

Ilkley - HDSRL

Tuesday 14 June starting 7.45pm

Race Venue – Ilkley Rugby Club

Stacks Field, Denton Road,
Ilkley
LS29 0BZ

Changing and toilets are available on the ground floor.

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

- UKA race licence - **2022-43818**
- Distance 5.1 mile
- Single lap course, predominantly road, with 0.5 mile bridleway, with start and finish on grass.
The course is the same as used for a number of years, other than a slight change at the start which now involves two laps of the football field. This is to spread out the runners before going down the riverside trail and through a wide gate at 0.5 mile to the Old Bridge, joining Denton Road and then our usual route.
- Rugby Club 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 at 7.35pm, 10 minutes before the race starts.
- The course shown below is then Denton Road, Langbar Road, Nesfield Road, up Owler Park Road, bridleway 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, and take note of signage as you will be instructed to run on the right at times for safety reasons.
- There are no road closures, so be aware of traffic at all times, also a reminder no headphones or similar devices, (other than those medically prescribed).
- Organising Club – Ilkley Harriers. Race Organiser – Neil Chapman
- Post-race food provided at the Rugby Club on the 1st floor, where the bar will be open.

Ilkley (HDSRL) race route on Tuesday 14 June 2022

