

- Tuesday 21st May 2019, Start 7.45pm
- **Distance:** 5.9 miles 95% on road
- Organised by **Harrogate Harriers & AC**
- Start/Finish Location: Cardale Park junction with **Beckwith Head Road HG3 1RY**
- Please allow plenty of time for your journey as Harrogate has many ongoing roadworks, especially in this area.



- **Parking**

We have 3 areas for parking but please *CAR SHARE* wherever possible and park courteously

1. We have the support of RHS Harlow Carr who have given permission to use their car parks which are on Crag Lane, a short walk from the start.
 2. There is also parking at Cardale Park, but please understand we do not have exclusive use of this venue.
 3. You may also choose to park at the post race venue: The Squinting Cat (details below)
- We are unable to offer changing facilities this year (note we moved our Clubhouse since the last race in 2017 so please do not attempt to access the Squash Club on Planation Road).
 - **Toilets.** Toilet facilities are being provided by Beckwith Health Club have kindly allowed us to use their facilities.
 - The Cardale Park entrance 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.
 - Runners must not park along Beckwith Head Road as this will interfere with the smooth running of the race and start/finishing areas.
 - Runners are asked to do any warm-up runs within the Business Park itself and not on Beckwith Head Road
 - Note that our venue is very close to Harrogate Police Station and we do not want anything to happen that might prevent use of this venue in the in the future. We thank you for your cooperation.
 - Refreshments after the race at the **Squinting Cat** (1 mile walk from start), with ample parking, postcode HG3 1QE).
 - Course map:



