

# Race Handbook

## PEAK DISTRICT 100

and

## PEAK DISTRICT 50 & 33



# Castleton

## 30<sup>th</sup> Aug to 1<sup>st</sup> Sept 2019

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# 1. Introduction

Welcome to the first edition of the **Peak District 100** and **Peak District 50 & 33**. We're delighted to have you on board and, whichever distance you have chosen, we hope you have an enjoyable and rewarding event.

The routes for all three distances have been designed to take you on a truly spectacular tour of the UK's original national park, exploring the beautiful and very varied landscapes in the area. With plenty of hills, they all offer a significant challenge, so completion will be something that will hopefully provide you with a great sense of achievement. That said, the generous time limits for the 50 and 33 mile courses makes them achievable for runners of all paces and strong hikers.

Our ethos for the race is to make it an event that has a positive impact on the Peak District and, as such, is welcomed by the local communities and land managers around the route. We have therefore worked hard during the planning and organising stage to enable this by:

- Building relationships with the park authorities, their rangers and other stakeholders
- Looking for opportunities to carry out conservation work on the trails within the park
- Using community facilities for event HQ and checkpoints where possible
- Using local independent businesses for supplies, such as race mementos, t-shirts etc.
- Ensuring there will be no trace of the event by the time we have wrapped up on the Sunday

This document contains important information that will ensure a smooth and safe event for all involved. Please take some time to read and understand it prior to race day. It is **particularly important that you understand the participation requirements in Section 10**.

# 2. Location

The base for the race and event HQ is **The Peveril Centre** which is situated in the heart of the beautiful and vibrant village of Castleton in the Hope Valley. It is on the main road at the foot of the historic Peveril Castle and surrounded by spectacular hills.

The centre is located on the north side of the A6187 on the western side of the village. The address is:

The Peveril Centre  
Buxton Road  
Castleton  
Hope Valley  
Derbyshire  
**S33 8WP**



Allow plenty of travel time as the rural roads in the area can be very busy during this summer weekend with a number of events taking place.

Please note the event car park is 150 metres away. There is no parking at the centre itself.

### 3. Travel, Parking & Accommodation

#### Public Transport

The nearest railway station is Hope (Derbyshire) on the Sheffield to Manchester line. This is situated 2 miles from Race HQ and is served by an hourly service. <https://www.nationalrail.co.uk>

Local bus services are operated by Hulley's of Baslow (<http://www.hulleys-of-baslow.co.uk>) and First South Yorkshire (<https://www.firstgroup.com/south-yorkshire>)

The local private hire taxi companies are Penny's Cars on 07917 710771 (<https://www.pennyscars.co.uk>) and Bill's Private Hire on 07426 224406.

#### Parking and Overnight Campervans

As a busy tourist hub, parking in Castleton on a summer weekend is at a premium. As part of gaining permission for the event, we have therefore committed to the National Park Authority and Parish Council to arrange specific event parking for participants and their supporters.

An event car and campervan park, with temporary toilets, will be available to participants and their supporters from 14:00 on Friday to 10:00 on Sunday. This is located in a field 150 metres from the Peveril Centre, as shown below. To use the car park you must obtain a pass from ourselves. These will be available at the car park entrance from 06:30 until 09:00 on Saturday morning. Outside of these times please call in to Event HQ at the Peveril Centre for a pass, prior to parking (you'll be allowed a few mins parking at the centre for this). Passes are valid all weekend so supporters coming and going should retain their pass to avoid being charged to re-enter.

The cost, per vehicle, for parking for the duration of the event is as follows:

Car: **£3**

Small camper van: **£6**

Large camper van/motor home: **£8**

During the night (22:30 to 07:00) please be as quiet as possible in the car park area so not to disturb adjacent residents. And, please use the temporary toilets provided.

We encourage you to car share if possible. Please feel free to utilise the Facebook 'event' for the race or the Peak Running Community Facebook Group to advertise for/co-ordinate car sharing (<https://www.facebook.com/groups/PeakRunningCommunity/>).



## Accommodation

There are various accommodation options in the area. Locally there are two Youth Hostels (Losehill Hall and Edale Activity Centre) and a number of camp sites which take tents. There are also various pubs with accommodation, B&Bs and holiday cottages.

The nearest large towns/cities with greater accommodation options are Buxton (10 miles), Chesterfield (15 miles), Sheffield (15 miles), Stockport (15 miles) and Manchester (20 miles).

## 4. Registration & Race Briefings

### Event Registration Times

Registration will be open as follows:

**100-mile participants: 16:30 to 18:00 on Friday**

**50 & 33-mile participants: 19:15 to 21:00 on Friday and 06:30 to 08:00 on Saturday**

### Registration Process

To register you will need to personally report to registration during the time periods above. You must bring:

- Photo ID
- The kit you plan to run in and carry with you (see **Section 10** for requirements)
- Half way drop bag if you wish to leave one (100-mile participants only)

All members of teams running together or as a relay will need to report to registration.

