

Harrogate Harriers Evening League race 5th July 2005

Proposed route

Start / Finish Location:

To the Howhill Quarry Road side of Cardale Park entrance on Beckwith Head Road.

Course Description:

Start head towards Howhill Quarry Road Junction Right turn onto Howhill Quarry Road 1

Bear right at Howgill Quarry Road / Howhill Road 2

Left turn onto Otley Road 3 head towards Beckwithshaw

Left turn at Beckwithshaw 4 through village (Runners must use the footpath at this junction/mini roundabout)

Left turn at 5 signposted North Rigton

Left turn onto Brackenthwaite Lane 6

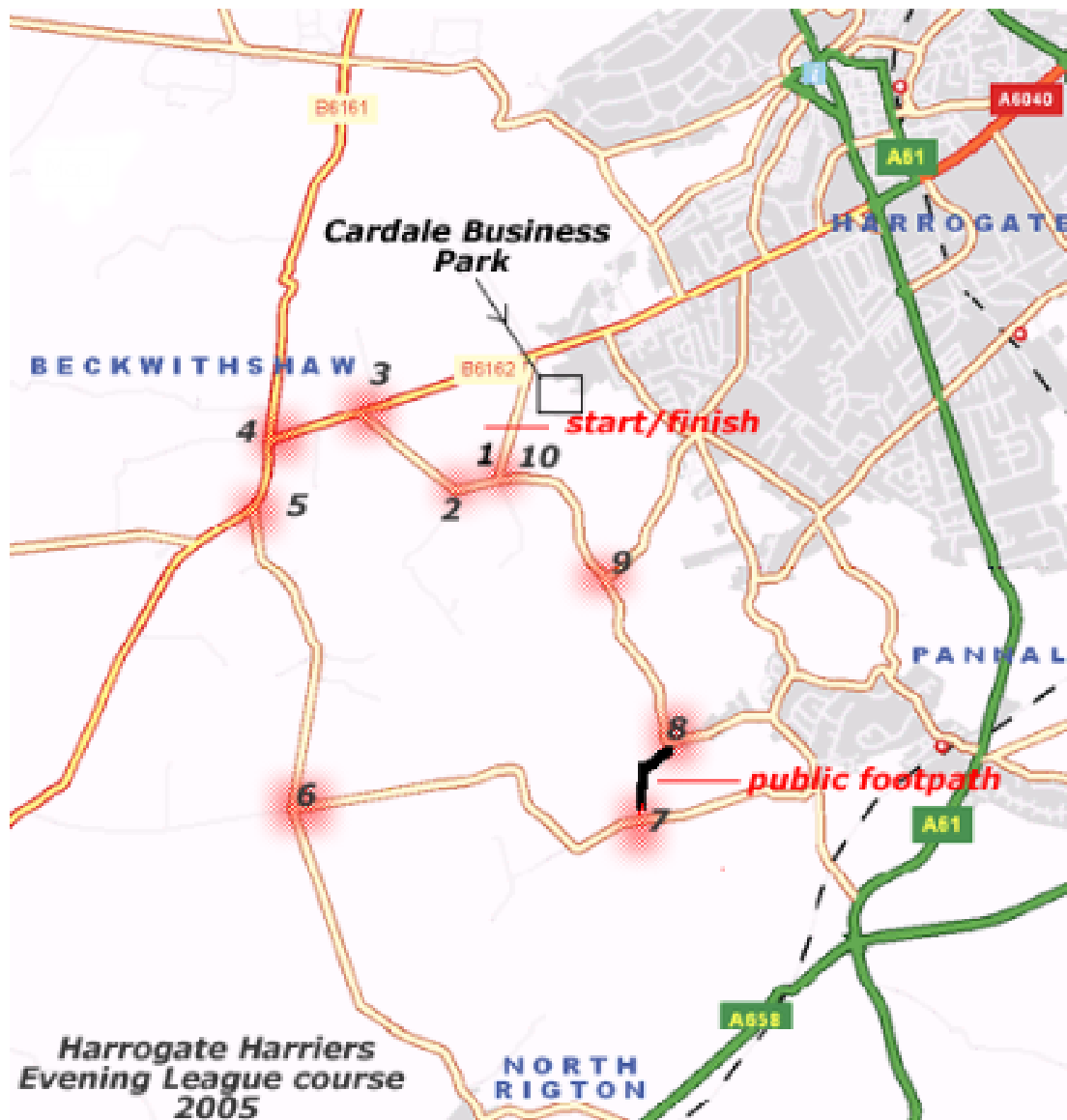
Left turn onto Public Footpath 7 (Follow path to stream bear right uphill along bridleway /Fall Lane)

Left turn at Fall Lane / Hilltop Lane Junction 8

Straight on at Whinney Lane junction 9

Right turn onto Beckwith Head Road 10

Proceed to **Finish**



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The course this year will start near the Cardale Business Park entrance on Beckwith Head road.

Please note that the RHS Harlow Carr (formerly Harlow Carr) car park is unavailable this year. This is a private car park and runners are not authorised to use it, main parking for the race is at the Ackrill & Coda Offices car parks, limited parking, toilet and changing facilities are also available at the Harriers Club House 5 mins walk from the start. The Coda Offices car park will be the official pre start assembly point for all runners, runners will be instructed by race marshals when to move to the start point on Beckwith Head Road. Both Ackrill Newspapers and Coda are situated in Cardale Business Park please see map.

Runners must not park along Beckwith Head Road as this will interfere with the smooth running of the race and start/finishing areas, the police will be in attendance and failure to adhere to this instruction may prevent use of this venue in the future. We thank you for your cooperation.

Runners are asked to do any warm-up runs within Cardale Business Park itself and not on Beckwith Head Road.

Late registration race official will be at the Coda Office assembly point, for runners needing a race number on the night.

All runners must display a valid race number (including guest runners not affiliated with any competing club).

Refreshments after the race will be available at Harrogate Harriers Club House.