**Swainby Sweep 7 mile course description**

Races will start from Green area over stile from Garbutt Lane: ~~runners will be walked round after race briefing en masse~~

**DIRECTIONS**: FP=footpath, PB=public bridleway, L=Left, R=Right, SP=signpost/sign-posted, CP=checkpoint, FS=feedstation

* Cross 2 fields through gates to Back lane
* Turn L & run 0.5mi up road
* Turn R onto wide track / PB, SP to Scarth Nick & Scarth Lees
* Cross small ford (small footbridge to R if required)
* At Scarth Lees farm take small FP & gate to L of outbuildings
* Go through middle farm gate (marked with a PB sign)
* Continue on FP along edge of field, & through red gate (~**1mi**)
* Cross small ford & through gate, bearing L up towards buildings (Scarth Wood Farm).
* Pass through gate between buildings & then R over stile (marked PB)
* Continue along edge of field to gate
* Pass through gate and along edge of boggy field to next gate
* Pass through gate on to woodland path. (watch your footing: slippery & brambles)
* Continue on main path until you meet a large forest track running left to right **(~2mi)**
* Turn R & downhill, past barrier, to meet forest road running L to R.
* Turn L on forest road, & continue, passing Park House B&B.
* Continue on main forest track. Take L fork (marked C2C), ignoring the road marked Private, no public access ( **2.5mi** )
* Continue on main track as it zig zags up hill (Ignore small steep uphill track to L at **~2.7mi** & two tracks on R at **~3mi**) until you reach CP1 **(~3.1mi**). Show number to CP marshal
* Continue uphill on main track & then turn R at T-junction
* Continue uphill to kissing gate ahead. Do not go through gate but turn sharp L on FP (Cleveland Way) towards Scarth Wood Moor.
* Follow FP uphill & through gate alongside WT / TV station. FS1 is on road to R **(~4mi)**
* Retrace steps to WT/TV station. Turn R to continue on original path through next gate.
* Continue on FP & through kissing gate on Scarth Wood Moor. Turn L & through gate to follow Cleveland way downhill.
* At the SP (for PB & Cleveland way) take PB (to the R) down to road side where the Short & long course split **(5mi)**
* Turn L on to road (run single file on L)
* Continue on road to Cattle grid.
* Cross cattle grid & turn right through gate onto FP (Cleveland way) through Clain Wood.
* Continue on path. At the fork **(~5.5mi)** turn L & continue down steps (slippery when wet)
* At the T-junction turn L, pass through gate & descend to road (through a further large gate) **~6mi**
* Cross road and run on L side of road downhill to Swainby high street, using pavement on L once available. Take care and watch for traffic.
* ~~Turn L immediately after village hall, on to Emerson Close. The finish is on the Retro Classic Car forecourt~~ **~~(~16mi)~~**
* **For 2021:**
* **Continue down High Street & look out for the church and road bridge on your right**
* **Once past the church / road bridge, turn L (onto small lane also called High Street) which leads to the finish on the field (was also the start field)**

Congratulations!