

# Participant Guide

## PEAK DISTRICT

# 70<sup>th</sup>



## BIRTHDAY BASH

A spectacular route to celebrate the  
Peak District National Park's 70th Anniversary



Peak District  
National Park  
Foundation

Peak Running 

# Castleton

## 9<sup>th</sup> April 2022

<b>1.</b>	<b>INTRODUCTION</b>	<b>3</b>
<b>2.</b>	<b>COVID-19 SAFETY</b>	<b>3</b>
<b>3.</b>	<b>LOCATION</b>	<b>4</b>
<b>4.</b>	<b>TRAVEL, PARKING &amp; ACCOMMODATION</b>	<b>4</b>
<b>5.</b>	<b>REGISTRATION &amp; RACE BRIEFINGS</b>	<b>6</b>
<b>6.</b>	<b>START TIMES AND FORMATS</b>	<b>6</b>
<b>7.</b>	<b>RACE CATEGORIES &amp; AWARDS</b>	<b>8</b>
<b>8.</b>	<b>EVENT TIMETABLE</b>	<b>8</b>
<b>9.</b>	<b>OVERVIEW OF THE COURSE</b>	<b>9</b>
<b>10.</b>	<b>CHECKPOINT DETAILS AND PROVISIONS</b>	<b>10</b>
<b>11.</b>	<b>PARTICIPATION REQUIREMENTS</b>	<b>11</b>
<b>12.</b>	<b>FOOD AND LIQUIDS PROVIDED</b>	<b>15</b>
<b>13.</b>	<b>TRANSPORT TO THE FINISH</b>	<b>16</b>
<b>14.</b>	<b>MEDICAL SUPPORT</b>	<b>16</b>
<b>15.</b>	<b>EVENT TIMING</b>	<b>16</b>
<b>16.</b>	<b>INFORMATION FOR SUPPORTERS</b>	<b>17</b>
<b>17.</b>	<b>RACE DIRECTORS &amp; EMERGENCY CONTRACTS</b>	<b>18</b>
<b>18.</b>	<b>THANK YOU</b>	<b>19</b>
<b>19.</b>	<b>COPYRIGHT STATEMENTS</b>	<b>20</b>

# 1. Introduction

Welcome to the **Peak District 70<sup>th</sup> Birthday Bash**. We're delighted to have you on board for this new event and really hope you have an enjoyable and rewarding day.

The 'Birthday Bash' celebrates the 70<sup>th</sup> anniversary of the forming of the Peak District, the UK's first national park, and profits from the event will go to support the Peak District National Park Foundation (<https://www.peakdistrictfoundation.org.uk>)

Whether you have chosen the full 70km route or the shorter 35km, you'll visit a number of iconic Peak District locations. These include Bowden Bridge, the gathering point of the Kinder Scout Mass Trespass of 1932, which paved the way for the formation of National Parks and our right to roam in upland areas.

The creation of national parks was part of Britain's post-war recovery – opening up the countryside to people after years of hardship. Today, the Peak District has an important post-Covid role in green recovery and in nature restoration.

The Peak District National Park is enjoyed by over 13 million visitors a year and is home to bio-diverse nature. It supports our environment, our wellbeing and our local economy. Our National Park plays a vital role in tackling climate change with healthy moorland, woods and grasslands storing over 20m tonnes of carbon as well as filtering our water and providing natural flood alleviation. The Peak District benefits us all, but it's also unique and fragile and needs our support to keep it special.

The Peak District National Park Foundation, a conservation and engagement charity, was established to mark the 70th anniversary and to raise funds and awareness to help tackle the challenges of the 21st century. Their projects help to combat climate change, support nature recovery and ensure that the national park is accessible and welcoming to all.

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 the day. **It is particularly important that you understand the participation requirements in Section 11.**

## 2. Covid-19 Safety

Although restrictions have now been lifted, the coronavirus is still in circulation. We therefore feel that it remains important to minimise the risk of infection for everybody involved in the event. To do this we are implementing a number of control measures and would ask for your support in ensuring they are complied with. These are summarised below.

