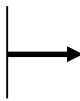
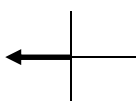
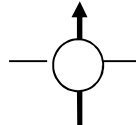
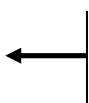
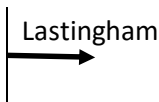
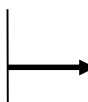
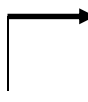

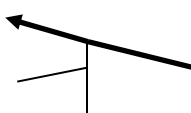
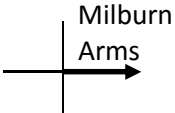


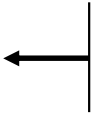
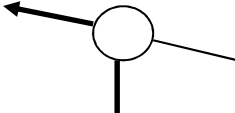
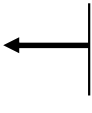
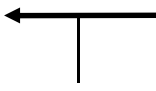
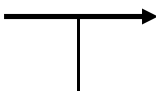
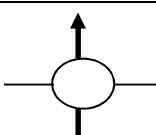
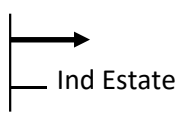
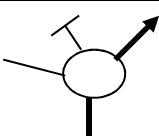
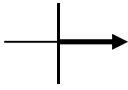
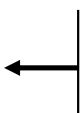
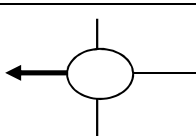
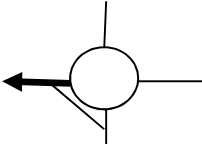
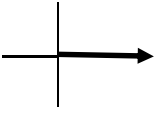
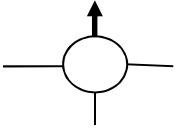
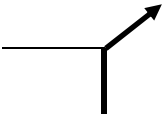
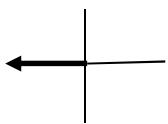
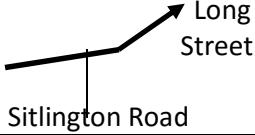
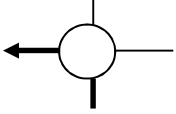
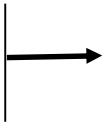
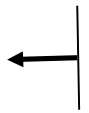

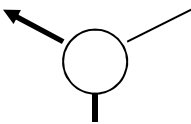
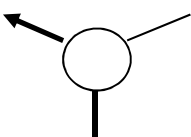


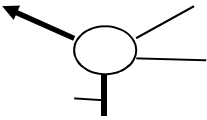
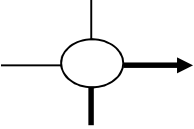
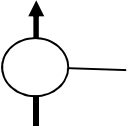
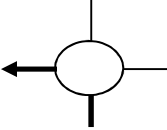
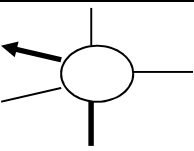


<b>Heartbeat Country Run</b> <b>Set off Wetherby Services, A1M</b> <b>Hosts: Phil and Moira Thompson 07432671969 / 079694322680 Radio Channel 5</b>					
		Miles	Kms	ZERO TRIP AT EXIT	
1	Cum Diff	0 0	0 0		<b>ZERO TRIP</b> at the exit from the Services at the Roundabout  4 <sup>th</sup> exit on to A1M North
2	Cum Diff	14.3 14.3	23.0 23.0		Exit A1M at Junction 49 on to A168  SP: Thirsk
3	Cum Diff	22.0 7.7	35.4 12.4		Left Turn  SP: Thirsk
4	Cum Diff	22.2 0.2	35.7 0.3		4th exit SP: York A19 Follow Diversion Signs. Caravan Route avoiding Sutton Bank
5	Cum Diff	24.5 2.3	39.4 3.7		Road forks left  SP. Helmsley
6	Cum Diff	29.4 4.9	47.3 7.9		Turn Left  Sp. Helmsley
7	Cum Diff	31.4 2.0	50.5 3.2		Turn Right at Wombwell Arms  SP. Helmsley
8	Cum Diff	34.0 2.6	54.7 4.2		Left Fork  SP. Helmsley
9	Cum Diff	35.7 1.7	57.4 2.7		Turn Left onto B1257  SP. Helmsley
10	Cum Diff	37.9 2.2	60.9 3.5		Turn Right onto A170  SP. Scarborough
11	Cum Diff	41.4 3.5	66.6 5.7		Left Fork to St Gregory Minster

