**Ilkley - HDSRL**

Tuesday 19th June starting 7.45pm

**Race Venue – Ilkley Rugby Club**

Stacks Field, Denton Road,

Ilkley

LS29 0BZ

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

If parking at the Rugby Club please park as directed by marshals or signs – there is ample alternative parking available at Ilkley Lido, and on New Brook Street or Middleton Avenue.

* UKA race licence applied for
* Distance 4.8 mile
* Single lap course, same as used in 2016. Predominantly road, with 0.5 mile vehicle track, with start and finish on grass
* Location – from the main traffic lights in the centre of Ilkley go North down the hill (New Brook St parking), over the river bridge and the Rugby Club is on the right at the first crossroads. 150m further on the left parking at Ilkley Lido
* Changing, toilets and showers available at the Rugby Club
* The race will start on the football field to the West of Middleton Avenue / Denton Road crossroads. Runners will be ‘walked out’ from the Rugby Club 10 minutes before the race starts at 7.35pm.
* The course shown below is then Denton Road, Langbar Road, Nesfield Road, up Owler Park Road, vehicle tracks to Myddleton Lodge, Slates Lane, down Carters Lane, along Denton Road, back to finish on the grass around the rugby pitch.
* Please follow all instructions given by marshals
* There are no road closures, so be aware of traffic at all times
* Organising Club – Ilkley Harriers. Race Organiser – Neil Chapman
* Post-race food at the Clarke Foley Centre – details below

**POST-RACE REFRESHMENTS**

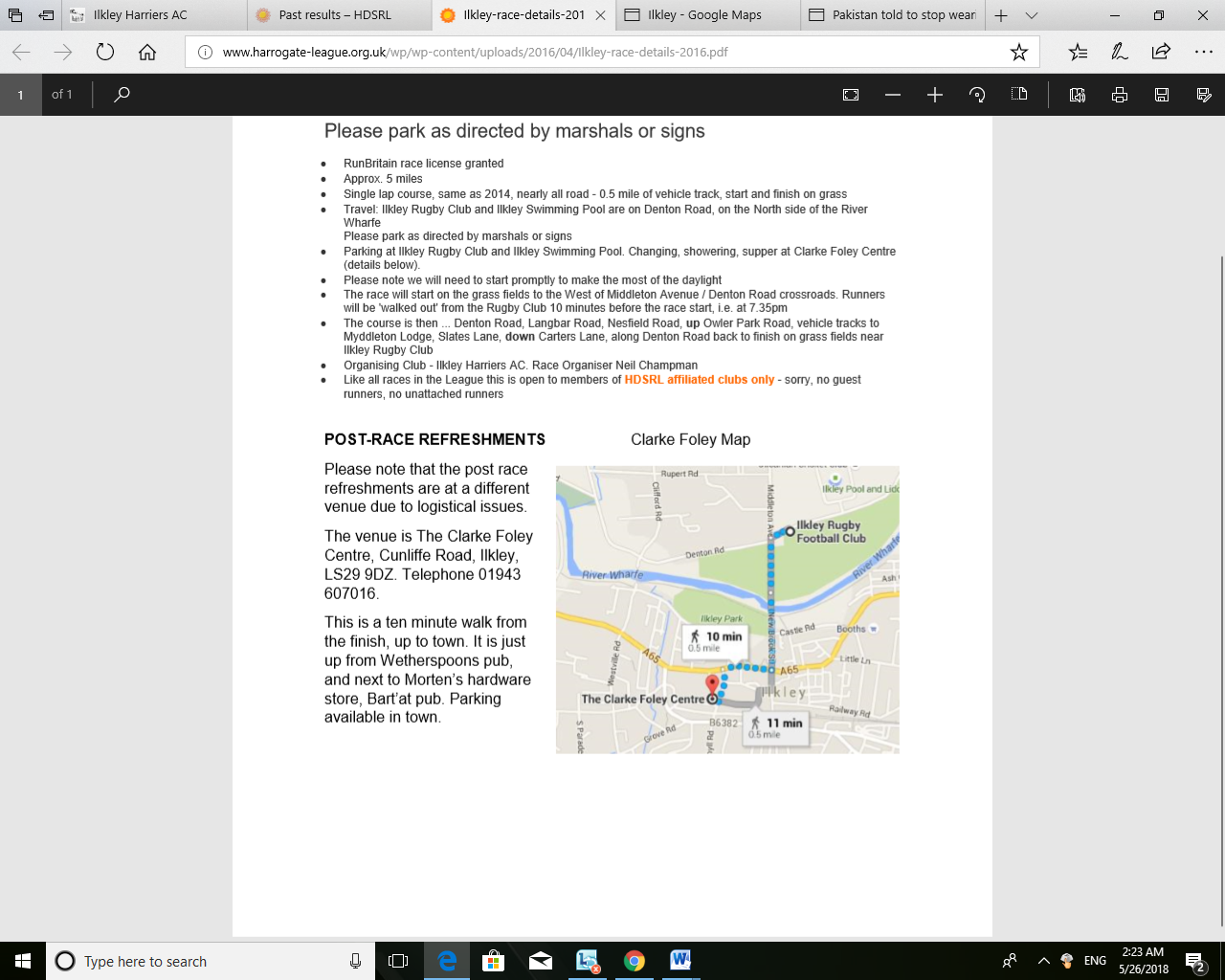
Due to logistical issues, the post-race refreshments are a short distance away at:

The Clarke Foley Centre, Cunliffe Road, Ilkley, LS29 9DZ

This is a 10 minute walk from the finish up to the town centre. It can be found above Wetherspoons pub and down from Morton’s hardware store.

It’s immediately to the West of the main car par, where parking is free after 6.00pm

**Clarke Foley Map**



**Ilkley (HDSRL) race route on Tuesday 19th June 2018**

