

# Participant Guide



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## 1. Introduction

Welcome to the **Peak District Birthday Bash**. We're once again supporting and raising funds for the Peak District National Park Foundation, so thank you for taking part and we're delighted to have you join us!

Please take time to read and understand this guide prior to race day as it contains important information.

If you have any questions that aren't answered in this guide or on the event webpage, get in touch at [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk)

## 2. Location

The event base is **The Peveril Centre**. This is located on the north side of the A6187 on the western side of the village.

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 busy at weekends. Please note 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.

Local bus services are operated by Hulley's of Baslow (<http://www.hulleys-of-baslow.co.uk>) and First Sheffield (<https://www.firstbus.co.uk/sheffield>).

The local private hire taxi companies include Penny's Cars (07917 710771) and Bill's Private Hire (07426 224406).

### Parking and Overnight Campervans

The event carpark will be available to participants and their supporters from 18:30 on Friday to 10:00 on Sunday. This is located in a field just along the road from the Peveril Centre (see map below).

**To use the carpark, you must display a parking pass in your vehicle obtained from Peak Running.**

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

Car: £4

Small camper van: £7

Large camper van/motor home: £10

Please purchase your parking pass online prior to the event; you can check whether you have already purchased pass, or add one if you haven't, by logging in and editing your entry on Si Entries.

Passes will be emailed out a week prior to the event. Please download and print your pass (if possible) for display in your vehicle window. If you cannot print the pass, please be ready with evidence of your purchase upon arrival at the carpark and the marshal will issue you a pass.

Parking passes can be also obtained **IN CASH** at the car park entrance on Saturday morning from 07:00 until 09:30 or by calling into Event HQ (Peveril Centre) prior to parking.

Passes are valid all weekend so supporters coming and going should retain their pass to avoid being charged to re-enter. 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.



## Accommodation

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.

## 4. Event Timetable

Friday 19 <sup>th</sup> April	
18:30	Event parking opens
Saturday 20 <sup>th</sup> April	
04:30	Registration opens
05:30	Full Bash (70k) early start opens
07:00	Half Bash (35k) early start opens

07:30	Full Bash (70k) early start closes
08:30	Full Bash (70k) competitive runners mass start
09:00	Half Bash (35k) early start closes
09:30	Registration closes
10:00	Half Bash (35k) competitive runners mass start
13:00	Earliest likely time of first Half Bash (35k) finishers
15:00	Earliest likely time of first Full Bash (70k) finishers
19:00	Deadline to complete Half Bash (35k) course
24:00	Deadline to complete Full Bash (70k) course
Sunday 21 <sup>th</sup> April	
10:00	Event parking closes

## 5. Registration & Race Briefings

### Event Registration Times

Registration will be open on the day of the event ONLY between 04:30 to 09:30.

**IMPORTANT:** You must register at least 30 minutes prior to your planned start time.

### Registration Process

To register you will need to personally report to registration between 04:30 and 09:30. You must bring:

- Photo ID
- The kit you plan to run/walk in and carry with you (see Section 11 for requirements)
- A copy of the "Mandatory Kit Agreement" form, signed by you. This can be downloaded here: <https://www.peakrunning.co.uk/participantinformation> If you do not bring a copy with you, kit agreement forms will be available at registration. Please note that we reserve the right to carry out full kit checks on the course and at the start / finish. Failure to have the specified mandatory kit may lead to withdrawal from the event or disqualification.

You will then be issued with:

- Your participant number
- Timing band (to be returned at the finish)

### Event T-shirts

Pre-ordered t-shirts will be available to collect at the specified desk during registration.

### Race Briefing

An event briefing will be recorded, and a link sent to participants a few days before the event.

It is **essential that you watch the briefing** as it will include important safety information and details of any last-minute changes.

