**MARKET WEIGHTON 4 Mile Routes**

**ROUTE A** **SUMMER**  <https://gb.mapometer.com/running/route_5253725>

Map

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Turn L out of base onto Cliffe Rd, Turn L onto Southgate

Turn L onto High Street, Turn L onto Holme Rd, Continue until the bottom, cross Rd opposite Vets. Continue back up Holme Rd.

Turn L onto York Rd, will need to cross over as path runs out after Ind est, continue until York Rd meets 1079. Turn around. Run back along York Rd onto Market place and High street, Turn R onto Southgate, Turn R onto Cliffe Rd and back to base.

Cautions, uneven paths, use crossing to cross.

**ROUTE A ALL YEAR**  <https://gb.mapometer.com/running/route_5319496.html>

Map

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Turn **L** out of base into **Cliffe Rd**, Turn **L** onto **Southgate**, at the mini-roundabout continue **L o**nto **High St** continue **Market Place,** turn **L** at **Giant Bradley statue** onto **Holme** Road run to the end and back to **Giant Bradley, L onto York Rd,** run to last house where street lights stop**,** turn back and take **R** turning on **Northgate Vale, R** onto **Medforth St,** run to the end on the cul de sac (past GP Practice) return to **York Rd.** R head back to **Market Place, R onto Linegate** to **Holme Rd. Cross over to take L** turn onto **Glenfield Ave.** Run to end, cross small bridge over beck **(low light single file).** Onto **Croft Close, L Hawling Rd, cross over R Princes Rd, turn R Princes Close** at the corner head **R** on the **cut through** to join **Shipman Rd, L** onto **Crumpton Rd, L** to rejoin **Shipman Rd, L Cliffe Rd return to base.**

Cautions - uneven pavements, road crossing, low lighting over beck and cut through to Shipman Rd.

**ROUTE B** <https://gb.mapometer.com/running/route_5259497>

Map

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From base turn R onto **Cliffe Rd** – leads onto **Shipman Rd** Bear R again keeping on Shipman Rd (past Steel Close on R) Turn R onto Shipman Rd (Potter Close will be on L) Continue past Crumpton Rd exit – head to path in left-hand corner – **cut through to Princess Close** Caution: Poor lighting. Straight on to **Princess Rd** – Turn L Turn L onto **Hawling Rd,** Take first R **Croft Close** – over bridge/beck onto **Glenfield Ave**

Bear R onto **Beech Close** – leads into **Ash Grove**, then R back onto **Glenfield Ave** Turn R **Holme Road**, L Linegate to cross main road – into car park turn L onto **Londesborough** Rd, R Hall Rd – (no road sign – but it is before park) R Station Rd L **Church Close**, immediate L **St Helen’s Square**, bear L onto **The Green**

L **Spring Rd**, Turn R **Hill Rise** – go as far as you can go **onto Hill Rise Close** then turn R **Hill Rise Drive** (go all the way to the end even tho a cul-de-sac) , turn group back at end, then L onto **Hill Rise Drive**, L **Hill Rise,** L **onto Finkle St,** then almost directly opposite onto R The Archway – follow road round back to Church, L Church Side, L **High S**t (use crossing) R **Southgate (**use crossing after Tescos - not first one) L **Langdale Rd**, R Bedale – follow road all way round to **rejoin Langdale Rd**, R onto **Sancton Rd**, L Cliffe Rd – back to base

Cautions: Uneven paths on some parts of route

**ROUTE C** **SUMMER** <https://gb.mapometer.com/running/route_5259499>

A picture containing diagram

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Base – L onto **Cliffe Road** – R onto **Southgate** – L onto **Langdale Road** – R onto **Wold Avenue** – L onto **Bedale Road** – L onto **Lysander Drive** – R onto **Beverley Road** Use RHS, Uneven Path – L onto **Humber Street** (Yorkshire Water Works) Very Uneven Path – R onto **Spring Road** No Path, Stay Right– L Yorkshire **Wolds Way** (to Goodmanham) – L onto **Hudson Way Gate**, Uneven Track – Continue onto **Hall Road** – L onto path after Park – Continue onto **Station Road** – L **Church Close** – R **Church Side** Bollards – L onto **High Street** Use Crossing – R onto **Southgate** – R onto **Cliffe Rd** - Base

