

Participant Guide



Peak Running

PEAK

DISTRICT

BIRTHDAY BASH

SAT 15 APRIL 2023

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1. Introduction

Welcome to the **Peak District Birthday Bash**. We're delighted that you have decided to join us for this event, now in its second year. Whether you're embarking on the Full Bash or the Half Bash, the event promises to provide an adventure for all. This event is once again supporting and raising funds for the Peak District National Park Foundation. You can find out more about their work at: <https://www.peakdistrictfoundation.org.uk/>

This document contains important information that will ensure a smooth and safe event for all involved. Please take time to read and understand it prior to the day. If you have any questions that aren't answered in this guide or on the event webpage, please contact us at info@peakrunning.co.uk

2. Location

The event base is **The Peveril Centre** which is situated in the heart of the 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 busy at weekends.

Please note there is no parking at the centre itself. See parking information below.

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 Sheffield (<https://www.firstbus.co.uk/sheffield>)

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

Parking and Overnight Campervans

The event car and campervan park, with temporary toilets, will be available to participants and their supporters from 18:30 on Friday to 08:00 on Sunday. This is located in a field just along the road from the Peveril Centre (beyond the public car park for the Peak Cavern/Devils Arse), as shown 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

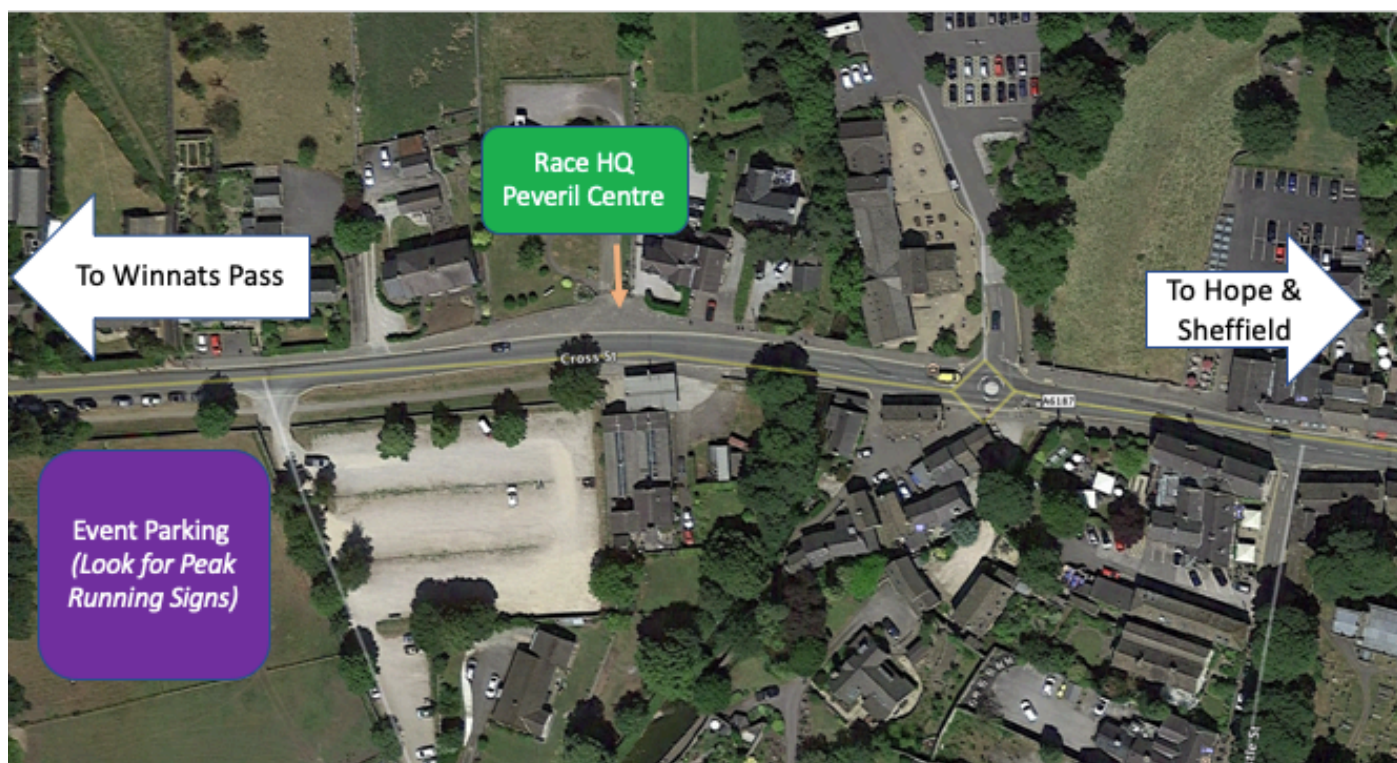
Large camper van/motor home: £10

The preferred method is to purchase your parking pass online prior to the event. It can then be downloaded and printed for display in your vehicle window. If you didn't purchase a parking pass when entering the event, you can buy one at: <https://www.peakrunning.co.uk/shop>

Otherwise, parking passes can be obtained by paying **IN CASH** at the car park entrance on Saturday morning from 07:00 until 09:30 or, at other times, by calling into Event HQ at the 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. And, please use the temporary toilets provided.