## 6. Start Times and Cut-offs

### MASS STARTS - RUNNERS

There will be mass starts for runners at the following times:

08:30 - 70k Route (Full Bash)

10:00 - 35k Route (Half Bash)

### EARLY STARTS – WALKERS AND NON-COMPETITIVE RUNNERS

Early starters (in both distances) are **not eligible** for podium prizes based on finish time / position.

Early starters can choose their own start time within the time windows specified (below) for your distance. It is **really important** to remember that the checkpoints are only open between specific times. You must therefore choose a start time that ensures you will arrive at the checkpoints within their opening times, as you will not be able to continue past that checkpoint until it opens and you have checked in.

The early start option is designed to make the event accessible to a wide range of participants and must not be used by faster participants who would like the convenience of an early finish.

**CHANGING START TIME:** To amend your start time, log in and edit your entry via Si Entries, no later than midnight on Tuesday 16<sup>th</sup> April.

**CHANGING COURSE:** If you decide to switch from the 70km to the 35km please email Dani at [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk) no later than Tuesday 16<sup>th</sup> April.

Distance	Early Start Time Window	Expected Speed	Pace Mins per miles	Pace Mins per km	Start Between
70k – Full Bash	05:30 to 07:30	2.5mph or slower	24:00	14:55	05:30 – 06:30
		3mph or faster	20:00	12:26	06:30 – 07:30
35k – Half Bash	07:00 to 09:00	2mph (3.2-kph) or less	30:00	18:39	07:00 – 07:15
		2.5 mph (4-kph)	24:00	14:55	07:15 – 07:45
		3 mph (4.8-kph)	20:00	12:26	07:30 – 08:00
		3.5 mph (5.6-kph)	17:09	10:39	07:45 – 08:15
		4 mph (6.4-kph)	15:00	09:19	08:00 – 08:30
		4.5 mph (7.2-kph)	13:20	08:17	08:30 – 09:00
		5 mph (8-kph)	12:00	07:27	08:45 – 09:00
Faster than 5mph (8kph)	Should be in mass start at 10:00				

### Check-points Opening / Closing Times

	<b>70k Route</b>		<b>35k Route</b>	
<b>Checkpoint</b>	<b>Opens</b>	<b>Closes</b>	<b>Opens</b>	<b>Closes</b>
CP1: Hayfield	09:00	13:00	10:00	13:00
CP2: Edale	11:00	14:00	12:00	17:00
CP3: Bamford	12:00	16:45		
CP4: Hathersage	13:00	19:30		
CP5: Bradwell	14:00	22:00		
Finish		24:00		19:00

### Time Limits / Race Cut-offs

<b>Route</b>	<b>Time Limits</b>
Full Route - 70k	Competitive runners - <b>15.5 hours</b> Walkers/non-competitive runners - <b>up to 18.5 hours</b> depending on starting time
Half Route - 35k	Competitive runners - <b>9 hours</b> Walkers/non-competitive runners - <b>up to 11.5 hours</b> depending on starting time

If you have not departed a checkpoint prior to the cut-off time or have exceeded the **maximum dwell time of 60 minutes**, you will be deemed to have 'timed-out' and will not be permitted to continue in the event.

### Switching Distance at the event

After 14:00 (on event day) and prior to 17:00, participants in the 70k event will - at the discretion of senior event staff - be able to switch to the 35k route from Checkpoint 2 at Edale. Where this is permitted, participants will be eligible for a finishing position and time in the 35k event, but will not be guaranteed a finishers' award, nor be eligible for podium prizes based on finishing position.

