



Osmotherley Phoenix

Saturday 5th July 2008. Mass Start 09.00

A 33, 26 or 17 mile challenge event open to walkers and runners held as part of the:
Osmotherley Summer Games

A challenge event starting and finishing at the Village Hall, Osmotherley with a choice of distance involving some 4000 feet of climbing on the 33 mile route, 3500 feet of climbing on the 26 mile route and 2000 feet of climbing on the 17 mile route - minimum use of roads. All finishers within 10 hours will receive certificate and badge. Starting in the afternoon are the Osmotherley Summer Games so refreshments and entertainment abound at the finish -- Why not bring the family and make a day of it?

Route - North then East along Cleveland Way to Botton head - Seave Green - Wheat Beck - Near Hawnbly - Black Hambleton - Osmotherley. (26 mile route Wheat Beck direct to finish) (17 mile route from Carlton Bank - Wheat Beck direct, Wheat Beck to finish). Descriptions of checkpoints are given in the route description, please tick box below if required.

Rules - See over.

Final details to be sent out from the middle of June.

All proceeds to local Charities.



Entry Form

Detach and send to: Osmotherley Phoenix, 4, Cavendish Grove, Hull Road, York. YO10 3ND

Tel. York (01904) 416211 - please not after 21.00 hours. (Gerry & Julie). E-mail: phoenix@tiredlegs.freemove.co.uk

Please enter me for the 2008 Osmotherley Phoenix. I have read and agree to abide by the rules of the event and to observe the Country Code at all times. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Signed: _____ Date: _____ Sex M / F (please delete as applicable)

Surname: _____ First Name/s _____
(As you would like to appear on your certificate)

Address: _____

Post Code: _____ Telephone Number: _____ Date of Birth: _____
(Inc. STD code)

Please give your **e-mail** address if you would like your final details/Route description by this means:
(As word **document** attachments)

Runner

Walker Please tick as appropriate **Route Choice** 33 26 17 miles
(Please circle chosen route you can still change route on day)

Please tick if **Route Description** is required

Cheques for £6.00 per entrant payable to 'Osmotherley Phoenix'. **No S.A.E. required for final details / Results.** Only send S.A.E. if early confirmation of entry is required. Cancellations before 1st. June will have fee refunded less £0.50 administration. Entries restricted to 300. Entries on day (£7.00) only to fill available places.

Rules

Observe the country code.

All entrants must be over 14 years on the day of the event. Parent or guardian must accompany entrants under 18 years.

The following basic safety equipment must be worn or carried by all competitors: waterproof cagoule and overtrousers, compass and appropriate map (NYM tourist map or 1:25000 West, sheet 26.) Please wear footwear appropriate for rugged moorland conditions. There could be a kit check before, during or at the finish! No Kit, no prizes.

It is recommended that slower walkers take extra kit and food for the event.

Please carry a mug for drinks, which will be provided at certain checkpoints.

If retiring, please retire only at roadside checkpoints **Marshals must be informed** even if official transport to finish is not required - failure to do this could result in Rescue Team time being wasted searching for people who are not actually missing.

Entrants must keep to the route, which is all on public rights of way. The use of road other than on the official route or deliberate trespass will, unless in an emergency situation, result in the competitor being penalised.

Keep all dogs on lead and under proper control.

Entry fee: £6.00. Cheques payable to 'Osmotherley Phoenix'.

Please close all gates and drop no litter.

It is the responsibility of each competitor to ensure their tally is punched and number recorded at each checkpoint

Osmotherley Phoenix,

4, Cavendish Grove,

Hull Road,

York. YO10 3ND

E-mail: Phoenix@tiredlegs.freeserve.co.uk

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Route Description.

Please note that this description is not intended as a stand-alone article but must be used in conjunction with the appropriate maps for the area. Extra detail is given in sensitive, agricultural areas to assist in navigation.

An outline of the **33-mile** route is as follows :

The Cleveland way is followed for the first part of the route as far as Botton Head CP 4 (GR594016).

Leave Osmotherley along Ruebury Lane, initially West, then with farm on Left curving North, through gate, keeping on the lower path to enter wood. Along path to go Right of booster station.

CP1.(GR460998) Bucket Drop.

Continue on path with wall on Right & wood on Left and after 350 m through 2 gates now leaving woods on Left to cross open moor to meet road, turn Left to cross Cattle Grid (GR473003), then immediately turn Right through gate. After 200 metres join forest track and after 900 metres fork Left down steep hill. At bottom, bear Left on track then turn Right immediately before wooden gates along path. Follow undulating path for 1 Km and turn Left through wooden gate and descend grassy field to go through gate joining lane and in 80 metres cross stream. 30 metres on join minor road and follow to Scugdale. At 'T' junction (GR493007) with phone box on Left, ahead along path then path climbing slightly and bearing Left by wood. Along with wood on Right, through gate, for 400 metres then turn Right sharply over choice of stiles to climb steeply through wood. Over stile at top then follow more gentle climb along restored path heading just North of East then Northeast, keeping to Left of runway, to Carlton Bank Trig (GR519026). Descend steeply along restored path to road.