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 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. (See Sections 5 below).

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/walk in and carry with you (see **Section 10** 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, which you will need to read thoroughly and sign. Please note that we reserve the right to carry out full kit checks on the course and at the 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

If you purchased an event t-shirt when signing up for the event, there will be a separate table at registration where you can collect your t-shirt.

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.

5. Start Times and Formats

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

If you wish to give yourself some additional time and are happy not to be competing for prizes based on finish position, you have the option of an early start. If you have not already entered the early start option and would now like to, you can do this by editing your entry, using the link contained in the original email you received upon signing up for the event. Early starters will be timed and appear in the results based on the time between their actual start and finish.

If you are an early starter, you can choose your own start time within the time windows specified for your distance. However, the time **MUST** be chosen based on your anticipated speed to avoid you arriving at a checkpoint before it is open. The early start time windows are shown below together with guidance for choosing your start time.

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				

It is **really important** to remember that the **checkpoints which you must check-in at** around the route are open between specific times, with the opening times based on the slowest average speed a participant can move at to finish within the overall time limit. 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 check-in and/or continue prior to that.

The early start option and checkpoint opening times are designed to both make the event accessible to a wide range of participants and ensure the logistics of the event run smoothly and safely. They must not be used by faster participants who would like the convenience of an early finish, as it is likely to lead to frustration when held up at a checkpoint not yet open for them.

Checkpoint opening times are as follows:

Checkpoint	70k Route		35k Route	
	Opens	Closes	Opens	Closes
CP1: Hayfield	09:00	(10:30) 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

**Although the cut-off time at CP1 (Hayfield) is 13:00 for all participants, those on the 70k route departing after 10:30 are at risk of missing their cut-off time at CP2 (Edale). If arriving at Edale after the 14:00 cut-off and before 17:00, you will have the option to switch to the 35k route from Edale. However, you must agree this with checkpoint staff.*

6. Race Categories & Awards

The race categories and awards available are summarised below. To be eligible for prizes based on finishing position you must start with the **mass start** for your distance.

Race	Categories	Awards
70k Full Bash	Male	Prizes for 1 st , 2 nd & 3 rd competitive runners Finisher's award for all finishers*
	Female	Prizes for 1 st , 2 nd & 3 rd competitive runners Finisher's award for all finishers*
35k Half Bash	Male	Prizes for 1 st , 2 nd & 3 rd competitive runners Finisher's award for all finishers*
	Female	Prizes for 1 st , 2 nd & 3 rd Finisher's award for all finishers*

