

HDSRL 2025

Wetherby Runners – Sicklinghall

July 16th 2025 (Starting from 7.30pm)

Thank you for supporting the Harrogate District Summer Road League. Wetherby Runners AC are excited to welcome participants back to the roads of Sicklinghall.

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**

Location: Sicklinghall, North Yorkshire

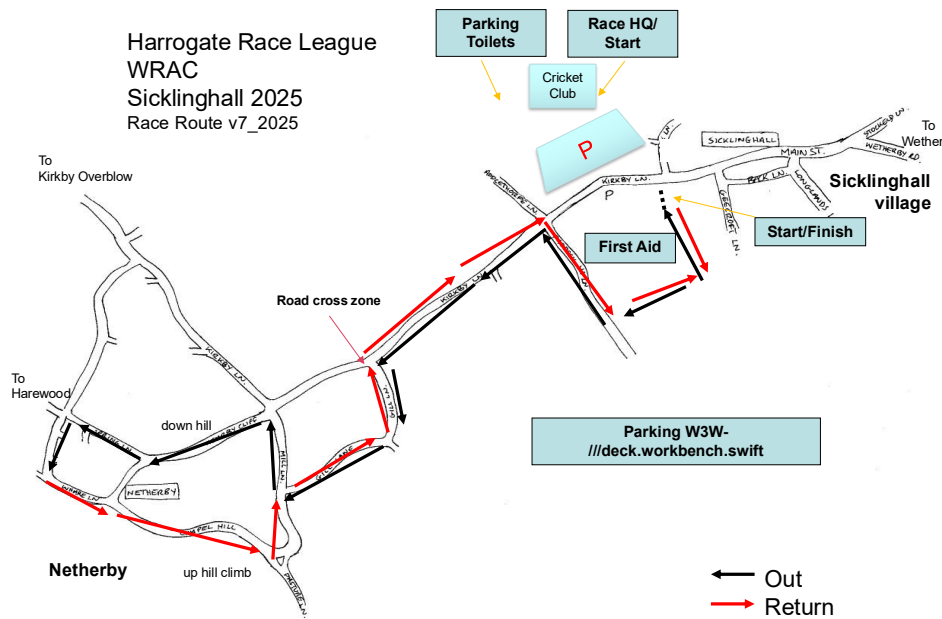
Start/Finish: Field opposite Cricket Club

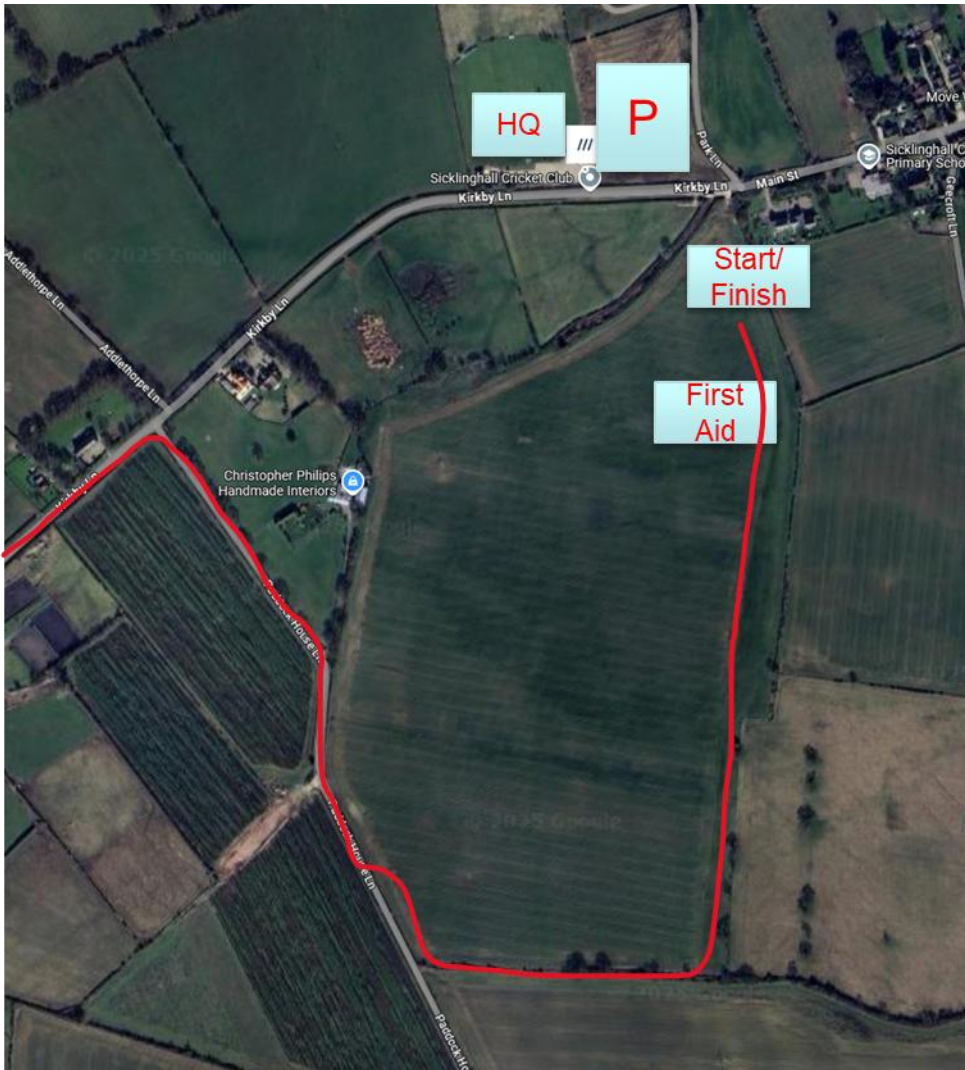
Parking: Parking and race start/finish will be available in the field **beside** the cricket club (Kirkby Ln, Wetherby LS22 4BH) just out of the western edge of the village this will be signposted and marshalled.

WhatThreeWords [///deck.workbench.swift](https://www.what3words.com/deck.workbench.swift)

<https://www.what3words.com/deck.workbench.swift>

Detailed Race Site Plan





Runner Instructions

Travel: If you are travelling to the event by car, consider car sharing to minimise the traffic coming through the village – we are beholden to them to host the race..

Parking: The race will start promptly from at 7.30pm. 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 cricket club 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: Available in the Cricket Club

Before The Race: Please gather through the gate at the field entrance (see site plan).

Race Numbers: Numbers will be handed out to participants before the race by their club representative(s). Please contact your club for details and please leave sufficient time to locate your representative and affix numbers before the race commences.

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

Race Start: This is a handicap-style race, with individual start times assigned based on each runner's performance in the previous four races. Runners will set off in groups at 30-second intervals beginning at 7:30 PM. The faster your past performances, the later your start time—so *in theory* (but rarely in practice), all participants should finish around the same time.

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 road but the start/finish 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 making their own course up!
4. The road section will be fully marked and you will be running on the RIGHT 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.

After The Race: Once you have crossed the finish line, please do not loiter in the finish area. Please go to the club house to enjoy some food and support the awards ceremony. Race results will be available on 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!

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

Any questions please contact us via contact@harrogate-league.org.uk