



## Route Information

U13

Runners head down Yans Lane and then up Throughs Lane. At the end of Throughs Lane, the runners turn left onto Cockshot Lane for approximately 90 yards before entering the field on the right signpost Hazelslack.

On entering the field, runners go left towards a gate approximately 65 yards away on the other side of the field. Once through this gate, runners should follow the footpath signs, climbing on the main path through Longtail Wood for approximately 1km to a crossroads at Beetham Fell.

At the crossroads, runners turn left down the track to Cockshot Lane, taking a right turn at the road and then after approximately 125 yards, a left to enter the woods, heading left again towards Storth through Burntbarrow Plantation and entering Storth Playing Field.

Potential Hazards:

- Basic situational awareness required.
- Short open road sections.
- Possible animals in field – cows.
- Hanging branches, exposed roots, fallen trees and rotting wood matter in woods.
- Rocky limestone stairway in woods - slippery when wet.
- Varied type of surfaces underfoot.

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## Route Summary

Total Distance	<b>3.42 km (2.13 mi)</b>
Elevation	<b>18 m at lowest point</b> <b>105 m at highest point</b>
Total Ascent	<b>100 m</b>

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## Elevation Profile

