Directions:	Codes:	recent changes are in italics
½L, ½R half left, half right	FP footpath BP bridle path FB footbridge RWY railway	L bank: refers to left bank of river or stream as viewed, not necessarily as it flows CP Checkpoint !! = Take Care with navigation (in bold)

Point identification relates to GPS waypoints. GPS data are available in various formats from hmarston.co.uk/rrr The instruction tells you where to go from one waypoint towards the next, and the general direction (or directions) Distances (in metres) are the straight line separation of waypoints; the actual route will often be longer Climb is difference in altitude (in metres) of successive waypoints, negative values indicate an overall descent

	is difference in attitude (in metres) of successive waypoints, negative values indicate an overall d			
	Description – Stage 1 Start Grid Ref SE 440017			climb
STA	Start S of the gate on the lakeside path SW of MWBC. Follow lakeside FP (L fork round creek)	SW	419	0
A01	Continue along lakeside FP, blue BR on L, sculpture on R. At end of lake, ½ L (do not cross FB) to path	WNW	1509	0
	junction. L along main hard-surfaced FP, signed TPT. Keep on FP, to L of stream, to underpass.			
	Follow FP under 2 nd BR, R across FB to RD. Cross RD, under metal arch! after 100 m ½ L (before BR)	WNW	572	0
	FP signed Elsecar, on narrow path, cross RD.	W	520	0
	Go under metal arch. Surfaced path, parallel to dual carriageway, to Retail Park access RD	SW	936	0
A07	Cross RD, R of Morrisons, down slope, following surfaced path, ½ R after open area	WSW	666	10
A08	Join canal towpath. Follow canal under road BR, to RD crossing	SW	544	5
A09	Cross RD, continue along towpath, cross RD, follow fence on L by RWY to stile, L on RD to level Xing at Elsecar	SW	1460	-5
A10	Over level Xing. ½ R on TK uphill, sweep R to top of field, take path to woods (usually flagged on day)	SE	304	39
A11	On entering woods proper, !! immediately fork ½R down path (initially obscure), sweeps downhill	S	189	-14
A12	Path swings L and uphill	S	243	25
A13	At end of wood, take TK (½R) (NOT field path ½L). Follow TK to RD	SSW	691	-5
A14	Turn L, follow RD to cross-roads (Wentworth).	SE	315	15
A15	SA. ½R then 600 m along surfaced TK to concrete TK on L at 4-way junction by house	SW	640	14
A16	½L. Cross TK. Downhill FP between fences/hedges, L, follow stream then R & L at gated FB	S	942	-44
A17	FP follows stream, R uphill to TK, L & R to RD	E,SW	464	25
A18	L through Thorpe Hesley to cross-roads	SE	330	0
A19	SA at cross-roads into housing estate	SE	180	-5
A20	L at T-junction to RD at bottom of hill.	SE	98	-10
A21	R then L down fenced path. Keep to tarmac path to steps on L towards Health Centre	SW,SE	97	-2
A22	L up steps, take path to L of pharmacy to crest of ridge	SE	245	20
A23	Turn L and follow ridge and path to RD	Е	897	0
A24	R through Scholes to 90° R bend in RD.	SSE	599	4
A25	Take FP ½L for 80 m to stile on R	SE	88	0
A26	R uphill across open land 500 m to Keppels Column (landscape feature). Cross stile behind column (NOT stile at corner of field) to RD in housing estate	SSW	509	40
A27	Turn R to main RD	SSW	134	0
A28	L at main RD, to 1 st RD on R (Golf Course access RD)	ESE	454	-15
A29	Turn R towards Golf Course, ½L after 40 m down bank, across old CarPk to RD, L on RD, R at gates	SW	134	-6
A30	Follow FP between fence and hedge, bear L with fence then down to RD, follow to CP in pavilion.	S	373	-14
CP1	GRANGE Checkpoint (1) Grid Reference SK 393939 Open 07:30 to 10:30 15.7 km			
Point	Description – Stage 2	dir	dist	climb
CP1	Follow fence below CarPk, L at boulders to TK	SE	94	-5
B01	Under BR, follow TK to RD	Е	38	-1
B02N	R at RD, follow pavement 500 m to gated TK on L (opposite stile and steps from classic route)	SSW	524	-25
B03	Cross to TK, path L uphill after 30 m opposite statue, past second statue and minor paths on R and L, R at	SE	383	50
	first path that goes UP from the main path, at remains of derelict stile.			
