

HIGH PEAK 40 MILE CHALLENGE – Saturday 19th September 2015

INTRODUCTION

This is the twenty-ninth High Peak 40 Mile Challenge and is again being run as a partnership between Buxton and District Lions Club and Buxton Community School.

We are of course grateful to all those who help to put on the event: the many members of the Community School staff, local clubs and organisations and a number of individual helpers who have been committed to the event since year one.

We believe a considerable amount of money is raised by many competitors for their own charities. If you raise money via sponsorship through our event this year, please let us know how much you have raised so that we can publish it.

Numbers will be worn again this year as well as the Tally Cards, which are needed for safety reasons, and to make it easier for the marshals, especially at the earlier checkpoints.

MEALS AT THE FINISH

Food and drink will be available at the finish but not a full meal -- tea, coffee, soup, pies, sausage rolls and the like.

ACCOMMODATION

If accommodation is needed you will find all details at www.visitpeakdistrict.com or www.peakdistrictonline.co.uk

AWARDS

This year the following awards will be made:-

Medals will be awarded to the first three men and women overall and the first three in each age class also to the first men's team and the first ladies' team. T-shirts will be presented to the first 6 men and the first 3 women. There will be other prizes.

The first presentation of awards will take place at the finish at approximately 4.00 pm.

All entrants receive a track suit badge. All finishers receive a certificate which will be e-mailed at a later date.

TALLY CARDS

Tally cards have in previous years been returned to finishers in the post along with their certificates. This year they will not be returned unless a small stamped addressed envelope (15mm X 10mm) is provided at registration.

TEAMS

A Team will consist of between three and five men or women, with three to count on a cumulative time basis (not placings). If you wish to enter a team this must be done with the organisers at registration on the day of the event. Please remember you can only be a member of one team.

T-SHIRTS

This year's T-shirts will be red in colour and of excellent quality (same source as recent years) and cost £12.00.

There will be only a limited number available on the day.

REGISTRATION

Registration will take place in the Gothic Hall at Buxton Community School from 0630hrs to 0730hrs (see map on page 8). All starters must be registered by 0730hrs. You will register by collecting your Tally Card, number etc. As you know numbers are not being pre-issued but lists of names and numbers will be on the walls of the Gothic Hall Toilets are limited in this part of the school **but more are to be found in the Sports Hall.**

START

There will be one start time – 0800hrs for all competitors - on Broad Walk. This is approximately 400 yards from the school, so please ensure you have your Tally Card before you go to the start, and that your race number is visible.

EMERGENCY TELEPHONE NUMBER

The emergency telephone number will appear on the back of your Tally Card. This number is in direct contact with race control so appropriate action can be taken. If you have to phone this number you will hear a recorded message – ignore this and press 1 – you will then be through to Race Control.

DROPPING OUT DURING THE RACE

Participants should only drop out at a recognised checkpoint. They must advise the marshal in charge that they are doing so and hand in their Tally Card. Transport will then be arranged to return all retirements to the Finish at Buxton Community School. If a competitor drops out between checkpoints, please use the emergency number on the back of the Tally Card to inform race control of the retirement and ensure the safety of the competitor. If this is not practical, ask another competitor to pass on information at the next checkpoint. Race Control **must** be informed of any retirement between checkpoints. Tally Cards must be kept by the competitor until he/she can give it to an official. If on reaching a checkpoint the officials think that a competitor cannot reach the next checkpoint before it closes then that competitor will be asked to retire.

AT NIGHT

During the hours of darkness we advise that competitors should group together for their own safety, and not go off on their own.

CLOTHING AND EQUIPMENT

Competitors must carry a route description, compass, whistle, and emergency food. It is recommended that competitors carry a first aid kit, torch, full waterproof cover and a reflective patch or band.

