High Peak 40 - 14th September 2024

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. Race numbers will be worn again this year as well as the Tally Cards, which are needed to track you having been around the course, 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, 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 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 with a white logo on the left breast 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, race 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 4. 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.

DIVERSIONS

For 2024 we have two diversions in effect on the traditional High Peak 40 route. The first is due to a closed road past White Rake Farm. We turn off at Old Moor Finger Post and follow the Limestone Way to Wheston then Wheston Bank road into Tideswell. The other is due to a closed bridge at Cressbrook, the diversion here is to join the Monsal Trail early at Litton Mill, following the trail through the tunnels. All these are accounted for in the route information below.

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 4.

We have a number of walkthrough videos covering the entire course available on our YouTube channel here: http://www.youtube.com/@HighPeak40 (Please Note the route between CP6 and 8 shows the route without the diversion at White Rake Farm)

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 on Next Page

Detailed Route

Mileage	Place	Grid Ref		Mileage	Place	Grid Ref
0	**Start - Buxton, Broad Walk**	**SK055730**		21.1	Old Moor Finger Post	SK135813
	Pavillion Gardens	SK055732			Bradwell Moor	SK130800
	Serpentine Walks	SK053733			Limestone Way	SK126793
	St Johns Road	SK051733		23.1	Mount Pleasant Farm	SK123788
	Bishops Lanes	SK045730			Cross A623	
	Edgmoor	SK036736			Road to Wheston	SK127777
	Beet Wood	SK035738		24.6	Wheston Village	SK132763
	Disused Railway	SK030741			Wheston Bank Road	SK143759
3.1	Bunsall Incline	SK023751		26.1	Tideswell Village	SK151756
	Errwood Reservoir Dam	SK017758		**27.5**	**CP8 - Tideswell Dale Car Park**	**SK153742**
5.1	Fernilee Reservoir Dam	SK014777		28.3	Litton Mill	SK160730
	Shallcross Woods	SK010792			On to Monsal Trail	SK158729
6.5	**CP2 - Taxal Layby A5002**	**SK008798**			Through Tunnels	SK165727
	Shallcross Hall Farm	SK011798			Monsal Trail	SK172724
	Elnor Lane	SK015798		30.1	Monsal Dale	SK181716
	Cadster	SK022799		31.5	White Lodge Picnic Area A6	SK170706
	Cross B5470	SK023800			Deep Dale 1	SK167702
	Hilltop	SK027808		**33.1**	**CP10 - High Low**	**SK158685**
	Eccles Pike	SK035811		36.3	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
11.5	**CP4 - Beet Farm**	**SK059836**		**37.9**	**CP11 - King Sterndale**	**SK093716**
	Roych Clough	SK076836			Highcliffe Farm	SK083719
	Bolehill Clough	SK084829		38.6	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
18.6	**CP6 - Castleton Approach**	**SK148834**			Fern Road	SK060725
19.1	Castleton Village	SK150830			Cross Green Land to College Road	SK055725

	Cave Dale	SK150827		40	**Finish - Buxton Community School**	**SK053726**