

Esk Valley Fell Club – Race Fixtures 2020 (Dave Parry Winter and Summer Fell Race Series supported by Lets Run) – (28/01/2020)

Date	Day	Start time	Race	Organiser	Event	Entry Details	Venue	Grid Reference	FRA Category	Senior Race Distance/Climb	Junior Races Distance/Climb
KIT – Fell Race Events											
<p>AL, AM and BL races, FRA Mandatory Minimum Kit must be carried. (Waterproof whole body cover (with taped seams & integrated attached hood) + hat + gloves + map + compass + whistle + emergency food). All other races, bring and be prepared to carry FRA kit. Race organiser will specify requirements on the day.</p>											
Dave Parry / Lets Run – Winter Fell Race Series 2019/20 (continued)											
01/01/20	Wed	11:00	Captain Cook's Races (37th) (50@50) (proceeds support local charities)#	Esk Valley Fell Club	L, WS6	£5.00 - Advance Entry £7.00 – Entry on Day (UEF)	Royal Oak P.H. - High Green, Great Ayton, North Yorkshire TS9 6BW	NZ 563107	BS	5mi/1043' 8km/318m	U9/U11 - 1.0km U13 – 2.4km, U15/U17 – 4.1km U19 – Senior Route
05/01/20	Sun	10:30	Comondale Beacon	York Acorn	L, WS7	£5.00 – Entry on Day (UEF)	Village Hall, Sandhill Bank, Comondale, nr Guisborough YO21 2HG	NZ 662104	BS	5.2m/722' 8.3km/220m	Minimum age 18 years
02/02/20	Sun	10:30	Glaisdale Rigg	Loftus and Whitby	L, WS8	£6.00 – Entry on Day (UEF)	Armedcliffe Arms, Glaisdale, nr Castleton, Whitby YO21 2QL	NZ 781054	BM	8.5mi/1844' 13.7km/562m	Minimum age 18 years
23/02/20	Sun	11:00	Heartbeat Hobble	Scarborough AC	L, WS9	£5.00 – Entry on Day (UEF)	Nr Mallyan Spout Hotel, Goathland Village YO22 5AN	NZ 826006	BM	6.9mi/845' 11km/260m	Minimum age 18 years
15/03/20	Sun	11:00	Bilsdale (only AL on North Yorks Moors)#	Esk Valley Fell Club	L	£10.00 – Pre-Entry LINK £12.00 – EOD if available	Chop Gate Village Hall, Chop Gate, Bilsdale, North Yorkshire, TS9 7JN	SE 559993	AL	14.4mi/4225' 23km/1300m	Minimum age 18 years
29/03/20	Sun	11:00	Maybeck Three Crosses	Scarborough AC	L, WS10	£5.00 – Entry on Day (UEF)	Maybeck Car Park, Sneaton, nr Whitby	NZ 892024	BM	7.0mi/1062' 11.2km/330m	Minimum age 18 years
04/04/20	Sat	13:00 - Women 13:30 - Men	Guisborough Three Tops (50@50)#	Esk Valley Fell Club	EngFC, YorkFC, NEFRC2	£12.00 - Advance entry only from 1st February 2020	Sea Cadets Hall, 74 Belmangate, Guisborough, TS14 7AQ	NZ 617156	AM	9.95mi/2600' 15.9km/800m	Minimum age 18 years
19/04/20	Sun	10:30	Blakey Blitz	Esk Valley Fell Club	L, WS11	£5.00 – Entry on Day (UEF)	Lion Inn, Blakey Ridge, nr Castleton, Kirkbymoorside YO62 7LQ	NZ 678998	AM	10.6mi/2805' 17km/855m	Minimum age 18 years
Dave Parry/Lets Run - Summer Fell Race Series 2020 – SS – Starts 06/05/2020 Dave Parry/Lets Run - Summer Fell Race Series 2020 – SS – Starts 06/05/2020 Dave Parry/Lets Run - Summer Fell Race Series 2020 – SS – Starts 06/05/2020											
