



Guisborough Three Tops – English Fell Championships – 4th April 2020

Esk Valley Fell Club is proud to welcome the fell running community to the northern edge of the North Yorkshire Moors for the first counter in the 2020 English Fell Running Championships and the Yorkshire Championships 2020. The event is being held on the 50th anniversary of the formation of the Fell Runners Association and is part of the year long celebratory 50@50 race series.

ENTRIES

Entries for the event will be available through [SiEntries](#) with entries opening on 1st February and will be available as follows:

For those on the Guaranteed Entry list they will then have until 9.30am on Friday 7th February to take advantage of their opportunity for prioritised entry.

Entries will then be opened up at 10am on Friday 7th February to FRA members only up to a total limit of 300 entries.

Entries for all remaining places up to an event limit of 400 will then open at 10am on Friday 14th February and a waiting list will be used if the event fills up.

This policy recognises the fact that members of the FRA support the organisation which enables fell racing in England to take place. Thank you.

If you have club mates who are not currently FRA members please pass on the above information, tell them what fantastic value membership of the FRA is and alert them to the fact that entries will open for non-members at 10am on Friday 14th February.

There will be no entry on the day and competitors are reminded that they cannot run under somebody else's number and name.

To endeavour to ensure the maximum number of entrants can run we will be creating a reserve list and seeking to allow transfers as close to the event day as possible.

THANKS

We would like to thank Cleveland Mountain Rescue Team for their help in marshalling the course, Guisborough and East Cleveland Sea Cadets for hosting the event, the North Yorkshire and North East fell running community for supporting the event, the Fell Runners Association for their assistance, number sponsors and prize contributions from Pete Bland Sports and Inov8, Parking provided by Redcar and Cleveland Council.

COURSE

A championship course has been developed which retains the quintessential elements of the original Guisborough Three Tops event, though with a redesigned opening 5km through Guisborough Woods. The start to checkpoint one at Highcliffe Nab section will be flagged and marshalled.

A course map is available on the Esk Valley Fell Club website [map](#)

The course is an AM with a race distance of 15.90km and 800m of ascent.

PARKING

Dedicated event parking is being provided courtesy of Redcar and Cleveland Council at their Belmont House offices Rectory Lane, Guisborough TS14 7FD, there are approximately 180 spaces with an 8-10 minutes' walk to registration. Additional public parking is available in Guisborough in dedicated car parks and on-street, please park with consideration and respect. There is no parking at registration for competitors or supporters, the limited parking will be allocated to officials only, thank you for your assistance.

REGISTRATION

Registration is being hosted at Guisborough and East Cleveland Sea Cadets Hall, adj. 74 Belmangate, Guisborough, TS14 7AQ, grid reference NZ 617157. This will provide; event administration, number pick-up, kit check, bag store, toilets, prize giving and refreshments. Registration will be open from 10:30am for competitors, please bring kit to registration.

KIT

Competitors will be required to carry the full mandatory list of kit as required by the FRA kit for the whole duration of the event.

THE RACE

The race limit is 400 competitors, the women's race will start at 13.00hrs and the men's race at 13.30hrs.

The first 5km of the event will be flagged through Guisborough Woods through to checkpoint one at Highcliffe Nab (dibber Check Point), competitors are then required to visit in order checkpoint two at Hanging Stone (dibber CP) care please keep right on approach to and departure from the checkpoint. Checkpoint three is located on Roseberry Topping (dibber CP), Little Roseberry is a flagged checkpoint and the trig point on Gisborough Moor (dibber CP), then descend through Guisborough Woods to the finish. Use of GPS is not permitted.

PRIZES

Thank you to Pete Bland Sports and Inov8 for the support of the prizes. Awards will be made after the race to women and men in the U23, Open, V40, V45, V50, V55, V60, V65, V70 categories and teams. Thanks to Pete Bland and Inov8 for their support of the prize list, handmade items are produced by Little Wren Pottery based in Northallerton.

THANKS again

Our thanks to Cleveland Mountain Rescue Team to whom a donation will be made from race proceeds, Guisborough and East Cleveland Sea Cadets for hosting Registration, Redcar and Cleveland Council for parking and the North East and North Yorkshire Moors running community for their support, without your help there would be no event.

Please check back, this document will be updated on a periodic basis.

Organisers

Bob Lillie and Clive Thornton

V2 – 31 January 2020