You will be issued with:

- Your race number
- Timing chip – to be returned at the finish
- Race Drone GPS Tracker (100-mile participants only or 50/33 participants if you have hired one – see section 14)
- T-shirt if you have purchased one

### Race Briefing

There will be two race briefings:

**100-mile participants: 18:15 on Friday**

**50 & 33-mile participants: 08:15 on Saturday**

It is **mandatory to attend the briefing** for your specific event as it will include important safety information and details of any last minute changes.

## 5. Race Categories & Awards

As per your entry ticket, you will be taking part in one of the categories summarised below.

Distance	Categories	Awards
100	Individual Male	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
	Individual Female	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
50	Individual Male	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
	Individual Female	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
	Team (2 or 3 running/walking together)	Prize for 1 <sup>st</sup> finishers (one for team) Finisher's award for all finishers (per individual).
	Relay Team	Finisher's award for all finishers (one per team).
33	Individual Male	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
	Individual Female	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Finisher's award for all finishers
	Team (2 or 3 running/walking together)	Prize for 1 <sup>st</sup> finishers (one for team) Finisher's award for all finishers (per individual).
	Relay Team	Finisher's award for all finishers (one per team).

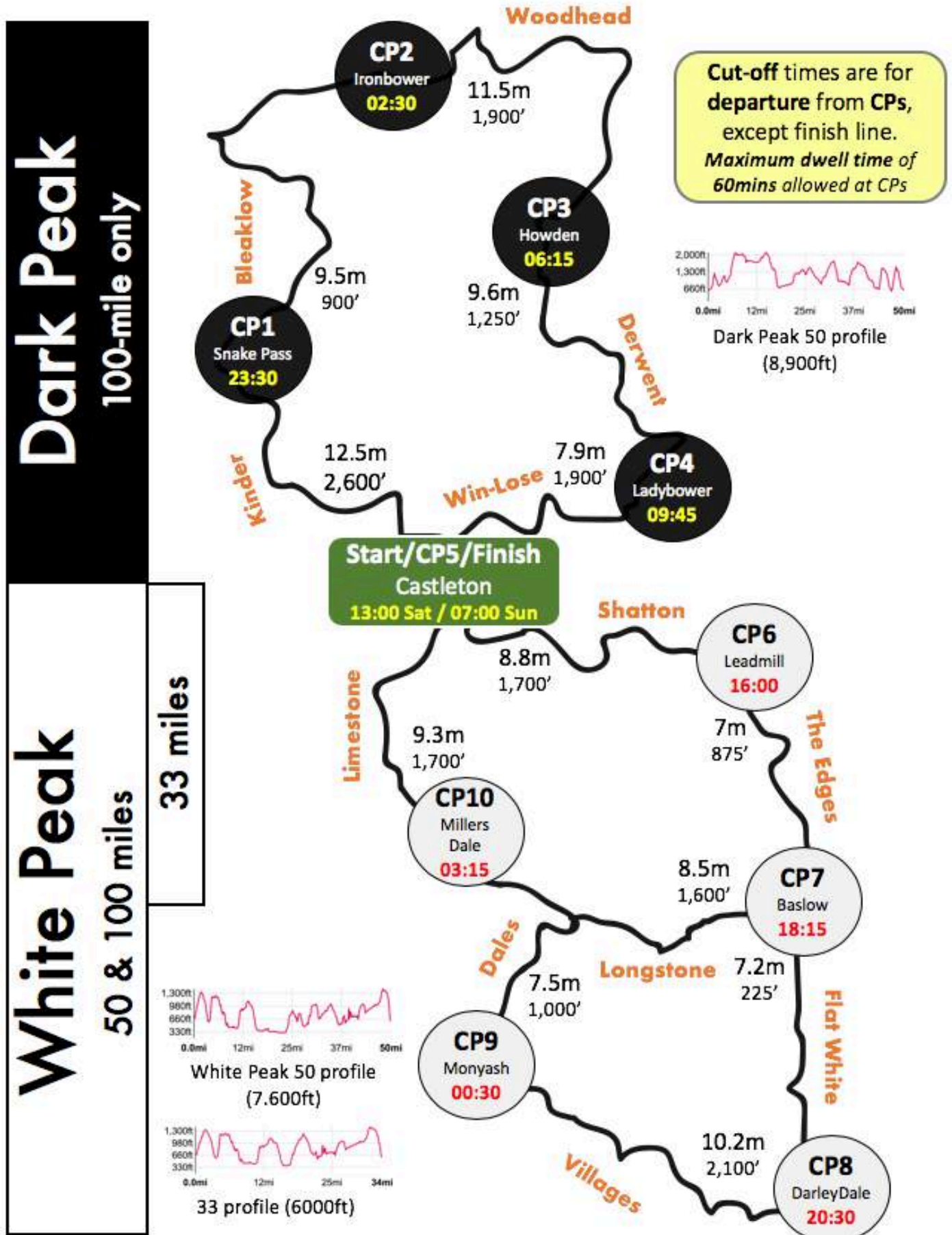
## 6. Race Weekend Timetable

Key timings for the event are as follows:

