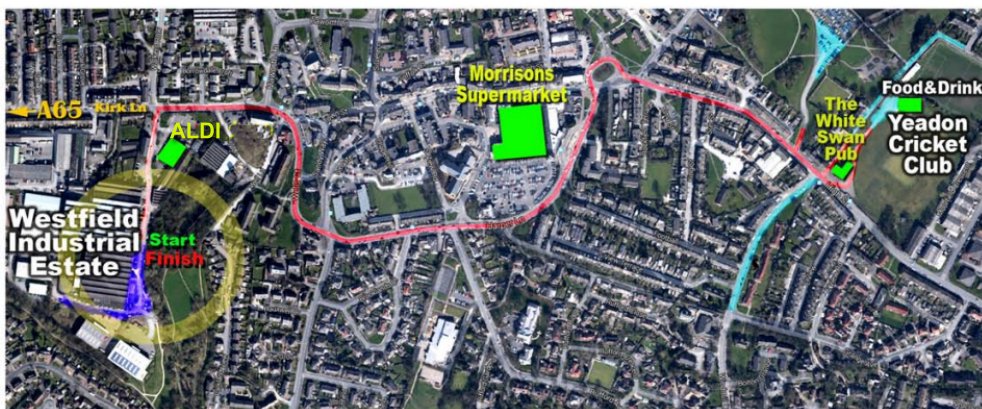


[www.dragonsrunning.co.uk](http://www.dragonsrunning.co.uk)

**19.30 start (race briefing at 19.20)**

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



## Parking

Parking is limited at the start / finish area so please car share where possible. There are several residential streets in the vicinity of the start/finish and limited parking on Westfield Industrial Estate. Please do not park in the Yorkshire School of Beauty car park or Aldi car park as this could jeopardise our future race events. Alternatively, please consider parking at/near Yeadon Cricket Club - our venue for the post-race food and drinks. This has toilets and limited changing facilities. Access via Dam Lane or behind the right hand side of the White Swan Pub. The race is a 10 minutes walk down the High Street and past Morrisons supermarket. Please do not park in the White Swan pub's parking areas.

## Toilets

There are toilets at Yeadon Cricket Club and we also have permission to use the toilets in the Robin Hood pub, which is located on Kirk Lane, less than 5 mins from the start.

## Bags

We do not have a designated baggage area but you are welcome to leave belongings at the start/finish at your own risk.

## 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                      **what3wor**  
LS19 7LX                   **///spice.ar**

what3words:  
///spice.area.unique



### 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.