



**Saturday 16<sup>th</sup> September 2017 (start 0800hrs)**

**Buxton and District Lions Club  
in association with  
Buxton Community School**

**An event for runners and walkers**

**On a scenic, circular route through the Peak District**

We provide:

- Certificate for every finisher
- Patch badge for every entrant
- Sketch map and notes
- Hot food at the finish
- 11 checkpoints with drink, some with hot drinks and food
- First-aid cover throughout
- Experienced marshals
- Prizes for the first three men and women overall. In addition prizes for the first three men and women in each age class.
- The men's course record (5.02.41) has stood for more than a few years – the ladies' was broken in 2015 – what's going to happen this year? And what about the team records?

**Postal entries close 12th September 2017  
Or when the entry limit of 250 is reached**

**VO1**

**Notes and rules for intending entrants – please retain this page for your information.**

1. The High Peak 40 Mile Challenge is a circular route starting and finishing in Buxton. The route is largely in the Peak District National Park following approximately 45% track and trail, 35% road and lane and 20% grass track and with 4673ft of ascent. The route is well marked but the number of paths in the area make careful route finding necessary. A sketch map and brief route notes will be provided, but we also advise you to obtain a copy of the O/S PEAK DISTRICT TOURIST MAP scale 1" to 1 mile, or better still the WHITE PEAK and DARK PEAK LEISURE MAPS 2.5" to 1 mile.
2. **You** are responsible for **your** own safety and you must recognise that the weather can change unexpectedly in the Peak District making the course hazardous.
3. Route marks will be set out but the primary responsibility for finding your way is **yours**.
4. The route starts in Buxton and then proceeds as follows:- Goyt Valley, Eccles Pike, South Head, Rushop Edge, Castleton, Bradwell Moor, Limestone Way, Flagg, Chelmorton, King Sterndale and Cowdale before returning to Buxton.
5. Entrants are asked to remember that it can be cold and wet even in mid-September, particularly in the late evening. Entrants are advised to be fully equipped for these conditions. All you need to carry should be in a small rucksack. You should especially note Rule 6.
6. You are asked to wear a white or reflective garment or patch on front and back during the hours of darkness. Keep to the right on all public roads, in single file; remember that traffic may not see a runner very easily.
7. All checkpoints will supply drinks and some will supply simple food. More substantial food will be provided at the finish.
8. All finishers will receive a time certificate. Medals will be awarded to the first three men and women overall and the first three in each age class subject to one medal per person.
9. Stating a club name on page 2 will automatically include you in that club team of which the best three will count on a cumulative time basis (not placings). You may be a member of only one team. Should you wish to be part of a "private" team then you must notify names etc before the event – preferably not on the day.
10. Intending entrants are advised to train seriously for this event, with one walk or run of at least 30 miles.
11. Changing facilities and showers will be available at the start/finish. Details of start/finish location will be given in the final details.
12. Checkpoints will be in contact with base and there will be pick up system to take retirees to the finish.
13. Competitors must retire if they cannot reach the next checkpoint before its closing time
14. Entrants may arrange for support vehicles. It is requested that these do not use the checkpoints, but special support vehicle areas. Further information will be contained in the final details.
15. Tally cards will be issued at registration on the day. These cards must be presented at each checkpoint for marking. Entrants will be disqualified if the Tally Card is not marked at each checkpoint, or if it is lost.
16. Entrants must at all times abide by the Country Code, respect private property and stay on the public rights of way.
17. Unfortunately we shall not be able to allow dogs, or other animals into the school premises.
18. It is preferred that you do not use earphones and MP3 players. Sections of the route are on public roads (and cross public roads) so it is in your interests to hear warnings and traffic. Remember your safety is your responsibility.



I confirm that I am over the age of 18, currently in good health and have no disabilities which may be detrimental to my participation in the event. I accept that should this not be the case on the day of the event I must declare my condition to the organisers. I agree to abide by the Country Code. I agree that the organisers will not be held responsible for any injury, illness or loss before, during or as a result of the event.

I accept primary responsibility for my own safety.

Signed..... date.....

Send this entry form, signed, together with your ENTRY FEE (CHEQUES ETC PAYABLE TO "HIGH PEAK 40 MILE CHALLENGE") (SEE NOTE BELOW) and 2 SAE's (correct postage please) 220mm X 170mm to:-

High Peak 40 Mile Challenge  
57 Ecclesbourne Drive  
Buxton  
Derbyshire  
SK17 9BS

**Note** If you have given an e-mail address do not send the SAE's – the instructions to competitors and results will be sent by e-mail.

Most recent events if any  
(indicate distance,  
times and dates)