	R through (derelict) stile. In field follow chain link fence on R to RD, follow to X Rds. Hilltop	S	414	5
	SA on fenced path at L of new houses. SA and bear R alongside fence, aim for pylon at bottom of hill.	SSE	500	-34
B06	Fork L through hedge to steps to R of pylon, path to RD. Cross RD, through gap to R of gate (FP sign), bear L along TK for 70 m.	E,S	100	-10
B06A	R down steps, follow path to L through thickets to RD	SE,E	126	-30
	L, follow RD 290 m to hidden path on R. Path is just past bus shelter behind next lamppost (No 35), at a small gap in bushes (after TDE access gates, before JSG access gates)	ENE	290	0

	Written Description for the Round Rotherham 2018			
B08	Path is at small gap between security fences, R in front of next security fence, parallel to RWY. Take	SSE	156	-14
B09	care – sharp spikes on top of fence - L over FB over RWY, down steps and R to towpath at river/canal Along R bank of river for 1 km, crossing arch BR to locks.	S	1029	-15
	L across BR. L through stile	SE	96	9
	FP to RD, Tinsley. Cross RD, turn R then L after bus stop to service RD	SSW	121	3
	Follow service RD to main RD (Bawtry Rd) past Pike & Heron to Park House Lane on R, at top of hill	SE	994	17
	R, follow Park House Lane to end, just before warehouse CarPk.	SW,SE	709	5
B14	L on fenced path, !! R (after only 40 m!!) behind warehouse, between (damaged) fences to field, follow	NE,SE	547	
	fence on L to stile and RD	, L,SL		
B15	R along RD, go under BR to Wood Lane	S	268	0
B16	R down Wood Lane to airport access RD at end	SW	259	0
B17	L at RD (The Car People on L), follow RD to roundabout near Mercure Hotel, after bus shelter.	SE	419	0
	L at roundabout then R on FP (ROW), opposite third lamppost. Follow direction of arrow on FP to stile close to main RD. Cross stile, L, follow FP to R of fence to steps leading under BR	NE,E	386	-9
B19	Follow fence R below main RD and R after BR. Immediately L following fence on path across rough land, emerge to field then L by hedge to FP to L of wooden fence round houses	SE	213	0
B20	Follow FP, cross RD, FP between fences. Follow RD to Catcliffe.	ESE	320	-20
	R on main RD to RD junction (main RD goes R), to FP on L	SSW	297	0
	L on FP over earthbank. Follow TK/ path at edge of plateau (not fisherman's path just above river), follow path to brick red TK parallel to river.	SE	892	20
	L across large grey-green bridge over river, initially R then straight uphill to FB over RWY	NE	190	0
	SA up RD to gateway to CP at sports ground at end of high fence on R.	NE	179	-10
CP2	TREETON checkpoint (2) G.R. SK 431875 Open 8:30 to 12:00 10.1 km (25.8 total)			
	Description – Stage 3	dir	dist	climb
	From sports ground, go back through gate, R, immediately R at FP signs (TPT and ROW)	NE	5	9
C01	Take FP alongside upper fence of sports ground. Keep SA until path starts to go downhill	SE	438	-9
	!! ½R through stone squeeze (obstruction to stop bikes) under telephone wire to bend in TK	SE	244	0
	SA over concrete FB, follow lakeside path, SA to terraced houses	SE,S	938	0
C04	150 m SA to main RD, cross dual carriageway	S	172	0
	R for 300 m, over BR. After joinery works, !! L on FP (TPT) between fences!!	SW	339	0
C06	Take cycle TK alongside fence and under viaduct	SE	1301	0
	Continue parallel to RWY, under (new) RD BR to TK (route crosses bridge)	SE	527	0
	R on TK to RD, R to 2nd (main) RD	SW,N	52	0
	R following RD over (new) RD BR to roundabout, to FP on R, 100 m after RWY,	NE	187	0
	!! Acute R down FP back to RWY, bear L, continue parallel to RWY to Rother Valley Park. 2017: Please respect competitors in British Schools Champs Event in Rother Valley Park on race day	SW,SE		0
