

A Brief Description of The 3 Tops Route that will be used in the English Championships race on 6th September 2015.

The start will be as noted on the web map at www.eskvalleyfellclub.org/routes for The Guisborough Three Tops. It will however start in the opposite direction with a loop of the quarry as the first kilometre of this route is on a wide track suitable for the race numbers expected. This start can be found on the same web site as a shortened form of the first loop of The Guisborough Woods race. Once the top of the quarry is achieved runners will run along the top section until they meet the descent of the '3 Tops' from the Trig Point. This is a public right of way. Descend to about 250 metres above the start then branch left, following a broad forest path which will be the Finish after the long loop.

This route will now join the 3 Tops as run previously some 400 metres from our start. Next is a muddy section through the forestry climbing up towards Highcliff. At the top of this climb you will be on a rolling open moor leading to Little Roseberry and then Roseberry Topping. (The Roseberry Topping Race has been run annually since 1954!) After the climb up to Roseberry there is a sharp descent through old shale heaps to the lower Roseberry Gate. This is a checkpoint to prevent short cutting across to Hanging Stone. Rough pasture and wall climbing are out of bounds!

From here there are choices in the route up to Hanging Stone. You must however touch all check points so here it is the large rock itself. There will be a visual, cursory kit check here. Marshals will expect to see you carrying a bum bag or wearing your cagoule etc. No specific items of kit will be asked for this will be merely a visual glance. Once you touch the rock you then have a choice of route to the Trig Point above Belmangate Top. When you descend from The Trig. you will go through a gate and some 200metres or so later you will join the short section you have previously run descending on the public right of way until 250 metres above the start where you swing left into the finish. This route will be re-measured in February and a new map which you can download will be available on the web site. Hope you are looking forward to it. The finish area will be roped and filmed with two number checks - one at the finish line and one at the end of the roped section.

Best wishes

Dave Parry