<b>Friday 30<sup>th</sup> August</b>	
14:00	Event parking opens
16:30	100 mile registration opens
18:00	100 mile registration closes
18:15	100 mile race briefing (mandatory)
<b>19:00</b>	<b>100 mile race starts</b>
19:15	50 & 33 mile registration opens
21:00	50 & 33 mile registration closes
<b>Saturday 31<sup>st</sup> August</b>	
06:30	50 & 33 mile registration opens
08:00	50 & 33 mile registration closes
08:15	50 & 33 mile races briefing (mandatory)
<b>09:00</b>	<b>50 &amp; 33 mile races starts</b>
13:00	Earliest likely time of first 100 mile finishers
13:30	Earliest likely time of first 33 mile finishers
16:30	Earliest likely time of first 50 mile finishers
<b>Sunday 1<sup>st</sup> September</b>	
<b>07:00</b>	<b>Finish deadline all distances</b>
10:30	Event HQ and car park closes

## 7. Overview of the Course

The image below provides an overview of the course, with approximate distances and elevation gain between checkpoints, and the **cut-off times** for each location.





## 8. Route Highlights (and lowlights)

The nature of the Peak District, and the routes we have chosen means that, as well as the Dark and White Peak loops being very different, each individual section is spectacular its own way.

	Section	We thing you'll love.....	You might hate....
Dark Peak (100-mile only)	<b>Kinder</b> <i>100 Start to CP1</i>	<ul style="list-style-type: none"> <li>• Crossing over the 'great ridge' to reach the start of the Pennine Way at Edale</li> <li>• Traversing the spectacular edge of Kinder Scout and passing the Downfall</li> </ul>	<ul style="list-style-type: none"> <li>• Climbing Jacobs Ladder en-route to the highest point of the route at Kinder Low</li> <li>• Endless slabs across the moor to reach Snake Pass</li> </ul>
	<b>Bleaklow</b> <i>CP1 to CP2</i>	<ul style="list-style-type: none"> <li>• Traversing a true mountain wilderness</li> </ul>	<ul style="list-style-type: none"> <li>• The slog along the former railway line to reach the mouth of Woodhead Tunnel at Ironbower</li> </ul>
	<b>Woodhead</b> <i>CP2 to CP3</i>	<ul style="list-style-type: none"> <li>• The Bleakness of the moors at night (if you've nailed the pace)</li> </ul>	<ul style="list-style-type: none"> <li>• The Bleakness of the moors at night (if you've overcooked your early pace)</li> </ul>
	<b>Derwent</b> <i>CP3 to CP4</i>	<ul style="list-style-type: none"> <li>• The majestic Derwent Edge high above the famous reservoirs and dams below</li> </ul>	<ul style="list-style-type: none"> <li>• The false summits on the climb to Derwent Edge</li> </ul>
	<b>Win-Lose</b> <i>CP4 to CP5</i>	<ul style="list-style-type: none"> <li>• Arguably the best view in the Peak District from the summit of Win Hill</li> <li>• Arguably the best view in the Peak District from the summit of Lose Hill</li> </ul>	<ul style="list-style-type: none"> <li>• The <i>[beep]</i> of a climb up Parkin Clough to reach Win Hill</li> <li>• The <i>[beep] [beep]</i> of a climb up Lose Hill</li> </ul>
White Peak	<b>Shatton</b> <i>50&amp;33 Start/CP5 to CP6</i>	<ul style="list-style-type: none"> <li>• The spectacular views from the high level traverse of Shatton Edge</li> <li>• Seeing the contrast between the Dark Peak to the north and White Peak to the south</li> </ul>	<ul style="list-style-type: none"> <li>• Tarmac</li> </ul>
	<b>The Edges</b> <i>CP6 to CP7</i>	<ul style="list-style-type: none"> <li>• The wonderful rocky but runnable trails along the edges of Froggatt, Curbar and Baslow</li> <li>• The majestic highland cattle on Baslow Edge</li> </ul>	<ul style="list-style-type: none"> <li>• Getting up to the edges</li> </ul>
	<b>Flat White</b> <i>CP7 to CP8 via 100&amp;50 route</i>	<ul style="list-style-type: none"> <li>• The Chatsworth Estate and impressive home of the Duke of Devonshire (and Mr Darcy apparently)</li> <li>• The deer of Chatsworth Park</li> <li>• Some respite from the hills</li> </ul>	<ul style="list-style-type: none"> <li>• Endless flat fields along the Derwent Valley</li> </ul>
	<b>Villages</b> <i>CP8 to CP9 via 100&amp;50 route</i>	<ul style="list-style-type: none"> <li>• Picture post card villages of the White Peak</li> <li>• Intriguing rock formations</li> <li>• Grassy descents towards Lathkill Dale</li> </ul>	<ul style="list-style-type: none"> <li>• Remembering that the White Peak is hilly too</li> <li>• The rocky path through Lathkill Dale</li> </ul>
	<b>Dales</b> <i>CP9 to C10 via all routes</i>	<ul style="list-style-type: none"> <li>• The view of the Monsal Trail from Monsal Head</li> <li>• The nature reserve through Hay Dale</li> <li>• The final spectacular descent to the finish</li> </ul>	<ul style="list-style-type: none"> <li>• Actually running along the Monsal Trail</li> <li>• Oh no, not another <i>[beeping]</i> stile!</li> </ul>
	<b>Longstone</b> <i>CP7 to CP9 via 33 route</i>	<ul style="list-style-type: none"> <li>• The wonderful vista on the descent from Longstone Edge</li> </ul>	<ul style="list-style-type: none"> <li>• The relentless climb to Longstone Edge</li> </ul>

