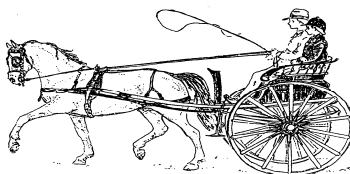


British Driving Society



LONG DISTANCE DRIVING



REGULATIONS

**Any enquiries and requests for long distance driving stationery
should be directed to: Tessa Styles**

BDS Executive Secretary

83 New Road

Helmingham

Stowmarket

Suffolk

IP14 6EA

UNITED KINGDOM

Telephone: **01473 892001**

Fax: **01473 892005**

INTRODUCTION

General Aim

The aim of Long Distance Driving is to complete a course which should be designed as a test of fitness of the animal and of the ability of the whip to drive the distance safely and competently, yet with sufficient reserve to continue without stress after completion of the drive. The unit eligible for qualification for a BDS long Distance Driving Certificate consists of the Whip and the single, pair, tandem or team of horses or ponies driven at the qualifying event. These rules are to help and encourage the sport of Long Distance Driving and should be interpreted within the spirit of the sport.

Newcomers Drive

This drive is an introduction to the greater demands of the Bronze, Silver and Gold drives. The Newcomers Drive should be over two sections of 10 kilometres, with a 20 minute halt at half way. Otherwise it will be subject to the same regulations as the other long distance drives. The units successfully completing the Newcomers Drive without penalty will be given a BDS Newcomers Long Distance Drive Rosette.

Bronze Award

The Bronze Award Drive will take place over a 40 kilometre course, driven in two sections, with a compulsory halt of 50 minutes at half way. The units successfully completing the bronze drive without penalty will be awarded a BDS Bronze Long Distance Drive certificate and rosette.

Silver Award

The Silver Award Drive will take place over a 60 kilometre course, driven in three sections over two consecutive days. The first 20 kilometre section takes place on the afternoon of day one. The remaining 40 kilometres is driven on day two in the same way as a Bronze Award drive and the rules and regulations relevant to the Bronze Award will apply. To be eligible for a Silver Award, the unit must have evidence of attaining three Bronze Awards at a minimum of two different venues. The units successfully competing the Silver Drive without penalty will be awarded a BDS Silver Long Distance Drive certificate and rosette.

Gold Award

The Gold Award Drive will take place over an 80 kilometre course, driven in four sections over two consecutive days. The rules and regulations relevant to the Bronze Award will apply on both days. To be eligible for a Gold Award, the unit must have evidence of attaining three Silver Awards at a minimum of two different venues. The units successfully competing the Gold Drive without penalty will be awarded a BDS Gold Long Distance Drive certificate and rosette.

Certificates and Rosettes

Applications for certificates should be made for each entrant by the organiser to the BDS Secretary on the appropriate form, which must be signed by the Official Steward. Newcomers, Bronze, Silver and Gold Rosettes may be awarded by the Organiser on the day.

RULES

Eligibility of Entrants

Only members of the BDS may organise or take part in BDS Long Distance Drives. Participants' membership numbers must be shown on the entry forms.

The unit eligible for qualification for a BDS Long Distance Driving Certificate consists of the Whip and the single, pair, tandem or team of horses or ponies driven at the qualifying event.

All animals must be aged 4 years or over.

An Adult Whip over the age of 18 must be accompanied by a groom aged 14 years or more on the day of the event.

All teams will carry at least two grooms

Grooms may not be changed during a qualifying event except with the permission of the Official Steward. The same weight load must be carried throughout.

The Veterinary Officer's decision on the ability of any animal to complete the course, or of its suitability for its load, will be final.

Harness

Attention must be paid to the fit, safety and soundness of the harness.

Full breeching is compulsory.

If breast collars are worn they must be attached to swingletrees fitted to the vehicle.

Spares

The minimum required to be carried on the vehicle is listed below. The unit will not be deemed fit to start unless the minimum requirement of spares is carried.

