

Festival of Running:

The Ian Milne WHITE PEAK MARATHON, swift HALF MARATHON and Down in a shot 10K

18th May 2024

As in all previous years, all are off-road events which will run concurrently over the White Peak Trails, starting at 11.00 am on Saturday the 18th May. The marathon is the traditional route from Thorpe to Cromford Meadows following first the Tissington Trail to Parsley Hay, then the High Peak Trail to Cromford, while the half marathon follows the High Peak Trail from Friden to Cromford and the 10K following the High Peak Trail from Harborough Rocks to Cromford.

Important timetable information

	Marathon & Half Marathon	10k Down in a Shot
08:00	Car park open	Car park open
08:15	Registration open	
09:00	" " " "	Registration open
09:15	Latest registrations – get ready to board	" " " "
09:30	First buses leave	" " " "
09:45	Last buses leave!	" " " "
10:00	<i>(travelling to the start points)</i>	Latest registrations – get ready to board
10:15	Half marathon arrival at start point, time to visit the portaloos, drop off bags [®] and warm up	First buses leave – please note that we do not have a bag drop at the 10k start. You should board the bus 'ready to race'
10:30	Marathon arrival at start point, time to visit the portaloos, drop off bags [®] and warm up	Last buses leave!
10:55	Gather at start point, race briefing	Gather at start point, race briefing
11:00	Race start	Race start
11:30-12:15		<i>Cheer in 10k finishers</i>
12:15 onwards	<i>Cheer in half marathon finishers</i>	
13:45 onwards	<i>Cheer in marathon finishers</i>	

[®] Marathon and half marathon runners can take bags to the start, and they will be brought back to Cromford for you to collect after your race, close to the registration area. Bags will be kept under cover if it's wet. Bags are left at your own risk and won't be supervised at all times.



Please note the time for your bus leaving. If you arrive late, you will miss the bus and be responsible for making your own way to your event start location.



Race Headquarters (registration and finish point)

The Festival of Running is based at Cromford Gothic Warehouse, Cromford Wharf, Cromford DE4 3RQ. Free car parking is available for runners in the field next to the rugby club car park (marshals will be present at the car park entrance throughout the day). For precise location, use coordinates [53.110372, -1.553392](https://www.google.com/maps/place/53.110372,-1.553392) or What3Words location [///passenger.acids.wounds](https://www.what3words.com/#!/passenger.acids.wounds).



How to enter?

Entries are on-line at Fabian 4 and via the link below:
<https://www.fabian4.co.uk/default.aspx?EventID=3176>

Entry fees are shown below for competitors who are members of the UK ARC or England Athletic affiliated clubs – the extra £2 is a condition of our licence.

- The entry fee for the full marathon is £30 (attached) and £32 (unattached)
- The entry fee for the half marathon is £28 (attached) and £30 (unattached)
- The entry fee for the 10K is £16 (attached) and £18 (unattached)

Entries will be accepted until the entry lists reach their limit, or at the closing date of **Wednesday 15th May**, whichever comes first.

Refunds are allowed until 30th April 2024. If you are unable to run after this date, transfers are available until Wednesday 15th May. Please be aware that Deferrals to future years are not allowed.

Course description

The runs are over firm compacted limestone and cinder surfaces on former railway tracks making road running shoes ideal. There is one road crossing, just before 14 miles on the marathon course, and a little under 1 mile after the start of the half marathon.

The marathon starts at Thorpe and follows the Tissington Trail, up the dales towards Parsley Hay, where it then joins the High Peak Trail. From here it undulates level until it joins the half marathon part of the route at Friden. After this the track descends in three stages, at about 20, 22 and 23.5 miles, the last descent being about 1-mile-long down the steep incline to the Cromford canal at High Peak Junction. At this point, the canal crossing directly ahead is ignored in favour of a right turn and heading along the canal path for a short distance until the next bridge is reached. After crossing the bridge and turning left, there's just over a mile to go along the towpath before finishing back at Cromford wharf.