Location	Control Measures
Registration / Event HQ at the Peveril Centre	Apply hand sanitiser before entering. Follow the one-way system through the registration process. Queue in a socially distanced manner, and do not enter the building if requested to wait outside by a member of the event team in order to control numbers inside. Do not loiter/socialise inside the building – you should only be inside where necessary for registration or for food/drink after you have finished. Participants only are permitted indoors, except for a friend/family member for a brief period if collecting you from the finish.

Location	Control Measures
Indoor Checkpoints (CP2 at Edale, CP4 at Hathersage)	Apply hand sanitiser before entering. If it is busy, queue in a socially distanced manner, and do not enter the building if requested to wait outside by a member of the event team in order to control numbers inside. Be very careful not to touch food items that you are not taking to consume yourself. Do not loiter/socialise inside the building – move outside as soon as you have what you need. Participants <b>only</b> are permitted indoors – no supporters.
Outdoor Checkpoints	Apply hand sanitiser on arrival. If it is busy, queue in a socially distanced manner. Be very careful not to touch food items that you are not taking to consume yourself.
On the course	If using any public facilities or entering buildings (e.g. shops, pubs), adhere to their rules in respect of face coverings / hygiene.

### 3. Location

The base for the event 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 very busy at weekends.

Please note there is no parking at the centre itself. The event car park is further along the road (look for Peak Running event signs).

### 4. 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.pennyscars.co.uk>) and Bill's Private Hire on 07426 224406.

#### Parking and Overnight Campervans

As a busy tourist hub, parking in Castleton at weekends is at a premium. As part of gaining permission for the event, we have therefore committed to the local community to arrange specific event parking for participants and their supporters.

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 obtained from Peak Running.**

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

Car: **£3**

Small camper van: **£6**

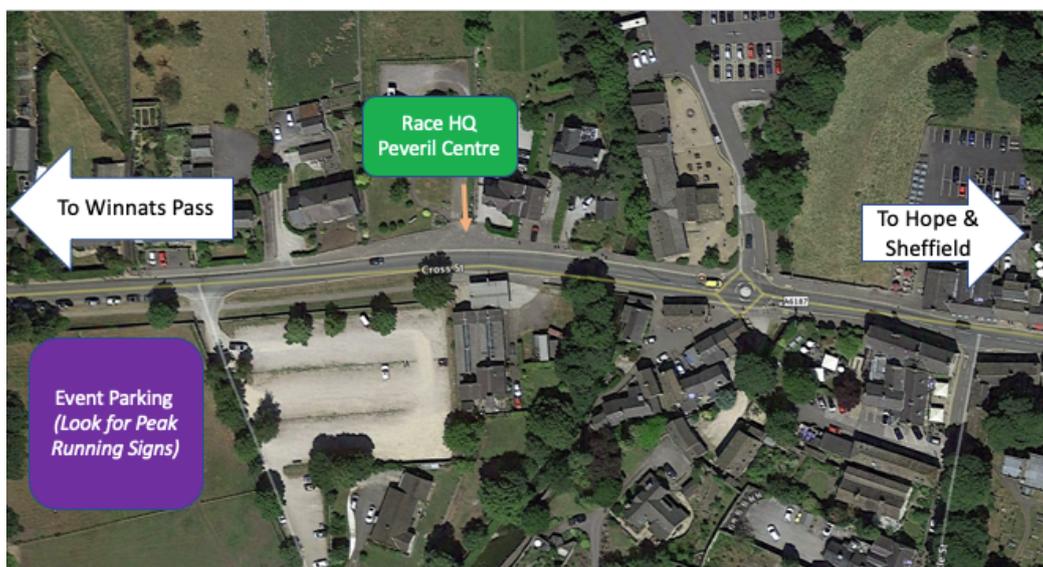
Large camper van/motor home: **£10**

The **preferred method** is to purchase your parking pass on-line prior to the event. It can then be downloaded and either printed or displayed on your smartphone when you arrive. To purchase your parking pass this way go to: <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).

## 5. Registration & Race Briefings

### Event Registration Times

Registration will be open as follows:

Friday: 19:30 to 21:30

Saturday: 04:30 to 09:30

### **IMPORTANT:**

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

**Prior to the day** we need to know roughly what time you plan to start, or if you are starting with the competitive runners' mass start. Please see the instructions in **Section 6** below about how to ensure you are booked into the correct start.