Singles:	1 spare trace 1 spare breeching strap	1 spare rein or a rein splice 1 hame strap (where applicable)
Pairs:	1 spare trace 1 pole strap or pole chain	1 spare rein or a rein splice 1 hame strap (where applicable)
Tandems:	1 lead trace 1 wheel trace	1 lead rein or a rein splice 1 wheel rein or a rein splice 1 hame strap (where applicable)
Teams:	1 lead trace 1 wheel trace 1 main bar 1 pole strap or pole chain	1 lead rein or a rein splice 1 wheel rein or a rein splice 1 lead bar 1 hame strap (where applicable)

General Kit

A strong knife, hoof pick, lead rein, halter (which may be worn).

First Aid kit for horse and human, containing at least one strong 3" crepe bandage and one triangular bandage, for use as a sling, pad or additional bandage. Centrimide or a similar cream.

Vehicles

The vehicle must be of appropriate fit, weight and size for the animal and suitable for the event. It must be safe and well balanced.

A swingletree must be fitted to the vehicle if breast harness is worn.

Pneumatic tyres or bicycle wheels are not allowed

Vehicles must be fitted with sides or restraining bars.

Consider whether the legal requirements for reflectors and lights in working order on public road are necessary for the proposed drive.

Time Penalties

Failure to report at your programmed time for the various inspections and starts may incur time penalties unless justified by evidence shown on the yellow card.

Paces

Discretion in pace is permitted in the interest of your animal's well being, as in springing a hill. The walk, trot and an occasional short canter are permissible. The undesirability of galloping is self evident and will incur elimination.

Halts of no more than two minutes are allowed, which is considered the maximum needed in order to adjust your harness, water your horse or otherwise deal with creature comforts. A longer stop can unfairly affect the validity of the test of athletic fitness. The test aims to be as comparative as possible in the prevailing conditions, and to this end intermediate halts of more than two minutes should not be made except in the interests of the horse's well being.

Dangerous, Unfair and Discourteous Driving

Penalties, including elimination, may be awarded for dangerous, unfair or discourteous driving by the Official Steward.

In the interest of good horsemanship, you should invite another whip to pass you, safely at a suitable pace, should you be likely to hinder a brisker unit.

Reservation of Right by the Organisers

- a) To cancel the Long Distance Drive or any Class
- b) To alter the advertised times
- c) To refuse any entry without need for stating a reason

Disclaimer of Liability

Neither the Organisers, the British Driving Society, nor any agent, employee or representative of these bodies, save for the death or personal injury caused by negligence of the Organisers or any one for whom they are in Law responsible, accepts any liability for any accident, loss, damage.

Acceptance of Regulations

Any member making an entry shall be deemed to accept and abide by the British Driving Society's Regulations for Long Distance Driving.

INSPECTIONS

VETERINARY INSPECTION

Initial Inspection

Before setting off, each animal will be inspected unharnessed for soundness and the initial pulse rates recorded and entered on the Standard Veterinary Inspection Sheet and Yellow Cards initialled.

In addition, on day two of a Silver or Gold Award drive, the veterinary surgeon will take into account any alteration in the rate of the resting pulse from that of the previous day. If in his opinion there is a significant alteration in the resting rate, he will consider whether or not this is indicative of fatigue. The minute test will be carried out and he will consider both these results as part of his general examination in making his opinion on the fitness of the animal to undertake a further 40 km. The veterinary officer's decision on the fitness of the animal to start will be final.

Half Way Halt Inspection

On completion of the first 20 km section and after a 20 minute rest, each animal will be examined out of the vehicle but need only be unharnessed at the specific request of the Veterinary Surgeon. This will include the Minute Test Pulse Rate and the Skin Pinch Test for Dehydration. The results will be entered on the Standard Inspection Sheets and the Yellow Cards initialled. The duration of the Half Way Halt is 50 minutes.

Final Inspection

On completion of 40 kilometres and after a 30 minute rest, each animal will be examined unharnessed for soundness, including the Minute Test Pulse Rate and the Skin Pinch Test for Dehydration. The results will be entered on the Standard Inspection Sheets and the Yellow Cards initialled.

