

OFFICIAL

# ***Knaresborough Striders***

Walk • Jog • Run

## **HDSRL 2025 – Race 3 – Knaresborough – Tuesday 17<sup>th</sup> June - 19:30**

Knaresborough Striders look forward to welcoming all HDSRL participants to the town on Tuesday 17<sup>th</sup> June for the 3<sup>rd</sup> race of the 2025 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. The route is multi-terrain with 95% on paths and road with the distance approx. 5.7 miles / 9km.

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.
- Horseshoe Field is narrow and has uneven surfaces, so please take care on the short lap at the start.
- 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 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 (opened) gates for access through.
- The Beryl Burton Cycleway and paths are shared by the public, so please be aware and listen to marshal instructions.

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- There are a number of 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 or baggage facilities for this event. Any bags left at the start/finish area are at your own risk. Limited toilet facilities are available at the main entrance to Conyngham Hall and the Worlds End pub (both circa 5 minutes from start area).

**Post-Race Refreshments** – Water will be provided at the end of the race along with sandwiches and a few sweat treats ☺ by the 'Ruins' in Conyngham Hall.

### **Route**





## Facilities Map

