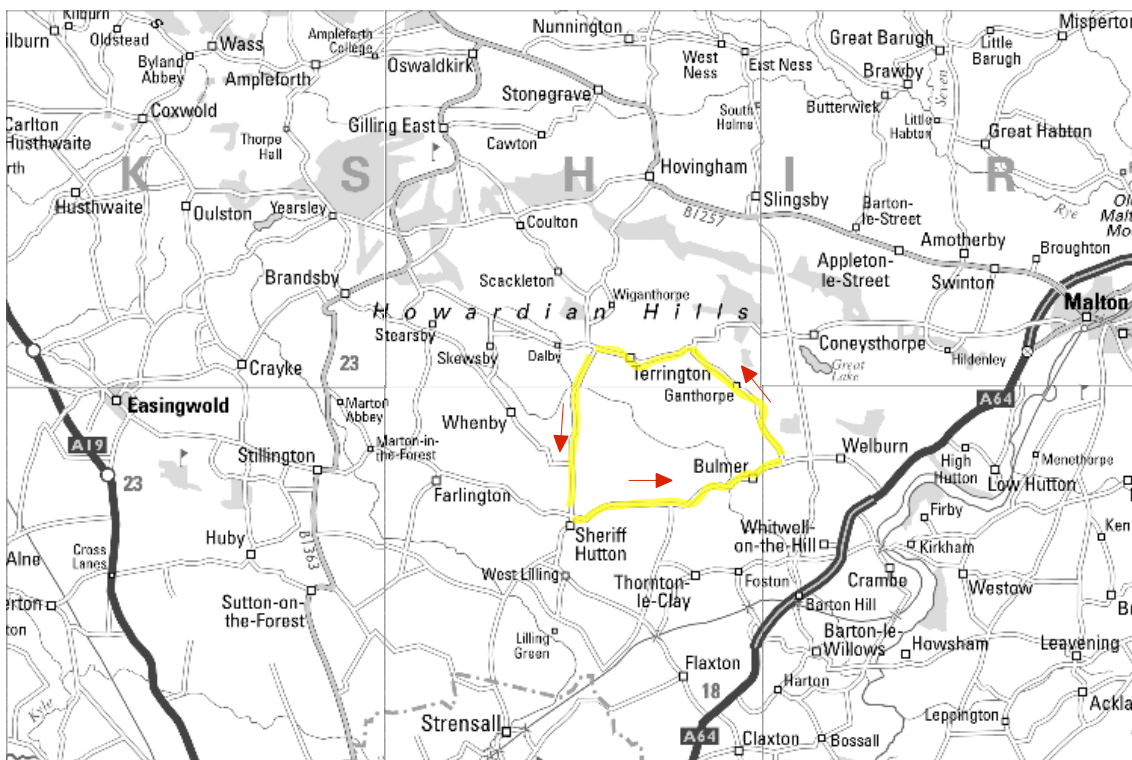


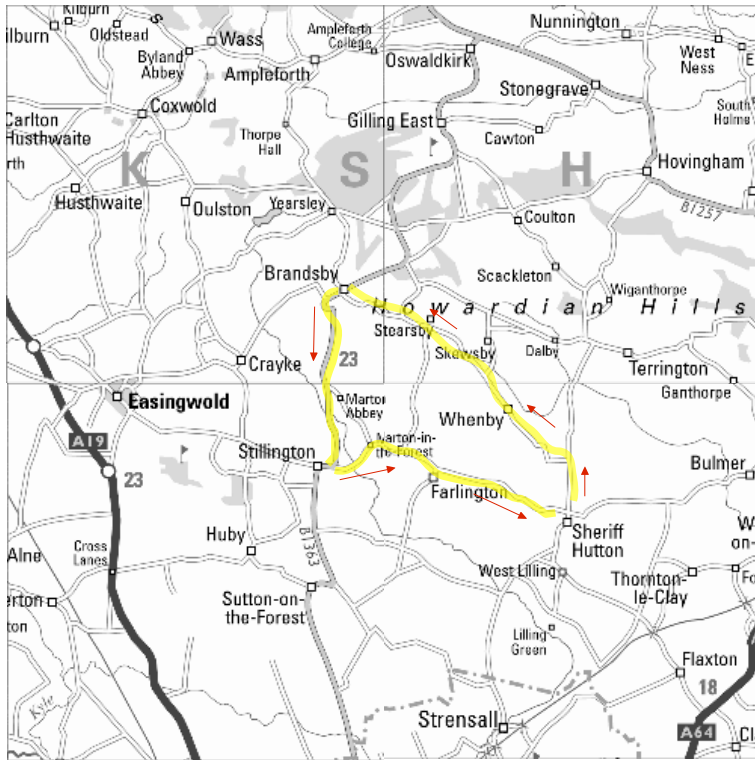
**Course 1: Sheriff Hutton Bridge/Sutton on the Forest**