The final inspection on day one of a Silver Award drive will be carried out as above.

Minute test for pulse rate

The pulse rate is recorded one minute after the commencement of a 60 metre trot. The test will require the provision of a straight 30 metre track, on level ground, marked by a cone at either end. The Minute Test is used at the Half Way Halt and the Finish. In addition, the minute test will also be carried out at the start of day two on a Silver or Gold Award drive.

Veterinary penalties

Minute Test Pulse Rate:	Under 56:	No penalty
	56 – 59	1 penalty
	60 – 61	2 penalties
	62 – 64	3 penalties
	Over 64	Elimination

Dehydration (pinch test) failure of the skin fold to flatten after 10 seconds: Elimination

Lacerations or wounds incurred and recorded before the event – no penalties if considered fit to start and complete.

Lacerations or wounds incurred during the event: 0 – 4 penalties or elimination.

Injuries sustained on the course likely to cause pain and suffering will incur elimination.

Poor condition: 0 – 4 penalties or elimination.

Lameness: Elimination.

FARRIERY INSPECTION

This inspection takes place in conjunction with the initial and Half Way Halt veterinary inspections. The farrier will examine the shoeing to determine its adequacy to commence and complete the course. If satisfied he will enter this on the Standard Veterinary Inspection Sheet. If, in his opinion, the shoeing is either worn or otherwise defective enough to place this adequacy in any doubt he will advise the Veterinary Surgeon, who may award 0 – 4 penalties or elimination for worn or defective shoeing.

Any shoe fault requiring correction disqualifies the unit's eligibility for an Award, but if corrected within such times as allowed and permitted by the Official Steward and the course then completed it may be presented with a Completion Rosette.

HARNESS AND VEHICLE INSPECTION

This inspection takes place before the start before the start of the first section and again at the half way halt before the start of the second section. It may also be inspected at any other time before the final veterinary inspection at the direction of the Official Steward.

The inspection will determine the unit's soundness, suitability and safety. The only criterion for the Long Distance Drive Award is fitness to start and continue. Examination for wear and makeshift repair may reveal unfitness to start. No penalties are awarded. The unit is either allowed to start or not.

If any part is judged to be unsafe, the unit will not be allowed to start

The time allowed for the initial harness and vehicle inspection is 10 minutes. If the entrant is unable to make harness or vehicle safe as required by the inspector in that time the unit will be eliminated from that qualifying drive.

Full breeching is compulsory. If breast collars are worn they must be attached to swingletrees fitted to the vehicle.

Two-wheel carriages should be tested with both whip and groom mounted.

Wheels must be in sound condition and checked for play.

The security of shaft and suspension mounting should be examined.

Should the inspector have any doubt whether or not the unit is underhorsed, the opinion of the Official Steward will be sought.

CLASS INFORMATION

Classes

- Class 1** Single horses, pairs, tandems and teams over 14.2 hh (148 cm)
Class 2 Single ponies pairs, tandems and teams 12.2 – 14.2 hh (127-148 cm)
Class 3 Single ponies, pairs, tandems and teams below 12.2 hh (127 cm)

Speeds & Times

Bronze, Silver & Gold Drives – speeds and times for each 20 km section:

	Minimum time	Maximum time	Approx Speed
Class 1	95 minutes	105 minutes	12 km/h
Class 2	105 minutes	115 minutes	11 km/h
Class 3	125 minutes	135 minutes	9 km/h

Newcomers Drive – speeds and times for each 10 km section:

	Minimum time	Maximum time	Approx. Speed
Class 1	45 minutes	55 minutes	12 km/h
Class 2	50 minutes	60 minutes	11 km/h
Class 3	60 minutes	70 minutes	9 km/h

Time Penalties

Penalty points for early or late arrival at the end of any section = 1 penalty point per minute or part thereof.