### 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 11** for requirements)

You will be issued with:

- Your participant number
- Timing band – to be returned at the finish
- Bespoke souvenir race map (1:25,000 scale Harvey Map)
- T-shirt if you purchased one when signing up for the event

### 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 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)

If you plan to start with the mass start for your distance, you do not need to take any action in this respect before race day. We will simply book you into that start by default.

### **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 this is the case, we need to know that this is your intention prior to the event so that you are shown correctly in the registration and timing system. You therefore **need to book at an 'Early Start'** using the online form link at the bottom of this section **ASAP** and **no later than Tuesday 5<sup>th</sup> April**.

Early starters can start anytime within the following time windows:

**05:30 to 07:30 - 70k Route (Full Bash)**

**07:00 to 09:00 - 35k Route (Half Bash)**

However, it is **really important** to remember that the **checkpoints** which you must check-in at around the route **are open between specific times of day**, 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.

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 **hiking** 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.*

**TO BOOK AN EARLY START PLEASE COMPLETE THIS ONLINE FORM:**

Click here: <https://forms.gle/gyqYug3UgiXaAtbS8>

This must be completed **no later than midnight on Tuesday 5<sup>th</sup> April 2022**.

## 7. 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 competitive mass start for your distance.

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

## 8. Event Timetable

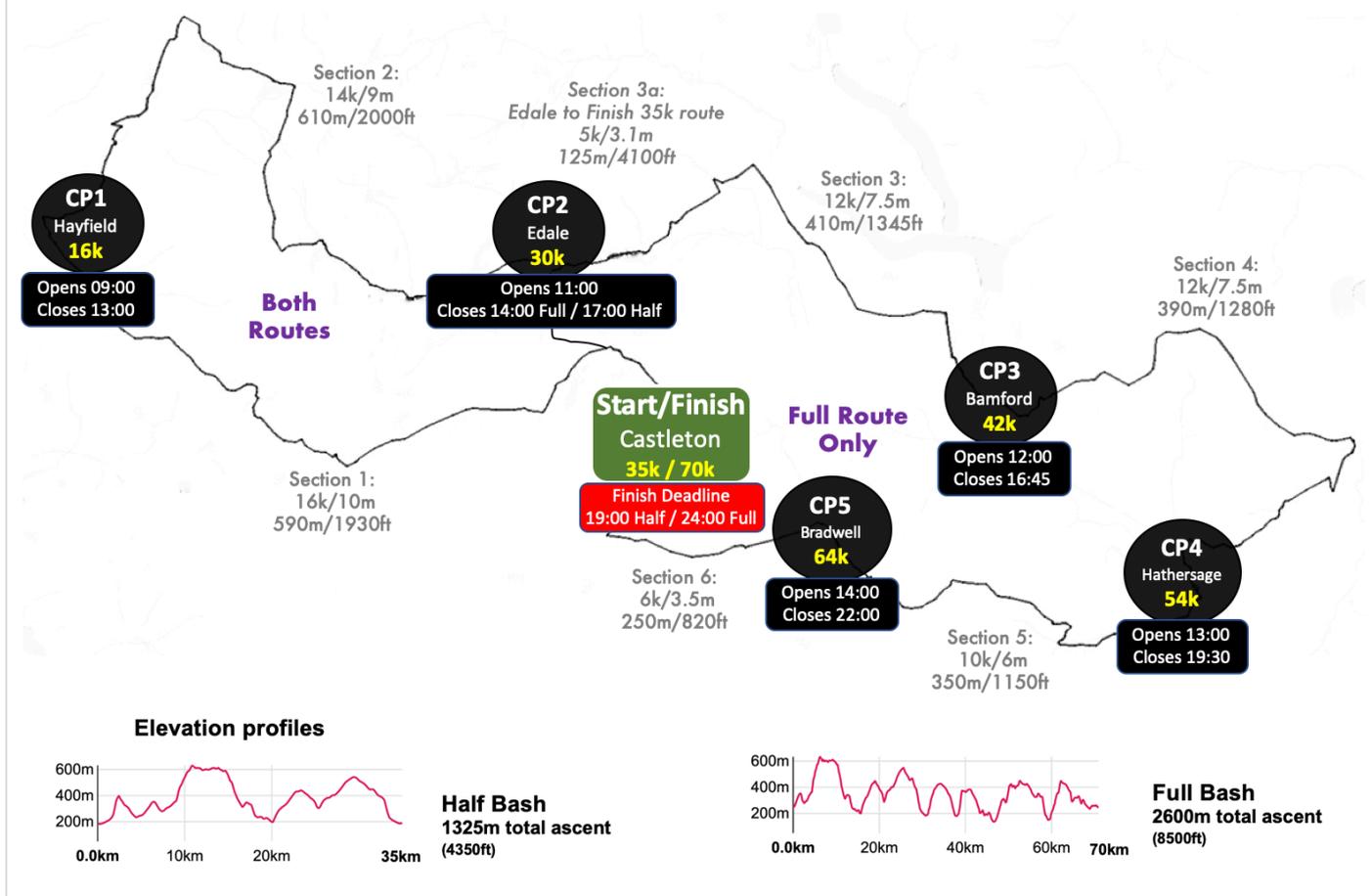
Key timings for the event are as follows:

