

HDSRL 2024 Race #3 - Thirsk

Date: Wednesday 19th June 19:30pm start

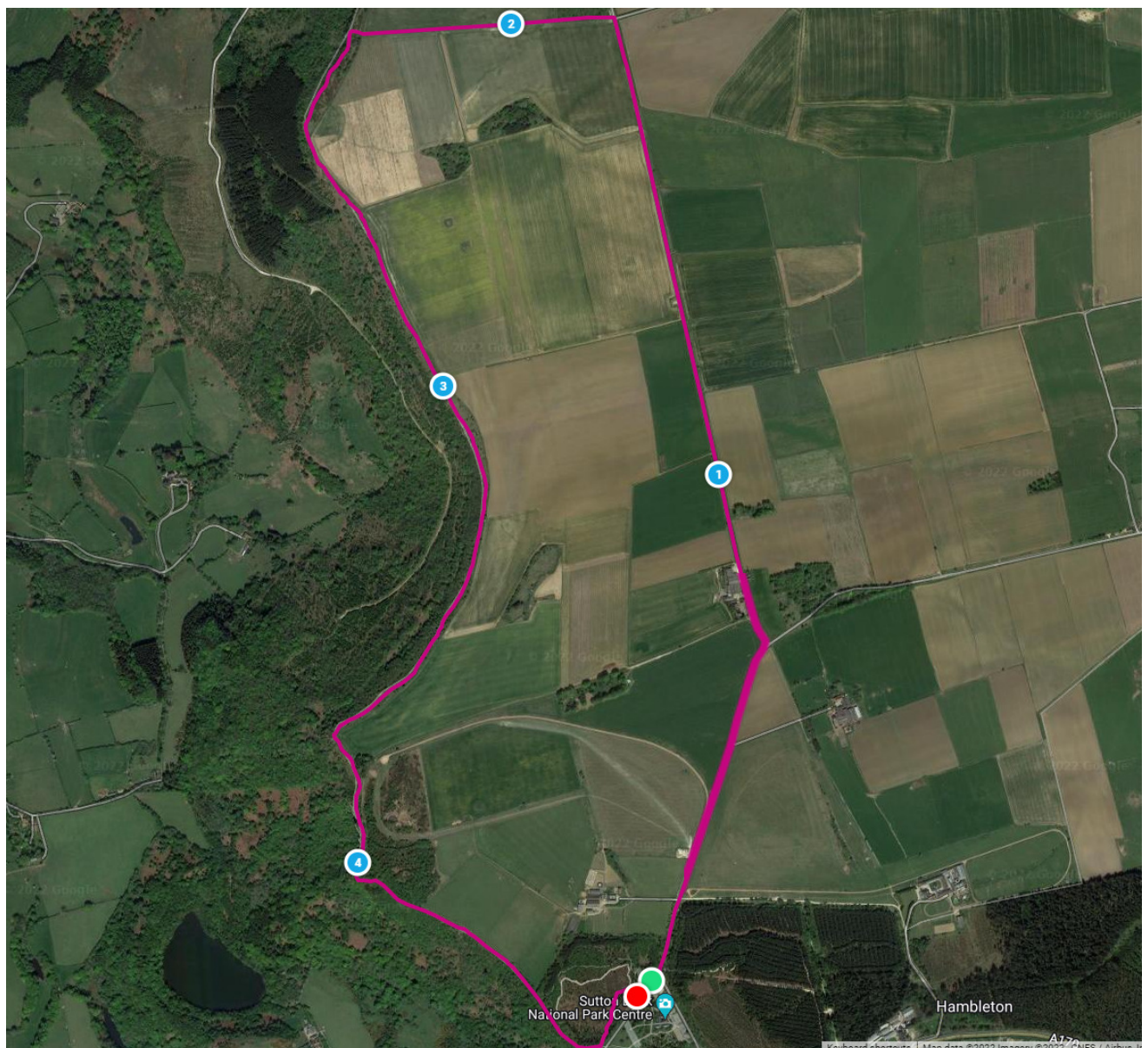
Start/ finish location: Sutton Bank Visitor Centre, YO7 2EH.