Please note that there are limited points of access to the trail throughout. For this reason, it is difficult to monitor the condition of competitors, so to help with safety and security, **competitors in the marathon who have not reached Minninglow (approximately 15.5 miles) within 3 1/4 hours will be required to retire.**

The half marathon and 10k follow the later stages of the marathon course from Friden and Harborough Rocks respectively. The route undulates along the tops of the dales for the first 8 miles or so, then descends in three stages, at 7, 9 and 10.5 miles down to High Peak Junction on the Cromford Canal, where it turns right, crosses the next bridge along the canal and turns left along the towpath to finish at Cromford Wharf. The total descent is about 800 feet, and with no steep uphill stretches, it provides the potential for fast times and personal bests. We like to think of them as a 'swift half' and a 'down in a shot 10K'.

There will be 7 feed stations spaced out as evenly as possible along the marathon course. The last three of these will cover the half marathon also. Because of the difficult logistics, we can only provide water at these feed stations. Personal drinks will of course be permitted, but competitors will have to make their own arrangements for their provision. Although the logistics of the events mean that ambulance cover is primarily for the marathon, because of overlap the slowest of the half marathoners will also be covered by this.

The finish is at the Gothic Warehouse on Cromford Wharf. There are toilet and refreshment facilities available at the Wharf.



Locations to support runners

There are a number of car parks along the race routes where supporters can travel to cheer on runners. We have set out suggested locations below – note that post codes are not reliable due to their remote locations, so we have provided what3words and coordinates to pinpoint the precise locations: the numbers indicate the approx. mileage that runners will have covered for the White Peak Marathon (WPM), Swift Half (SH) and Down in a Shot (DiaS).

Location	WPM	SH	DiaS	W3W	Coordinates
Thorpe Station (start)	0	-	-	///dating.broadcast.headliner	53.050112, -1.753991
Tissington Station	1.5	-	-	///firmer.skin.grasp	53.065719, -1.735841
Alsop Station	4	-	-	///scrolled.stunts.composts	53.091383, -1.769454
Hartington Station	9	-	-	///plastic.chess.lifestyle	53.146905, -1.777652
Parsley Hay	10.5	-	-	///curiosity.importers.weeks	53.170100, -1.781499
<i>NB the runners turn and head south approx. 400 metres south of Parsley Hay station – if you wish to support your runners, you will need to park at the Parsley Hay cycle hire centre, and stroll down the trail to where the trails join.</i>					
Friden (HM Start point)	13.1	0	-	///unto.exulted.breeze	53.143799, -1.744774
Minninglow	15.5	2.4	-	///enthused.solve.during	53.120122, -1.712043
Harborough Rocks (DiaS start)	20	7	-	///chills.deeds.sandwich	53.088405, -1.626802
Middleton Top	22	9	2	///pure.fevered.inherits	53.092684, -1.590847
High Peak Junction	24.5	11.4	4.5	///skirting.extension.cloth	53.101324, -1.532039
<i>NB at High Peak Junction you will have the opportunity to see runners twice, as they reach the bottom of the incline and turn right on the south side of the canal, and then 0.7 mile later as they return on the north side of the canal for the final approach to the finish. From this point however you have limited time to return to the car park (approx. 200 metres) and travel back to Cromford Wharf, if you wish to cheer them over the finish line.</i>					

The prize-giving will take place as soon as possible after the prize winners (including age category winners) have finished. This is likely to be at approximately:

12:15 – 12:30 Down in a Shot 10k

13:15 – 13:30 A Swift Half Marathon

15:15 – 15:30 The Ian Milne White Peak Marathon

If you wish to make your own way to the starts, locations are provided in the table above. Portaloo toilet facilities will be provided at the starts. You must register first at the Gothic Warehouse – registration at the start locations is not possible. The races start at 11:00.

The Ian Milne White Peak Marathon



White Peak Swift Half Marathon and Down in a Shot 10K (starting at mile 7)

