

**Coast to Coast Event
Route Book
28 – 31st August 2009**



Version 4

Date - 27 August 2009

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A m e n d m e n t s

- 11/8 – Kayak launch moved to just beyond sea wall rather than by the Cadet Hut
- 11/8 – St Bees parking now behind Seacote hotel not main carpark overflow on to hard standing behind café
- 11/8 – Transition at north end of Crummock moved from NT carpark to field southeast of Muncaster House.
- 11/8 – note on transition bag for Nicol End
- 11/8 – Finish for Day 1 moved to town square in Keswick
- 11/8 – Camping now at Portinscale Bridge
- 15/8 – No right turn over dual carriageway enroute to Thirlmere
- 15/8 – Slight change to transition in Pooley Bridge
- 15/8 – Finish for Day 2 moved to town square in Kirkby Stephen
- 15/8 – Clarified transition in Keld
- 15/8 – Tarmac allowed between Haverdale Ho and Low Hos
- 15/8 – Transition confirmed at Castle Bolton
- 15/8 – Day 4, transition at Black Horse Inn
- 15/8 – clarify run is along Cleveland way and joining at Huthwaite Green
- 15/8 – Competitors to visit Robin Hood's bay within 30mins of timed finish punch
- 25/8 – Added times to day 1
- 25/8 – Removed references to recces
- 25/8 – Buttermere transition updated
- 25/8 – King of the Mountains [Robinson]
- 25/8 – Added 50m tarmac at foot of Cat Bells as allowable
- 25/8 – Swim updated with details on swim hats and support being able to drop off shoes
- 25/8 – Start on day 2 to TBC at briefing previous evening 1st start 6.00am
- 25/8 – Change of transition from Glenridding to Patterdale YHA
- 25/8 – King of the Mountains [Helvellyn]
- 25/8 – Clarify use of Winter route on Nine Standards.
- 25/8 – Beers and briefings and the Kings Arms Hotel
- 25/8 – King of the Mountains [Nine Standards]
- 25/8 – Added bridge at Gunnerside as permissible cycle route
- 25/8 – Moved crossing of A1 to Catterick and widened use of A/B roads
- 25/8 – Beers and briefings and the Golden Lion Hotel
- 25/8 - King of the Mountains [Carlton Bank]
- 25/8 – Change to finish of event at Middlewood Farm
- 26/8 – Clarified transition at Gatesgarth and direct route on to fell.

Lake District - [Day 1]

Registration will be at the HUB in Whitehaven harbour 971 181 between 7.30 and 9.00. You will need to find parking prior to registration we would suggest the car parks on the south side of the harbour as you will launch the kayaks from the south side of the harbour by the Sea wall at 969 184. We will place a marshall with your kayaks from 8.30am, could you declare to them if you are paddling an elite kayak.

There will be a briefing at 9.15 and the start will be at 10.00

Remember pending the conditions there maybe a sea kayak test before the start of the event. If a kayak test is required this will happen at 9.45 and the start will be delayed till 10.30.

Prior to the start you will need to pass us a drawstring bag (which we will supply) with any kit required for the swim at the end of day 1.

Stage 1 - Kayaking round St Bees Head

The start will be by the HUB and it will be a short run / shuffle to the kayaks for the first stage of the event. Quite simple you will have to paddle round the harbour wall and down the coast to St Bees. There is often surf at St Bees and we will advise you on the day as to the conditions and where best to avoid the rough stuff.

Transition will be the carpark behind the Seacote Hotel 963 115 – if this fills up we will have access to an area of hard standing behind the cafe, as with many of the carparks used on this event we don't have any specific arrangements so your support crew will have to grab a space and pop a few pennies in the parking machine. Note your support crew can not help you with your boat until you and your boat have passed the transition IN punch (which will be on the beach).

Likewise they can not pass you anything or offer any assistance once you have punched the Transition OUT punch which in this case will be on the way out of the carpark.

These boxes will be quite clear as they will be with a marshall beside a 5m Open Adventure feather flag. I can not over emphasise that you must visit these boxes.

Stage 2 - Cycling over North Western Lakes

The next stage is to cycle to the head of Crummock water via the disused railway through Cleator Moor and Frizington (pickup at 996 141 and exit at 063 178) – other than this section the rest of the route is open route choice with no travel along A or B roads for more than 500m. The section of disused railway is popular with walkers so please be courteous and if approaching from behind overtake on the right "Cyclist on the right!"

Transition to the paddling stage is on a field at the north end of the lake. There is a stone track just south east of Muncaster house. Follow this for 200m we will be using a field on the left. You will have to carry your kayaks a short distance to the shore (route to be advised on the day as it depends if UU have rebuilt a fence taken down in the floods last year).

Stage 3 - Kayaking Buttermere / Crummock

Competitors will then paddle down Crummock / Buttermere. There is a short portage which you will have to negotiate between the two lakes. Please note that there is a restriction of no more than 10 boats on each lake. In the extreme we may have to time competitors out just before they enter the lake. As they are relatively short and this is some way in to the event we are not expecting this to be a problem.

