

# EYXC Race 3 - Langdale End. Sunday 2<sup>nd</sup> December

Host Club: Scarborough AC

Start time: 10am

Venue: Langdale End Village, Near Scarborough.

Postcode for Sat Navs - YO13 0BN

Location: Approximately 5 miles west of Scarborough.

The race will start in open fields next to the River Derwent (15/20 minutes walk from Langdale End Village) and finish on the farm fields at Howden Farm. **Please allow yourself ample time to reach the start point.**

Car parking - There is a lay-by at Langdale Bridge, parking is tight in the village and along the narrow lanes so please try to car share and park considerately.

Toilets. Limited in the village hall .(Please remove muddy shoes). **This year Portaloos at Langdale End Bridge**

The course is mainly on soft ground but there are a few rocky/stony sections, a rocky stream/river and a wooden footbridge to cross.

Runners are recommended to wear studded off road shoes.

## Course Description (Refer to map below)

Approx 5.7 miles. The route will be well marked and marshalled.

### Summary:

The course is an 'anti-clockwise Horse shoe' that starts on open fields next to the River Derwent and proceeds North up the valley to cross the river near 'Low North Park'

It then has a steep ascent all the way up through fields to the Trig point on Langdale Rigg End before a straight run South along the ridge. It then descends sharply to open fields and finishes at the old cricket pitch at Howden Farm.

Start is reached by a 400m walk (can be muddy) on a public footpath North from Langdale Bridge.

START - Open Fields near River Derwent - Head North across open grassy fields to reach an old wooden style and gate. Hopefully, the gate will be open to avoid congestion. (Marshal)

The track narrows down to single file in places and continues to run North following the River Derwent. Deep puddles and tree roots are common on this track.

After winding through the forest alongside the river a wooden footbridge is reached, turn left to cross it (can be slippery!) and then a marshalled river crossing (with rope).

A steep ascent follows up through forest to reach a gate onto open fields (marshal).

Continue to climb following the marked course to reach a flat grassy track (marshal).

Bear right along the track to reach the next turn (marshal).

Turn left to climb steadily uphill to the top of the field. Follow the marked path and continue to climb steeply up the right hand edge of Langdale Rigg End.

The course will be marked and a marshal will guide you to the trig point at the top.

From the trig point it is a straight run South, firstly through open fields, then over a style (marshal) and onto the straight well used track through the trees.

Continue southerly to another style and then straight across the open field, aiming for the distinctive gorse bushes at the far side.

Descend carefully down the ridge (can be slippery) and into open fields.

Bear right and follow the field edge for 100 metres and through a metal farm gate (marshal)

Bear left to skirt Howden Hill on your right and descend through the fields to the finish at the old Cricket pitch.