CHECKPOINTS

All competitors must ensure that their Tally Card is stamped at each checkpoint, failing to do so may lead to disqualification. Opening and closing times of checkpoints are as shown on page 5. Any competitor reaching a checkpoint after its closing time must retire – transport back to Buxton will be arranged. All checkpoints will provide cold drinks, water and orange and hot drinks may be available at checkpoints 3, 9 and 11. Food will be available at checkpoints 3, 5, 6, 7, 8, 9, 10 and 11. If you have special dietary needs, or if you are vegetarian, and did not so indicate on the entry form, please let us know by 12/09/11 (only use the contact facility on www.highpeak40.co.uk) and the appropriate arrangements will be made.

PASSAGE CONTROLS

There are various Passage Controls on the route – more than stated on page 7 but they may not be in place all day. All competitors must tell the marshal on duty their race number. Failure to do so may jeopardise any attempt on the course record.

FIRST AID

There will be first aid cover throughout the event from St John Ambulance Brigade. Some checkpoints will have cover, but as telephone contact is maintained throughout, we can get first aid to you anywhere in an emergency. Please ask for help if you need it.

FINISH

On arrival at the Finish, which is in the school grounds and is accessed from College Road, you must hand in your Tally Card.

IMPORTANT

Please remember that the public has right of passage along the route and their safety must be paramount. Please keep to the verge or pavements on roads.

Please keep to the stone surfaced paths on Mam Tor and Losehill.

Please run/walk **FACING** the traffic when on roads.

Marshals will guide you across main roads whenever and wherever possible. Please wear light coloured clothing or reflective clothing or patches at night.

REMEMBER THERE ARE NO AWARDS FOR HEROICS. If you are suffering you may well be advised to retire. First Aid staff and checkpoint officials are instructed to retire any competitors who appear to be suffering unnecessarily so please obey their instructions. Dehydration and hypothermia can be your biggest enemies so drink wherever possible and keep warm.

Please help other competitors whom you feel might be in trouble.

SUPPORT VEHICLES We welcome support vehicles but please help us by being as unobtrusive as possible especially during the hours of darkness when sound carries. Your presence should increase the safety of the event but it is not necessary for your support to be at checkpoints.

Checkpoint 1 – ample parking

Checkpoint 2 – limited parking

Checkpoint 3 – NO parking

Checkpoint 4 – NO parking

Checkpoint 5 – limited parking – ample parking at Mam Nick

Checkpoint 6 – NO parking but parking in Castleton

Checkpoint 7 – Limited parking

Checkpoint 8 – car park

Checkpoint 9 – NO parking or vehicle access – suggest support vehicles use car park where the route crosses the A6 (White Lodge – pay and display)

Checkpoint 10 – ample parking

Checkpoint 11 – limited parking

Finish – ample parking – there is very limited parking near the Gothic Hall and finish so please use the College Road entrance and park on the bottom tennis courts.

NAVIGATION A sketch map of the route is on page 6 with full details on page 7. A marked map will be on display at registration and the course will be signed with way-markers between check points. It must be appreciated however that during such a long event and with the Peak Park being so popular signs may be tampered with. It is therefore your responsibility to ensure that you are familiar with the route and can navigate successfully round the course.

RESULTS We intend to have full results on the website within a few days of the event.

Please observe the Country Code

Enjoy the countryside and respect its life and work.

Guard against all risk of fire.

Leave all gates as you find them.

Keep your dogs under close control.

Keep to public paths across farmland

Use gates and stiles to cross fences, hedges and walls.

Leave livestock, crops and machinery alone.

Take your litter home.

Help to keep all water clean.

