



Race 2: Harrogate (organised by Harrogate Harriers & AC)

Date: Tuesday 23 May 2023

Start: 19:30

Start/Finish: junction of Cardale Park with Beckwith Head Road, HG3 1RY
(what3words: ///goats.narrow.enjoyable)

Course: 95% on road; see Route Map

Distance: approx. 5.9 miles / 9.7 km (not accurately measured)

UKA Licence: 2023-45979

Parking

There should be plenty of parking, but please consider car sharing or travelling by other means where possible, to reduce congestion and save the environment. If you do bring a car, please park with due consideration (it's worth noting that the Start/Finish is next to Harrogate police station, so we wouldn't want to upset the neighbours!).

We have permission to use the following car parks:

- 1 and 2, Cardale Park (adjacent to the Start/Finish)
- RHS Harlow Car, on Crag Lane (approx. 500 m walk from the start; see Route Map)

At the time we will be arriving, there should be plenty of space, but please understand that we do not have exclusive use of the car parks and park courteously.

There is limited on-street parking on the left hand side of Beckwith Head Road as you approach the start from Otley Rd (B6162), but DO NOT PARK beyond Cardale Park as this is on the running route and will interfere with the smooth running of your race.

You may also choose to park at the post race venue, the Squinting Cat (see Route Map for location), but please note that this is 1.5 km from the Start and allow time accordingly.

Facilities

Potable toilets will be available in the car park at 1, Cardale Park, close to the Start/Finish. Please note, we DO NOT have permission to use the facilities in any of the businesses on Cardale Park, so please do not try to gain entry to the buildings and, of course, refrain from using the surrounding landscape.

We are unable to offer changing facilities (for those with long memories, our club HQ is no longer at the squash club on Planation Road, so please do not try to access the facilities there).

The Cardale Park entrance will be the official pre-start assembly area. Runners will be instructed by race marshals when to move to the start point on Beckwith Head Road. Runners are asked to do their warming up within the Business Park itself, which should be relatively traffic-free, and not on Beckwith Head Road.

Post Race Refreshments

Food will be available at the Squinting Cat, on Whinney Lane (postcode HG3 1QE; what3words: ///limp.soap.slams; see below), approximately 1.5 km from the Finish. There is ample parking at the pub.

Route Map

to RHS Harlow Carr



Start/Finish

Squinting Cat
(post-race refreshments)

