

Leg 6

Leg 6 : Updated June 2018

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 metal K-gt. Dist 200m.

P-thru gt & follow L side of flds (fence on right) Over 2 x wooden stiles continue to keep fence on right to reach metal K-gt. Dist 330m.

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. at 'Kirkfield Lane' TR (ignore all rds to L signed Kirkfield Lane) and continue straight ahead to reach road end. F-post LCW (Metal gate). Dist 250m.

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

Fork left on encl fenced path (fp arrow sign on fence post) to reach gap in fence on L. Dist 100m.

TL on main path (follow LCW sign) thru wood (ignore all turns to L or R) to reach the main 'York Rd'-Wooden Gate Dist 500m.

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

X st & ahd along RH side of fld (Beck on RH) 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 Gap in hedge to reach ford. X & 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 3 large brick posts (LCW sign on post). Ahd on path RH side of fld (hedge now on R) to reach metal k-gt. Dist 400m.

TR on path (hedge on R) to reach LCW FP. Dist 40m.

TL on path (hedge on L) to gap in hedge pass through 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' & immediately X main rd (With Care) to reach wide trk F-post PB.(LCW) Dist 50m.

Ahd on wide dirt trk pass small green metal barrier to (3) way F-posts (PB) follow for LCW round to left Then still ignoring all other turns to L & R pass through metal barrier (authorised vehicles only) still ignore all turns L or R to reach second metal barrier to reach tee jcn. Dist 2100m.

TL on trk (farmyard LH) to reach on RH small green gate then metal k-gt and FP sign. Dist 60m.

TR & ahd up fld on rough trk. X metal railway bridge & ahd on trk over st and through metal k-gt to reach motorway bridge and trk jcn. Dist 350m.

X motorway bridge, 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.

TL onto Church lane ahd on RH side of rd to reach 'No cycling' sign by No. 34. Dist 100m.

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

X rd & ahd TR on 'Public Footpath' FP (brick building on R then wall) 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