GENERAL INFORMATION

The following information should be sent to each entrant at least 5 days before the event:

- (i) A map showing the course and nature of the terrain, marking any areas of Particular hazard, with a reminder that the course will be driven 'blind' and that any inspection of it will incur elimination.
- (ii) A timetable showing the start times and speeds for each class
- (iii) The order and nature of the various inspections.

Entrants will be advised on the need for preparation by adequate training of the animals to achieve athletic fitness and to ensure that they have been recently shod.

Entrants must arrive at last one hour before their scheduled start to allow this period of rest for the animals and to permit the organisers to keep to schedule.

Yellow Cards

Each entrant will be given two yellow cards, which are to be carried at all times. Start and finish times for each section must be entered, together with any hold up times etc. initialled by an official on both cards. The cards must also be initialled by inspectors after each examination. (Please ensure that this is done as it effectively provides evidence of delays which may affect your times).

At the final veterinary inspection one yellow card should be retained by the Veterinary Officer and the other by the entrant.

ORGANISERS' INFORMATION

APPLICATIONS

Applications from organisers of events for "Long Distance Driving to qualify for a British Driving Society Certificate" should be submitted to the secretary of the BDS as early as possible along with the name of the Official Steward. Full details and maps of the proposed course, drawing attention to any areas of particular difficulty must be forwarded to the Official Steward as early as possible. On request, the Secretary can supply copies of rulebooks, introductory advice to LDD organisers, veterinary guidelines and all other relevant paperwork.

Only members of the BDS may organise or take part in BDS Long Distance Drives. Participants' membership numbers must be shown on the entry forms. Proof of adequate third party insurance must accompany entry forms.

OFFICIALS

Official Steward

An Official Steward approved by the BDS should be appointed to each event. This could be the local Area Commissioner or other competent person, who should be familiar with the regulations. They will have responsibility for checking the suitability of the venue and route and will have the authority to extend the rest periods by up to a maximum of 10 minutes in exceptional circumstances. The Official Steward works in conjunction with the other officials to ensure the smooth running of the event and will be responsible for the final decision in case of any query or dispute.

It is not necessary to appoint an Official Steward for a Newcomers Drive.

Veterinary Surgeons

It is recommended that at least two veterinary surgeons are present to carry out the veterinary inspections and be available for any on-course emergencies. It is helpful if the same veterinary surgeon can examine the same turnout at each inspection.

The Veterinary Guidelines and a copy of the rules will be circulated to the Veterinary Inspectors in good time before the event so that they may be fully conversant with their duties within the Regulations.

Farrier

The farrier should be supplied with a copy of the rules before the event

Vehicle and Harness Inspector

Consideration should be given to the number of inspectors required. Separate vehicle and harness inspectors may be necessary. Remember that it takes longer to inspect pairs, tandems and teams than singles.

Writers

It is recommended that a writer is supplied for each vet, the farrier and harness and vehicle inspectors.

Starter/timekeeper

A starter/timekeeper should be present at the start and finish of each section. They should be equipped with a stopwatch or chronometer and attention must be paid to methods of synchronisation of all stopwatches. It is recommended that each starter should have an assistant to fill in the yellow cards etc.

Scorer

A scorer is necessary to collate the times and penalties.

General Stewards

Stewards may be required at road junctions and other difficult points. Radio communications are helpful for liaison with base. Roving mounted stewards increase the range of radio communication.

COLLECTING, INSPECTION, START AND FINISH AREAS

Ideally, there should be a large, single site with water and toilet facilities, which will accommodate the collection, inspection, start and finish areas. The inspection areas should provide adequate space and proximity to each other to allow for easy progression from veterinary and farriery inspection to vehicle and harness inspection.

The veterinary Minute Pulse Rate Tests will require the provision of a straight 30 metre track, on level ground, marked by a cone at either end. Consideration should be given on site so that the trotting 30 metres are not part of access routes.

If overnight accommodation on site is not possible, a list of Bed and Breakfast facilities for both horse and driver should be provided.

