CASTLE CHASE – WRAC SUMMER RACE SERIES

Arrive at Spofforth and park in the centre of the village, there's a few spaces to the left of the castle. The start and finish line is this gat that enters the Caste Grounds.	
Facing away from the castle turn right and head up the street towards Wetherby. Follow the road as it splits right past the primary School and another old civic building	
Head towards the cricket pitch but before entering the drive head over the stile on the left.	
Cross the large field heading towards the stile to the left of the metal gate. At the metalled road turn right.	
Keep following the wide trail/road as it goes between the Christmas trees	
As the road bears to the right you will see a path to your left immediately infront of the house with the caravan. Head down this path past the house and outbuildings on your right,	

Follow this path all the way into Sicklinghall	
As we reach Sicklinghall turn right heading past the Cricket Pitch on your left.	
After around a third of a mile as the road bend to the right you will see a public footpath on the right. Turn right and head down this path	
The path now bears left when you reach this gate.	
At the wide field you will see this marker head straight on following the top arrow on the post.	

Head through this gate and up the track	
After the track enter the field on your right	
This is the famous Boggy Stretch, don't be surprised if you get your feet wet even if it's July. Keep following the path to the left of the wall.	
Through the last gate get ready to turn right.	
The main path now heads right back towards Spofforth	

After the field we enter a wide metalled road this is the same road that we started on keep following it up the hill.	
At the junction go straight on heading back towards Spofforth.	
We now go pat the house where we turned left, keep going past the house heading back towards the start.	
Through the stile on the wall heading towards the cricket pitch. Over the stile and back on to the road that leads to the castle	
Once back at the gate to the Castle Stop and don't forget to post your time	