The exit is near the bothy 189 151 at the South end of Buttermere. Due to the wet weather, we will not be able to get your vehicles to the shoreline so transition will be on the field / stone track behind the farm 193 150.

Stage 4 - Run over Cat Bells

Cross over the road and in to the farmers field head up in a northly direction ultimately picking up the footpath (194 162) leading from the road to the top of the ridge heading up on to the fell to Robinson 202 169.

King of the Mountains *Bit of fun each day we will record the split from the bottom to the top of the biggest hill each day. This one will be from Transition Out to a SI Box on Robinson. Results announced each evening.*

Competitors will then run along Littledale edge to Dale Head 223 153 following the footpath and down Cat Bells to Nicol End Marina 254 228. Other than the first 1km near Gatesgarth or the 50m at the foot of Cat Bells you should not use any tarmac roads.

Please note there is limited parking at Nicol End Marina. Hence no support teams are allowed here however you will find your drawstring bag handed in at registration.

Stage 5 - Swim across Derwent

The last stage of the day is a short swim across the bay 259 228. There will be an evening cut off of 8.00pm due to poor light – any competitors missing this cut off can restart the following day **very** early with a swim.

Competitors must wear a swim hat provided by Open Adventure (fluorescent orange – teams, and fluorescent green – solos)

After leaving the swim there is a short run to the finish which is in the town square by the clock tower. Support teams are welcome to walk to Isthmus Bay (find parking near the Rugby Club / Booths 262 234) to leave a pair of shoes for your competitors – however it would be great to see you at the finish when they come in. We will have tracking screens set up here so you can find out where they are.

Overnight

OK campsite has moved 3 times – the field which we will use is by the east side of Portinscale Bridge, you will be able to park your vehicles on the dead end road that leads to this bridge from the Keswick direction. We will have a small number of toilets here but you may be advised to save any daily routines for the labour club or if just before the start, there are toilets near the town square.

At 9.00pm or soon after we intend to award the yellow bibs for the day and will conduct a short briefing on the following day. This will be at the Labour Club just opposite Rawnsley Hall, there is a bar in the function room here and it will be available for our use between 8.00pm and 10.30pm

Eastern Lakes - [Day 2]

An early start to the day with competitors setting off at staggered 3 minute intervals starting 6.00am – pending positions on the first day (so fastest will be last to set off). The start location will be notified at the previous evenings briefing.

Stage 6 - Road cycle to Thirlmere

The cycle to Thirlmere will be on the A591 and with the early start our hope is that this will be relatively quiet. Do not cut across the dual carriage way but rather turn right and pass Bridge End Farm. Transition will be at the north end of the Lake by the road junction 307 189 (please note there is a kissing gate over which you will need to carry your boat).

Stage 7 - Kayaking along Thirlmere

They will then paddle the length of Thirlmere pulling out at the south end – there is a short walk to the carpark 320 129 where there is the transition.

Stage 8 - Run over Helvellyn

In summary it's a run over Helvellyn to Patterdale. Use the forestry track opposite the road junction at the end of Thirlmere, do not run north along the road to the church. Descend Striding edge and approach Patterdale avoiding the Campsite at Gillside.

King of the Mountains - split time will be from Trans Out from Thirlmere to the top Helvellyn.

Transition will be in the Youth Hostel car park 399 157. Please note this is not a massive carpark and some late risers from the hostel maybe trying to leave so please park sensibly. The first section of the paddle will be down Goldrill Beck – this maybe shallow so be sensible and jump out of your boat, otherwise if you have hired or borrowed it you could be up for a bit of a bill. Access to the stream is across a small field out the back of the hostel.

Stage 9 - Kayaking along Ullswater

The final paddle of the event down Ullswater to Pooley Bridge. For transition please use the private parking field behind the village, access for support vehicles is via track 471 246 from the village centre. For competitors paddle down the stream and exit just past the houses. Be warned if dry weather this stream could be shallow, likewise a deluge and it could be tanking it down this river.

If the weather is against us we will have a number contingency plans. If any of these are invoked they will hold for the whole field (even if weather changes for the better) – it is most likely any changes of this ilk will be made before the start of the day.

- 1 – you can take the racing line down the lake
- 2 – you have to remain within 100m of the western shore line
- 3 – the paddle is shortened and either the stage 8 or 10 is extended.
- 4 – the paddle is cancelled, the run will continue over Place Fell and transition to bike will be near Howtown / Martindale.

Stage 10 - Cycle over Shap hills

The final stage of the day is a cycle of open route choice from Pooley Bridge to Kirkby Stephen. Restrictions are no access to A / B roads for more than 500m – Finish will be in the market square of Kirkby Stephen.

Overnight

Upon arrival at Kirkby Stephen Support vehicles should park at the overnight camp which is at the Grammar School 772 087. Camping is on the field out of the back of the school. We will sign post this clearly from the main entrance. It's a short walk in to the town to the finish. Beers / briefings and prizes will be in the Kings Arms Hotel – at 9.00pm (booked from 7.30)

Yorkshire Dales - [Day 3]

Another 3 minute staggered start but this time with run positions set by overall time, as of the previous night.

