



UNDER 19'S / SENIORS

Route Information

Under 19's / Seniors

Runners will go 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 where a footpath is signposted Hazelslack. The route continues straight-ahead, with Longthroughs Wood on the right-hand side, to eventually join Storth Road to Hazelslack Tower Farm. At the farm, runners should turn left on the footpath signposted for the Fairy Steps and continue all the way up the limestone stairway, right around the Fairy Steps and continue to join the track leading across Whin Scar Plantation.

The route descends from Whin Scar on the track, passing the stone waymarker towards Beetham, stopping short of the private land, turning left along a stony footpath and down through a field into Beetham. When runners reach the road in Beetham, they should turn left up Church Street and up the road for about 200 yards before following the signpost right towards the Heron Corn Mill, pausing just short of the Mill to take the footpath to the left into the grounds of Dallam Tower Estate.

The route follows the footpath through the Estate until it reaches a stoneway marker, at which point runners should turn almost back on themselves and follow the footpath markers down to the single-track road. The path crosses the road and continues up the next field, Haverbrack. Runners should turn right when the footpath meets the road and stay on the road for about 600 yards before taking the footpath to the left up Haverbrack Bank. The path then descends the other side of Haverbrack Bank before turning right at the bottom to head towards Cockshot Lane. Runners should stop just short of Cockshot Lane and use the footpath to the right towards Storth, passing through Burntbarrow Plantation before re-entering Storth Playing Field.

Potential Hazards:

- Basic navigational awareness required.
- Short open road sections.
- Possible animals in fields in around Hazelslack Tower Farm and Dallam Estate - cows, sheep and deer.
- Hanging branches, exposed roots, fallen trees and rotting wood matter in woods.
- Rocky limestone path in woods up to Fairy Steps - slippery when wet.
- Varied type of surfaces underfoot.

Route Summary

Total Distance	8.96 km (5.57 mi)
Elevation	18 m at lowest point 115 m at highest point
Total Ascent	277 m

Elevation Profile

