

Stage 4 50m/Relay Kirk Langley - Duffield Distance 7.29 miles

1. Continue down **ADAMS ROAD**, turning first right road (not signposted **PIMMS ROAD**.) Shortly take the path on the right behind the small fence **(DN)** and head across lawn with willow tree hiding stile in hedge with fallen tree behind. Go **half left** across field aiming to the transformer for stile **(DN)** Continue between fields to stile **(DN)**. Head diagonal across field heading half left to footbridge. **WARNING, IT IS RICKETY.** In next field head diagonally to **RH** corner, **(DN)** continue up field with hedge/fence on your left to stile in the corner by the farm. Go through the broken gate hidden top left side to emerge on the **A52**.
2. **CAREFULLY CROSS THIS BUSY ROAD** to a stile **(DN)** slightly to the right. Aim diagonally for the top left corner of the farm, crossing a stile in the fence by it. **(DN)** Continue down to the bottom gate **(DN)** with a fence on right, then down to the footbridge **(DN)** in the left of centre of the field. Follow path as it bears left to a gate **(DN)** across a field to a small gate to left of wheat field Continue up 4 fields with the hedge on the left to the road by an old pill box. Emerging onto a road.
3. Turn immediately right heading down road then leave road turning right after 200 yards through gate before **PRIEST** (opposite **PRIESTWOOD FARM**) Proceed down the bridle path for over a mile, woods on left, field on right, go through **UPPER VICARSWOOD FARM** and joining the more prominent road. As a minor farm road joins from the right take the well trodden path left heading into the trees (no signs).
4. Path goes through the trees **(DN)** on emerging) and down 2 fields, across a bridge and up the next field. Right at the top **(DN)** then left after 40m at hedge end **(DN)** hidden on corner) and follow path to road **(DN)**
5. **CROSS THE ROAD CAREFULLY** taking the footpath opposite with the hedge on your right over footbridge. Follow the hedge

uphill in the next field (DN) to a stile. **DO NOT FOLLOW THE DN SIGN LEFT, LEAVE THE DN HERE.** Continue straight across the field east aiming for the white house and the water tower in the distance, emerging on **CHURCH ROAD.**

6. Turn left then right after 30 yards at the footpath sign at the end of the big wall. Follow the path by the wall then sharply uphill. At top take broad path left across the field past big tree, cross two fields and emerge between houses on **WOODLANDS ROAD.** Turn **L**, taking advantage of the nice grassy areas on the **R** of the road. Turn **R** at the t-junction then quickly **L** up **MONTPELLIER.**

7. At the left hand bend take the footpath **R** signposted to the **TOPOGRAPH.** At the top of the grassy path turn **R** between the wood and the fence. Cross the stile then head **R** to the 4 trees on top of the hill where you will find the **TOPOGRAPH** that explains the wonderful view to you if you need a quick rest. Head off **N** downhill towards the line of trees going off from the wood. Pass a house to your **L** behind the trees, aiming **N-E** for a conspicuous branchless tree trunk by a gate. Cross the stile to the **L** of the gate in the hedge, and follow the path to the large felled tree trunk, where you turn **L** and proceed **N** with the hedge on your **L.** Pass two houses and a stile to a farm road.

8. Go right then immediately left on signposted path through trees to footbridge. Continue **N** up the field with the hedge on your **R.** At the top take the stile 10 yards left rejoining **DN (DN).** Take path diagonally right to the path between the houses onto **BROADWAY (DN, AV20). LEAVE THE DN WAY HERE**

Turn **R** keeping to the right hand side of **BROADWAY. DO NOT CROSS OVER. AT THE BOTTOM YOU MUST USE THE PEDESTRIAN LIGHTS TO CROSS THE A6.**

Turn left and after 250 yards take **MAKENEY ROAD** right, signposted **LITTLE EATON** and **PARISH CHURCH.** After 50 yards crossover as the footpath switches to the north side of the road. Continue across the bridge **IGNORING DN SIGN DOWN STEPS** and at the far end cross over to the **CHECKPOINT** by the **BRIDGE INN** (1m, 7.3 cum)

RELAY RUNNERS PLEASE NOTE – FOR SAFETY REASONS THE INCOMING RUNNER MUST NOT CROSS OVER THE ROAD AT THE END OF THE BRIDGE. THE OUTGOING RUNNER WILL BE ON THE PAVEMENT OPPOSITE THE CHECKPOINT ON EATON BANK AND WILL SET OFF AS SOON AS THE INCOMING RUNNER REACHES THE SIGN AT THE END OF THE BRIDGE.