06/05/20	Wed	19:15	Gribdale Growler (New route for 2020)	Cleveland Mountain Rescue Team	L, SS1	£5.00 – Entry on Day (UEF)	Gribdale car park, nr Gt Ayton, N Yorks	NZ 593111	BS	9.2km/284m 5.7mi/925'	Minimum age 18 years
16/05/20	Sat	11:00	Fox and Hounds Chase	Loftus and Whitby	L, SS2	£6.00 – Entry on Day (UEF)	Fox & Hounds, Ainthorpe, nr Castleton, Whitby	NZ 704078	BM	14.5km/457m 9mi/1499'	Minimum age 18 years
19/05/20	Tue	19:00	Roseberry Romp	National Trust	L, NEFRC3	£4.00 – Entry on Day	Public Car Park, Newton-under-Roseberry, Nr Great Ayton, TS9 6QR	NZ 570128	BS	5.1mi/1050' 8.2km/320m	Minimum age 16 years
03/06/20	Wed	19:15	Ossy Oiks	Thirsk and Sowerby	L, SS3	£5.00 - Entry on Day (UEF)	Outside Church, nr Arncliffe Woods, Ingleby Cross, Ingleby Arncliffe	NZ 453003	AS	5.3mi/1834' 8.5km/559m	Minimum age 16 years
17/06/20	Wed	19:15	Whorlton Run	Whorlton Playing Field Committee	L, SS4	£5.00 – Entry on Day (UEF)	Whorlton Village hall, High Street, Swainby, North Yorkshire, DL6 3ED	NZ 476022	BM	6.8mi/1387' 11km/427m	Minimum age 18 years
21/06/20	Sun	05:00	Cleveland Way Relay	NYMAC	North Yorkshire bragging rights	Free Team Manager Entry	Promenade – Filey	NT 863113	Ultra	109mi/ 175km	
14/07/20	Tue	19:15	Tom's Bransdale Race	National Trust	L	£5.00 – Entry on Day	Bransdale Mill, Bransdale, North Yorkshire	SE 620879	BM	7.5mi/1312' 12km/400m	Minimum age 18 years
19/07/20	Sun	10:45	Viking Chase (in aid of CMRT)	Cleveland Mountain Rescue Team	L, SS5	£6.00 – Entry on Day (UEF)	Lordstones, Carlton Bank top, Carlton-in-Cleveland	NZ 524030	BM	7.5mi/1877' 12km/572m	Minimum age 18 years
29/07/20	Wed	19:15	Clay Bank East	York Acorn	L, SS6	£6.00 – Entry on Day (UEF)	Upper Car Park Clay Bank, B1257 nr Stokesley, North Yorkshire	NZ 579038	BS	5.7mi/1003' 9.1km/307m	Minimum age 18 years
01/08/20	Sat	14:00	Osmotherley Show Race	Osmotherley Show / Lets	L, SS7	£3.00 - Entry on Day (UEF)	Osmotherley Show Ground, Thimbleby, DL6 3PY	SE 452960	BS	5.5mi/1050' 8.8km/320m	Minimum age 16 years
04/08/20	Tue	19:15	Ravenscar Rumble	National Trust	L	£4.00 – Entry on Day	Ravenscar Visitor Centre, Ravenscar, North Yorkshire, YO13 0NE	NZ 980016	BS	4.7mi/787' 7.5km/240m	Minimum age 16 years
25/08/20	Tue	19:00	Roseberry Topping (50@50) Roseberry Topping (50@50)	National Trust	L, SS8	£4.00 – Entry on Day (UEF)	Car Park, Newton-under-Roseberry on A173	NZ 570128	AS	1.5mi/715' 2.3km/217m	U11/U13/U15/U17/U19
12/09/20	Sat	13:30	Castleton Show Race#	NYMAC	L, SS9	Pre-entry includes show entry or Enter on day	Show Ground, Castleton	NZ 684084	Hilly Road	6.1mi/650' 10km/200m	Separate Junior Race on day
12/09/20	Sat	15:00	Castleton Show Junior Fell Races	NYMAC	L	£0.50 – UEF	Show Ground, Castleton	NZ 684084	Age appropriate	TBC	Race 1 – U11, Race 2 – 11 to 13 Race 3 – 14 to 18
