



The Start Gate is half way down the High Street which is closed to traffic from early morning. Please do not start until all the runners have left.

From The Start Gate go to the bottom of the High St and bear right into Caroline Sq. then Swadford St. (0.13/0.13k)

Go along Swadford St and cross over the bridge, then turn right onto the canal tow path, then left with the canal on your right. (0.23/0.36k)

(N.B. The High St., Caroline Square and Swadford St. are closed to traffic so participants are advised to use roads rather than pavements)

Continue along the canal tow path, crossing Brewery Lane until reaching the 2nd swing bridge (Gawflat Bridge) which is the entrance to the Park. (0.51/0.87k)

Turn right, crossing the swing bridge and enter Aireville Park. Go along the Tarmac path, up the slope to a point where there is a junction on the right. Follow the Tarmac path up towards the Park exit by the War Memorial. (0.53/1.40k)

On exit from the Park, turn right and head towards town along Gargrave Rd. until reaching the Coach St. junction on the right.
(0.68/2.08k)

Go down Coach St. until reaching the junction with Swadford St.
(0.21/2.29k)

(N.B. There should be no traffic on Coach St. once clearing the Car Park entrance/exits.)

Turn left on Swadford St towards the High St. (0.21/2.50k)

(N.B. There should be no traffic on Swadford St.)

Pass through Caroline Sq. and up the High St. to the finish gate.
(0.10/2.60k)