

## HDSRL race organised by Ilkley Harriers

Thursday 5th May starting 7.30pm

### RACE VENUE Ilkley Rugby Club

Stacks Field, Denton Rd,

Ilkley

LS29 0BZ

Changing rooms on the ground floor. **The upstairs area is not available to us.**

Please park as directed by marshals or signs

- RunBritain race license granted
- Approx. 5 miles
- Single lap course, same as 2014, nearly all road - 0.5 mile of vehicle track, start and finish on grass
- Travel: Ilkley Rugby Club and Ilkley Swimming Pool are on Denton Road, on the North side of the River Wharfe  
Please park as directed by marshals or signs
- Parking at Ilkley Rugby Club and Ilkley Swimming Pool. Changing, showering, supper at Clarke Foley Centre (details below).
- Please note we will need to start promptly to make the most of the daylight
- The race will start on the grass fields to the West of Middleton Avenue / Denton Road crossroads. Runners will be 'walked out' from the Rugby Club 10 minutes before the race start, i.e. at 7.35pm
- The course is then ... Denton Road, Langbar Road, Nesfield Road, **up** Oowler Park Road, vehicle tracks to Myddleton Lodge, Slates Lane, **down** Carters Lane, along Denton Road back to finish on grass fields near Ilkley Rugby Club
- Organising Club - Ilkley Harriers AC. Race Organiser Neil Champman
- Like all races in the League this is open to members of **HDSRL affiliated clubs only** - sorry, no guest runners, no unattached runners

## POST-RACE REFRESHMENTS

Please note that the post race refreshments are at a different venue due to logistical issues.

The venue is The Clarke Foley Centre, Cunliffe Road, Ilkley, LS29 9DZ. Telephone 01943 607016.

This is a ten minute walk from the finish, up to town. It is just up from Wetherspoons pub, and next to Morten's hardware store, Bart'at pub. Parking available in town.

## Clarke Foley Map