## 9. Checkpoint Details and Provisions

Below are details on the checkpoints on the routes, with a summary of the facilities available and what will be provided. **Please note:** to minimise plastic waste, **NO drinking vessels will be provided** – you must carry your own.

#	Name & Location	33	50	100	Status	Toilets	Cold Water	Hot Water	Cold Food	Hot Food	Other Info
Start	<b>Castleton:</b> Peveril Centre SK 1483 8295 S33 8WP	Y	Y	Y	<b>Indoor</b>	Yes	Yes	Yes	No	No	
1	<b>Snake Pass:</b> Road side layby SK 0880 9292 No post code			Y	Outdoor	No	Yes	No	Yes	No	
2	<b>Ironbower:</b> Remote car park SK 1146 9981 SK13 1JE			Y	Outdoor	No	Yes	No	Yes	No	No access for supporters
3	<b>Howden:</b> Remote clearing SK 1694 9519 No post code			Y	Outdoor	No	Yes	No	Yes	No	Access on foot only for supporters, nearest parking 3 miles away
4	<b>Ladybower:</b> Heatherdene Car Park SK 2022 8583 S33 0BY (200m away)			Y	Outdoor	Yes	Yes	No	Yes	No	Pub (Ladybower Inn), 1km before CP. Open 08:00 to 23:00 (food 09:00 to 21:00)
5	<b>Castleton:</b> Peveril Centre SK 1483 8295 S33 8WP			Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes *	* Food available for 100-mile participants
6	<b>Leadmill:</b> Field SK 2369 8065 S31 1BA (400m away)	Y	Y	Y	Outdoor	No	Yes	No	Yes	No	Access on foot only for supporters (nearest parking 500m away)
7	<b>Baslow:</b> Village Hall SK 2589 7215 <b>DE45 1SR</b>	Y	Y	Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes *	*Hot food for 100m participants only
8	<b>Darley Dale:</b> Square & Compass Pub Car Park SK 2701 6216 DE4 2EQ (400m away)		Y	Y	Outdoor	Yes	Yes	No	Yes	No	Pub opposite, open 12:00 to 00:00
9	<b>Monyash:</b> Methodist Church SK 1500 6666 DE45 1HE (200m away)		Y	Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes	
10	<b>Millers Dale:</b> Former Railway Station SK 1385 7325 SK17 8SN (300m away)	Y	Y	Y	Outdoor	Yes	Yes	No	Yes	No	Café adjacent, open 09:00 to 17:00 (last hot food orders 16:00)
Finish	<b>Castleton:</b> Peveril Centre SK 1483 8295 S33 8WP	Y	Y	Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes	Hot meal provided at finish

# 10. Participation Requirements

## 10.1 Safety

We have assessed the health and safety risks associated with the event and have put in place measures to manage these so far as reasonably practicable. However, the nature of long/ultra-distance trail running, means that participants have a higher level of responsibility for their own personal safety and that of others, than they would in a more controlled environment.

In the most part this simply means applying common sense and good judgement. However, when fatigued, extra care must be taken to ensure you do not inadvertently put yourself in danger. As well as adhering to the specific requirements set out elsewhere in this document, you should always be mindful of the following:

- All roads are open to traffic as normal so be vigilant for traffic and cross safely as you would do at any other time as a pedestrian.
- All paths are open to the general public and you do not have any priority over other users, be they on foot, cycle or horseback; slow down and give way where necessary, particularly on narrow sections.
- Farm animals may sometimes be inquisitive but will not generally harm you unless you startle or intimidate them; so walk and/or go around them if appropriate.
- Underfoot conditions will be challenging at times, with steep gradients, uneven and slippery surfaces; so adjust your pace to suit.
- As you'd expect in a trail event of this nature, there are many underfoot hazards to negotiate. However, some sections of the route, particularly in the Dark Peak section of the 100-mile course, have exposed edges with significant drops next to narrow paths; take extra special care in these areas.
- The weather may be extreme and it may change quickly; don't wait until it has changed before taking action (e.g. carry extra water if it is hot. put your waterproof on before you're soaking wet, double check your position if visibility is becoming poor)
- If you get hopelessly lost it will not necessarily be easy to find you; always pay attention to your current location and know how to communicate it in an emergency (**OS Locate** is a great app to have on your phone, even if you are an expert navigator).

Noteworthy significant hazards at specific locations are highlighted in the relevant section of the route instructions, which are available for download in Section 10.3 below.