**Late entrants and those switching from 70k to 35k Route on the day are not guaranteed a finishers award.*

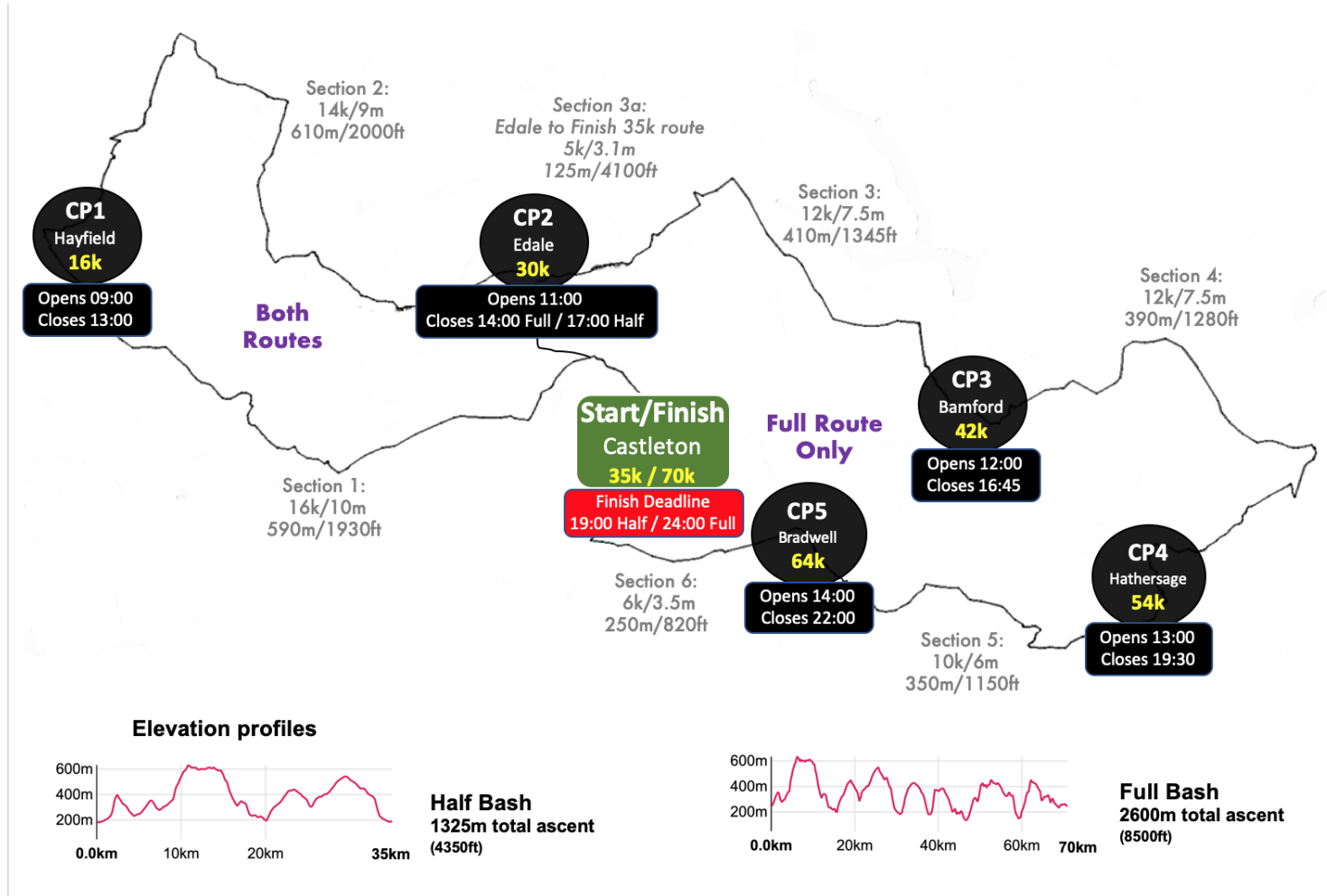
7. Event Timetable

Key timings for the event are as follows:

Friday 14 th April	
18:30	Event parking opens
Saturday 15 th 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 16 th April	
08:00	Event parking closes

8. Overview of the Course

As mentioned in Section 6 above, it is important to remember that the opening and cut-off times at each checkpoint, and at the finish, are the same regardless of the start time you opt for. Therefore, while you can choose a start time that is appropriate to your likely pace, you must check-in at each checkpoint, and this can only be done between the advertised opening times.



9. Checkpoint Details and Provisions

Below are details of 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	35k	70k	Status	Toilets	Cold Water	Hot Water	Cold Food	Hot Food	Other Info
Start	Castleton: Peveril Centre SK 1483 8295 S33 8WP	Y	Y	Indoor	Yes	Yes	Yes	No	No	
1	Hayfield: 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	Edale: Village Hall SK 1236 8534 S33 7ZA	Y	Y	Indoor	Yes	Yes	Yes	Yes	No	
3	Bamford: Anglers Rest SK 2081 8367 S33 ODY		Y	Outdoor	No	Yes	No*	Yes	No	*The pub and café are open for normal service also.
4	Hathersage: Memorial Hall SK 2315 8134 S32 1DU		Y	Indoor	Yes	Yes	Yes	Yes	Yes	
5	Bradwell: Ye Olde Bowling Green SK 1706 8155 S33 9JQ		Y	Outdoor	Yes	Yes	Yes	Yes	No	The pub is open for normal service also.
Finish	Castleton: Peveril Centre SK 1483 8295 S33 8WP	Y	Y	Indoor	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/hiking, 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.
- As you'd expect in an event of this nature, underfoot conditions will be challenging at times, with steep gradients, uneven and slippery surfaces. Please take extra special care in these areas and adjust your pace to suit, particularly if the ground is wet/slippery. Information on specific locations is highlighted in the route instructions available via the route section on the [event website](#).
- 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 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 our emergency contact numbers in your phone before the race (see **Section 16**) to use in the case of genuine emergency.

Noteworthy significant hazards at specific locations are highlighted in the relevant section of the route instructions, which are available for download from the route section of the race website <https://www.peakrunning.co.uk/peakdistrict70>

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/hiking, they are to help you survive if you have to stop in a remote or exposed location for a prolonged period.