→ If approaching from the A1, exit onto the A168. Once you are approaching Thirsk, follow the signs for Scarborough. You will end up on the A170 (AKA: Sutton Road) leading up to Sutton Bank. The Visitor Centre is at the top of the bank, with three options for left turns that all take you to the centre and numerous car parks in the same area. (Note: for anyone bringing caravans, on Sutton Bank caravans are prohibited with 25% gradient at times!)

Key stats: ~4.7 miles / 7.6km, ~300 ft / 90m elevation, 40% road/ 60% trail

Facilities: There is ample parking at the Visitor Centre - please use the ticket machines, car share and save. The public toilets will be open. For details on catering & facility locations at the centre please see the end of this document.

Full route map (showing mile markers):



General route description:

1. The start is located on the road near the Nature Hub & Dark Skies Observatory with the finish nearby.
2. The first section (3 & 4 below) of the race route is on roads open to traffic and you should therefore not wear headphones - this is an England Athletics rule.
3. From the start location at the north end of the Park Centre site, head along the northerly road for about 0.6 miles / 1km until you come to a junction. (WARNING: these roads are not closed. Please be alert and **keep left**, following any instructions from marshals)
4. At the junction, turn **left** onto the single carriageway Cleveland Road. Dialstone Farm is on your left immediately after the junction and a communications mast is on your right. You will now be on this straight, undulating single carriageway road for about 1.2 miles / 2km. (WARNING: these roads are not closed. Please be alert and always **keep to the left**, following any instructions from marshals). Watch for potholes (especially if wet and they are hidden)
5. At about the 1.8 mile / 2.9km point, you will come to a small car park on your left, with a road junction just before on your right (Wethercote Lane to Old Byland). Turn **left** immediately besides the car park entrance (marshalled) and join the path that runs alongside the car park and into a wooded area. You will shortly come to a hand gate. Go through this, and continue on the path, keeping the hedge on your left and the open field on your right.
6. After being on this path for just under 0.5 mile / 0.7km, you will come to another hand gate in a wall. Go through this, and shortly after you will come to a wooden signpost. At this point, turn **left** and follow the path along the cliff edge. You are now on the Cleveland Way National Trail that you will follow for the majority of the race.
7. You now follow the undulating, stone surfaced trail southwards for just under 1.5 miles / 2.4km until you pass a metal circle inlaid to the trail (marking 1 mile back to the visitor centre). Follow the path as it turns leftward (on the far side of the stone wall, not before). You will notice a wooden bench ahead and soon open views down to Gormire lake on your right. Continue following the trail, **ignoring** any turn offs along the way. Avoid the cliff edge!
8. Continue along the tops then the path follows leftward into a wooded area followed a further open aspect before another wooded canopy. At round 0.8 mile / 1.3km you will pass a raised wooden viewing platform, continue past this and then turn sharp **left** before you reach the road (Marshal) the path runs parallel to the road, under a slight wooded canopy. NOTE: **DO NOT** turn left until you reach the marshal or you will not have completed the full course.
9. Continue on the gravel path running parallel to the road and when you reach the signpost & metal circle marker you will in a short space turn sharp **right** and then sharp **right** again where the finish line will be obvious in the gravel car park just off this path.
10. Well done - Grab some water and relax!

A buffet will be served in the Nature Hub & Dark Skies Observatory (see map below).

Hot and cold drinks can be bought separately from the National Park Centre kiosk (in the courtyard near the bus stop / WC).

The toilets are also located at the centre, near the bus stop (see map).

There are a large number of parking spaces - please remember to pay.



Why not revisit the centre on another occasion to explore the several walking, biking and running routes on offer.