CP2. (GR522030).

DECISION TIME either 33, 26 or 17 mile routes. If doing full 33-mile route or 26 mile route, please read on. If doing 17-mile route, go to 'Appendix A' (Please advise checkpoint staff if changing route).

Over stile along grassy path passing Lord's Stone Café then copse both on Right then bearing Right. From here to Clay Bank there is a choice of routes. For the purist, keep ahead and climb Cringle Moor to view finder (GR534034) turn Right along restored path before descending then ahead with wall on Right. Just before stream in steep gully (GR546034) turn Right through gate keeping wall on Left, after 20 metres turn Left up hill through gate and Climb onto Cold Moor (GR551035) before descending maintaining direction. Through 2 gates and ascend Hasty bank taking care over the Wain Stones as you approach the plateau. Follow obvious path along top before descending on restored path to cross wide stile. Turn immediately Right on path, initially parallel to track. Descend path to road. Turn Left to Car Park. **CP3 (GR573033).**

(For those who prefer speed to the views, it is possible to contour round Cringle Moor to the North and having crossed the stream with the steep gully (GR546034) keep along forest track North of and around Cold Moor and Hasty Bank to bear Right just past wide stile on Right to meet road.)

Cross road with **EXTREME CARE** & turn Right along road to turn Left through gate opposite where you first met road after descending from Hasty Bank. Ascend with wall on Left passing through 2 gates to open moor wall on Left leaves 250 metres after second gate. On joining wide track, bear Left, climbing once more, passing boundary stones on Left. 75 metres after ignoring wide track on Right bear Left off track to Trig Point **CP4 (GR594016) SELF CLIP.**

Re-trace your steps to main track, turn Right and after 75 metres and fork Left on wide track with cairn on Right leaving the Cleveland Way heading initially slightly South of West descending slightly. After 2 Km, where track turns sharp Left, ahead, descending, on path and after 150 metres through gate. Descend passing building on Right heading Southwest pick up wall on Right. After 200 metres through gate and ahead on track to bear sharp Right by Bilsdale Hall, through 2 gates then turn Left on minor road. Turn Left and descend steeply to main road, **CROSS WITH CARE**, turn Left and proceed on pavement through Seave Green, ignore 'Carlton' turn off on Right, past pub on Right then through Chop Gate to Car Park & Toilets on Right **CP5 (GR559993).**

From Chop Gate, leave car park on track at Southwest corner cross bridge and after 80 metres over stile. Bear Right with track and after 20 metres, turn Left on footpath (sign) steep up hill! After 200 metres pass 2 stone posts (sign) and keep on same bearing for 80 metres to cross stile then ahead for 150 metres going parallel to wire fence on Left, ignore first wooden stile (footpath) on Left but continue up hill for 50 metres to cross second stile on Left. Proceed up hill initially with wall on Left and continue up hill on obvious path. Pass wood on Left and then pass raised boundary stone / cairn on Right. After 80 metres, meet wide track, turn Right and immediately Left on footpath with cairn and two wooden posts on Left. (GR543982). Descend for 600 metres to cross stream (GR537976) and after 150 metres meet wall corner and proceed on path keeping wall on Left, passing copse on Right and shelter on Left then meeting wide track. Bear Right and ahead on wide track, ignoring tracks to Right and Left for 3 Km (17-mile route *re-joins on this track). going through 2 gates to reach farm on Left. Turn Right and follow drive as it winds down hill for 200 metres to 'T' junction. Turn Left and cross stream by footbridge (Grid is dangerous) and ahead for 500 metres to reach road by farm. Ahead (South) down hill on road for 400 metres to Wheat Beck **CP6 (Gr511944).**

