**Long Course**

FP=footpath, PB=public bridleway, KG = kissing gate, L=Left, R=Right, SP=signpost/sign-posted, CP=checkpoint, FS=feedstation

THE START

The start will be on Leyburn Shawl. All runners will walk on mass up to the start after registration and a race briefing at the station.

**DIRECTIONS**:

* Continue along Leyburn Shawl, through small gates / gaps in walls (Stay to L of field after 3rd gate/gap).
* Stay on main Leyburn Shawl FP (keep R at fork around 1.2 mi to stay high on main FP)
* Continue until you reach and cross a wooden stile.
* Continue until you reach a KG on your L, next to a 3-way SP (head in direction marked ‘Preston under Scar ¾ mi’)
* Go through KG, descend diagonally across field & through a 2nd KG (~ 2 mi)
* Continue diagonally across field towards tree line, to corner gate on L where a marshal is stationed ₁
* Pass through gate on to track, then turn R in to woods through gap in wall.
* Bear L (not R) on FP, then R at T junction.
* At the bench, turn R to head up hill
* Take L fork
* Continue on path up to join wider rubble forest track
* Turn R to join gravel forest track
* Head up steep gradient on Forest track, past small stone hut on R
* At the clearing, follow Forest track as it curves L, to join the road
* Turn R onto road
* Follow road up to T junction with wide gravel vehicle track opposite
* Cross road with great care: look both ways & listen to instruction of marshal positioned here. This is a minor road but may be used by lorries
* Continue along track & pass through farm gate (usually open: if not use then use adjacent stile)
* Where the track forks, take the L fork through the farm gate
* Continue along track, heading North west
* Bear L as the track crosses a cattle grid
* NB Runners should remain on track in this area due to presence of disused shafts in the area
* Take the L fork to stay on the original track
* pass small lake & Cobscar mill on R of track (4 to 5mi)
* follow track as it bears R on Thorney bank hill
* Go through gate / over stile to join road CHECKPOINT 1: show number to marshal
* Turn R along road
* Turn L off road just after cattle grid, onto track (SP as PB Whitaside Rd 4mi) (~6mi) FEED STATION 1
* Follow PB until reach sheepfolds & small house (Dent’s houses) where 4 tracks meet
* Turn L & follow track past house, over Apedale beck and uphill (~7mi)
* On reaching the wall continue straight ahead through pedestrian gate (DO NOT follow track as it bears R alongside the wall)
* Follow grassy path as it bear R and then L downhill, all way down to & across footbridge
* After the Footbridge go straight ahead through gate and down to Castle Bolton village
* Turn L & run on L side of road towards end of village (where road bears slight L & there is an unsurfaced track either side for houses and resident parking).
* Cross road & take R hand unsurfaced track
* turn R immediately after & between houses, following FP signs for Redmire station(~8mi)
* Follow FP through gates & gaps to 4-way SP on your L
* Turn L & through wall to follow FP (SP Redmire)
* Continue to follow FP through stiles & gates to dismantled rail embankment
* Follow FP adjacent to / on L of embankment, across footbridge, and up to road (Hargill lane)
* Cross road on to track opposite
* Continue on track to CHECKPOINT 2 next to the ‘ Stop, Look, Listen, Beware Trains’ sign (route joins short course here) (The short course will also start here at 11.15am). Show number to marshal
* Do a U-turn & back-track to the road
* Turn R onto road, heading uphill
* Continue uphill until just past the road signs for Grinton, Reeth & Castle Bolton
* Turn R through gate onto tarmac track
* Follow track through 2 further gates down to road NB Although unlikely on race day, this can be a busier road, and care should be taken approaching the road. (~9 mi)
* Remain on the L verge as you reach the road, bearing L immediately around corner to proceed uphill
* Continue on L hand side of road uphill, past Scarth Nick house
* Cross road opposite gate into Preston Spring Woods
* Follow FP through Preston Spring woods, until gate on to unclassified road on west of Preston under scar
* Go through gate and continue on road into village.
* At road fork take L fork to continue in same direction (~10 mi)
* You will arrive at the east of village
* Continue on the road straight ahead FEED STATION 2
* After the National Speed Limit road sign, turn L up the track to the field to find 2 farm gates.
* Pass through gate on L & run diagonally across field (do not follow farm track as it bears L after gate, but continue ahead on grassy path across field to woods)
* Enter woods through stone stile (permanent yellow FP signs on SP)
* Follow FP through woods across 4 x wooden 'bridges' NB care with navigation: path twists R then L through woods. Several other small paths (not Public right of way paths) exist in the area. Follow course markings / map carefully
* exit woods on to track. (for those on long course you will now be retracing your earlier route back to Leyburn)
* Turn L & follow track thro gate, then turn R immediately to follow permanent yellow FP sign alongside wall
* Bear away from wall, heading for corner of fence & then diagonally across field to KG (~11 mi)
* Pass through KG and continue same direction diagonally across field & uphill to 2nd KG
* Pass through 2nd KG and turn R (3-way SP: follow 'leyburn 1 3/4 mi')
* Follow FP through wooden stile
* Continue on FP along Leyburn Shawl, passing through pedestrian gate, gap in wall, and 2 further gates, on to flag stone path into Leyburn. (~13mi) NB although this area was where the race started, the finish is further along through Leyburn centre at the Rail Station. Please take care crossing roads (use the designated crossing points), & be respectful of cars / pedestrians & others in town centre.
* Pass through KG as path bears L then R to pass R Campbell & Sons on Shawl Terrace
* Turn L around corner & use Pelican crossing on L to cross the High street to Harmby Rd
* Stay on the L hand pavement and continue past Sandpiper Inn.
* Cross road with care (Brentwood) & continue on pavement towards Rail station
* Cross dead end street with care, & continue until L turn in to Station forecourt. The finish is ahead of you.
* Once over the finish line, continue in a one way flow through the station on to the platform and then on to the marquee area at the far end (please don’t pass in front of the garden centre)

CONGRATULATIONS!