Tuesday 23rd May, Start **7.45pm**

 Organised by [Harrogate Harriers & AC](http://www.harrogate-harriers.co.uk/)

 Start/Finish Location: To the Howhill Quarry Road side of Cardale Park entrance on Beckwith Head Road

 Travel: [Click here for Streetmap.co.uk maps](http://www.streetmap.co.uk/map.srf?x=428550&y=453492&z=5&sv=428550,453492&st=OSGrid&lu=N&tl=~&ar=y&bi=~&mapp=map.srf&searchp=ids.srf)

 The course 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 a private car park and runners are not authorised to use it, all parking for the race is at the Ackrill & Coda Offices car park.

 Limited parking, there will be a small number of portable toilets near the start, (we have moved and no longer have our club house off the Otley Road)

 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.

Refreshments after the race at the [Squinting Cat](http://www.fayre-square.com/pub/squinting-cat-harrogate/m6308/?utm_source=RedC&utm_medium=ppc&utm_campaign=geo-targeted&utm_keyword=Squinting_Cat&utm_content&gclid=CKCQxPG-nbcCFYHHtAodCQsAvQ) (ample parking, postcode HG3 1QE).