<b>Friday 8<sup>th</sup> April</b>	
18:30	Event parking opens
19:30	Registration opens
21:30	Registration closes
<b>Saturday 8<sup>th</sup> April</b>	
04:30	Registration opens
05:30	Full distance (70k) walker/non-competitive start opens
07:00	Half distance (35k) walker/non-competitive start opens
07:30	Full distance (70k) walker/non-competitive start closes
08:30	Full distance (70k) competitive runners mass start
09:00	Half distance (35k) walker/non-competitive start closes
09:30	Registration closes
10:00	Half distance (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
<b>Sunday 9<sup>th</sup> April</b>	
08:00	Event parking closes

## 9. Overview of the Course

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

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.



### Route Highlights

The full 70k route is a spectacular tour of the best scenery the Peak District has to offer. With around 2,600 metres (8,500ft) of elevation gain it is a challenging route, but the multitude of breath-taking views make the effort worthwhile. The half distance (35k) option covers the first half of the longer route but, with over 1,300 metres (4000ft) of elevation gain itself is still a challenge that will gain you kudos.

From the start at Castleton you will climb up via the Great Ridge to Lord's Seat, before meandering your way through the hills that form the western edge of the national park to the first checkpoint at Hayfield.

You'll then visit the gathering point of the Kinder Scout Mass Trespass of 1932, which paved the way for the formation of National Parks and our right to roam in upland areas, before climbing up to traverse the edge of Kinder Scout itself - the highest mountain in the Peak District. From Kinder Scout, Jacob's Ladder will take you down into Edale where you'll reach checkpoint 2.

From Edale half distance participants will climb back over the Great Ridge to take a direct route back to Castleton. Those tackling the full 70k will continue along the valley before climbing up to Hope Cross and Win Hill which has panoramic views across the park in every direction.

Bamford will be your next checkpoint before you start the next climb up to, and along, the iconic Stange Edge, with great views back across the hills you've already conquered, as well as those still to come.

You then enjoy a long descent into Hathersage where you can replenish your energy at your fourth checkpoint, before continuing your journey along some lessor known, but still wonderful, trails towards Bradwell.

There is then one last push into the hills before you can bask in the glory of your spectacular final descent through Cave Dale to the finish in Castleton.

## 10. 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	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	<b>Indoor</b>	Yes	Yes	Yes	No	No	
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	<b>Indoor</b>	Yes	Yes	Yes	Yes	No	
3	<b>Bamford:</b> 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	<b>Hathersage:</b> Memorial Hall SK 2315 8134 S32 1DU		Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes	
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 also.
Finish	<b>Castleton:</b> Peveril Centre SK 1483 8295 S33 8WP	Y	Y	<b>Indoor</b>	Yes	Yes	Yes	Yes	Yes	Hot meal provided at finish

# 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 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 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 17**) 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>

## 11.2 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 items** (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 bivi bag
- Magnetic compass
- Map(s) covering the whole area of the route (1:25k scale preferred, 1:50k is the minimum requirement). **Note: you will be provided with a 1:25k scale event map at registration on the day.**
- 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
- Basic first aid kit, including foot care items
- Warm hat (e.g. fleece or woollen beanie)
- Warm gloves (preferably waterproof)
- 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 (participants on the 35k route starting after 6am are not mandated to carry a head-torch).
- Face covering (Covid-19 safeguard in case of emergency)

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

### 11.3 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/1812158>

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

**IMPORTANT:** There is a possibility of minor adjustments to the route in at least one location due to recent storm damage. Details of these will be provided as part of the race briefing that will be issued shortly before the event.