Each individual participant must be in possession of all mandatory kit i.e. you cannot carry 1 item between 2 or more people. 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 bivvy bag
- Magnetic compass
- Map(s) covering the whole area of the route (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 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 woollen beanie* (a buff is NOT 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
- 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*

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

Detailed route instructions are available to download from the 'Route' section of the race website: <https://www.peakrunning.co.uk/peakdistrict70>. 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.

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 links below:

Full Route 70k: <https://www.plotaroute.com/route/1866063>

Half Route 35k: <https://www.plotaroute.com/route/1812172>

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 Maps, 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, even if you are not planning to use the checkpoint facilities. Please ensure your race number is clearly visible as you arrive at each point and hold your timing band against the timing device until you hear a beep.

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 event are as follows:

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

There are also interim cut-off times at each of the checkpoints as detailed in Section 5.

Cut-off times are based on the time of day and 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

After 14:00, and prior to 17:00, participants in the 70k event will at the discretion of, and with explicit permission from, 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 prizes based on finishing position.

10.9 Personal Support Crew and Supporters

While there is nothing to prevent you having friends and family supporting you at points around the course, we ask that the number of supporters is kept low, and that they do not enter event HQ (except for a short period if necessary to collect you at the finish) or the indoor checkpoints at Edale and Hathersage.

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
- 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

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.

10.11 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.

10.12 Transfer of Contamination and Biosecurity Risks with Footwear.

- While the event area is not in a Bird Flu Zone, they are not far away. There is an additional risk to the Flora and Fauna in the area by transfer of non-native tree pests, such as insects, and disease-causing organisms, called pathogens, including some bacteria and fungi.
- Please ensure that your shoes are clean **BEFORE** you arrive, and clean them post event to prevent transfer of infections.

11. Food and Liquids Provided

At each CP there will be a mixture of sweet and savoury snack-foods, fruit and sandwiches. 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.** 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 / hydration pack / suitable vessel.

Allergens will be labelled where possible, but 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.

In addition, during their opening hours it will be possible to purchase food/drinks from the pubs that have agreed to host checkpoints at Hayfield (CP1), Bamford (CP3) and Bradwell (CP5).

At the finish there will be the option to have a hot meal and drink (included in your race entry).

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 10.6 above, it is essential that you inform a race official and return your timing band before leaving the event.

13. Medical Support

Challenge First Aid (<https://www.challenge-firstaid.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.

In events of this nature it is expected that participants will look out for one another and offer help/support when a fellow participant is in need. Therefore, where a participant is delayed due to helping another in distress, we will, where appropriate, adjust the race time of the good Samaritan to take this into account.

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. Event Timing

The event will be timed using RaceTek equipment and software (<https://www.racetek-live.co.uk/>)

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 check-in to the start area, at each Checkpoint and the finish, you will be required to use your timing wristband to check-in at one of the timing devices.

This is done by placing 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.** This is really important from a safety perspective because, as well as recording your times, it helps us keep track of your progress around the route.



15. Information for Supporters

Please share this guide with anyone who will be supporting you at this event. Please note this should be a small group of friends and family only with the following restrictions applying;

Location	Restrictions
Castleton (Start, Finish)	No supporters allowed inside the Event HQ at the Peveril Centres (except as below). No cheering, applause or loud voices within the village area before 08:00 or after 22:00 due to the quiet nature of the village.
Mam-Nic	No parking on the road-side in the vicinity of Mam Tor / Rushup Edge. Supporters should 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	No parking on the road-side in Edale or in the designated parking for the village hall. 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). Very limited on-street parking available in the vicinity of the checkpoint.
Hathersage - CP4	No parking in the Memorial Centre or swimming pool car park. Limited on street parking is available in the area and 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	No cheering, applause, loud voices or other unnecessary noise (e.g. vehicle doors slamming, engines idling) within the vicinity of residential properties before 08:00 or after 22:00. Be aware that sound carries, especially in valleys.

16. Race Directors & Emergency Contracts

The Race Directors for the event are below. We can be contacted in the case of a serious issue during the event, so please ensure these numbers are stored in your phone.

However, we would ask that you consider 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.

If contacting the Race Directors or other race officials, please ensure you state your race number and name, and those of any other person(s) you are calling about.

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 your phone is registered for **emergency SMS** beforehand.

Name	Phone Number	Email
Andy Brooks	07802 835475	info@peakrunning.co.uk
Chris Hopkinson	07739 037890	
Dani De Simone	07508342297	dani@peakrunning.co.uk

17. 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/



National Trust

www.nationaltrust.org.uk



National Trust

Eastern Moors Partnership

www.visit-eastern-moors.org.uk



The Peveril Centre

www.peverilcentre.com



The Peveril Centre

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>



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

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