Cautions in red

**ROUTE C** **ALL YEAR** <https://gb.mapometer.com/running/route_5311631.html>

Map

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Turn **R** out of base into **Cliffe Rd**, Turn **R** onto **Princess Rd**. After passing the school turn **R** on **Princess Road** to head toward **Southgate,** turn **L** onto **Southgate**, roundabout **L** **High St** onto **Market Place**, **L** **Holme Rd** continue to **roundabout** at end **STOP** and return **Holme Rd** T-junction **R** **Market Place,** **High St**, **roundabout L** **Finkle St**, **R** **Hill Rise** **L** **Spring Rd** continue to re-join **Finkle St** back to **roundabout**, straight over **cross over** road to turn **R** **Hawling Rd** ( use crossings) continue road becomes **Sweep Rd**, take **cutting on L** through to **Shipman Rd**, **L** **Shipman Rd**, **R** **Crumpton Rd**, **L Shipman Rd** continue **L Shipman Rd** until **L** to rejoin **Cliffe Rd** back to base.

Cautions - uneven pavements, low lighting on cut through to Shipman Rd, crossing main roads

**ROUTE D** <https://gb.mapometer.com/running/route_5267412>

Map

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Base – R onto Cliffe Rd – R onto Shipman Road – At the end of Shipman Road, take the cut through onto Princess Close – L onto Princess Road – L onto Hawling Road – Continue on Hawling Road Use RHS – R onto Wicstun Way and follow all the way round – L onto Hawling Road – L onto Southgate – At Roundabout Straight onto Finkle Street – Continue onto Spring Road High Kerb Drop – R onto Hill Rise – Continue onto Hill Rise Close – R onto Hill Rise Drive – R onto Hill Rise Drive – L onto Hill Rise – L onto Finkle Street – At Roundabout L onto Beverley Road Use RHS – R onto Lysander Drive – R onto Bedale Road – L onto Langdale Road – R onto Southgate Use Zebra Crossing – L onto Princess Road – L onto Princess Road at school – L onto Cliffe Road - Base

Cautions in red

**ROUTE E**  <https://gb.mapometer.com/running/route_5311623.html>

Map

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Turn **R** out of base **Cliffe Rd**, turn **R** **Shipman Rd** **R** at T-junction continuing Shipman Rd, **R** at T-junction Shipman Rd, next **L** taking the **cut through** onto **Hawling Rd**, T-junction **L Sweep Rd/ Hawling** **Rd**, **R** **Butler Dr**,  **R** **Wicstun Way** follow all way round until re-join **Hawling** **Rd** turn **L**. Turn **L** **Croft Clse,** continue straight over little **bridge** over Weighton Beck onto **Glenfield Ave**, T-junction **L** **Holme Road** run to end at roundabout **STOP** a return Holme Rd to T-junction **L York Rd**, **L** N**orthgate** **Vale** **, R Medforth St** continue to end **STOP** and retraceroute back to **York Rd,** contiune **Market Place, High Street** roundabout **R Southgate, R Princess Rd, L Princess Rd, L Cliffe Rd** back to base**.**

Cautions: uneven paths, low lighting in some areas, crossing main roads

**ROUTE F**  [MW FM 4 Mile Route F . Mapometer.com running route #5396059](https://gb.mapometer.com/running/route_5396059.html)

Map

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Turn **R** out of base onto **Cliffe Rd**, to the end bear **R** onto **Shipman Rd**. At the T-Junction where road divides take **R** to continue **Shipman Rd,** continue to follow **Shipman Rd** T-junction **R** then **L** take the snicket pathway from **Shipman** through to **Sweep Rd** (caution bollards, low light) **R** on **Sweep Rd**, **L** onto **Wicstun Way**. Follow **Wicstun Way** keep turning **L** until turns in **Butler Drive**, **R** **Sweep Rd**, to end **R** **Ombler Drive**, **1st R** **Beales Close over Weighton Beck, L** **Coperland Crescent, R** **Sandholme** to end **R Holme Rd**. At end of **Holme Rd,** cross over opposite bus stop, through car park onto **Londesbrough Rd**. Follow and then R **onto Goodmanham Rd**, carry on underbridge (caution no footpath) R onto Red Lane (caution no Footpath) R onto Spring Rd, L Hill Rise, R down Hill rise, L Finkle st, cross over onto Southgate, follow and take R onto Cliffe Rd back to base.

Cautions – bollards, narrow path low light on snicket from Shipman to Sweep Lane, uneven pavements along the route, new road surface areas with high kerbs, low lighting (Beales Close area), no pavement low/no lighting on part Goodmanham Rd & Red Lane.