Protect wildlife, plants and trees

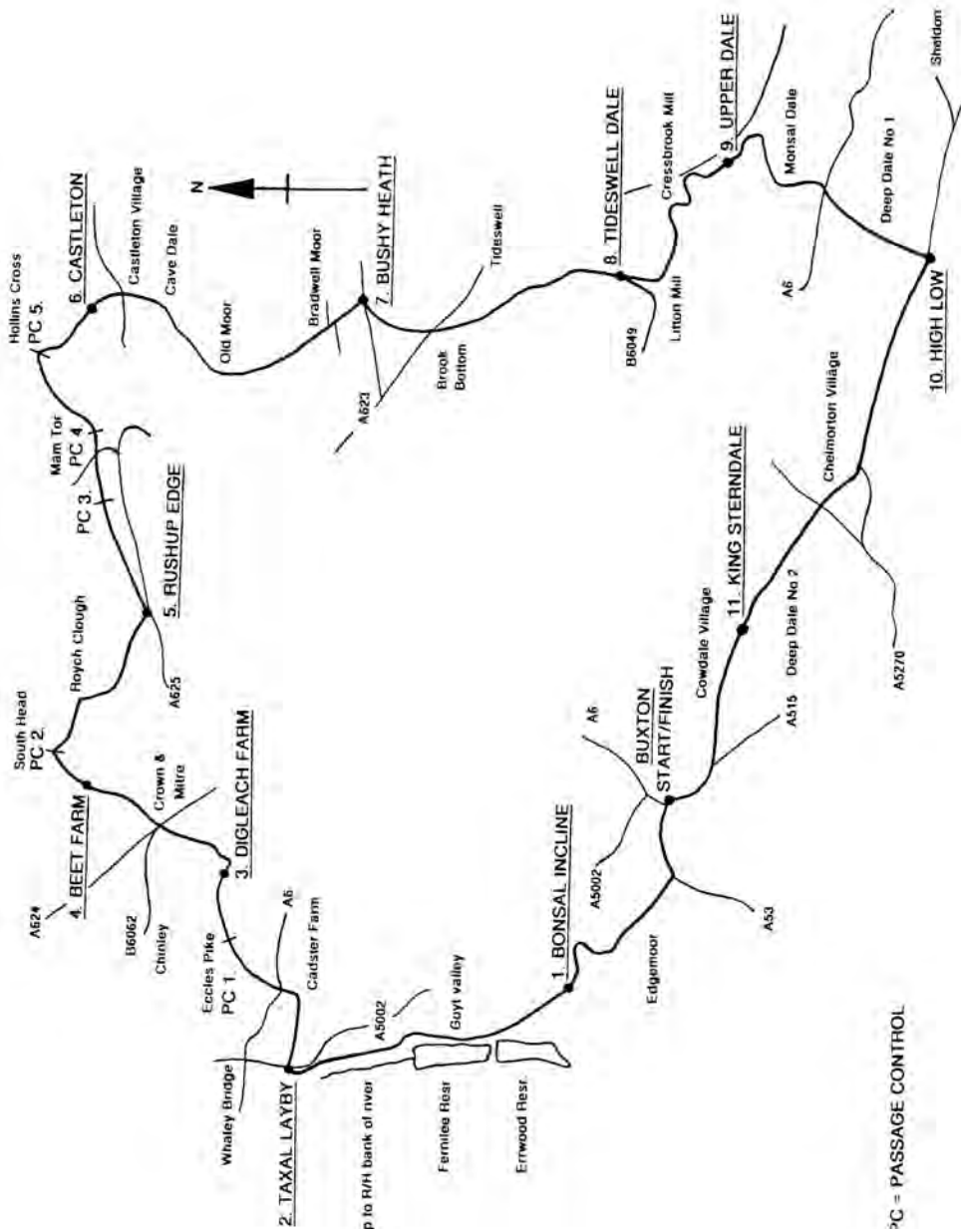
Take special care on country roads

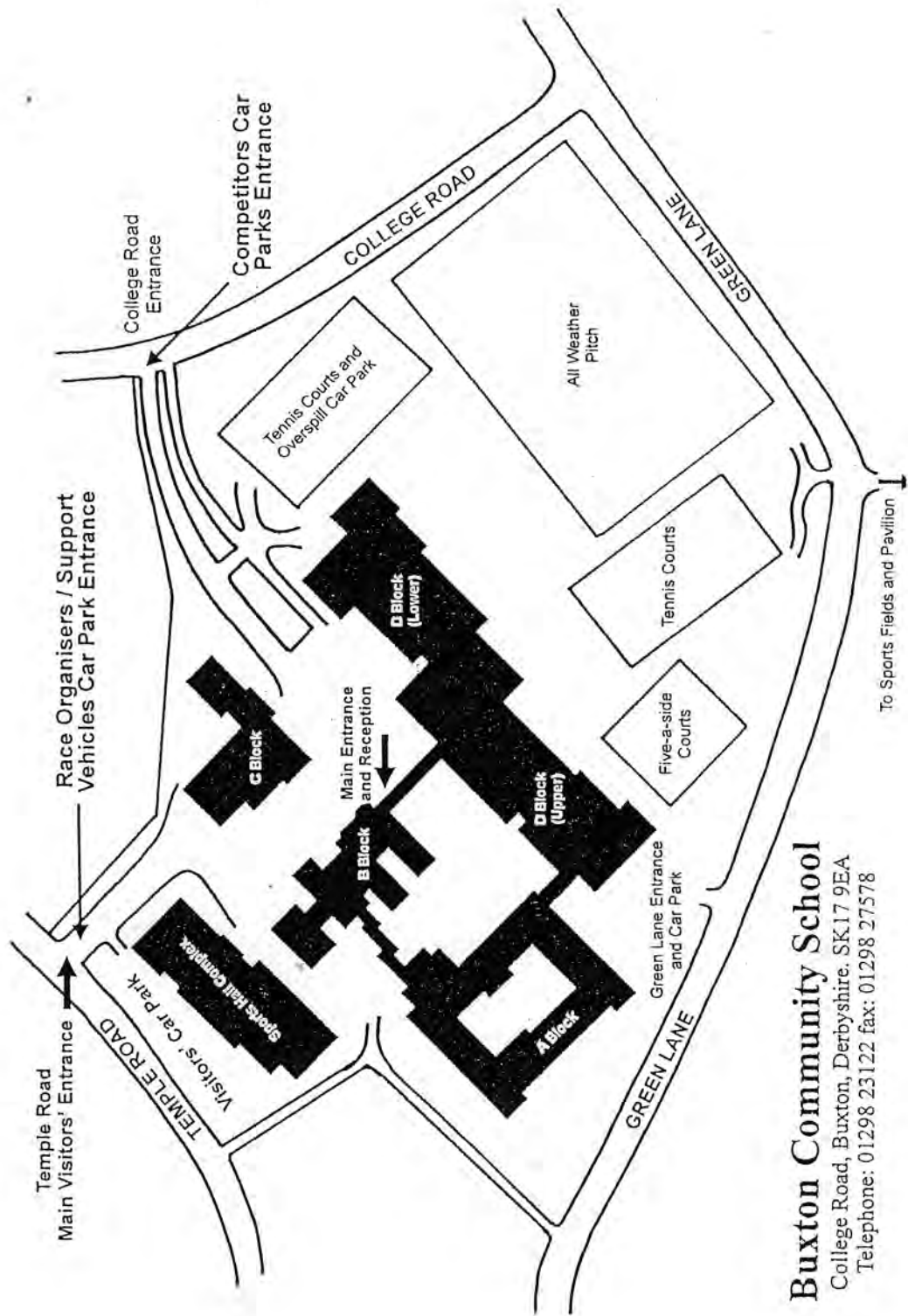
Make no unnecessary noise.

And finally GOOD LUCK ON THE DAY!!

CHECKPOINT OPENING/CLOSING TIMES

<u>NO</u>	<u>CHECKPOINT</u>	<u>OPEN</u>	<u>CLOSE</u>
1	Bonsal Incline	0815hrs	0915hrs
2	Taxal Layby	0830hrs	1000hrs
3	Digleach Farm	0845hrs	1115hrs
4	Beet Farm	0915hrs	1200hrs
5	Rushup Edge	0945hrs	1300hrs
6	Castleton	1015hrs	1430hrs
7	Bushy Heath Farm	1045hrs	1600hrs
8	Tideswell Dale	1100hrs	1700hrs
9	Upper Dale	1130hrs	1800hrs
10	High Low	1200hrs	1900hrs
11	King Sterndale	1245hrs	2030hrs
12	Finish	1300hrs	2200hrs





Buxton Community School
 College Road, Buxton, Derbyshire, SK17 9EA
 Telephone: 01298 23122 fax: 01298 27578

HIGH PEAK 40 MILE CHALLENGE

using the White Peak and Dark Peak Maps or the Peak District Tourist Map.

