

# Harrogate Ringway



## 5<sup>th</sup> Jan 2020

- CLUB MEMBERS ONLY -

- Informal self navigated fun run
- Harrogate Squash & Fitness Centre
- From 9am (staggered start with more details to follow)
- 20 miles over 4 legs
  - Beckwith Head Road Police Station
  - Knox Inn
  - High Bridge Knaresborough
  - HSFC
- Teams of your choosing
- Donation of £10/team to Yorkshire Air Ambulance
- Social and celebrations of the day at The Foundry Project 7pm



Teams **must** submit a waiver signed by all members and it is suggested you carry a mobile phone when on the route.



**NIDD VALLEY**  
Road Runners

