10k route which is all on road / decent paths. Park at the small car park beside the church as you enter Boston Spa from the A1.	
Start at the lamp post which is on the edge of the new development at boston Spa	
Follow the tarmac path up to the road. Turn left into Boston Spa.	

3. At Tom Foolery turn left and down the hill over the road bridge over the river Wharfe. NO COFFEE STOP ALLOWED YET!!!	
4. Up the other side and turn right heading to Walton	

5. Go along the Walton Road for approx 3/4 mile (past All Saints church).	
6. Turn right onto the newish footpath that leads to the new footbridge back over the river Wharfe	

	
7. Run along this path for a mile or so. The path goes near to Thorpe Arch Trading estate.,Keep to the right.	

8. Back over river Wharfe	
9. Continue on path until it re-joins the Boston Spa / Tadcaster road.	
10. Turn right and head back towards Boston Spa.	

11. Just before you pass the Boston Spa sign -turn left along a road into Clifford	
12. At Clifford Catholic Church - turn right to Boston Spa. Run along this road for approx 3/4 mile.	
13. At Primrose Lane turn left onto Primrose Lane.	
14. Go along Primrose Lane to the end (past the Primary school), approx 1/2 mile.	

15. At the end of the road turn right. (near Boston High School)	
16. At the end of this road turn right again back into Boston Spa centre.	
17. After approx 3/4 you are back where you started at the gap in the hedge where the path exited originally at the start of your run.	

18. Turn left here and Go back down path and finish off at the same lamp post you started at. Photo 18	
NOW you can go to Tom Foolery! Don't forget to post your time!	