FIRST AID

A British Red Cross Ambulance or similar should be in attendance. The ambulance personnel must be provided with a map of the course and a four wheel drive vehicle be available for their use in difficult places. (Unless these units already have their own 4WD and communication system).

A Horse Ambulance or suitable trailer, with a four wheel drive vehicle suitable for towing either should be available for emergencies.

POLICE

It is important to inform the local police of the date and route of the drive.

NUMBER OF ENTRANTS

It is recommended that 25 animals is the maximum number that can be conveniently examined by two veterinary surgeons. The time required for inspection varies with the number of singles, pairs, tandems and teams entered. It is also desirable that all starters are away before the first entrant arrives at Half-Way. A short break for the examiners is recommended after the initial examinations are completed. If entries include a substantial proportion of multiples, it is recommended that three veterinary inspectors be employed.

ENTRY FEES AND SPONSORSHIP

Organisers are advised to calculate the entry fees carefully, following acquisition of known major expenses and they should consider whether sponsorship is required, as the costs of this type of event are known to be high.

PRESENTATION OF AWARDS

Organisers will present Completion Rosettes to units completing the course on the day of the event. It is recommended, if expenses permit, that Completion Rosettes are also awarded to the Grooms of Award qualifiers as a mark of their contribution. Certificates will be sent from the BDS Office on receipt of an application form signed by the Official Steward and forwarded by the organiser.

THE DRIVE

The Course

The drive should be cross country over variable terrain using serviceable roads and tracks in place of metalled roads and highways wherever possible. Roads should be kept to a minimum, preferably not exceeding a total of 10 kilometres.

The course, whenever practicable, shall be divided into equal sections, each measuring 20 kilometres, with an area for a Half Way halt at the centre. A latitude of 2 kilometres or less, added to one section and the same distance subtracted from the other, is permitted in order to find a convenient areas for the Half Way Halt and times will be adjusted accordingly. A figure of eight course is recommended, but if space does not permit this, the same 20 kilometre course may be driven twice.

If possible, the course driven on day two of a Silver or Gold Award drive should be different from that driven on the previous day, but if this is not practicable then the course driven on the previous day may be used in the reverse direction.

All entrants must follow the same course. The course will be marked at each kilometre in numerical order with directional arrows clearly placed. This distance should be measured carefully, using the most accurate means available.

If possible, a further site adjoining the route, at about 10 kilometres after the start of the second section, should be marked which will allow place for examination of any animal or animals considered likely to experience stress, at the direction of the veterinary officer or the official steward. This is particularly necessary should adverse weather or route conditions obtain at the time of the drive. The site chosen should not obstruct the long distance drive route and allow for either an alternative shorter way home or for use as a pick up for horse carrying transport. Any hold up time will be carefully recorded and entered on the entrant's card.

Long Distance Drives for the Bronze, Silver and Gold Awards may take place on either or both days over the same course.

Map and Route Directions

It is of prime importance, as the course will be driven 'blind', that any areas of natural hazard or difficulty must be shown in the submitted route directions and marked on the map. The map and directions should show clearly the nature of the terrain and any places of particular difficulty or hazard, including long or steep hills, indicating ascent or descent. They will also show the position of the kilometre markers, the Half Way Halt and the Emergency Ten Kilometre Halt with the recommended shortened route home in case of need. Organisers must ensure that no prior inspection of the course is permitted and any competitor found doing so will be disqualified.

Newcomers Drive

The Newcomers Drive will take place over a carefully measured 20 kilometre route, driven in one day. The course, whenever practicable, shall be divided into two equal sections, with corresponding maps and route directions clearly marked. There will be a 30 minute halt at half way. Otherwise the drive should be subject to the same regulations as the other Long Distance Drives.

Bronze Award

The Bronze Award Drive will take place over a carefully measured 40 kilometre route, driven in one day. The course, whenever practicable, shall be divided into two equal sections, with corresponding maps and route directions clearly marked.

