

## Leg 6

Leg 6 : Updated August 2012

START COP SCARCROFT HILL (GRASS TRIANGLE AT TOP OF HILL)

FINISH GARFORTH SPORTS & LEISURE CENTRE (CAR PARK)

From COP ahd on tarmac drive to reach corner of stone building F-post-LCW . TL on encl path to st. Dist 150m.

X st & TR down fld (passing power poles) to reach white K-gt. Dist 200m.

P-thru gt & follow L side of flds to reach white K-gt. Dist 330m.

P-thru gt to reach second K-gt. Dist 20m.

P-thru & ahd on wide trk to reach rd. Dist 70m.

TL on rd to reach main rd in village, (Thorner). Dist 200m.

X rd & ahd on rd opp 'Stead Lane'(ignore all roads to L or R) to reach F-post PB. Dist 200m.

TR up PB to reach rd. Dist 150m.

Ahd on rd to jcn. TR 'Kirkfield Lane' (ignore all rds to L signed Kirkfield Lane) to reach road end. F-post LCW. Dist 250m.

TR on wide stony trk to reach sharp RH bend. Dist 500m.

Cont ahd on encl fenced path (fp sign on fence post) to reach gap in fence on L. Dist 100m.

P-thru & ahd on main path thru wood (ignore all turns to L or R) to reach the main 'York Rd'. Dist 500m.

BL across rd (X with care due to fast moving traffic) to signpost. Climb over rebuilt stone wall, and with wall on L, proceed to reach FB. Ahd stone wall on L to reach FB. Ahd on path thru bushes to reach st. Dist 100m.

X st & ahd along RH side of fld to reach metal gt & st (LCW fp sign on post). Dist 500m.

X st & ahd thru fld to reach metal gt & st (LCW fp sign on post). Dist 100m.

X st & ahd on grassy trk to reach st (LCW fp sign on post). Dist 150m.

X st & ahd on grassy trk to reach st (LCW fp sign on post). Dist 200m.

X st & T immed R over FB. Ahd across narrow open fld to reach hedge. Ahd up RH side of fld (hedge on R) to reach fld corner & F -post. Dist 300m.

Ahd on BW to reach ford. Ahd on rough rd to reach tee jcn. Dist 200m.

TL up hill on rd into village (Barwick in Elmet) to reach 'May Pole'. Dist 250m.

TR down 'Main St' (passing pub & shops on R) to reach 'Carrfield Rd' on R. Dist 200m.

TR up rd to X rds. Ahd still on 'Carrfield Rd' (ignore all turns to L or R) to reach road end and F -post-fp. Dist 300m

Ahd on wide encl trk thru flds to reach sign (No vehicles, Horses, Cycles). Dist 200m.

Ahd on path on LH side of fld (hedge on L) to reach gap in hedge by metal gt (LCW sign on post). Ahd on path RH side of fld (hedge now on R) to reach st. Dist 400m.

X st & TR on path (hedge on R) to reach st. Dist 40m.

X st & TL on path (hedge on L) to reach marker post. Dist 300m.

Ahd on wide trk (hedge now on R) to reach rd at village (Scholes) F-post LCW. Dist 400m.

TL on rd thru village to reach grass triangle rd jcn. Dist 100m.

BR sign 'Leeds' & X main rd to reach wide trk F-post PB. Dist 50m.

Ahd on wide dirt trk which turns to L & R (passing (4) way F-posts-LCW and ignoring all other turns to L & R). trk (ignore all turns to L or R) pass metal barrier (authorised vehicles only) pass second metal barrier to reach tee jcn. Dist 2100m.

TL on trk thru gt into farmyard to reach st on R by green gate. Dist 60m.

X st & ahd up fld on rough trk. X railway bridge & ahd on trk to X motorway bridge to reach trk jcn. Dist 350m.

TL on trk to reach tarmac rd 'Barrowby Lane' Dist 800m.

Ahd on rd to reach traffic lights at (Garforth town end). Dist 800m.

X 'Wakefield Rd' (with care) & ahd down 'Main St' to reach 'Church Lane' on L. Dist 350m.

Ahd up RH side of rd to reach fp sign by No. 34. Dist 100m.

TR & ahd on encl path to reach rd. Dist 150m.

X rd & ahd on concealed encl fp (brick building on R) to reach tarmac path at houses on L.  
Ahd to reach disused railway. Dist 650m.

TL on tarmac trk to reach 'Ninelands Lane'. Dist 550m.

TL up rd (ignore turnings to L or R) to reach sports centre, car park & finish. Dist 550m.

FINISH GARFORTH SPORTS & LEISURE CENTRE (TOTAL DISTANCE 9.7 ML)  
TOTAL DISTANCE (ALL 6 LEGS) 64 ML