

HDSRL 2019 - Wetherby Runners Norman Smith Handicap Race & League Presentation



Location:

Sicklinghall, North Yorkshire – July 17th 2019 (From 7.20pm)

Start/Finish:

Field Opposite to 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 2019 Harrogate & District Race Series.
2. This race distance is approximately 5.5 miles and is mostly on road. Most of the road surface is very good but please take care on uneven patches. The off-road section at the start and end will be on grass which may be slippery if it has recently rained.
3. You will be running mostly on the right-hand side for the road part of the race except for Mill Lane and the descent of Kearby Cliff to West Gate which will be on the left.
4. Please pay attention to 'Keep Right/Left' signs and marshal instructions. This is for your own safety as there will not be any road closures to traffic.
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 Village Hall, on the main street LS22 4AU