Stage 11 - Run over Nine Standards

The run will set off from Kirkby Stephen and finish in Keld – The route has been clarified with the National Park Ranger and unfortunately we will have to take the winter route although they are happy for us to visit the top.

Please use the minor paths to Ladthwaite (no access to A or B roads) and then up to the top of Nine Standards Rigg.

King of the Mountains - split time will be from the start of Day 2 to the top of Nine Standards.

Next head **South WEST** to the B road just before the county boundary. Run along the B6270 until you get to the footpath that heads due east to Ravenseat. (support teams please wait here until your team / solo has passed – no assistance please!)

At Ravenseat head to Keld not using any of the roads (other than crossing one)

Transition in Keld 892 012 will be the carpark, if inclement weather we will have access to a nice cow shed?

Stage 12 - MTB along Swaledale

This is open route choice between Keld and Castle Bolton with the chance to enjoy the amazing scenery that the Dales has to offer.

Restrictions are that you can not use tarmac roads for more than 500m – the exception being the small road on the north side of the River Swale, west of Gunnerside, the bridge at Gunnerside and the road between Haverdale Ho (972 9720 and Low Hos (982 974). Please note that the track between 951 977 and 972 972 does connect and is a right of way.

Transition is in a field by Castle in Castle Bolton opposite the main carpark (toilets and nice view here).

Stage 13 - Cycle through Vale of York

Still on the bike (maybe swapping wheels) – this cycle spins competitors with open route choice across the Vale of York to Northallerton. Restrictions are that you can not use A/B roads for more than 1.5km the exception being a 3km radius of Northallerton town centre and Brompton on Swale (added 25/8).

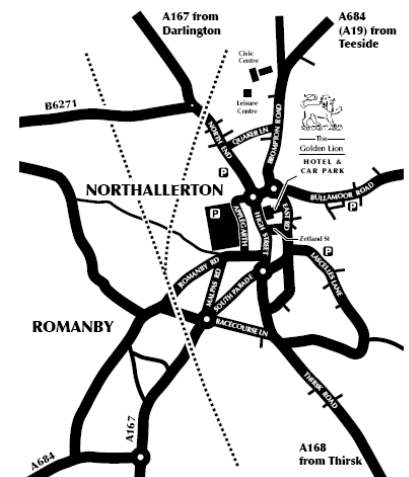
UPDATE not sure how we missed this but it has been highlighted that crossing the A1 at Holtby Grange or the road near Glebe Fm is a death sentence and just not practical. Hence unfortunately competitors should cross the A1 at Catterick or Brompton on Swale.

Overnight

We will have access to a field 368 949 behind the leisure centre in Northallerton. This will be clearly sign posted from the main entrance. No parking vehicles on the field (there is ample car parking). Unfortunately the swimming pool closes at 3.30 which is a shame – toilets and showers will be available in the leisure centre until 9.00pm.

If you wish to use any of the other facilities please pay at reception.

Beers and Breifings 9.00pm at Golden Lion Hotel in the town centre.



North York Moors - [Day 4]

The final day of a big journey across what we perceive to be one of the most spectacular parts of the country.

Stage 14 - Cycle through Vale of York

If we could have moved Northallerton closer to the moors we would have done – so it will be a very early (5am) staggered start with competitors rattling along the main road to Ostmotherley and then over the hill to Swainby. Transition will be in the car park of the Black Horse Inn 477 021. Please keep your voices down – it is a quiet village.

Stage 15 - Run over Carlton Bank

It will then be a run over Carlton Bank following the Cleveland Way joining at Huthwaite Green (493 008), past Lord Stones Café and transitioning at the large Forestry Commission carpark on the B1257 (572 036).

King of the Mountains - split time will be from the Trans Out at Swainby to the trig point on Carlton Bank.

Stage 16 - MTB across North York Moors

Its then open route choice on bridleways and minor lanes to Glaisdale restriction of no more than 3km on tarmac. Transition will be at the cricket field 783 057 (access via track by railway bridge) for a quick refreshment and perhaps a change of wheels.

Stage 17 - Cycle along Esk Valley

Its open route choice to Ruswarp 889 091 where you will pick up the cycleway to Middlewood farm

Bit of a change here – the event will finish at Middlewood farm 945 045. You will find us here presenting all those who make it here with a medal. We would have done the beach thing with the finish gantry but unless you can have words with Moses the tide will be in!

Stage 18 - Walk to the Finish

We do still hope you head down to the beach with your support crew to dip your toes in the water. It's kind of obligatory for anyone who does the C2C.

As soon as 60-70% of the competitors are in and it's clear there are no contenders for a top 3 position still to arrive we will do the prize giving at Middlewood Farm. Please hang around to what will be the finish of a great event.

Showers will be available at the campsite – fish and chips in Robin Hoods bay..

If you wish to camp overnight here please book direct with Middlewood Farm

<http://www.middlewoodfarm.com/>

Notes



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