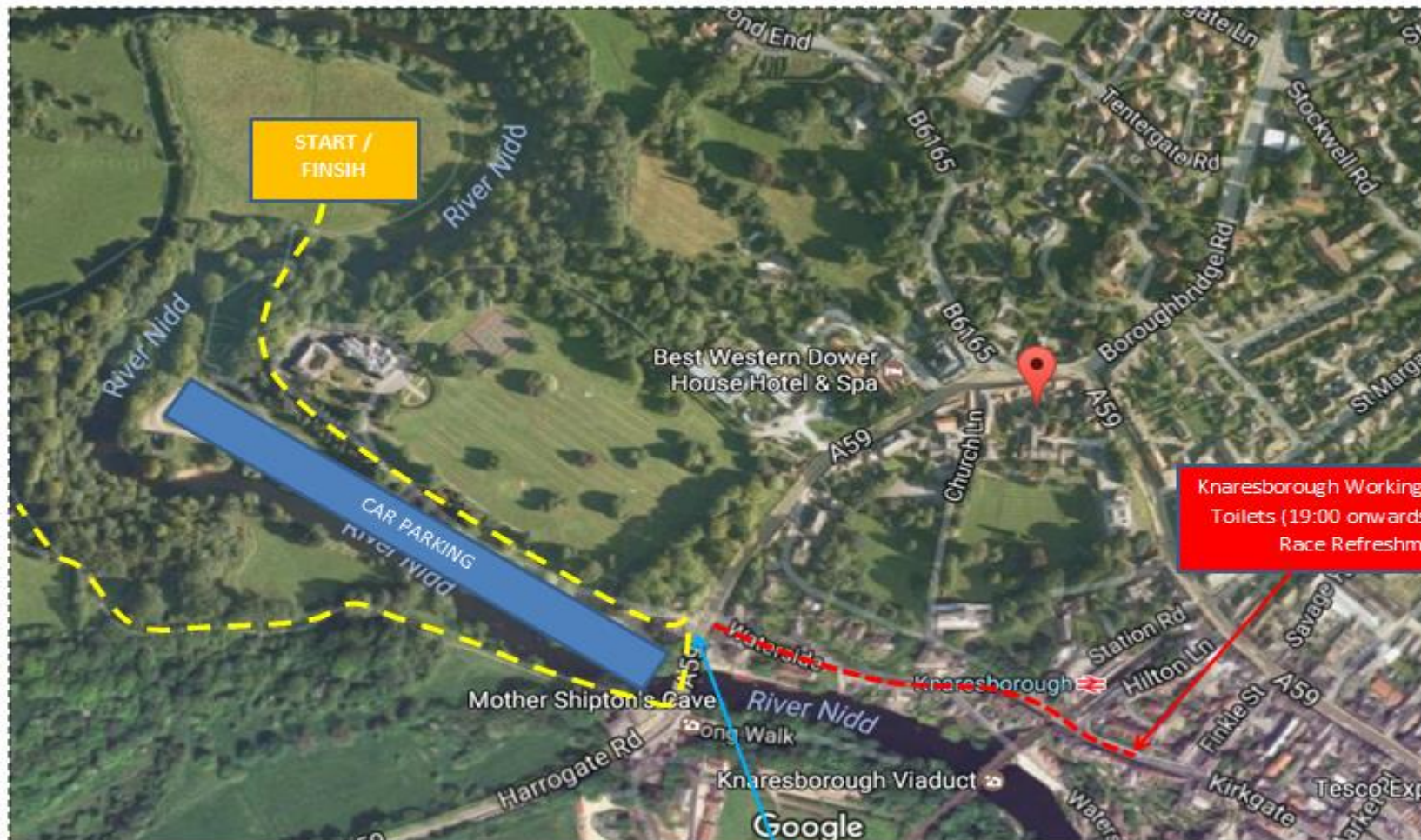
Car Parking - All car parks in Knaresborough are free to use after 6pm. The car park at Conyngham Hall (HG5 9AY) is large and should cater for the majority of participants however please note that it is not reserved for this event and therefore there are no guarantees that a space will be available, so please car share where possible. Other car parks are available in the town at Chapel Street (HG5 8AN – 20 walk to start), Castle Yard (HG5 8AR – 20 walk to start) and York Place (HG5 0AD – 25 minute walk to start)

Public Transport - We would encourage you to consider the use of public transport for your journey in and out of Knaresborough. Local buses stop on the Harrogate side of High Bridge or why not take the train as Knaresborough Train Station is only a 10 minute walk from the start.

Changing, Baggage and Toilets – We are unable to offer any changing facilities for this event. A baggage area will be available at the start/finish area but please note that you leave items at your own risk. Limited toilet facilities are available at the main entrance to Conyngham Hall (5 minutes from start) and at Knaresborough Working Men’s Club (19:00 onwards – 10 minutes from the start).

Post-Race Refreshments – The post-race refreshments will be available at Knaresborough Working Men’s Club on Kirkgate (HG5 8AD), which is approximately 150m from Knaresborough Railway station and a 10 minute walk from the Finish area. Please note that there are NO CAR PARKING FACILITIES AT THE WMC, so your post-race cool down will take you up Water Bag Bank, under the subway at the station and then up to the venue, approximately 100m on the right. The bar will be open and food will be provided. Make sure you take the opportunity to sample the “best view in Knaresborough” from the balcony at the rear of the building.

Facilities Map



Entrance to Conyngham Hall and Toilets