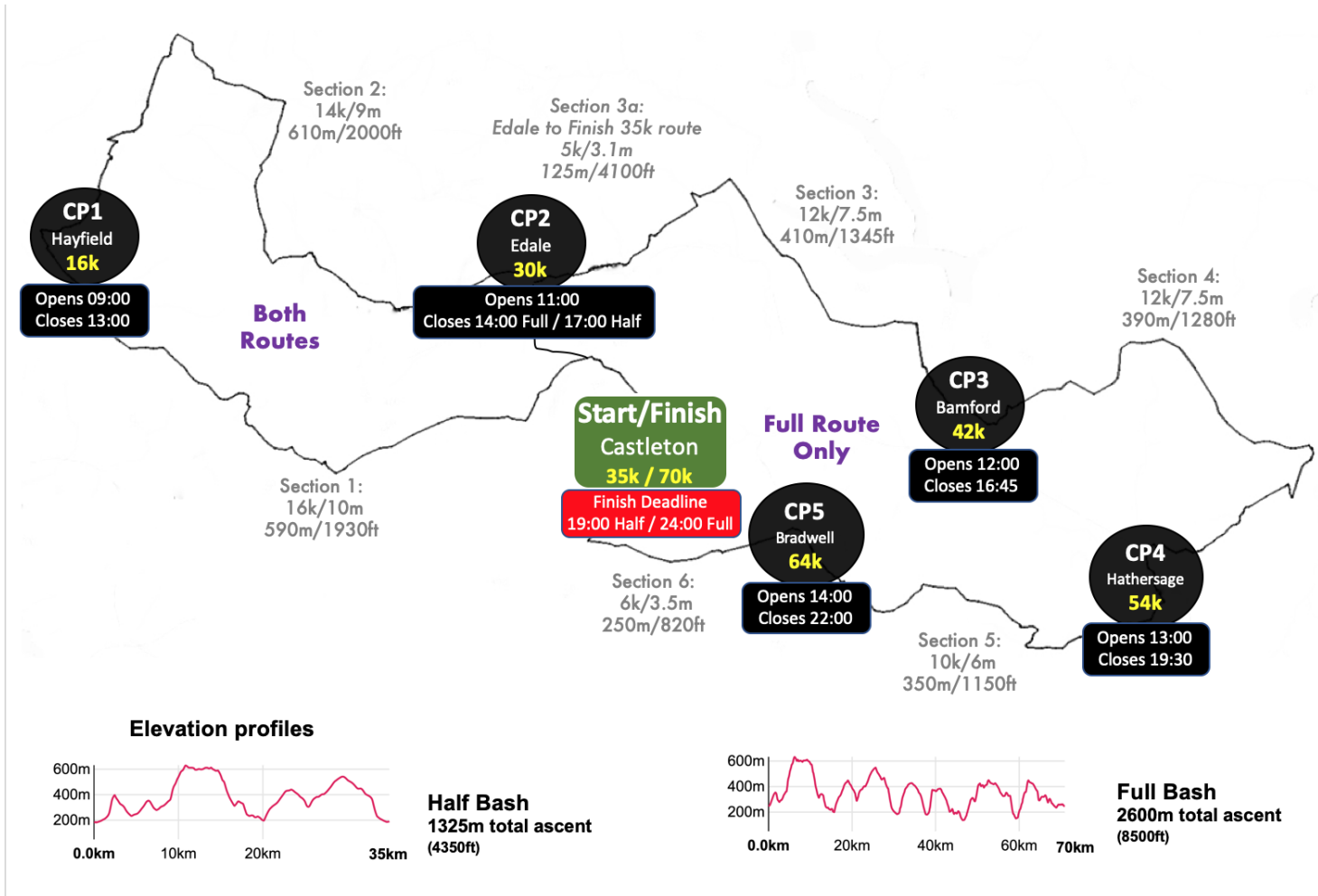
## 7. Race Categories & Awards

**Please note:** To be eligible for prizes based on finishing position you must start with the **mass start** for your distance.

We're really delighted that Si Homfray of Park Designs is making us bespoke framed images for this years' event to award as prizes in the following categories;

<b>Race</b>	<b>Categories</b>	<b>Awards</b>
70k Full Bash	Male	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> competitive runners Wooden memento for all finishers
	Female	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> competitive runners Wooden memento for all finishers
35k Half Bash	Male	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> competitive runners Wooden memento for all finishers
	Female	Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> competitive runners Wooden memento for all finishers

## 8. Overview of the Course



## 9. Checkpoint Details and Provisions

Please note: to minimise plastic waste **NO drinking vessels will be provided on the route**, so please carry your own.

