DEIGHTIN DELIGHT RACE 2 SPRING SERIES

This route offers an interesting new perspective on the familiar run from Wetherby to Spofforth and then on to Sicklinghall and Stockheld Park without running along the railway line. Along the route you'll encounter a new bridge a few steppingstones and quiet trails that will be new to many of you. I hope that you enjoy.



Starting and finishing at the Bay Horse pub Kirk Deighton proceed left via Lime Kiln Lane following the road continue on a wide trail towards the Railway line. Eventually the path veers right as you cross over a hedge and follow a narrower trail heading along the left of a farmers field.



At the end of the field we reach a Stile that if you crossed would take you to the railway line. **Do not cross the stile**, instead run parallel to the stile on a less well used path now running towards Spofforth, follow this path for the next mile and a half.



Eventually the path follows the river crimple or crimple beck, and we're going to stick to this beck side all the way to Spofforth, this is a much less used path than the railway eventually you'll cross a brand new bridge opened in recent months the old bridge having being swept away in the flood of 2015.	
We arrive in Spofforth via the Crimple Beck footpath which emerges to the right of the bridge that takes the road to Harrogate, cross the bridge, heading towards Spofforth watching for traffic where it narrows heading for the roundabout at the centre of the village. Cross the road and enter the Castle Pub car park with the pub on your left, as we go past the new extension you see a gate directly in front of you? Proceed through the gate and follow the trail heading towards Sicklinghall. We shortly Cross under a viaduct heading out into open countryside	

The path is clear although as it is lambing season some of the gates my not be as accessible as normal but stick to the path. As we continue on this path we eventually emerge onto park lane we do a slight dog leg right and then rejoin the path via a stile on the other side of Park Lane, the path now follows farmers fields marked via the yellow arrows.	
Always running along the edge of the field eventually the path follows a route with a field on your left and trees behind a wooden fence on your left. The path now takes us down towards a style that is straddled by a quick flowing beck. You will see three large stepping stones take your time on this crossing as there is not much space.	

By now the private property signs let you know that we are at Stockeld Park land and you will see the Christmas trees heading away up the hill on your left. As we enter the last field of this section once you have crossed the bridge at the 4 mile mark you will see a farm dead ahead as you enter the field. We are actually headed towards a hard to spot stile in the opposite corner of this field so the quickest route is diagonally left to right.	
Once through the field we go through a gate and emerge at the last field before Stockeld heading to the left corner you will see a fence covered with ivy with a stile to allow us access to the road leading to Stockeld. you can see Chris Martin emerging from the other side of the fence. We now turn immediately left along this road that leads to the gatehouse and the public access footpath through Stockeld Park	

Once across the cattle grid follow the road up a hill and continue on this wide metalled surface into the park proper. as we reach a crossroads with the Stockeld house on your right we take the left route toward the entrance to the park via Wetherby Road. This road is very busy with fast moving traffic once it is safe cross the road and head toward the farm building immediately opposite	
We run through the farmyard with the house on your right. There is a gate immediately infront of you but seek out the stile heading towards the field, usually full of sheep directly ahead. Bear towards the gate heading towards the railway line.	

After the gate the track become much wider as it reaches the ‘dip’ in the railway line. Go straight across do not turn right on the railway line rather head straight across over a stile and straight across the filed heading toward a another stile that crosses Crimple Beck, we are now back to the same path that we started on.



Bear right as you cross the little wooden bridge and follow the hedgerow as it takes us back towards Lime Kiln Road



Once the track broadens you have round half. Mile to go slightly uphill. The path eventually joins Lime Kiln Road then a final sprint up the rise towards the Bay Horse Pub. Stop the Garmin or watch of choice and don’t forget to post your time.



Once the track broadens you have around half-a-mile-to-go slightly uphill. The path eventually joins Lime Kiln Lane then a final sprint up the rise towards the Bay Horse Pub.

Stop the Garmin or watch of choice and don't forget to post your time.

Thanks to Chris Martin and Peter Rymill for help with the route it can be walked just as enjoyably as it can be run. I hope that you enjoy it and look forward to our next outing The Boston Rambler.

