



## **Race 1: Harrogate (organised by Harrogate Harriers & AC)**

Date: Tuesday, 13 May 2025

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: #29566

### **Parking**

There should be plenty of parking, but please consider car sharing or travelling by other means where possible, to reduce congestion and protect the environment. If you do bring a car, please park with due consideration.

We have permission to use the following car parks:

- 1, Cardale Park (adjacent to the Start/Finish).
- Car Park 1 @ RHS Harlow Car, on Crag Lane (approx. 500 m walk from the start; see Route Map; what3words ///posts.spot.pipe)

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

### **Facilities**

Potable toilets will be available in the car park at 1, Cardale Park, located behind the main building. 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 itself, 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

In a change to previous years, hot food (pulled pork\* sandwich, with stuffing and apple sauce; \* vegan option: pulled jack fruit) will be served from a mobile unit, adjacent to the Start/Finish at Cardale Park.

### Route Map