Silver Award

The Silver Award Drive will take place over a carefully measured 60 kilometre route, driven over two successive days. The course, whenever practicable, shall be divided into three equal sections of 20 km, with corresponding maps and route directions clearly marked. The first section of 20 km will be driven on day one, commencing after 1400 hours and the remaining 40 km will be driven on day two.

Gold Award

The Gold Award Drive will take place over a carefully measured 80 kilometre route, driven over two successive days. The course, whenever practicable, shall be divided into four equal sections of 20 km, with corresponding maps and route directions clearly marked. The first 40 km will be driven on day one and the remaining 40 km on day two.

APPENDIX

The following forms are available to organisers of long distance drives from the British Driving Society Secretary, 27 Dugard Place, Barford, Warwick CV35 8DX. Tel: 01926 624420 – Fax 01926 624633:

- ❖ Guidelines for veterinary surgeons
- ❖ Veterinary/farrier inspection sheets (1 per animal per day required)
- ❖ Yellow cards (2 per competitor per day required)
- ❖ Master score sheets
- ❖ Checkpoint cards
- ❖ Application forms for certificates
- ❖ Introductory advice to Long Distance Driving organisers

The following are examples of suggested format for:

Officials

Entrants names and first inspection times (helpful for stewards/vets)

Entry form

Route directions (in conjunction with a map)

Example 1.

BDS Long Distance Drive at on

Area Commissioner.....

Assistant Area Commissioner.....

Organiser.....

Secretary.....

Veterinary Surgeons

Miss Examiner..... Writer.....

Mr..... Examiner..... Writer.....

Mr..... Roving

Harness and Vehicle Inspector

Mr..... Writer.....

Farrier..... Writer.....

Starters

Section A – Mr.....

Section B – Mrs.....

Finish

Section A – Mr

Section B - Mr

Scorers

Stewards

Section A

Section B

Name

Position on Course

Catering

British Red Cross Ambulance & Horse Ambulance

Example 2

BDS Long Distance Drive at on

STARTING TIMES

Name	Class	Vet/ Farrier	Harness/ Vehicle	Start A	Finish A
Mrs.....	1 Single	8.15	8.45	9.00	10.35-10.45
Mrs	1 Single	8.25	8.55	9.10	10.45-10.55
Mr	1 Pair	8.35	9.05	9.20	10.55-11.05
Mrs.....	2 Single	8.45	9.15	9.30	11.15-11.25
Miss	2 single	8.55	9.25	9.40	11.25-11.35
Mrs	2 team	9.05	9.35	9.50	11.35-11.45
Mr	2 single	9.15	9.45	10.00	11.45-11.55
Mrs	2 tandem	9.25	9.55	10.10	11.55-12.05
Mrs.....	3 single	9.35	10.05	10.20	12.25-12.35
Mr	3 single	9.45	10.15	10.30	12.35-12.45
Mrs	3 pair	9.55	10.25	10.40	12.45-12.55
Mrs	3 single	10.05	10.35	10.50	12.55-13.05

TIME ALLOWED FOR EACH
SECTION 'A' & 'B'

Class 1	95 – 105 mins
Class 2	105 – 115 mins
Class 3	125 – 135 mins

ALL COMPETITORS

Second vet inspection	20 minutes after finish of section 'A'
Second vehicle inspection	40 minutes after finish of section 'A'
Start of section 'B'	50 minutes after finish of section 'A'
Final vet inspection	30 minutes after finish of section 'B'

Example 3

BDS Long Distance Drive at on.....

ENTRY FORM

Full name of BDS Member driving (block capitals).....

Address.....

.....Phone no.....

BDS membership number.....

Full name of groom

* Age if 14 – 18 yrs.....

Name(s) of horse(s) . pony(ies) - Single, Pair, Tandem or Team.....

.....

Type, sex, colour, height and age.....

.....

Type of vehicle.....

Type of harness.....

I am a member of the British Driving Society (signed).....

Please return to LDD Organiser:

.....

Entries Close

Numbers will be limited

Entrance fee.....