## 10.2 Kit Requirements

Weather conditions can be harsh and unpredictable in the Peak District at any time of year, and poor conditions will affect you more when you are tired. The mandatory kit requirements should therefore be considered to be the minimum that you should carry, not the maximum. They are not to keep you comfortable when running, they are to help you survive if you have to stop in a remote or exposed location for a prolonged period.

You will not be permitted to start if you are missing any mandatory items, and will be withdrawn from the event if you are found to be missing any items during the race or any items have failed. We reserve the right to carry out kit checks at any time.

Mandatory requirements are:

- Whistle
- Emergency bivi bag (preferable) or foil 'space' blanket
- Magnetic compass
- Map(s) covering the whole area of the route (Ordnance Survey or Harvey 1:25k scale preferred, 1:50k is the minimum requirement)

- Appropriate clothing for the challenge and weather conditions
- Appropriate footwear (trail shoes recommended, or walking boots for 50/33-mile hikers)
- Waterproof jacket, with hood and taped seams
- Waterproof trousers
- Additional warm layer
- Basic first aid kit, including foot care items
- Hat and gloves
- Emergency food (at least 400 calories)
- Drinks bottles and/or hydration pack to carry a minimum of 1 litre of fluid
- Fully charged mobile phone (with waterproof cover or bag)
- Head torch, plus spare batteries (33-mile participants who are confident of finishing within 9 hours are not mandated to carry a head-torch. However, if you fall behind schedule to finish before 6pm, you will not be permitted to continue past next checkpoint).

Highly Recommended:

- GPS device for backup navigation
- Route description
- Mug for hot drinks at checkpoints (where hot water available)
- Spare socks
- Mobile charger/power-pack
- Buff
- Spare clothing (100-mile drop bag)
- Spare shoes (100-mile drop bag)

### 10.3 Navigation

The courses have been designed to make them relatively straight forward to follow, using well-trodden trails so far as possible. However, other than signs provided by the authorities to highlight rights of way, there will be no way-marking on the course, with the exception of:

- The descent off the final hill to the edge of Castleton village
- A temporary diversion of the Derwent Valley Heritage Way near Chatsworth, just after CP7 of the 100 & 50 Mile routes.

**You are therefore responsible for your own route finding** around the course.

Route instructions are available to download below. These will help you find your way, but bear in mind they will be of no use if you are off the designated route. You are, therefore, strongly encouraged to keep track of your location at all times, using your map, rather than simply relying on following other participants.

**Route Instructions**    **100m**    <https://www.peakdistrict100.co.uk/wp-content/uploads/2019/08/PD100-Route-Instructions-2019-Issue-01-1.pdf>  
                                   **50m**    <https://www.peakdistrict100.co.uk/wp-content/uploads/2019/08/PD50-Route-Instruction-2019-Issue-01.pdf>  
                                   **33m**    <https://www.peakdistrict100.co.uk/wp-content/uploads/2019/08/PD33-Route-Instructions-2019-Issue-01.pdf>

The use of a GPS device, or GPS functionality on your smartphone is permitted, and GPX files of the route are available to download using the link below. As this is a zip file, if you download using a phone, you will need to install a free “unzip” utility to extract and view the contents of the file.

**Download GPX Pack:** <https://www.peakdistrict100.co.uk/wp-content/uploads/2019/08/PD-Ultra-GPX-pack.zip>

Whether you use a printed map (which you must carry in any case) or an electronic device as your primary means of keeping track of your location is up to you. But bear in mind that the batteries will not go flat on a paper map, and it’s unlikely to break if you drop it.

Also, be aware that the use of the ‘follow’ mode in smartphone apps, such as OS locate and ViewRanger will drain batteries relatively quickly, even if the screen is off. Kit checks may include a check that your phone is charged and functional.

## 10.4 Designated Route

Permission for the event from the National Park Authority and landowners is based on participants using a designated route, which minimises the impact on the delicate landscapes in the area.

You must therefore follow the designated route for your event, as detailed in the route description and gpx file, throughout the event. Deliberate deviations from the route will result in disqualification and will also put the future editions of the event in jeopardy. The exception to this is if you feel in danger from cattle or other large animals in any fields that you pass through. In this case you are permitted to take a reasonable diversion and re-join the route as soon as possible.

If you leave the designated route in error, you should return to the point that you left it and continue from there. Taking of short cuts to re-join the route is not permitted. Time penalties or disqualification may be applied, at the discretion of the organisers, if it is felt that you gained an advantage from taking a different route, even if in error.

On some parts of the course slabs have been laid or steps constructed by land managers to help minimise erosion on the land next to the right of way. Please use these rather than running/walking next to them.

## 10.5 Checkpoints

You must report to the event crew at each checkpoint and ensure that your number and arrival time is recorded. Please ensure your race number is clearly visible as you arrive at each point.

## 10.6 Retiring

**Voluntary retirement:** If you decide to retire of your own accord, you must do so at a checkpoint and inform the event crew of your decision. Please **DO NOT leave the event without informing us**, as this may result in the Police and Mountain Rescue being notified unnecessarily and delays to them responding to genuine emergencies.