20/09/20	Sun	11:00	Fry-up Frazzler	Scarborough AC	L, SS10	£5.00 – Entry on Day (UEF)	Yorkshire Cycle Hub, The Gill., Fryup, Whitby YO21 2AP	NZ 720047	AS	5.2mi/1300' 8.25km/400m	Minimum age 18 years
Dave Parry / Lets Run – Winter Fell Race Series 2020/21 – WS – (Starts 11/10/2020)											
11/10/20	Sun	11:00	Gormire Gamble	Thirsk and Sowerby	L, WS1	£5.00 – Entry on Day (UEF)	Sutton Bank Visitor Centre, YO7 2EH	SE 515831	BM	6.2m/1148' 10km/350m	Minimum age 18 years
18/10/20	Sun	10:30	Saltergate Gallows (BL for 2020)	Pickering RC	L, WS2	£5.00 – Entry on Day (UEF)	Village Hall, Levisham, nr Pickering	SE 833906	BL	12.5mi/1625' 20km/500m	Minimum age 18 years
01/11/20	Sun	10:30	Lockton Limping	Pickering RC	L, WS3	£5.00 – Entry on Day (UEF)	Lockton Village Hall, nr Pickering, N. Yorks	SE 845898	BM	7m/1083' 11.2km/330m	Minimum age 18 years
15/11/20	Sun	10:30	"Gisborough" Moors	Esk Valley Fell Club	L, WS4	£5.00 – Entry on Day (UEF)	Sea Cadets Hall, 74 Belmangate, Guisborough, TS14 7AQ	NZ 617156	BL	12.4mi/2789' 20km/850m	Minimum age 18 years
29/11/20	Sun	10:30	Eskdale Eureka (In aid of CMRT)	Cleveland Mountain Resc	L, WS5	£5.00 – Entry on Day (UEF)	Castleton Cricket Club, Langburn's Bank, Castleton, North Yorkshire, YO21 2EU	NZ 684084	BM	9mi/1500' 14.3km/470m	Minimum age 18 years
27/12/20	Sun	11:00	Guisborough Woods (original route)	Esk Valley Fell Club	L, WS6	£5.00 - Entry on Day (UEF)	Guisborough Rugby Club, Belmangate, Guisborough	NZ 616155	BS	5.5mi/1234' 8.8km/376m	U13/U15/U17 – 2.9km (1 lap) U9/U11 – 1 km U19 – Senior route
Date	Day	Time	Race	Organiser	Event	Entry Details	Venue	Grid Reference	FRA Category	Senior Race Distance/Climb	Junior Races Distance/Climb

Notes:

IMPORTANT – Requirements for Runners, Kit requirements & Hypothermia info – PLEASE READ IT'S FOR YOUR SAFETY – No Kit No Race and if you do race we will disqualify you!

REQUIREMENTS FOR RUNNERS

HYPOTHERMIA LINK

L – Local Lakes – Out of area race N – National Race

NEFRC – North East Fell Running Championships 2020

EngFC – English Fell Championships

YorkFC - Yorkshire Fell Championships

CMRT – Cleveland Mountain Rescue Team Fund Raiser

NEMAA – North East Masters Athletics Association Fell Championship Race

- Pre-Entry Available, Compulsory or Recommended – CHECK

LCT – Lakelands Classic Trophy (SL – Super Long; L – Long)

Senior Race FRA Entry Form – Link

CC – Esk Valley Fell Club Championships – Events for 2020 to be confirmed

WS - Winter Series 2019/20 – Maximum 6 races count from 11 series events

SS – Summer Series 2020 – Maximum 6 races count from 10 series events

WS – Winter Series 2020/21 - Maximum 7 races count from 12 series events

FRA Categories two letters: A, B & C – Climb feet or metres per mile or km (A – Steepest) S – Short, M – Medium, L – Long FRA – Fell Runners Association – Link