Note: Maps and individual start times will be circulated prior to the date of the long distance drive.

- A Junior Whip driving in the Long Distance Drive must be accompanied by an able bodied groom 18 years or over. All Whips must be 14 years or over.

Example 4

ROUTE DIRECTIONS – Example Only (Map also to be provided)

SECTION A:

- Start to Km 1** Start in field off farm track, keep round side of hill (left camber) then UPHILL, fairly STEEP and through Russell boundary gate. Across two fields (can be wet Underfoot). CAUTION after gate – rough going. Through gate along grass Covered stone track past Km 1.
- Km 1 to Km 2** Follow track to Llwyncaed Farm, turn right DOWNHILL left around building - CAUTION – past farmhouse and short STEEP UPHILL on tarmac or grass. Follow tarmac to T. and turn left passing Km 2.
- Km 2 to Km 3** DOWNHILL on tarmac road fairly STEEP in places, left bend past the Rhos then turn right into grass field. Cross three fields DOWNHILL joining public road And turning right Km 3.
- Km 3 to Km 4** At Llanbister Road turn left – CAUTION – past station and over railway bridge along road and turn right UPHILL – STEEP for short section – on tarmac hill to Km 4
- Km 4 to Km 5** DOWNHILL on twisting tarmac road past Bryn-golfa Bungalow and past Km 5
- Km 5 to Km 6** At junction turn right on B4356, 100 metres fork left on tarmac road towards Rhos-grug Farm, take left turn on to stone/dirt track UPHILL, VERY STEEP Through gate on to moorland and past Km 6.
- Km 6 to Km 7** Follow grass track VERY STEEP UPHILL on to top of Rhos Crug (look behind you at the view if you have time) past Km 7 near tumuli
- Km 7 to Km 8** Follow moorland track undulating (bumpy occasionally) then gently DOWNHILL to the source of the River Lugg and Km 8.
- Km 8 to Km 9** Do keep to the marked route even if it does seem circuitous at source of Lugg. UPHILL through heather, turning left at top on old track along side of hill Passing Km 9.
- Km 9 to Km 10** Follow track, then DOWNHILL – CAUTION – rutted and bumpy in places, before sharp left turn on to DOWNHILL stone track and Km 10.
- Km 10 to Km 11** Right through gate and follow DOWNHILL track through field to Km 11.
- Km 11 to** Continue DOWNHILL on dirt/grass track to B4356 road, turn right and then left

- Km 12** on tarmac road UPHILL and DOWNHILL to Great Cantal Farm at Km 12.
- Km 12 to
Km 13** Through farmyard and through ford then STEEP UPHILL on stone track, left at top to Km 13.
- Km 13 to
Km 14** Right and left along grass track slightly UPHILL and right into field passing Km 14.
- Km 14 to
Km 15** Over rise in next field then DOWNHILL and out on to farm track past large pond and Km 15.
- Km 15 to
To Km 16** Through Park Farm (strong smell of silage!), turn left DOWNHILL, very bumpy cobbled stone track and out into track through field UPHILL and then Across to gate by cattle grid and Km 16.
- Km 16 to
Km 17** Cross road on to Coxhead Bank Common joining public tarmac road DOWNHILL to Km 17.
- Km 17 to
Km 18** UPHILL then left still on tarmac. Leave Common through gate on road, then road or field starting DOWNHILL to Km 18.
- Km 18 to
Km 19** DOWNHILL – STEEP at first – CAUTION – on tarmac track to Lower Pentre, through gate into field – CAUTION rough ground. Through ford and gate into Grass field (follow signed route otherwise very bumpy) to Km 19.
- Km 19 to
Km 20** Across grass field and ditch line (keep to signed route) right through gate across field on old grass track. Down through ford across river – CAUTION keep right On entering water. Cross field to railway bridge, over railway, down old grass Track, bear left to road and Km 20.
- Km 20 to
Km 21** Follow tarmac road home through Tyn-y-Wain Farm
FINISH