**Enforced retirement:** If our medical team or a race official feels that it is not appropriate for you to continue for your own safety or that of others, we reserve the right to retire you from the event at any time. This could be on medical grounds, inability to navigate, falling behind cut-off times, failure/loss of mandatory kit items or unsafe behaviour.

## 10.7 Time Limits

The time limits for completing the race are **36 hours for the 100-mile** course and **22 hours for both the 50 and 33-mile** course. There are also interim cut-off times at each of the checkpoints as show in the route overview in Section 7.

Cut-off times will be strictly applied. If you have not departed a checkpoint prior to the cut-off time, or reached the finish within the overall time limit, you will be deemed to have 'timed-out' and will not be permitted to continue in the event.

Also, you are permitted a **maximum of a 60-minute dwell time** at checkpoints. Therefore, notwithstanding the cut-off times, if you have not departed a checkpoint within 60 minutes after arrival you will be deemed to have 'timed-out'.

## 10.8 Switching Distance

From 12:00 on Saturday onwards, 50-mile participants will be permitted to switch to the 33-mile distance at the discretion of, and with explicit permission from, senior event staff upon reaching CP 6 (Baslow). Where this is permitted, participants will be eligible for a finishing position in the 33-mile race, but will not be guaranteed a finishers trophy.

## 10.9 Personal Support Crew and Supporters

You are allowed to have friends and family supporting you around the course, except where shown in Section 15. It is, however, important that they:

- Do not obstruct or hinder the race crews at checkpoints
- Park legally and considerately
- Do not enter non-public areas
- Adhere to the environmental consideration below

Any actions by supporters that compromise the safety, smooth running or reputation of the event, will result in sanctions against the runner(s) they are associated with.

## 10.10 Support Runners

50 and 33-mile participants are NOT permitted to have anyone who is not a fellow participants run/walk with them to act as a support runner.

100-mile participants are permitted to have a non-participant run/walk with them as support runner after 24 hours have elapsed. Support runners are not permitted to carry any items for the participant.

## 10.11 Running as a Team

If you have entered as a team of 2 or 3 running/walking together, you must remain together throughout the event, i.e. be visible to one another and within ear-shot. In the event of a team member retiring, other members may continue, complete the course and be credited with a finish. However, if continuing as an individual, you will not be eligible to compete for a 1<sup>st</sup> finisher award.

## 10.12 Relay Teams

If you are participating as part of a relay team, you must have a minimum of 2 individuals in the team and must complete at least 1 full stage each.

Your timing chip will act as your 'baton' and must be passed on to the next runner when changing over. Changeovers are only permitted at checkpoints, and only 1 relay team member is allowed on the course at any time (i.e. multiple runners cannot run a stage together).

You are responsible for your own transport/logistics between changeover points.

## 10.13 Respecting the Surroundings

Please ensure you follow the country code at all times and be respectful of the environment you are in. In particular:

- Ensure gates are closed behind you, but do not let them slam shut as this may cause damage
- Cross boundaries at the gates or stiles provide - **DO NOT** climb over fences, walls or closed gates
- Be careful not to drop any litter inadvertently (we assume you wouldn't do it on purpose)
- Keep noise down in sensitive areas and, in any case, during the hours of darkness
- If answering a call of nature, do this out of view and leave no trace

Non-compliance with the above, or other unreasonable behaviour not in keeping with the event ethos, will result in disqualification and a potential ban from future events.

## 10.14 Cup Free Event

We are committed to minimising waste, particularly single use plastic. The event will therefore be 'cup free'. This means that, with the exception of reusable mugs at event HQ, we will not provide any drinking vessels. You must therefore bring your own, i.e. bottles or a hydration pack to top up at checkpoints and suitable a vessel for hot drinks (mug, collapsible cup, hard bottle).

## 11. Food and Liquids Provided

Cold water, squash and coke/Pepsi will be provided at each checkpoint, plus tea, coffee and hot chocolate at Baslow, Monyash (100 & 50-mile route) and the finish.

Snack food consisting of a mixture of sweet and savoury items will be provided at each checkpoint. Hot items will be available at Baslow (for 100-mile participants) and Monyash (10 & 50-mile route), and a hot meal will be provided at the finish.

Although we cannot guarantee availability on the day, below is a summary of what we expect to be available, which includes vegetarian and vegan items. The list is typical, but some food items may differ from that listed in type or allergens. If in doubt, ask the CP staff to show you the packaging before consuming something you may be allergic to or adverse to eating.

