

# HDSRL 2023

## Wetherby Runners – Sicklinghall

### June 21st 2023 (Start time 19.30)

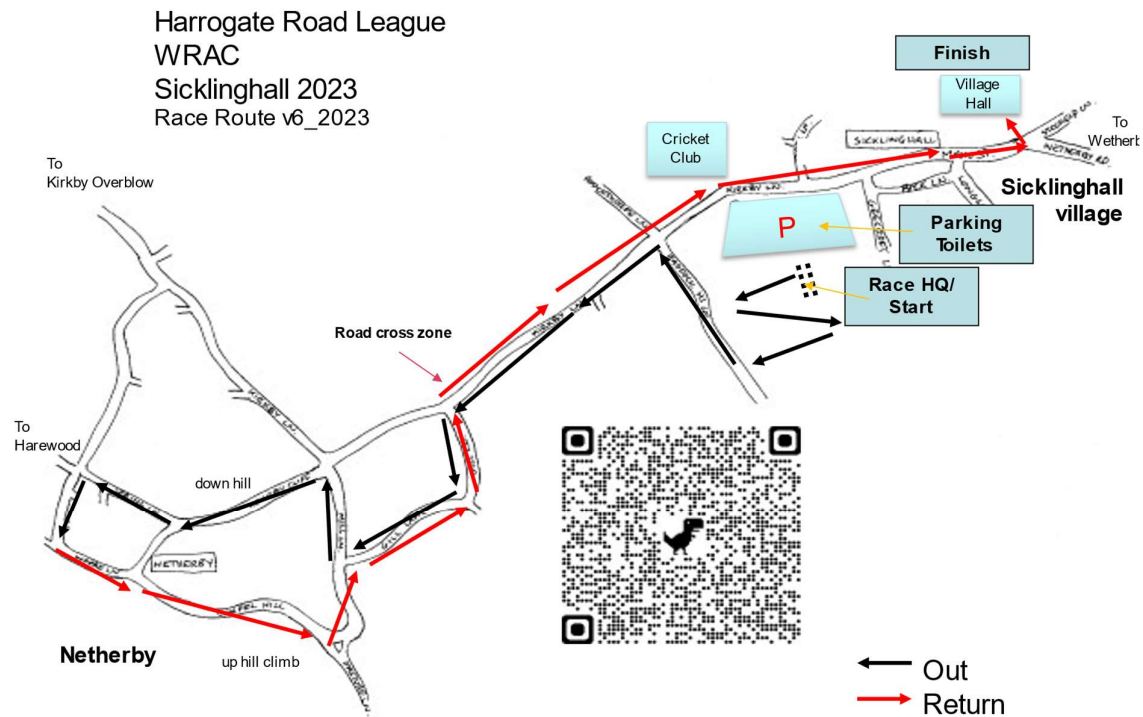
Thank you for supporting the Harrogate District Summer Road League.

Please carefully read the race instructions below and ensure that you are familiar with them before the evening of the race.

On behalf of Wetherby Runners, I wish you the best of luck with your race this year and a warm welcome from all of us at the club.

Simon Chandler, **Race Director**

**Please note that the route has changed slightly from 2021 - the start is in the field opposite the cricket club but the finish is now down at the village hall.**



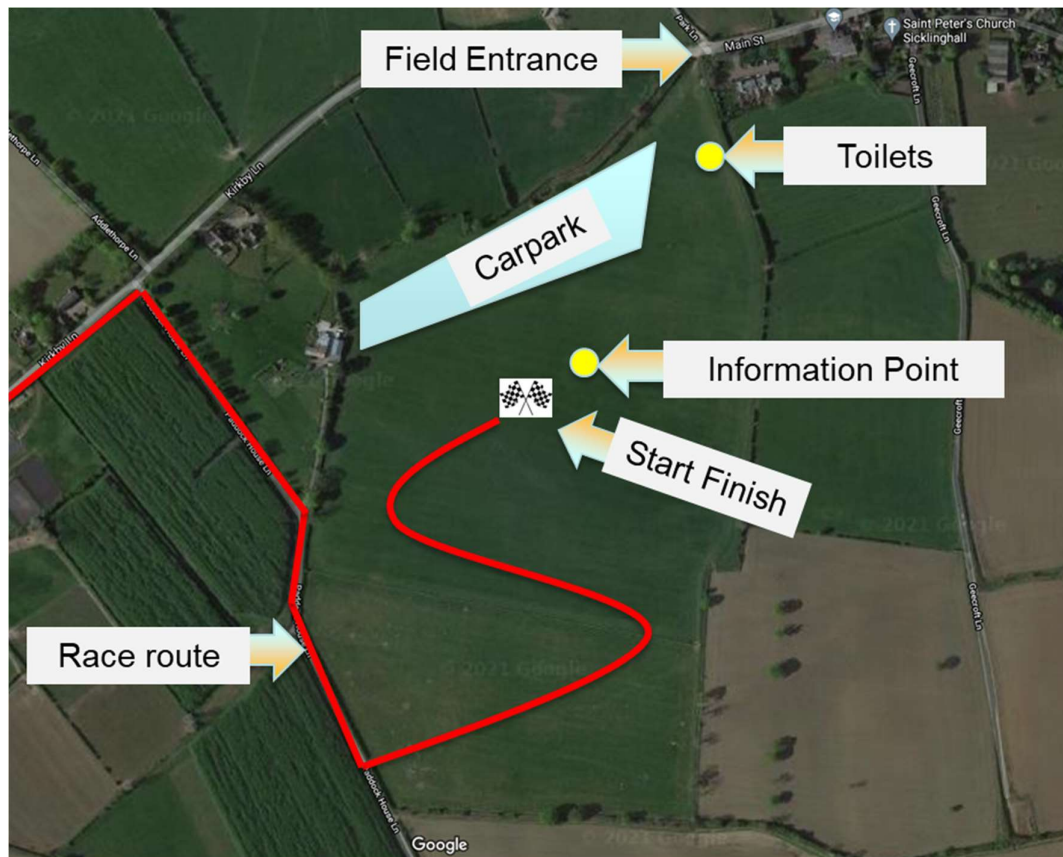
**Location:** Sicklinghall, North Yorkshire

