

The 42nd HOLMFIRTH 15 **Sunday 25th October 2009 9.30 a.m. start**

Thank you for entering the Holmfirth 15 road race. The race starts at 9.30 a.m. promptly, please arrive in good time for changing and warming up. Parking, changing, showers and refreshments are provided. Race numbers may be collected from 8:00 a.m. onwards.

Thanks from Holmfirth Harriers go to race supporters **Up & Running** (www.upandrunning.co.uk)

A map of the course and surrounding roads can be found at :-
http://www.holmfirthharriers.com/INFHolmfirth15_Course.pdf.

DIRECTIONS TO HOLMFIRTH HIGH SCHOOL, HEYS ROAD, THONGSBRIDGE

1) From Huddersfield

Take the Sheffield road (A616) and proceed approximately 3½ miles to Honley, fork right at the Somerfield garage/shop towards Holmfirth on the A6024. After 1¾ miles at Thongsbridge turn left into Miry Lane. Follow this for ½ mile then turn sharp right into Heys Road where the school entrance and car park is on the left.

2) From Sheffield / Barnsley

Take the A616 from Sheffield or the A635 from Barnsley to New Mill and proceed on the A635 ¾ mile towards Manchester/Holmfirth. Heys Road is on the right past the school grounds.

3) From Manchester (If not taking the M62 to Huddersfield)

Take the A635 or the A6024 as appropriate to Holmfirth. Turn right at the traffic lights following the A635 towards Barnsley. Climb the hill out of Holmfirth for approximately one mile. After coming round a tight right hand bend as the road levels out Heys Road is on the left. This is a sharp turn off the main A635 road, be very careful.

THE COURSE

The course consists of two anti-clockwise laps, with a ¾ mile loop at the start and on completion of the second lap to the finish in the school grounds. All turns are left hand ones, please keep to the left at all times. There are two gradual uphill sections of approximately 1 mile in length coming out of Honley on the A6024 and out of Holmfirth on the A635. The course will be well marshalled with local police assisting at key junctions. Drinks stations will be placed at approximately 4, 8 and 11 miles and the finish.

PRIZES

Winner (£100) and 1st Women (£75) are cash prizes. All other prizes are in the form of vouchers provided by Up & Running - Huddersfield (Tel 01484 535393) which are redeemable at **all** Up & Running shops. The prize fund is worth £800 plus spot prizes. All finishers will receive a race memento.

As the event incorporates several Yorkshire championships over the distance, the processing of results can be delayed. We shall try our best to have them ready as soon as possible. Please be patient. Food and refreshments will be available.

Results will be available on line within a day or two after the event at www.ukresults.net and www.holmfirthharriers.com. A copy of the results may also be ordered on the day.

Wishing you a good race,

Jeff Pierson

Race Organiser (Tel 01422 374583)

UP & RUNNING 
shoes, clothing and advice for running and the gym