	At fence corner, up flood bank, L before RWY BR, follow L bank of river to RD. SA along RD	E,SSE	1641	5
	Follow park access RD to main RD	ESE	1241	
	R on pavement, cross RD at tarmac TK on L just before stream (bridge) at bottom of hill	S	108	4
	Follow tarmac TK to canal, merge L to towpath, uphill (Norwood). Follow canal bank past houses, through gate to L of fence. Continue on canal towpath to stile to field.	NE,E	628	25
	Follow R edge of field to motorway embankment, R on TK, L under BR	E,SE	338	20
C17	After BR, R parallel to motorway. At TK corner, take trod ½L over hill to stile at summit	SSE,SE		19
	SA to Woodall village. SA through village for 300 m, to FP (hidden) after Todd's cottage (No 26) , before barn !!	SSE	504	-15
	L on FP across field (weave between electric fences) aiming for church, 800 m to FB and stile	Е	738	-9
	½R, 4 stiles/gates in line	SE	315	14
	R across field to playground and stile to CP in sports ground hall at L end of CarPk	SSE	164	0
	HARTHILL checkpoint (3) G.R. SK 492806 Open 9:30 to 14:00. 12.0 km (37.8 total)			
	Description – Stage 4			climb
	Go onto RD, L, to pub	ENE	68	-0
	Bear L just after pub, take FP (snicket) to main RD, L to signed FP after wide drive on R	E,N,E	84	15
	FP up steps, cross lane, up access TK to stile on R at end	Е	120	0
D03	Cross stile, follow FP along line of hedges (2 stiles), uphill to L edge of woods (access at stile). SA, exit by 2 nd stile. SA to second wood. Wind turbines ahead.	Е	1023	
	½R in front of wood to lane. Turn L for 30 m to stile on R	SE,E	232	0
	Cross stile, ½L from stile, cross 3 fields diagonally to lane, cross lane. (Bearing 102°)	102° E		-14
D08	SA (jink R at end of 1 st field, then L along hedge) over fields to TK at FP signs (Bearing 96°)	96° E	1377	-22

	Written Description for the Round Rotherham 2018			
	Cross TK, aim for gate to R of farm in valley. (Bearing 96°) Follow signed FP past farm to gate	96° E	367	-12
D12	Follow path down and up earthbank to RD (Top Hall Farm).	Е	268	0
1 1	R, then ½L over stile (opposite RD junction). Go diagonally across field to opposite corner, to gap in hedge.	NE	432	-9
	Bear R, follow hedge at back of airfield, through farmyard to lane	ENE	405	-10
	Turn L (downhill) to RD junction, L at junction, R at next junction	N	166	-2
$\overline{}$	Follow RD to corner, to FP signed Turnerwood	NNE	177	-2
D17	Go SA on FP to lane, R on RD to canal BR at Turnerwood . (There is often an unofficial drink station	NNE	749	0
	here). Follow L bank of small stream to stile at RWY Cross RWY TAKE CARE Turn R, follow FP on L of ditch. Go L round back of farm to TK	NE,N	534	-5
	Turn L uphill on TK towards woods, down, cross BR.	NE,N	430	0
	Keep with fence on R . After 300 m, bear R along a TK past a shed (keep fence to field on R, following	N	258	10
	yellow posts).			10
D21	Fork L (obeying Permissive Path signs), then L to tunnel	N,NE	388	-13
	After tunnel, turn L as signed, passing to R of putting green to next sign (partially hidden between tree	N,NE,	391	13
	and bushes), go R behind line of bushes. Follow bushes to path at corner between bushes. L at T-	N		
200	junction, cross a fairway, emerging opposite lane			_
$\overline{}$	½ R up lane, down to cross-roads at Butchers Arms, Woodsetts	N	783	-5
	SA for 100 m to access RD	NE	71	0
	Turn R to Woodsetts CP in sports pavilion	SE	105	0
	WOODSETT, the mid-Checkpoint (4) with food and transferred kit G.R. SK 554837 Opens 10:15; You may be asked to retire after 15:30 9.4 km (47.2 total)			
1 1	Description – Stage 5	Dir	dist	climb
CP4	L out of pavilion, head towards RD, going round playing fields to stile	SE	121	0
E01	L along RD to end of village	SE	331	-5