**Start/Finish:** Sicklinghall Village Hall

**Parking:** Parking and race start/finish will be available in the field **opposite** the cricket club (Kirkby Ln, Wetherby LS22 4BH) just out of the western edge of the village this will be signposted and marshalled. **Please follow parking marshal instructions!**

Scan the QR code to take you to the Google map location  
[53.92943953441066, -1.4572224259364954](https://www.google.com/maps/place/53.92943953441066,-1.4572224259364954)  
WhatThreeWords  
<https://w3w.co/caressing.amazed.glosses>

## Race Site Plan (locations are approximate)



### Runner Instructions

**Travel:** If you are travelling to the event by car, consider whether 'car sharing' is an appropriate choice. If you do carshare with people from outside your household, you are advised to wear face coverings, keep the windows open and avoid sitting face to face.

**Parking:** The race will start promptly at 1930. Please allow adequate time to arrive, park up and collect your race numbers from your club representative(s). Please obey instructions from the car park marshalls. Please only park in the field and do not park in the village or on the road.

**Baggage Store:** There will be no organised or staffed baggage storage. Your belongings should be left in your vehicle, where possible

**Toilets:** A few portable toilets will be available next to the car parking area. Please do not use the village Pub.

**Before The Race:** The start will be clearly marked but if confused please gather on the large grassy area near the telegraph pole at the top of the rise near the Race Information Point (see Race HQ plan).

**Race Numbers:** Club representatives will be responsible for race numbers for their club members.

**Water Stations:** There will be no water stations on the course. Water will be provided at the end of the race by the finish line.

## **The Race:**

The race is **not taking place on closed roads**, so please be aware that there may be traffic at all times, and keep to the left as there may be traffic on the route. Please maintain appropriate social distancing during the race, and be particularly careful on the off road sections.

1. Please follow the race start instructions from the race organisers and marshalls as the race format may change at short notice due to changes in UK government regulations.
2. This race distance is approximately 6 miles and is mostly on the road but the start will be across a grass-covered field. Most of the surfaces are in a good state but please take care on uneven patches.
3. Field sections will be marked by tape and runners are asked to follow the markers, and to avoid some making their own course up!
4. The road section will be fully marked, and you will be running with any traffic on the **LEFT** on the way out, and **LEFT** on the way back.
5. Please pay attention to 'Keep Left/Right' signs and obey marshal instructions. This is for your own safety as there will not be any road closures to traffic.
6. Please pay attention to marshals' instructions at junctions and road crossings. In accordance with the Highway Code runners must yield to traffic on the road. If you are asked to Stop, please do so.
7. If you need assistance at any time, please find your nearest marshall and they will help you.
8. There will be distance signs signalling the approach of the Finish.

**After The Race:** Once you have crossed the finish line, please do not loiter in the finish area and move directly to the village hall for refreshments or return to the car park.

**Results:** Race results will be available on [www.racebest.com](http://www.racebest.com) as soon as possible after the race.

**Race Timing:** Under current UK rules, all races must be run in a 'time trial format', with chip times being used to determine finishing positions. This means that your official race time will be the time between crossing the start timing mat and the finish timing mat, so there is no incentive to crowd together or push forward at the start. A further consequence of this is that the first runner to cross the finish line is not necessarily the race winner!

**Race Cancellation:** If there is a last-minute cancellation, we will notify you via email and social media channels. We will try to reschedule the event and all entrants will be transferred to the new date. No refunds will be permitted.

**Above all – just think, be sensible, and we can all enjoy the race!**

Any questions please contact us via [contact@harrogate-league.org.uk](mailto:contact@harrogate-league.org.uk) who will relay messages as appropriate.