		Miles	Kms		
12	Cum	42.0	67.5		Turn Right
	Diff	0.6	0.9		SP. Welburn
13	Cum	42.4	68.2		Turn Left
	Diff	0.4	0.7		No Signpost
14	Cum	43.9	70.6		Second Exit onto A170
	Diff	1.5	2.4		SP. Scarborough
15	Cum	44.7	71.9		Turn Left
	Diff	0.8	1.3		SP. Hutton Le Hole
16	Cum	47.4	76.2		Turn Right after the Crown Pub
	Diff	2.7	4.3		
17	Cum	47.5	76.4		Turn Right
	Diff	0.1	0.2		<b>TOILET STOP</b>
18	Cum	47.5	76.4		<b>Exit car park Turn Right</b>
	Diff	0	0		
19	Cum	47.7	76.7		Turn Left
	Diff	0.2	0.3		SP. Rosedale Top
20	Cum	50.6	81.4	<b>Rosedale Chimney Bank. Downhill Take Care</b>	<b>Risk of running off the road</b>
	Diff	2.9	4.7		
21	Cum	51.5	82.8		Turn Left onto main road
	Diff	0.9	1.4		SP. Castleton (signpost hidden)
22	Cum	51.6	83.0		Turn Right
	Diff	0.1	0.2		SP. Egton
23	Cum	54.9	88.3		Straight on. BEWARE OF LOOSE SHEEP
	Diff	3.3	5.3		
24	Cum	59.8	96.2		Turn Right (tight uphill)
	Diff	4.9	7.9		SP. Goathland

		Miles	Kms		
25	Cum	60.1	96.7		Turn Left
	Diff	0.3	0.5		SP. Goathland BEWARE LOOSE SHEEP
26	Cum	64.2	103.3		Turn Left
	Diff	4.1	6.6		SP. Goathland
27	Cum	64.8	104.2		<b>Turn Left into Car Park</b> <b>Pay &amp; Display £2.00</b>
	Diff	0.6	0.9		
<b>We have reached our Destination for Lunch</b>					
28	Cum	0	0		<b>ZERO TRIP</b> and turn left out of car park
	Diff	0	0		
29	Cum	2.2	3.5		Turn Right
	Diff	2.2	3.5		SP. Pickering A169
30	Cum	8.6	13.8	Good view of the Hole of Hocum after the hill climb	Look to the right
	Diff	6.4	10.3		
31	Cum	16.2	26.1		L/hand Lane approach 2 <sup>nd</sup> Exit
	Diff	7.6	12.2		SP. A169 Malton
32	Cum	18.6	29.9		<b>Caution-2<sup>nd</sup> Right Turn</b>
	Diff	2.4	3.9		
33	Cum	20.0	32.2		3 <sup>rd</sup> Exit
	Diff	1.4	2.3		SP. Great Barugh
34	Cum	26.0	41.8		Turn Right
	Diff	6.0	9.7		SP> Helmsley B1257
35	Cum	29.3	47.1		Turn Left
	Diff	3.3	5.3		SP. Castle Howard
37	Cum	32.2	51.8		Turn Left into Castle Howard car park
	Diff	2.2	3.5		<b>Comfort Stop and Ice cream</b>

		Miles	Kms		
38	Cum	32.6	52.5		Turn Left out of car park
	Diff	0.3	0.5		
39	Cum	33.7	54.2		Turn Right
	Diff	1.1	1.8		SP. Sheriff Hutton
40	Cum	38.0	61.1		2 <sup>nd</sup> Exit
	Diff	4.3	6.9		SP. Farlington
41	Cum	40.3	64.8		Follow Road
	Diff	2.3	3.7		SP. Easingwold
42	Cum	42.4	68.2		Turn Left
	Diff	2.1	3.4		SP. Easingwold
43	Cum	46.0	74.0		Turn Right onto Long Street
	Diff	3.6	5.8		
44	Cum	46.6	75.0		2 <sup>nd</sup> Exit
	Diff	0.6	1.0		SP Raskelf
45	Cum	52.5	92.4		Turn Right
	Diff	0.3	0.5		Oak Tree Pub SP. Boroughbridge
46	Cum	53.5	86.1		Turn Left after Thornton Bridge
	Diff	1.0	1.6		
47	Cum	57.1	91.9		Turn Left
	Diff	3.6	5.8		SP. Boroughbridge
48	Cum	57.4	92.4		1 <sup>st</sup> Exit
	Diff	0.3	0.5		SP. Boroughbridge
49	Cum	58.2	93.6		1 <sup>st</sup> Exit
	Diff	0.8	1.3		SP. A1 South A168

50	Cum Diff	58.5 0.3	94.1 0.5		1 <sup>st</sup> Exit SP. A168 South
51	Cum Diff	66.1 7.6	106.4 12.2		3 <sup>rd</sup> Exit SP. A1 South Walshford
52	Cum Diff	66.5 0.4	107.0 0.6		1 <sup>st</sup> Exit SP. Wetherby
53	Cum Diff	68.7 2.2	110.5 3.5		1 <sup>st</sup> Exit SP A1 South
54	Cum Diff	69.3 0.6	111.5 1.0		2 <sup>nd</sup> Exit into Wetherby Services
				Thank You all for joining us on our run. We hope you have enjoyed your day out. Phil & Moira xxx	