<b>Item</b> <small>(click hyperlink to see details of item &amp; full ingredients)</small>	<b>Allergy Advice</b>
<b>Drinks</b>	
<a href="#">Pepsi</a> or <a href="#">Coke</a>	
<a href="#">Orange</a> or <a href="#">Blackcurrant</a> Squash	Contains: Sulphur Dioxide/Sulphites.
<a href="#">Tea</a>	
<a href="#">Coffee</a>	
<a href="#">Hot chocolate</a>	Contains: Milk
<b>Food – Sweet:</b>	
<a href="#">Oranges</a>	
<a href="#">Bananas</a>	
<a href="#">Grapes</a>	
<a href="#">Watermelon</a>	
<a href="#">Flapjack bites</a>	Contains: Oats, Milk. May Contain: Nuts
<a href="#">Caramel Shortcake</a>	Contains: Wheat, Milk, Nuts, Soya.
<a href="#">Digestive biscuits</a>	Contains: Wheat
<a href="#">Bourbon biscuits</a>	Contains: Wheat. May Contain: Nuts, Sesame. Not suitable for milk allergy sufferers. May also contain traces of nuts and sesame seeds.
<a href="#">Plain Hob Nobs</a>	Contains: Oats, Wheat. May Contain: Milk, Nuts, Soya.
<a href="#">Ginger Nuts</a>	Contains: Wheat. May contain: Nuts, Sesame
<a href="#">Custard Creams</a>	Contains: Milk. May also contain traces of nuts and sesame seeds.
<a href="#">Maynards Jelly Babies</a>	May Contain: Wheat
<a href="#">Fruit-tella Juicy Chews</a>	
<a href="#">Foam Bananas &amp; Shrimps</a>	
<a href="#">Mr Kipling apple pies</a>	Contains: Milk, Sulphur Dioxide/Sulphites, Wheat. May contain: Nuts
<a href="#">Apple &amp; Blackcurrant pies</a>	Contains: Milk, Sulphur Dioxide/Sulphites, Wheat. May contain: Nuts
<a href="#">Soreen Malt Loaf</a>	Contains: Barley, milk, wheat
<a href="#">Twix bars</a>	Contains: Wheat, milk, soya May Contain: Barley, Gluten, Oats, Almonds, Hazelnuts
<a href="#">Jaffa cakes</a>	Contains: Eggs, soya, wheat
<b>Food – Savoury:</b>	
<a href="#">Crisps</a>	

<b>Item</b> (click hyperlink to see details of item & full ingredients)	<b>Allergy Advice</b>
<a href="#">Salted peanuts</a>	Contains: Peanuts May Contain: Nuts, sesame
<a href="#">Mini pork pies</a>	Contains: Eggs, wheat
<a href="#">Pork cocktail sausages</a>	Sulphur Dioxide/Sulphites, Wheat
<a href="#">Savoury mini eggs</a>	Contains: Eggs, wheat
<a href="#">Bitesize cheese &amp; onion rolls</a>	Contains: Eggs, milk, mustard, wheat
<a href="#">Cheese &amp; onion quiche</a>	Contains: Eggs, milk, mustard, wheat
<a href="#">Cheddar cheese</a>	Contains: Milk
<a href="#">Wholemeal bread</a>	Contain: Barley, soya, wheat
<a href="#">White bread</a>	Contains: Soya, wheat
<a href="#">Gluten free bread</a>	Contains: Eggs

Details of the hot foot that will be available at relevant checkpoints, and at the finish, will be provided during the race briefing on the day of the event.

Additional items may be provided at the discretion of the event crew at individual checkpoints, including some that may be home made. They will be able to advise on the ingredients used.

If you have any special dietary requirements not met by the above, ensure you satisfy those needs in your carried kit and drop bag, as not all checkpoint food may be suitable for your consumption.

## 12. Transport to the Finish

If you retire or are timed out, we will provide somewhere warm and dry for you to wait (likely to be a vehicle if an outdoor checkpoint) until we can transport you back the event HQ in Castleton. This will be considered a lower priority than the operation of the checkpoint to support those still participating, so may not be until the checkpoint closes.

You can, of course, make your own arrangement for transport back to Castleton or elsewhere. However, as per section 10 above, it is essential that you inform a race official and return your timing chip before leaving the event.

## 13. Medical Support

TrailMed ([www.trailmed.co.uk](http://www.trailmed.co.uk)) will be providing medical support throughout the event. Their professional team, who have a significant amount of experience in events of this nature, will be available throughout the event and able to respond to any point on the course if required.

Their role will be to provide advice and deal with the more significant issues. Minor issues, such as general footcare, dealing with blisters etc., will be your own responsibility, utilising your own first aid kit.

If you or a fellow participant require medical support, please tell a race official via the quickest means, giving the name and race number of the person involved. Use one of the emergency numbers (see section 17) if you are not in the vicinity of a checkpoint.

In the event of a serious medical emergency, you should contact the emergency services in the first instance by contacting 999, and then advise a race official as quickly as possible.

As mobile network coverage is poor in some parts of the Peak District, we recommend that you register your phone for **emergency SMS** prior to the event, as often a text message will get through even where a voice call is not possible. Information on how to do this can be found here: <http://www.emergencysms.net>



## 14. GPS Tracking

If you are in taking part in the 100-mile event, you will be issued with a small (matchbox size) Race Drone GPS tracker (<http://www.racedrone.net>) at registration, which you must carry at all times during the event. As well as enabling us to monitor your progress, you can share the link to the tracking page with your friends and family so that they can 'dot watch' during the event. The specific link will be shared prior to race day.