#	Name & Location	35k	70k	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	Indoor	Yes	Yes	Yes	No	No	Access to hot water (for porridge pots etc) and hot drinks will be available within HQ
1	<b>Hayfield:</b> Sportsman Inn SK 0441 8673 SK22 2LE	Y	Y	Outdoor	No	Yes	No	Yes	No	The pub is open for normal service from 12:00 onwards.
2	<b>Edale:</b> Village Hall SK 1236 8534 S33 7ZA	Y	Y	Indoor	Yes	Yes	Yes	Yes	No	
3	<b>Bamford:</b> Anglers Rest SK 2081 8367 S33 0DY		Y	Outdoor	No	Yes	No*	Yes	No	The pub and café are open for normal service.



#	Name & Location	35k	70k	Status	Toilets	Cold Water	Hot Water	Cold Food	Hot Food	Other Info
4	<b>Hathersage:</b> Memorial Hall SK 2315 8134 S32 1DU		Y	Indoor	Yes	Yes	Yes	Yes	Yes	Porridge pots / instant soup will be available in addition to usual CP items.
5	<b>Bradwell:</b> Ye Olde Bowling Green SK 1706 8155 S33 9JQ		Y	Outdoor	Yes	Yes	Yes	Yes	No	The pub is open for normal service.
Finish	<b>Castleton:</b> Peveril Centre SK 1483 8295 S33 8WP	Y	Y	Indoor	Yes	Yes	Yes	Yes	Yes	Hot meal and drinks provided at finish (bean chilli w/ rice & cheese)

## 10. Food and Liquids Provided

At each CP there will be a mixture of sweet and savoury snack items and fruit. There will be a variety of sandwiches also available at CP2 (Edale) and CP4 (Hathersage). At all CPs, there will be options for vegan / vegetarian runners, with items clearly labelled.

Water, squash, lemonade and cola will be provided at each checkpoint, plus tea and coffee at Edale (CP2) and Hathersage (CP4). **Please note that we are a cup free event so please bring your own drinking vessels.**

If you have very specific dietary requirements / severe allergies, we advise that you bring food suitable in your carried kit and drop bag, as not all checkpoint food may be suitable for your consumption.

During their opening hours it will be possible to purchase food/drinks from the pubs at Hayfield (CP1), Bamford (CP3) and Bradwell (CP5).

At the finish there will be a hot meal and drink for all finishers, included in your race entry. This will be a vegetarian / bean chilli, with the option of rice, bread and cheese.

## 11. Participation Requirements

### 11.1 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 this event 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;

- 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; 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; walk and/or go around them if appropriate.
- Underfoot conditions will be challenging at times, with steep gradients and uneven / slippery surfaces. Please take extra care in these areas and adjust your pace accordingly.

- The weather may be extreme, and it may change quickly. Don't wait until it has changed before acting (e.g. carry extra water if it is hot, put your waterproof on before you're soaking wet, double check your position on a map 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 smartphone, even if you are an expert navigator).
- Ensure you have the emergency contact numbers in your phone before the race (Section 13) to use in the case of genuine emergency.

## 11.2 Kit Requirements

Weather conditions can be harsh and unpredictable in the Peak District at any time of year. The mandatory kit requirements should therefore be considered to be the minimum that you should carry and not the maximum.