E02	L on TK opposite shops, past barrier, to tall hedge	NE	312	-4
E03	R in front of hedge, over FB. SA across fields, cross causeway between ponds before house	Е	1574	-10
E06	Turn L on FP opposite house and between fences to stile to R of Wallingwells house, emerge on TK	NNW	304	5
E07	R along TK to TK fork	NE	126	0
$\overline{}$	Take R fork, follow TK to tarmac RD. !!L on FP behind first lamppost at start of housing estate!!	NE	913	5
E09	Follow FP through shrubs, on R of field (diverts into housing estate) to RD Carlton-in-Lindrick.	N	578	-10
1 1	Turn L to L bend in RD, after industrial estate	W	192	0
E11	!! Acute R turn to FP between fence and overgrown stream, below open hill	NE,N	751	0
$\overline{}$	SA in wooded area, L then R across parkland to L of old toilets, L to FB to park RD by Langold Lake	W,N	155	0
	Turn R by lake, then L across dam, follow main park RD past CarPk to park gate	NE,N	472	-5
	Turn L, R on FP at back of small CarPk, behind sign. Follow main FP through woods to stile.	N	1091	17
$\overline{}$	Turn L following hedge along TK past fields, through woods to lane	NW	879	19
	SA across RD to (initially) wide TK, downhill, CP on L just before RD (and pub)	NW,W		-25
CP5	FIRBECK Checkpoint (5) in Village Hall on left G.R. SK 564885			
	Open 11:00 to 17:30. 8.9 km (56.1 km).	1:	11	1' 1
$\overline{}$	Description – Stage 6			climb
	Leave hall, L along RD to FP opposite RD (Kingswood Close)	SW	81	4
	R along signed FP/TK. Follow zig-zag TK	NW	308	-4
	R bend in TK: continue along main TK	N,WNW		8
$\overline{}$	R bend in TK to L bend in TK along earthwall,	NNE	390	11
$\overline{}$	SA. Ignore BP, keep L alongside earthwall/hedge. Main TK is to R of hedge, swings to R at gate	W	481	5
	Follow TK R, towards house. Go L of house (gate). Emerge onto TK, turn L	N	171	-5
	Track emerges onto RD, acute R	NW	121	-10
	Follow RD down, then up to gate on L 20 m before main RD	NE,N	147	5
	L at gate, across field aiming for stile just R of ruin (Roche Abbey).	W	718	-5
F09	Follow path/TK to CarPk	NW	189	0
F10	Through CarPk, follow valley path, cross lane	NW	433	5
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F11	Continue along valley path, to R of stream.	NW	713	5
F11	· · · · · · · · · · · · · · · · · · ·		713 79	5 14
F11	Continue along valley path, to R of stream.	NW		
F11 F12 F13	Continue along valley path, to R of stream . Follow main path ½R uphill to top path	NW N,W	79	14
F11 F12 F13 F14	Continue along valley path, to R of stream . Follow main path ½R uphill to top path Turn L then L under RWY (narrow BR). Continue along path/TK to lane	NW N,W NW	79 412	14 -4

	Written Description for the Round Rotherham 2018	,		,
CP6	MALTBY checkpoint (6) in church hall G.R. SK 527919 Opens 11:45; You may be asked to retire after 18:30 6.3 km (62.4 km total)			
Point	Description – Stage 7	dir	dist	climb
	Go uphill, turn R at T junction to RD	NE,E	96	8
G01	Cross RD then L up broad steps. cross main RD at Pedestrian Crossing (Maltby)	N	65	14
G02	Go up side RD (B-road) past school, round bend to L. SA on minor RD where B-road bends R	N,W	288	14
G03	Continue along RD, SA at crossroads to TK	W,NW	884	5
G04	Follow TK, L in front of gate	NW	313	5
	Follow wall round, first down 50 m, turn R, 100 m, ½R up walled path diagonal uphill following right	SW,N	166	-5
003	hand wall of house grounds to TK (Ignore TK on right, steeper uphill)	W,	100	-5
G06	Follow TK to RD at farm. The trig point on R of TK is at Foredoles Head, County Top for Doncaster	NW,N	1203	-42
G07	Turn R along RD CARE – traffic will be going very fast! to first junction on L to Micklebring at No	E	226	147
	HGV sign			