Please note that CP=Checkpoint Passage Control=PC

<u>MILEAGE</u>	<u>PLACE</u>	<u>GRID REF</u>	<u>MILEAGE</u>	<u>PLACE</u>	<u>GRID REF</u>
START	Buxton, Broad Walk	057732	21.1	Old Moor Finger Post	135813
	Pavilion Gardens	055732		Bradwell Moor	136800
	Serpentine Walks	052733	23.1	CP7	148786
	St Johns Rd	050733		Bushey Heath Farm	146784
0.9	Bishops Lane	046731		White Rake	144780
	Edgmoor	036736		Cross A623	143775
	Beet Wood	035738		Brookbottom	144772
	Disused Railway	031742		Highfield House	145769
3.1	CP1	023751	25.3	Tideswell Village	152755
	Errwood Resr, Dam	017758	26.2	CP8 Tideswell Dale Car Park	153743
5.1	Fernilee Resr, Dam	015777	27.3	Litton Mill	160730
	Shallcross Woods	010792		Cressbrook Mill	173726
6.5	CP2 Taxal Layby A5002	009799		Monsal Trail	173724
	cross A5002		29.2	CP9 see note on page 8	182716
	Shallcross Hall Farm	011798	30.7	White Lodge Picnic Area A6	170706
	Elnor Lane	015799		Deep Dale 1st	167703
	Cadster	022799	32.2	CP10 High Low	158685
			35.5.	Chelmorton Village	114702
7.6	cross B5470	023800		Shepley Farm	112703
	Hilltop	028808		Cross A5270	108706
	PC1 Eccles Pike	035811		Deep Dale 2nd	098713
9.2	CP3 Digleach Farm	044810	37.2	CP11 King Sterndale	093717
	Charley Lane	047812		Highcliffe Farm	083719
10.5	New Smithy (Crown & Mitre)	053825	37.9	Cowdale Village	082720
11.5	CP4 Beet Farm	059835		Staden Farm	074723
	Roych Clough	077836		under viaduct	066724
	Bolehill Clough	084829		end of Dukes Drive	064723
14.4	CP5 Rushup Edge	092825		Buxton Hospital A515	061724
15.8	Lords Seat	112834		Fern Road	060725
17	PC2 Mam Tor	128836		cross Green Lane & into	
	Hollins Cross	136845		College Road	055725
18.6	CP6	148835	40	THE FINISH at	053726
19.1	Castleton Village	151829		Buxton Community School	
	Cave Dale	150828			
	PC3 in Cave Dale				

For a GPX route (courtesy of Tim Shiles) please [click here](#)

Check Point 9 – Please note that this check point will be at the western end of the viaduct (SK18167165). No vehicular access.

Monsal Trail – Please note that this part of the route has been revamped, the tunnels (if you go through a tunnel you have gone wrong) have been opened and it is now a very busy walking and cycling route. Be careful!!!

Directions to Community School (distances are approximate)

If you have a satnav please do not use it in the final approach to the school -- use the instructions below.

From Stockport via A6 – enter Buxton on Fairfield Road – under railway bridge then turn left at mini-roundabout – in ¼ mile turn right at roundabout into Dale Road. In ½ mile straight on at traffic lights (West Road). In 200 yds turn left into College Road. Go past Spencer Road on left and entrance to School is on right.

From Stockport via Longhill (A5004) – enter Buxton on Manchester Road – at bottom of hill (with St John’s Church on right) turn right into St John’s Road. In ¼ mile turn left into Burlington Road. In another ¼ mile cross over junction into College Road then as “from Stockport via A6” above.

From Ashbourne (A515) – enter Buxton on London Road – at first major junction (traffic lights) take 2nd left into West Road then as “from Stockport via A6” above.

From Bakewell via A6 – at roundabout turn left into Dale Road then as “from Stockport via A6” above.

From Stoke and Macclesfield – at Burbage traffic lights take right fork (Macclesfield Road) keeping the Duke of York PH (currently closed) on your left. In ¾ mile turn right into College Road then as “from Stockport via A6” above.