

## **INTRODUCTION**

This is the 31st High Peak 40 Mile Challenge, returning after 8 years away. We are incredibly excited to welcome many of you back after so much time and are happy to be able to continue the event from now on. We are of course grateful to all those who help to put on the event, all the volunteers who ensure that we can run the event.

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.

## **FOOD AT THE FINISH**

Food and drink will be available at the finish, but less meals more snacks. For example Tea, Coffee, Soup, Pies, Sausage Rolls that kind of thing. If you have specific dietary requirements, please let the race organiser know at least a week beforehand so we can make arrangements where possible.

## **ACCOMMODATION**

If accommodation is needed you will find a variety of options across <https://www.visitbuxton.co.uk/accommodation/> and <https://visitpeakdistrict.com/>

## **AWARDS**

This year the following awards will be made.

Medals will be awarded to the first three men and women overall and the first in each age class. Age classes will be as per previous years: Senior, 40+, 50+ 60+, 70+. There will also be other prizes on the day.

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 and results booklet which will be e-mailed at a later date.

## **TALLY CARDS**

Tally cards can be retained after the event providing you have fully completed the event.

## **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 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 black and of excellent quality and cost £13. There will only be a limited number available on the day, you can preorder one beforehand via SiEntries, although numbers are limited.

## **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. 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.

## **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 folk retiring 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. With sunset at 19:24 on the day of the event, for those completing in more than 10 hours be prepared to carry some form of torch.

## **CLOTHING AND EQUIPMENT**

Competitors must carry a route description and/or map, 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 3. Any competitor reaching a checkpoint after its closing time must retire – transport back to Buxton will be arranged. All checkpoints will provide cold drinks and water.. Food will be available at checkpoints 4, 6, 8, 10 and 11. If you have special dietary needs please let the team know at least a week beforehand and we can make the appropriate arrangements

## **FIRST AID**

There will be first aid cover throughout the event from the medical team. We will be able to get first aid to you anywhere in an emergency, as we maintain telephone contact throughout. 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 Lose Hill.

Please run/walk **FACING** the traffic when on roads, that is on the right hand side.

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 2 – Limited parking

Checkpoint 4 – NO parking

Checkpoint 6 – NO parking but parking in Castleton

Checkpoint 8 – Tideswell Dale Car Park

Checkpoint 10 – Ample parking

Checkpoint 11 – Limited parking

Finish – Ample parking – However note, 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

The full course is available to see on the OSMaps website at this link: [OSMaps](#)

There is a GPX available of the course at this link: [Google Drive Link](#)

The full details with map references is available on page 7.

The course will be signed with way-markers between checkpoints. 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.

### **NOTE: Please observe the Countryside Code**

Be considerate to those living in, working in and enjoying the countryside

leave gates and property as you find them

Do not block access to gateways or driveways when parking

Be nice, say hello, share the space

Follow local signs and keep to marked paths unless wider access is available

Take your litter home – leave no trace of your visit

Care for nature – do not cause damage or disturbance

### **Checkpoint Open and Close Times**

Checkpoint	Open Time	Close Time
CP2 - Taxal Layby	0830	1000
CP4 - Beet Farm	0915	1200
CP6 - Castleton	1015	1430
CP8 - Tideswell Dale	1100	1700
CP10 - High Low	1200	1900
CP11 - King Sterndale	1245	2030
Finish	1300	2200

## Detailed Route

Mileage	Place	Grid Ref	Mileage	Place	Grid Ref
0	<b>Start - Buxton, Broad Walk</b>	<b>SK055730</b>	21.1	Old Moor Finger Post	SK135813
	Pavillion Gardens	SK055732		Bradwell Moor	SK137803
	Serpentine Walks	SK053733	23.1	Bushey Heath	SK148785
	St Johns Road	SK051733		Bushey Heath Farm	SK146784
	Bishops Lanes	SK045730		White Rake	SK144780
	Edgmoor	SK036736		Cross A623	SK143775
	Beet Wood	SK035738		Brookbottom	SK144772
	Disused Railway	SK030741		Highfield House	SK144769
3.1	Bunsall Incline	SK023751	25.3	Tideswell Village	SK151756
	Errwood Reservoir Dam	SK017758	<b>26.2</b>	<b>CP8 - Tideswell Dale Car Park</b>	<b>SK153742</b>
5.1	Fernilee Reservoir Dam	SK014777	27.3	Litton Mill	SK160730
	Shallcross Woods	SK010792		On to Monsal Trail	SK158729
<b>6.5</b>	<b>CP2 - Taxal Layby A5002</b>	<b>SK008798</b>		Through Tunnels	SK165727
	Shallcross Hall Farm	SK011798		Monsal Trail	SK172724
	Elnor Lane	SK015798	29.2	Monsal Dale	SK181716
	Cadster	SK022799	30.7	White Lodge Picnic Area A6	SK170706
	Cross B5470	SK023800		Deep Dale 1	SK167702
	Hilltop	SK027808	<b>32.2</b>	<b>CP10 - High Low</b>	<b>SK158685</b>
	Eccles Pike	SK035811	35.5	Chelmorton Village	SK114702
9.2	Digleach Farm	SK044809		Shepley Farm	SK112703
	Charley Lane	SK046812		Cross A5270	SK108706
10.5	New Smithy (Crown & Mitre)	SK052824		Deep Dale 2	SK097713
<b>11.5</b>	<b>CP4 - Beet Farm</b>	<b>SK059836</b>	<b>37.2</b>	<b>CP11 - King Sterndale</b>	<b>SK093716</b>
	Roych Clough	SK076836		Highcliffe Farm	SK083719
	Bolehill Clough	SK084829	37.9	Cowdale Village	SK082720
14.4	Rushup Edge	SK091824		Staden Farm	SK074722
15.8	Lords Seat	SK112834		Under Viaduct	SK066723
17	Mam Tor	SK127836		End of Dukes Drive	SK062723
	Hollins Cross	SK135845		Buxton Hospital A515	SK061723
<b>18.6</b>	<b>CP6 - Castleton Approach</b>	<b>SK148834</b>		Fern Road	SK060725
19.1	Castleton Village	SK150830		Cross Green Land to College Road	SK055725
	Cave Dale	SK150827	<b>40</b>	<b>Finish - Buxton Community School</b>	<b>SK053726</b>