

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

20th May 2023

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 20th 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.

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

The marathon starts at Thorpe and follows the Tissington Trail, up the dales to north of Parsley Hay, where it then joins the High Peak Trail. From here it undulates level till it joins the half marathon part of the route at Friden. After this the track descends in three stages, at about 21, 22½ and 24½ 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 turning right into Cromford meadows for the finish.

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 16 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, 8½ and 10½ 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.

Maps of the course are given below.

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

The prize-giving will take place between 1200 and 1530 for the different races.

The entry fee for the full marathon is £30 for competitors who are members of a UK ARC or England Athletic affiliated clubs, and £32 for those who are not (i.e. unattached): the extra £2 is a condition of our licence.

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 are on-line at Fabian 4 and via the link below:

<https://www.fabian4.co.uk/default.aspx?EventID=3176>

Entries will be accepted until the entry lists reach their limit, or at the closing date of April 30th, whichever comes first.

Refunds and transfers are available till April 30th. **Please be aware that Deferrals are not possible due to the following year's event not opening until after this year.**

Registration will be on the day, from 8.00 am, at the Gothic Warehouse, Cromford Wharf. Runners will be asked to wear a number for identification, timing and security. After registration, buses will take runners to the respective starts and their baggage will be returned to the finish (full and half marathons only).

For directions to Cromford Meadows, turn north off the A6 at the Cromford traffic lights and along Mill Road for 250 yards. Cromford Meadows, postcode DE4 3RQ, is on the right beyond the canal.

Car parking is available in Cromford Meadows. Follow the entrance road and you will be directed by Marshalls in the field to your left. Please note that parking in the car park directly ahead of the entrance road is payable.

For those who wish to follow the race or make their own way to the start, ensure that you take a car park sticker to re-enter (this is at the request of the land steward to prevent members of the public using this car park).

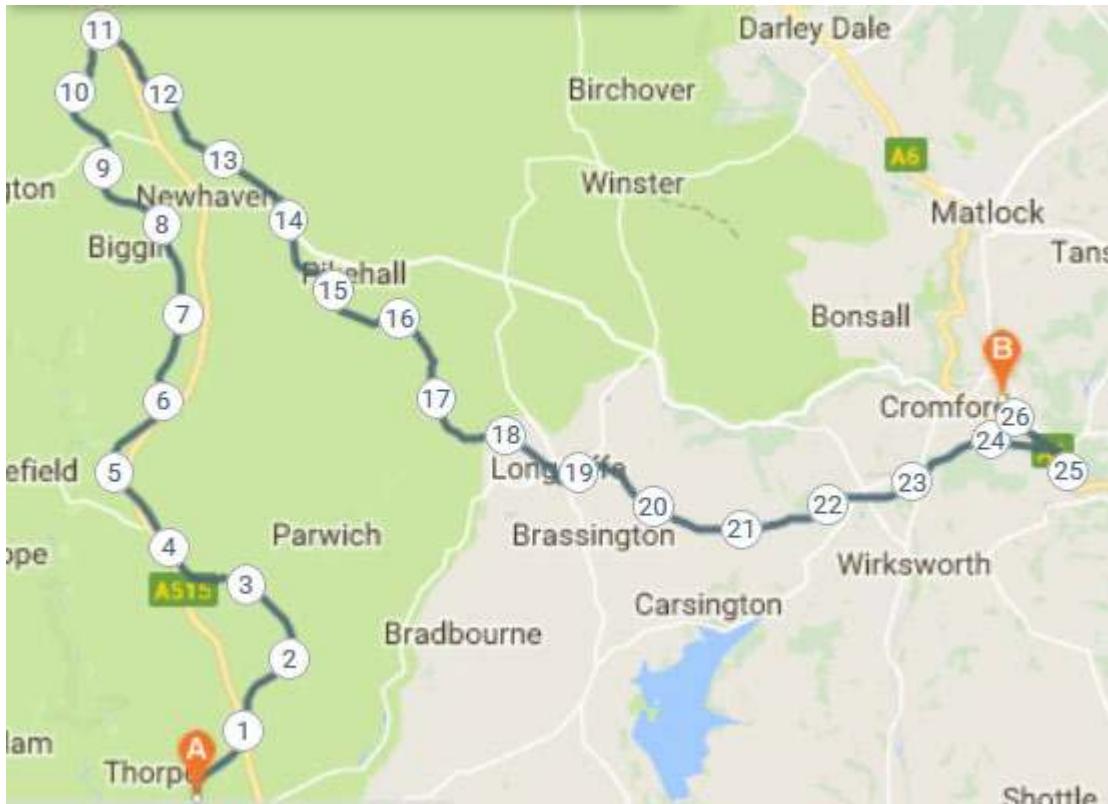
Transport to the starts at Thorpe (full), Friden (half) and Harborough Rocks (10K) is by bus, from approx. 0930.

If you wish to make your own way to the starts - the postcodes are as follows - Thorpe car park on the Tissington trail, DE6 2AT, Friden car park on the High Peak Trail, SK17 0DX, Harborough Rocks on the High Peak Trail, DE4 4ES. Portaloo toilet facilities will be provided at the starts.

Please ensure you get on the bus to the right starting point.

The start time is 1100 prompt. Registration at the start is not possible.

White Peak Marathon



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