G08	Take RD on L through village to 4-way junction. Turn ½R, (L of small village green) to FP (signed) after	N,NE	856	-58
	last house on L			
G09	Take path on L of field to stile at L corner (below M18 motorway) (Follow White "Heron Way" disk	NNW	367	-71
G10	signs to Hooton Roberts). Take path alongside fence (below M18) past 3 stiles to TK. Turn R, under M18	WSW,N	180	-7
	7.2	WSW,	290	-9
GH	L on TK parallel to M18. !! After 150 m, R at broken stile, cross field (indistinct path if any) to track bridge (between posts) over stream and R round end of bushes.	WSW,	290	-9
G12	Take (usually) defined FP across field to gap in hedge (aim for white "Heron Way" disk on brow of hill)	270°	342	4
012	on bearing of 270° (due west). Between boulders on BR across railway cutting. Cross stile to L of gate.	W	372	"
G13	Bear ½R (turn R through 30°) and cross field to gap in hedge, to L of high point of ridge; Do not drop into		502	4
	valley on L. Cross path (R then immediately L). Aim for Emley Moor TV tower, red lights at night	NW		
G14	Cross field to L end of hedge near opening. Don't go through opening; take TK to L of hedge	NW	379	-12
G15	Follow TK, bear L near end of field to path between hedge and fenced paddock to TK. Turn R	NW	794	-41
G17	Track between buildings, L and then R down and over stream. Turn L on signed FP (hidden sign)	N,W,N	223	11
G18	FP (Bearing 320°) across field (uphill) to escarpment, ½ R to woods, immediately turn L down FP	NW	533	19
G19	Go ½ L, following steep muddy path at L edge of wood. Path widens to TK, then lane.	W	428	-39
G20	Follow lane to main RD (Hooton Roberts)	N,NW	489	5
G21	Go SA down lane, ½ R on TK. Where lane turns L, follow TK to R	NW	691	0
G22	Follow TK uphill. Pass barrier. Follow (interminable) TK, drop into field after top of hill.	N	867	25
G23	L following TK in field to gate, go down field, crossing TK to stile and CP	NNW	379	-35
CP7	OLD DENABY checkpoint (7) at RD G.R. SK 479987			
	Open 12:30 to 21:30 11.2 km (73.6 km total)			
Point	Description – Stage 8	dir	dist	climb
CP7	Go R along RD, bends R	N	267	-9
H01	Follow RD to first junction, turn L at telephone box	NE	238	0
H02	Go down Ferry Boat Lane. Cross RWY via FB (TAKE CARE on steep steps)	N	426	-13
H03	Cross river, go to end of path, L to canal.	N,W	107	3
H04	½ R on path UNDER FB!! (Do not cross canal) Follow canal towpath	W	492	0
H05	½ L at earthbank (before small FB) to Mexborough station CarPk.	SW,W	218	0
H06	Small signed BR (subway) under RWY, R then bear L (not up to platform). FP on R bank of river to RD	S,SW	561	0
H07	SA at RD, up bridge over RWY and canal.	W	378	5
H09	On BR, after canal, !! turn L down steps to open area (Swinton) (almost) SA along RD	SW	257	0
H10	RD turns R, turn L after low fence to canal before main RD, turn R under BR	W,NW	162	0
H11	Follow towpath to R of canal, L at end under RWY BR	N,W	291	0
H12	R up tarmac path in playing field to RD	NNW	462	0
H13	Cross RD to stile (½ L) Follow illuminated cycle TK	NW	214	-20
H14	Continue along illuminated cycle TK to Dearne Valley College.	N,W	402	0
H15	Follow RD through college, SA at roundabout	NW	249	0
H16	Follow RD to Manvers Roundabout. Take 2nd exit Barnsley A6023 (R of MANVERS sign.	NW	245	0
H17	Follow FP/cycle TK. Pass 3 roundabouts, cross RD at Ped Xing after fire station, follow RD to L	WNW	1475	0
H18	At roundabout, cross RD, and turn R Follow Bolton-upon-Dearn RD to MWBC entrance on L	NNE	296	
	Follow TK to MWBC	W	141	0
	FINISH (8) G.R. SE 441 018 Aim to finish by 22:30. 7.4 km (81.0 km total)			
	estulational Voulya warked through that Naw you only have to do it!	l	i	1

Congratulations! You've worked through that. Now you only have to do it!