Start at lay – by on minor road near Sheriff Hutton Bridge Cricket ground.  
 Proceed West to junction with B1363. Left at T – jnc and proceed South on B1363 and straight on at mini roundabout in Sutton – on -Forest. Take 2<sup>nd</sup> left for Strensall and next left at T – jnc and proceed North to finish on Sheriff Hutton road close to Cricket ground.  
*Distance: 10 miles, Terrain: Flat*



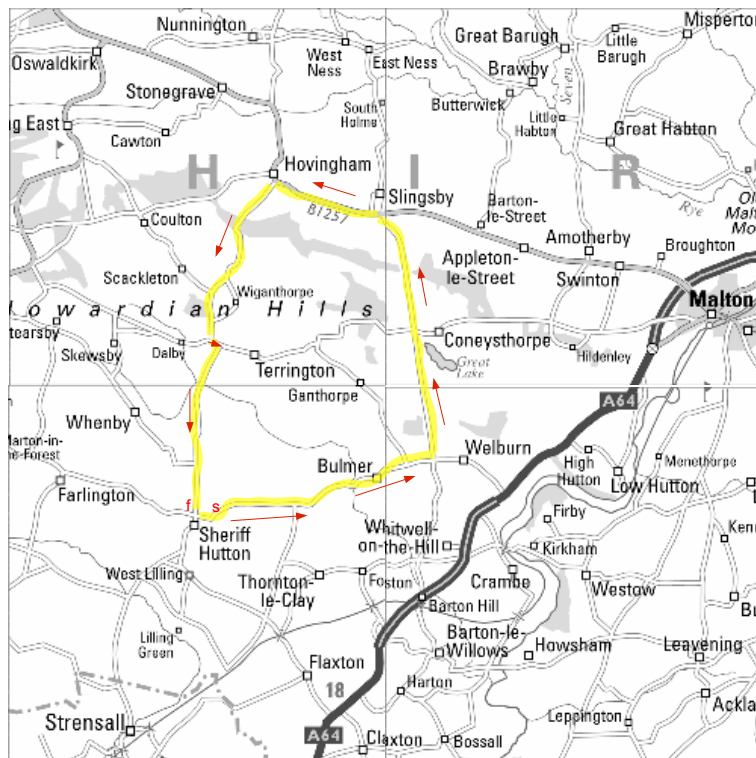
**Course 2: Bulmer/Ganthorpe**

Start Sheriff Hutton crossroads on Bulmer road.  
 Proceed to Bulmer (*with care – steep descent and then steep climb to up Bulmer Bank*).  
 After Bulmer village, turn left signposted Ganthorpe.  
 Proceed through Ganthorpe and Terrington until left turn signposted Sheriff Hutton (*with care - steep descent down Terrington Bank, narrow bend at bottom*)  
 Proceed to finish at Sheriff Hutton crossroads.  
*Distance: 11 miles, Terrain: Hilly.*



### Course 3:Whenby/Brandsby

Start Sheriff Hutton crossroads, down hill and turn left signposted Whenby/Brandsby. Proceed straight ahead to Brandsby, where turn left onto B1363. Proceed to Stillington, where turn left for Farlington (opposite garage). Proceed through Marton and Farlington to finish before Sheriff Hutton crossroads.  
*Distance: 13 miles. Terrain: Rolling/Flat.*



### Course 4:Bulmer/Hovingham/Terrington

Start at Sheriff Hutton crossroads on Bulmer road. Proceed to Bulmer (*with care – steep descent then steep climb*) Proceed through Bulmer village and continue to crossroads, where turn left onto Castle Howard Drive Proceed straight ahead to T-junction at Slingsby (*with care – steep descent*) where turn left for Hovingham In Hovingham, take **first** left signposted Terrington/Sheriff Hutton Proceed straight ahead until **right turn** (*with care*) signposted Sheriff Hutton Proceed down Terrington Bank (*with care – steep descent, narrow bend at bottom*) and carry on to finish at Sheriff Hutton crossroads  
*Distance:17 miles, Terrain:Hilly*