Leave car park to North along track (bridleway), over stream, through gate and bend to Left with track as it climbs. **33 mile route**, read on (**26 & 17 mile routes**, go to 'Appendix B'). Ignore bridleway on right (26 & 17 Mile routes turns right here go to 'Appendix B') and ahead initially with wood on Left. Approximately 75 metres before Lower Locker farm, opposite where footpath goes over stile to Right, bear Left off track with wire fence on Left. Keeping farm on right, through gate and ahead with wire fence then wall on Left through gate then descending to with fence then wall on Left, ignore first gate on Left and after 30 metres ahead through gate. Turn Left on track to cross stream (GR511937). Ahead for 260 metres, ignoring gap in wall on Left, keeping wall on Left to cross stile then half right to descend to gap in stone wall. With wall on Left after 100 metres go through another gap in wall and keep on track. Ahead on track passing ruined buildings on Left (Far House) and bear right, slightly up hill. At top of incline, track peters out to become path, ignore gap in wall on Left and ahead with stone wall on Left descending slightly and after 80 metres keep ahead on path as wall leaves on Left aiming for stile. Cross stile then stream, bear Left with path and maintain height with bulk of trees on Left. Ignore path bearing off to right going up hill but keep ahead, maintaining height, then gently descending keeping on path. When path merges from Left, keep ahead, over stile and when path becomes track, bear right slightly and up hill to pass 2 ruined stone buildings on Right GR524931). 5 metres after last building, ignore path ahead but bear Left on path between stone walls, bear slightly right on path for 100 metres. Ahead to cross 4 fields bearing to Left in last field. Through gate into wood and ahead on path crossing stream. Through gate to leave wood then bear Right up hill on path to pick up wire fence on Left. At top of climb ignore derelict farm on Left Brewster Hill Farm (GR526925) but ahead for 20 metres with wire fence on Left to go through gate. Descend steeply with wire fence now on right to cross stream at wooden footbridge. Go directly up hill following right side of power cables to cross stile 5 metres to right of last pole in field. Turn Left on track and enter wood after 60 metres then ahead ignoring tracks to Right then Left. At skewed cross tracks, keep Left ignoring track on right which doubles back & track which bears Right ('Private' sign). After 330 metres turn Left over stile and bear half Right on path for 80 metres through gate in corner of field and descend across field for further 80 metres to cross stile onto lane. Turn Right, over cattle grid and after 110 metres where track turns sharp Right, ahead over stile on footpath. Ahead with fence on Left and after 100 metres through gate onto track. Follow track for 850 metres crossing stream and meeting road by farm on Right. Turn Right on road for 500 metres to checkpoint near Hawaby **CP7 (GR526905)**. West along road then climb steeply on track, passing through gates, to join drove road (GR489914), North then Northwest on wide track over Black Hambleton then steep Northerly descent along track, through gate then on 500 metres to join the minor road (GR479959). Re-join the Cleveland Way at this point (26 & 17 mile routes re-joins \$) turning Left down Oak Dale past two reservoirs on Left. Over cattle grid before climbing sharply to go through another gate immediately before road. Turn Left on road and in 50 metres turn Right on track up hill. After 250 metres bear Left through stone stile to pass White House Farm on Left. Down hill, over stile to wooden bridge over stream and climb up steps to go through gate, into enclosed field. Bear slightly Left, following between wooden fences, across 2 fields to pass through stone squeeze onto enclosed path for 150 metres to Back Lane. Turn Left and follow lane 150 metres to road. Turn Right up road for 150 metres to the finish on your Left. **Please take care to avoid Cars & visitors to Summer Games.**

WELL DONE.

Appendix A. (For 17 Mile route only) (*Please note changes from 1998 Phoenix*)

From below Carlton Bank **CP2. (GR522030)** re-ascent Carlton Bank heading South on Glider Station track and where track bears Right, keep ahead on path by wooden post. After 250 metres fork Left on track by wooden post & after 250 bear Left with track merging from Right. Pass Brian's Pond on Right, then ahead on footpath (sign) (Ignore bridleway on Right & track to Left). Keep on track for 400 metres to cross stile. Bear half left up hill to meet broad track just after power lines. Turn Left then immediately Right and keep ahead for 50 metres to bear Right then ahead on wide track going up hill. After 1100 metres some, 30 metres after the track bears Right, ignore track on Left but keep ahead on track passing short wooden post on Left. Ignore 2 tracks on Right and at end of track, turn Right at T junction to re-join 33 & 26 mile routes *.

Appendix B. (For 26 & 17 Mile routes only)

From Wheat Beck **CP6 (GR511944)** Leave car park to North along track (bridleway), over stream, through gate and bend to Left with track as it climbs and after 10 metres, turn Right (33-mile route goes straight on) on bridleway with fence / wall on Left, through 2 gates to open moor. Slightly Right on path for 1 Km, over moor, to cross stream at new, wide wooden bridge. Continue ahead, ascending field to old farmhouse and continue to gate in corner of field. Through gate and along track for 800 metres to bear Right, keeping on track, through gate and in 180 metres meet road. Turn Left on road and after 1 Km where road bends sharply to Right and car park on Left, ahead, re-joining Cleveland way and 33-mile route (GR479959).