

THE “PERSONAL BASH” 2020

EVENT FORMAT AND GUIDANCE

When

Can be completed any time from 12th June to 11th July 2020.

We have purposely given a fairly wide time window to complete your Bash. This is to:

- give you flexibility in terms of the day of the week and time of day you run, and
- avoid large numbers of runners descending on the same area at the same time.

The latter could cause issues for the local communities and other users of the trails, which we'd obviously like to avoid.

Where

If you've entered the main 10-mile race you have two options:

1. On the route of the Winter Bash*, details of which will be provided to participants. You can start and finish at any point on the route and go either way around.
2. Choose your own route but this must be comparable to the race route, i.e. be at least mostly off road, be at least 10.2 miles long and have at least 800 feet of elevation gain.

*For option 1 we've specified the Winter Bash route, which differs very slightly from Brooksie's Bash summer event. This is because it avoids the part of the course which is on private land within the grounds of Foremarke Hall and, therefore, not allowed to be used.

Also, please note that parking at Foremarke Hall is not permitted.

If you've entered the 5k race, you can run any 5k route but unfortunately won't be able to use the exact race route due to sections of it being on private land and lack of parking options in the vicinity.

Safety & Compliance

As this is a personal run, you'll obviously be fully responsible for your own safety during your run and any journey to/from the course, and also owe a duty of care to others that you may encounter.

You must comply with the any legislation and government guidance that is in force at the time of your attempt (including that specific to the coronavirus situation and social distancing) and, of course, the highway code.

We will provide participants with information on particular hazards they may encounter and should watch out for on the race route. If you are running your own route you should select it carefully, thinking about any hazards on the route. If it's not a route you are already familiar with a recce run beforehand is recommended, particularly if you are planning to go for a good time.

Results

To be included in the results evidence of run to be provided to Peak Running by midnight on 11th July 2020.

Exact details of the options of how to submit them will be provided to participants.

Prizes

The number and exact details of prizes will depend on the number of participants who take part. However, it is the intention that these won't be restricted to just the fastest completions and will include some fun categories, such as best photographs taken en-route.