**Each individual participant must be in possession of all items of mandatory kit i.e. you cannot carry 1 item between 2 or more people. You will not be permitted to start 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, including at the start of the event.**

Mandatory requirements are:

- Whistle
- Emergency bivvy bag
- Magnetic compass
- Map(s) covering the whole area of the route (see "Navigation 11.3" below for details of which map to purchase).
- Appropriate clothing for the challenge and weather conditions
- Appropriate footwear (trail shoes recommended, or walking boots for hikers)
- Waterproof jacket, with hood and taped seams
- Waterproof trousers with taped seams
- Additional warm layer (in case you have to stop for a prolonged period or retire, not for comfort while running/hiking), e.g. *fleece or down/insulated jacket*
- Warm hat e.g. *fleece or beanie* (a buff does NOT count as a hat)
- Warm gloves (preferably waterproof)
- Emergency food (at least 400 calories and must be untouched at the finish)
- 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 (*not mandated for 35k participants*)

Highly Recommended:

- GPS device for backup navigation
- Route description  
([https://www.peakrunning.co.uk/files/ugd/78cf0e\\_60b296f75f5845c7904d9c79ed11d0d8.pdf](https://www.peakrunning.co.uk/files/ugd/78cf0e_60b296f75f5845c7904d9c79ed11d0d8.pdf))
- Mug for hot drinks at checkpoints (where hot water available)
- Mobile charger/power-pack
- Buff / tube-scarf
- Basic first aid kit, including foot care items e.g. *plasters, bandage / dressing / sterile wipes*

## 11.3 Navigation

Both routes have been designed to follow well-trodden trails as far as possible. **There will be no course marking by us on the course.** You are therefore responsible for your own route finding.

Detailed route instructions are available here

([https://www.peakrunning.co.uk/files/ugd/78cf0e\\_60b296f75f5845c7904d9c79ed11d0d8.pdf](https://www.peakrunning.co.uk/files/ugd/78cf0e_60b296f75f5845c7904d9c79ed11d0d8.pdf)) and you are strongly encouraged to keep track of where you're are at all times – using your map – rather than relying on following fellow participants.

**Carrying a physical map is part of the mandatory kit requirements for this event. Your options are;**

- 1) Peak Running's bespoke Birthday Bash map (now sold out)
- 2) Harvey Superwalker XT25 for Peak District Central
- 3) Harvey Ultramap XT40 for Peak District Central
- 4) OS Outdoor Leisure OL1 and OL24 (as a small section of the route is on OL24)
- 5) You're also welcome to print your own map. This can be done by signing up to OS maps online. Make sure to print onto waterproof paper (or have a suitable cover for the pages) and to 1:25,000 scale, or equivalent. 1:50,000 scale is the minimum standard allowed.

The use of a GPS device, or GPS functionality on your smartphone is permitted and encouraged. GPX files of the route are available to download using the links below:

**Full Bash (70k):** <https://www.plotaroute.com/route/1866063>

**Half Bash (35k):** <https://www.plotaroute.com/route/1812172>

Whether you use a printed map (mandatory to carry regardless) or an electronic device as your primary means of keeping track of your location, is up to you, but bear in mind battery life of devices.

## 11.4 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 follow the designated route throughout the event.** Deliberate deviations from the route will result in disqualification. The exception is if you feel in danger from cattle or other large animals in any fields that you pass through. Please re-join the route as soon as possible in these instances.

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 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.

## 11.5 Checkpoints

You must report to the event crew at all checkpoints and ensure that your number and arrival time is recorded. Please ensure your race number is clearly visible as you arrive at each checkpoint and hold your timing band against the timing device until you hear a beep.

## 11.6 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.

**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, including the start.

## 11.7 Personal Support Crew and Supporters

We ask that the number of supporters is kept low, and that they do not enter event HQ or the indoor checkpoints at Edale and Hathersage when these locations are busy with participants.

It is also important that they:

- Do not obstruct or hinder the race crews at checkpoints
- Park legally and considerately
- Do not enter non-public areas

## 11.8 Support Runners

You are NOT permitted to have anyone who is not a fellow participant run/walk with you during the event to provide any form of support.

## 11.9 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
- Cross boundaries at the gates or stiles provide. **DO NOT** climb over fences, walls or closed gates
- Be careful not to drop any litter
- Keep noise down in sensitive areas and during hours of darkness

Non-compliance with the above, or other unreasonable behaviour not in keeping with Peak Running's ethos may result in disqualification.

