

CLEVELAND MOUNTAIN RESCUE TEAM

4-TOPS 2019 ADVICE TO PARTICIPANTS

Thank you once again for entering this year's event. The funds raised on the event will be a significant contribution to our annual running costs of approximately £30,000. The starting and finishing location is the Highcliff public house, Enfield Chase, Guisborough TS14 7LQ (OS grid ref: NZ 612 150).

Please do not park in the pub carpark and please respect the parking / access needs of local residents and businesses. We are very grateful to the Highcliff pub management and would not wish to compromise their support in future. There are long-stay carparks at Belmont House (TS14 7FD) and Fountain Street West (TS14 7QF).

Please leave sufficient time to 'sign on' at the pub registration – we will have printed out your details from the online entry system. Registration is open from 0800 to 0915 hours. **There will be no entries taken on the day.** Once you've registered then drinks and 'breakfast buns' will be available for a fee (payable to the pub).

There are two routes:

- 6-miles to Roseberry Topping and re-trace the route back to the Highcliff pub.
- 12-miles taking in Highcliff, Captain Cook's Monument, Little Roseberry and Roseberry Topping and back to the pub.

Both routes will start from the grassed area at the rear of the pub as follows:

- 0930 hours – all runners (for both routes)
- 0935 hours – all walkers (for both routes)

A numbered, colour-coded tag with a string-tie will be issued to you at registration; please ensure that you attach it to your clothes or rucksack so that it is clearly visible to our Team members at checkpoints and marshal points. The reason for this is two-fold:

- we can direct you e.g. where the route splits (the tags will be colour-coded - blue for 6-milers and orange for 12-milers), and,
- we can keep a track of who has passed the checkpoints,
- There are two contact numbers on the rear of the tag in case of problems on the day or if you wish to drop-out and you cannot contact a marshal. In an emergency phone 999.

Please ensure that your number is recorded at the checkpoint(s) relevant to your route, as shown in red (bottom of next page).

Water will be available at the checkpoints. **Please bring a refillable container as we will not be providing plastic bottles or cups (to cut down on waste).** A limited quantity of Team-branded reusable water bottles may be available to purchase at registration (£3 each).

Team members acting as marshals will also be on standby to respond to incidents elsewhere. If that happens some of our marshals may be called away and would then not be present to at all of the intended points so don't count on them being there. Therefore, please familiarise yourself with the route – print the route map and carry an OS map and compass. The route will be signposted (as long as no one moves them!).

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A gpx route file and the maps can be obtained from gclarke@clevelandmrt.org.uk - they should be attached to the email to all participants sent with this document.

Once you reach the summit of Roseberry Topping after first checking-in at the Roseberry Col checkpoint you can either follow the published route (as per the map and/or gpx track file – no need to re-visit the checkpoint) OR if preferred simply re-trace your steps back down to the checkpoint and follow their directions (no need to re-record your number).

At the Highcliff pub finish point please inform the finish-marshall so that we can record you as having completed the event. Then use your coloured tag to enjoy the well-earned free buffet in the pub! There will also be a raffle with proceeds going to the Team.

If you are unable to finish, ideally do not leave the route until you reach one of the checkpoints or a marshal point so that we can check you off. If you're unable to contact a marshal please phone one of the numbers on the rear of your tag. If you don't do so, then that may result in us commencing an unnecessary search for you and phoning your 'emergency contact' person who may be alarmed unnecessarily. Two Team members will be walking the route at the rear acting as 'sweepers'.

Finally, please go at a comfortable pace and don't 'push' yourself too much. It's not a competition, it's a family-friendly day out on the hills. Just enjoy the day and once again a huge 'thank you' from the Team!

6-mile route points (some may not be staffed if the Team members are required elsewhere)

- Silverton Road, Guisborough (NZ615 148)
- The 6-mile 12-mile split point after leaving Silverton Road (NZ 616 144)
- Hutton Lane / Home Farm Gate (NZ 596 143)
- **Roseberry Col (NZ 583 126) - Checkpoint / Water Point**
- Hutton Lane / Home Farm Gate (NZ 596 143)
- Green Hill (NZ 609 145)

12-mile route points (some may not be staffed if the Team members are required elsewhere)

- Silverton Road, Guisborough (NZ615 148)
- The 6-mile 12-mile split point after leaving Silverton Road (NZ 616 144)
- Highcliff Nab (NZ 610 138)
- **Percy Rigg Gate (NZ 616 110) - Checkpoint / Water Point**
- Pale End (NZ 605 104)
- Captain Cook's Monument (NZ 590 101)
- **Roseberry Col (NZ 583 126) - Checkpoint / Water Point**
- Hutton Lane / Home Farm Gate (NZ 596 143)
- Green Hill (NZ 609 145)