

# The Dragons Run - Tue 17th May 05

**Parking & Meeting point :** Westside Retail Park. Guiseley. If coming from the Leeds direction, Westside retail park is on the left-hand side of the A65 Ilkley road. There is ample car parking at the retail park and also to the rear of Argos.

**Meeting point for all runners** is at the rear of the Argos store. Here a Marshal will direct you to the start which is approximately a 5 minute walk away. With the race start at 7.45pm, we suggest you arrive at the retail park no later than 7.30pm!

**Start:** We start the race in Spring woods, same place as Guiseley gallop start. Marshal's will direct you to the start.

**Course:** The course will be marshalled and marked. The course is approx 5.3 mile, mainly flat and fast! From the start the race follows the track down to the end of spring woods. Turns right and then a left through Esholt water works. Along the road (The Avenue) down the side of Gill wood & past Esholt manor. Turn right onto Coronation Ave, head over the River Aire, through the main water works and then right onto the canal path. Follow the canal for approx one mile. You will then be directed to turn right, running over the river Aire via a foot-bridge. Turn left onto Otley road (A6038) for a few hundred yards, then right again onto Esholt lane. Through Esholt village (Old TV Emmerdale village), turn up Pullan Lane past the 'Woolpack inn'. Turn right, running past the filter beds to your right and back onto the Spring woods track. **Finish:** Finishing line is where you started in spring woods.

**Changing :** Changing & shower facilities are available after the race at Dragons health club.

**Free buffet Supper!** Provided after the race at the Dragons Health club.

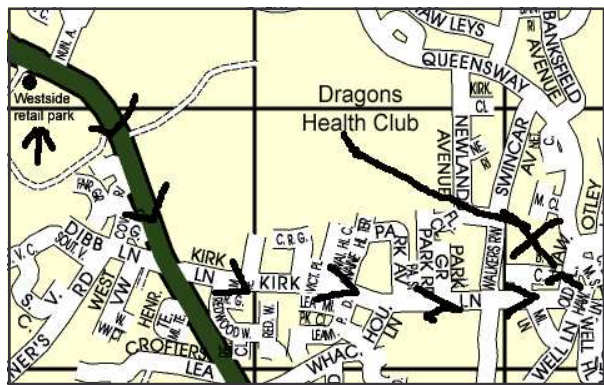
## Directions to Dragons Health Club:

Dragons is approx 1 mile from the Retail park. Out of the retail park turn right at the traffic light junction. At next set of lights turn left onto 'Kirk Lane'.

Turn left onto Haworth Lane opposite 'Tut & Shive pub', then take the first left turning into Dragons car park. Dragons Health club, Haworth lane, Yeadon.



Getting to Guiseley



Above: Getting to Dragons

## The Dragons Run Route

For further information & interactive route map visit [www.DrgaonsRunningClub.co.uk](http://www.DrgaonsRunningClub.co.uk)

Also further information at [www.harrogate-league.co.uk](http://www.harrogate-league.co.uk)