## 11.10 Transfer of Contamination and Biosecurity Risks with Footwear.

- While the event area is not in a Bird Flu Zone, they are not far away.
- Please ensure that your shoes are clean **BEFORE** you arrive, and clean them post event to prevent transfer of infections.

## 12. Transport to the Finish

If you retire or are timed-out we can transport you back the event HQ in Castleton. This will be considered a lower priority than the operation of the checkpoint, so transportation may not be until the checkpoint closes.

If you can make your own arrangements for transport, it is essential that you inform a race official and return your timing band before leaving the event.

## 13. Medical Support & Emergency Contacts

Challenge First Aid will be available throughout the event providing medical cover and support.

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 below if you are not in the vicinity of a checkpoint.

In the event of an emergency, you should contact the emergency services via 999 or 112 first, then advise a member of the event crew.

Please bear in mind that mobile coverage is very limited/non-existent in some parts of the Peak District so we recommend that you register your phone for **emergency SMS** prior to the event;

<http://www.emergencysms.net>

Name	Phone Number	Email
Dani De Simone (Race Director)	07508 342297	info@peakrunning.co.uk
Chris Hopkinson (Race Director)	07739 037890	
Andy Brooks (Timing / Control)	07802 835475	

## 14. Event Timing

The event will be timed using RaceTek equipment. All participants will be issued with a timing band at registration, which must be worn around your wrist throughout the event and handed back at the finish line.

As well as the start and finish, interim times will be recorded at each checkpoint and displayed on a live 'leader board' during the event, which can be accessed via the results page at <https://www.racetek-live.co.uk>

To "dib" in at the start, checkpoints and finish, place your wristband against the 'TAG HERE' label on one of the timing devices. They work similar to a 'chip & pin' payment card, so **it is essential that the band is held still against the device until you hear a bleep to confirm you have been recorded.**



## 15. Information for Supporters

Location	Restrictions
Castleton (Start, Finish)	No supporters allowed inside HQ at the Peveril Centre please to avoid congestion.  Please be quiet and respectful of local residents before 08:00 and after 22:00
Mam-Nic	No parking on the road-side in the vicinity of Mam Tor / Rushup Edge. Use the nearby pay and display car park.
Hayfield - CP1	There is very limited parking in Hayfield village. Some on-street parking is available beyond the Sportsman Inn and there is a car park at Bowden Bridge, appx. 800m beyond the checkpoint along Kinder Road.
Edale - CP2	Supporters should use the pay and display parking in the main car park, adjacent to the checkpoint.
Bamford - CP3	No parking in the Anglers Rest car park unless a paying customer in the pub.
Hathersage - CP4	No parking in the Memorial Centre or swimming pool car park. There is a Pay and Display carpark opposite.
Bradwell - CP5	No parking in Ye Olde Bowling Green carpark unless a paying customer. Very limited on-street parking available in the vicinity of the checkpoint.
Entire course	Be aware that sound carries, especially in valleys and support quietly before 08:00 and after 22:00.

## 16. 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)



National Trust

**Eastern Moors Partnership**  
[www.visit-eastern-moors.org.uk](http://www.visit-eastern-moors.org.uk)



**The Peveril Centre**  
[www.peverilcentre.com](http://www.peverilcentre.com)



**Dunscar Farm**  
<http://www.dunscarfarm.co.uk>



**Castleton Parish Council**

**Challenge First Aid**  
<https://www.challenge-firstaid.co.uk>



**Just Wood**  
<https://www.justwood.com>



**The Derby Runner**  
<https://derbyrunner.co.uk>



**Heatherhill Farm Embroidery**  
<https://www.farmembroidery.co.uk/>



**Si Homfray**  
<https://www.sihomfray.com/>

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

## 17. Copyright Statements



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