

CASTLETON SHOW RUN - SATURDAY 8 SEPTEMBER 2018

FINAL DETAILS

- Directions to venue:** From all directions, turn south off the A171 Guisborough to Whitby Moors Road at Lockwood Beck reservoir. The turning is 5 miles east of Guisborough, and is signposted Castleton and Hutton-le-Hole. You reach Castleton after 4 miles. After passing under the railway bridge and crossing the River Esk bridge, keep straight ahead. Marshalls will direct you to car parking which will be on or adjacent to the Showfield (cricket pitch). The train station is 150m from the Showfield, and trains run from Middlesbrough and Whitby.
- Entry to Showfield:** If you have pre-entered the race, then you will have received an e:mail from 'NMH Races'. **Please bring a copy to show to the gate marshalls for entry to the Showfield**  
If you are an entry on the day, or supporter, then the Showfield entry is £3.00 adult, £1.50 OAP, £1.50 child.
- Registration:** This will be on the Showfield. If you have pre-entered, please call by to collect your number and let us know you have arrived safely.
- Start/Finish:** The start will be at 1:30pm near the middle of the Showfield. Please assemble, ready to start, at **1:20pm** for final instructions.  
The finish will be by the cricket pavilion, just inside the Showfield as you return at the end of your run.
- Rules of the road:** Please keep to the **left** at all times, and try not to run two or three abreast. Although all of the roads are minor, and little traffic is expected, some are quite narrow and there are some blind summits.
- Race route:** Apart from at the cross-roads 800m from the Showfield, all turnings are **left** turnings.  
From the Showfield, climb gradually to the crossroads, where you turn right and head quite steeply down to Dibble Bridge. After the bridge, the road winds and climbs (fairly narrow here - keep left). There is a cattlegrid (and hopefully a marshall to open the gate alongside) and the road levels out. Turn left at the fork and you have 2km of gentle undulations, first between fields then out on the moor. At a T-junction, turn left and descend quite steeply to Hob Hole where there is a ford! You can use the footbridge alongside if you wish!! The road climbs steeply for 200m, then the climb eases off. The road summits at the 5km mark. There now follows a long steady descent to the 6km point where you cross the River Esk at Westerdale. As you leave the moor half way down, there is another cattlegrid, and hopefully another marshall to open the gate for you. After a short sharp climb, you enter the village of Westerdale and turn immediately left, back towards Castleton. The next 2km are gently undulating and gradually downhill. After another cattlegrid and a dip at a stream there is a road junction. The race route follows the main road sharply to the left (don't follow the minor road straight ahead which goes uphill). The next 1km is flat and fast along New Road before arriving at the crossroads 800m from the finish. Go straight across (TAKE CARE) and descend gradually back to the Showfield and the finish, just inside the gate, by the Cricket Pavilion.  
There will be water for all at the finish, and a limited drinks point at about 5k. There will be a First Aid post at 5km and on the Showfield at the finish.
- Prizegiving:** Will hopefully be about 2.45pm, after all runners have finished, and the results 'team' have sorted things out.  
Prizes (depending on the entry) hopefully for 1st 3, leading Vets, Ladies and Lady Vets, plus a team prize (3 to count, any category).
- Showfield attractions:** Craft stalls, Tombola, Side Shows, Raffle, Classic and Vintage Cars and Motorcycles, Vintage Engines, climbing wall, Children's Foot Sports, Juniors Fell Races, Under 14 Mini Football Tournament, birds of prey, Terrier Show, Lurcher Show, Ferret Show, **plus** Castleton and Danby Floral and Horticultural Society show marquees full of exhibits. Refreshments in the Cricket Pavilion (home baking - highly recommended!)

CASTLETON SHOW RUN - RACE ROUTE PROFILE