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.

## 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 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.

## 11.5 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.

## 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**, 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.

## 11.7 Time Limits

The time limits for completing the event are as follows:

Route	Time Limits
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

There are also interim cut-off times at each of the checkpoints as detailed in **Section 6**.

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'.

### **11.8 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.

### **11.9 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.

### **11.10 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.

### **11.11 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.

### **11.12 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).

## 12. Food and Liquids Provided

Cold water, squash and coke/Pepsi will be provided at each checkpoint, plus tea, coffee and hot chocolate at Edale (CP2), Hathersage (CP4) 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 CP4 (Hathersage), and a hot meal will be provided at the finish. 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).

Although we cannot guarantee availability of all items 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 those listed in type. If in doubt regarding ingredients or allergens, ask the CP staff to show you the packaging before consuming something you may be allergic to or adverse to eating.

With consideration to the risk of Covid transmission, items will be individually packaged as far as possible or laid out with good separation between them. Please take care not to touch any items that you are not taking to consume, and ensure packaging/litter is placed in a bin before leaving the checkpoint or placed securely in your running pack.

Item	Notes
<b>Drinks</b>	
Cola	
Squash	
Tea	Checkpoints with hot water only, see Section 10
Coffee	Checkpoints with hot water only, see Section 10
Hot chocolate	Checkpoints with hot water only, see Section 10
<b>Cold Food – Sweet:</b>	
Fruit	Various, e.g. bananas, oranges, apples, watermelon
Biscuits (chocolate and plain)	Ingredients will vary, check pack or ask if in doubt. Vegan items will be separate from others for clarity.
Sweets and chews (mini-packs)	Ingredients will vary, check pack or ask if in doubt. Vegan items will be separate from others for clarity.
Pies	Apple and/or blackcurrant
Cakes (various)	Individually packaged where possible. May also be some home-made items – ask if in doubt about ingredients.
<b>Cold Food – Savoury:</b>	
Crisps	
Salted peanuts	
Mini pork pies	
Mini sausage rolls	
Savoury mini eggs	
Bitesize cheese & onion rolls	
Sandwiches or wraps, various fillings	Vegan and gluten free will be marked as such
<b>Hot Food:</b>	
Chunky Soup or stew	Hathersage (CP4) Finish
Vegetable chilli and rice	Finish

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.

## 13. 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 11 above, it is essential that you inform a race official and return your timing band before leaving the event.

## 14. 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>

## 15. 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 place your wrist band against one of the timing devices. This works similar to a 'chip & pin' payment card, so **it is essential that you hold your band still against the device until you hear a beep 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.

## 16. Information for Supporters

As mentioned earlier, you are permitted to have a small number of friends and family 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)	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. After 22:00 you may greet your participant briefly inside the Peveril Centre but must not linger inside to avoid the building becoming crowded.
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. 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.

## 17. 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 you phone is registered for **emergency SMS** beforehand.

<b>Name</b>	<b>Phone Number</b>	<b>Email</b>
Andy Brooks	07802 835475	info@peakrunning.co.uk
Chris Hopkinson	07739 037890	

## 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)



### 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>



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

## 19. Copyright Statements



1. The **Peak Running logo** and **artwork** used on the cover of this document, event merchandise and prizes, regardless of sizes or colour variations, are copyright of Peak Running C.I.C. These may not be used without express written permission.
2. **Requests for permission** to reproduce or display logos or artwork associated with the event should be directed to [info@peakrunning.co.uk](mailto:info@peakrunning.co.uk) as applicable. **Permission must be obtained** if the intended use is for a print publication, on-line as part of a website, or as an imprint on any item to be offered for sale.
3. **“The Peak District 70<sup>th</sup> Birthday Bash”, and “Peak District 70k” / “Peak District 35k”** concepts and website are owned/copyright of Peak Running C.I.C. No text or images within this document, or supporting documents including route descriptions, may be copied, reproduced or distributed except for the use by official participants and their supporters during the event.