Please note that in some remote areas there will be a lag in your position being updated.



If you are in the 50 or 33-mile event you can, subject to availability, hire a Race Drone tracker. The cost for this is £15 and it will be issued to you at race registration. To check availability and order a tracker visit <http://www.eventstracking.com/>

Alternatively, if you have a an Andriod smartphone, you can use this as a tracker using the Race Drone app, for a cost of £5. Details of how to do this can be found on <http://www.racedrone.net>

## 15. Other Events

There are two other sporting events based in the Castleton area on the same weekend as our event:

- The Cycle-Tec Mountain Bike Marathon
- TrekFest hiking event

The arrangements for these events are such that there are no major issues or conflicts that will impact on the safety or smooth running of any of the events. And there is no real danger of mistaking their route markings with ours, because we aren't providing any!

However, please be mindful that you will be sharing the same route with TrekFest for a short distance on Old Dam Lane, just past Peak Forest village (between CP10 and the Finish). If you find yourself at their checkpoint on the Limestone Way, you are off the designated route and have most likely missed the left turn towards Oxlow End.

## 16. Information for Supporters and Relay Teams

As mentioned earlier, you are welcome to have friends and family, and team mates in the case of relay teams, supporting you during the event. However, there are restrictions in certain locations that they must comply with. Please ensure details of these and other relevant information within this document is made available to them.

The following restrictions apply:

Location	Restrictions
Castleton (Start, Finish and CP5)	No cheering, applause or loud voices within the village area between 22:30 and 07:00. You may greet your running inside the event HQ at the Peveril Centre.
Ironbower – CP2	No parking at the checkpoint and no supporters within 1 mile. In this area we recommend you meet your runner at either of the following locations: <ul style="list-style-type: none"> <li>On the Longdendale/Trans Pennine Trail near Torside Reservoir: there is a car park with toilet facilities off the B6105 about 3 miles prior to the CP – Grid Ref SK 0686 9835</li> <li>Along the minor road that runs north from the A628 near Windleden Edge about 3 miles after the CP – Grid Ref SE 1482 0145</li> </ul>
Langsett	No parking at or supporting within the vicinity of the Dog & Partridge Inn on the A628 near Langsett (Grid Ref SE 1777 0107)
Howden – CP3	Supporters permitted on foot only in this area. Note: the nearest parking is at Fairholmes, on the western side of the Derwent Dam, around 5 miles from the checkpoint.
Townend Bridge, near Hope (between CP 4 and 5)	No parking on the road in this area, either on the road between Hope and Edale or the lane towards Fullwood Stile Farm.
Leadmill – CP6	Access to checkpoint is on foot only for supporters and relay team members. The nearest parking is at Hathersage railway station or the municipal car park in the village. Do not park on the road side in the area near Leadmill Bridge.
Baslow, just after CP7	No vehicles to access the lane towards Chatsworth Caravan Park.
Entire course	No cheering, applause, loud voices or other unnecessary noise (e.g. vehicle doors slamming, engines idling) within the vicinity of residential properties after 22:00. Be aware that sound carries, especially in valleys.

## 17. Race Directors

The Race Directors for the event are below. We can be contacted in the case of a serious issue during the event. However, we would ask that you take into account the following guidance:

- If in the vicinity of a checkpoint, advise a member of the event crew there in the first instance.
- In the event on a real emergency, do not delay in contacting the emergency services via 999 or 112 first, then advise us.

Also, bear in mind that mobile coverage is very limited/non-existent in some parts of the Peak District. As per section 13 above, ensure you phone is registered for **emergency SMS** beforehand.

Name	Phone Number	Email
Andy Brooks	07802 835475	info@peakrunning.co.uk
Chris Hopkinson	07739 037890	
Richard Weremiuk	07880 966727	info@beyondmarathon.com

## 18. Thank You

Many thanks to the following who are supporting the event and have helped to make it possible.

### Peak District National Park

[www.peakdistrict.gov.uk/](http://www.peakdistrict.gov.uk/)



### National Trust

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)



### Eastern Moors Partnership

[www.visit-eastern-moors.org.uk](http://www.visit-eastern-moors.org.uk)



### Severn Trent

[www.stwater.co.uk](http://www.stwater.co.uk)



### United Utilities

[www.unitedutilities.com](http://www.unitedutilities.com)



### The Peveril Centre

[www.peverilcentre.com](http://www.peverilcentre.com)



### Dunscar Farm

<http://www.dunscarfarm.co.uk>



### Peak Cavern

<https://peakcavern.co.uk>



### Castleton Parish Council

### TrailMed

[www.trailmed.co.uk](http://www.trailmed.co.uk)



### Peak District Design

[www.peakdistrictdesign.co.uk](http://www.peakdistrictdesign.co.uk)



### The Derby Runner

<https://derbyrunner.co.uk>



And, of course, all the wonderful people who have volunteered to be part of the event team.

## 19. Copyright Statements



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