



Welcome to the White Peak Festival of Running
The Ian Milne White Peak Marathon, Swift Half Marathon and Down in a Shot 10K

16th May 2026

Thank you for choosing our event, we are thrilled to have you along! Please read the below information so you are prepared for the day, we can't wait to welcome you.

Is the course measured?

Our races are all off-road events which will run over the White Peak Trails, they have been measured to the best of our ability but as is the case with off road events, there is a margin for difference with all GPS watches. Our courses are not eligible for any qualifying times at major events.

Where do I register?

Registration will be near the canal side at Cromford Wharf, DE4 3RQ, look out for our gazebo and lots of friendly volunteers waiting to welcome you! This also marks your finish area. You will be given your bib number at registration. You **MUST** wear it **ON YOUR FRONT** so the number is fully visible. It is helpful if you can bring your own pins/race dots.

Where do I Park?

We have free parking available for runners but it is essential that you follow the parking marshals' instructions. Upon arrival at Cromford Meadows Car Park you must drive straight through the main public car park towards the rugby club. You will then be directed through a gate and onto the field where parking is free of charge. Not following the instructions of the marshals may result in you getting a parking ticket (there are cameras you must pass through to avoid this) If you park in the main car park you will have to pay.

Where do I collect my T shirt?

If you have ordered a t shirt you are to collect this at registration. We have ordered a total of 30 extra T shirts in a mixture of sizes for purchase on the day at £7.50. These will be sold on a first come basis at registration. Any left over will be available at the finish.

Is there a bag drop?

You will be given a luggage tag at registration to write your name and bib number on. Please attach this to your bag and keep it with you. You will be directed to the bag drop vehicles at the start. You leave all items at your own risk. Please note that there is **no bag drop for the 10k**

How do I get to the start?

All runners will be taken via coach to their respective race starts, this is included in your entry fee. There is a timetable below, please do not miss the last bus for your race. If you do, you will need to arrange your own transport

Do I get a medal?

Yes! We have unique, high quality medals for all finishers. You will also receive a race branded reusable hot/cold drinks cup as an additional event gift.

Do you have toilets?

There is building work taking place at the site of the public toilets at Cromford Wharf but we have hired in extra portable toilets to account for this at the start. There will also be toilets at the start of each distance.

Are there provisions on course?

Yes, we have 8 water stations over the full marathon course with 4 of these covering the half marathon. They will have water, orange squash and sweets. They will also have first aid items available should you need any support. There will be water and a packet of biscuits available to all runners at the finish.

Are there cut off times?

We want to welcome everyone to our event but for the wellbeing of our marshals and safety of runners we do have cut offs in place which we will enforce. Our tail runner will politely approach any runner who is not running within cut off pace and advise them of this. They will do their best to encourage and support anyone at risk. If you are not able to keep with our tail runner or are asked to withdraw by a marshal then you have two options. If you would like to continue then you are welcome to, however you will need to hand in your number to the tail runner or marshal and accept that in doing so you are no longer running as part of the race, or you can withdraw and wait with a marshal until we can arrange transport back to the race HQ. **Please respect the requests of our marshals, they are there to keep you safe. Competitors in the marathon will be required to retire if they do not reach the following cut off points:**

- Friden (13.1 miles) within 2 hours 45 minutes
- Minninglow (15.5 miles) within 3 hours 15 minutes
- Longcliffe (18.5 miles) within 4 hours
- Middleton Top (23.5 miles) within 5 hours
- Cromford Race HQ (26.2 miles) within 5 hours 30 minutes

Do you have a medical team?

Yes, we have a two crew medical response team with an ambulance available, please alert a marshal if you are in need of emergency support or see someone who is. All MAC marshals are able to contact the Race Director and Medical Team.

How are you supporting female runners?

In our portable toilets you will find a draw string bag. Inside this there are sanitary products, wipes and hand sanitiser. Please help yourself should you need them. We have a separate urinal unit at Race HQ for our male participants so this should make queue times for toilets shorter for female runners. If you require any help or need a private space please approach one of our marshals, they will be very happy to do their best to meet your needs.

What if I need to withdraw?

If you need to pull out of the event you must alert the nearest marshal so they can let the HQ team know. We will support with transport back to HQ if required. Please do not go home until you have told us you are withdrawing.

Who do I contact for help?

Before the race please email us via the contact form on our club website.

On the day please approach any of your race day marshals for questions. Your race director is Caroline Robertson (Matlock AC Women's Captain) assisted by Andy Mellor (Club Chairman)

Timetable

The marathon will start at 10:00am, whilst the half marathon and 10k will start at 11.00 am.

| | Marathon | Half Marathon | 10k Down in a Shot |
|---------|--|--|---|
| 07:45 | Car park open | | |
| 08:00 | Registration open | | |
| 08:15 | " " " " | Registration open | |
| 08:45 | Latest registrations – get ready to board First buses leave | " " " " | |
| 09:00 | Last buses leave | " " " " | Registration open |
| 09:15 | <i>(travelling to the start points)</i> | Latest registrations – get ready to board | " " " " |
| 09:30 | " " " " | First buses leave | " " " " |
| 09:45 | " " " " | Last buses leave! | " " " " |
| 09:55 | Gather at start point, race briefing | <i>(travelling to the start points)</i> | |
| 10:00 | Race Start | " " " " | 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 |
| 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 → | | | <i>Cheer in 10k finishers</i> |
| 12:15 → | | <i>Cheer in half marathon finishers</i> | |
| 12:45 → | <i>Cheer in marathon finishers</i> | | |



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.

Entries will be accepted until the entry lists reach their limit, or at the closing date of noon on **Wednesday 13th May**, whichever comes first.

Refunds are allowed until three weeks before race date (24th April 2026). If you are unable to run after this date, transfers are available until noon on Wednesday 13th May. **Deferrals to future years are not allowed.**

Course description

The event is 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.

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.

Half Marathon and 10km

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.

The finish is at Cromford Wharf. There are toilets and refreshment facilities available at the Wharf. All runners will be provided with water and a packet of biscuits at the finish.

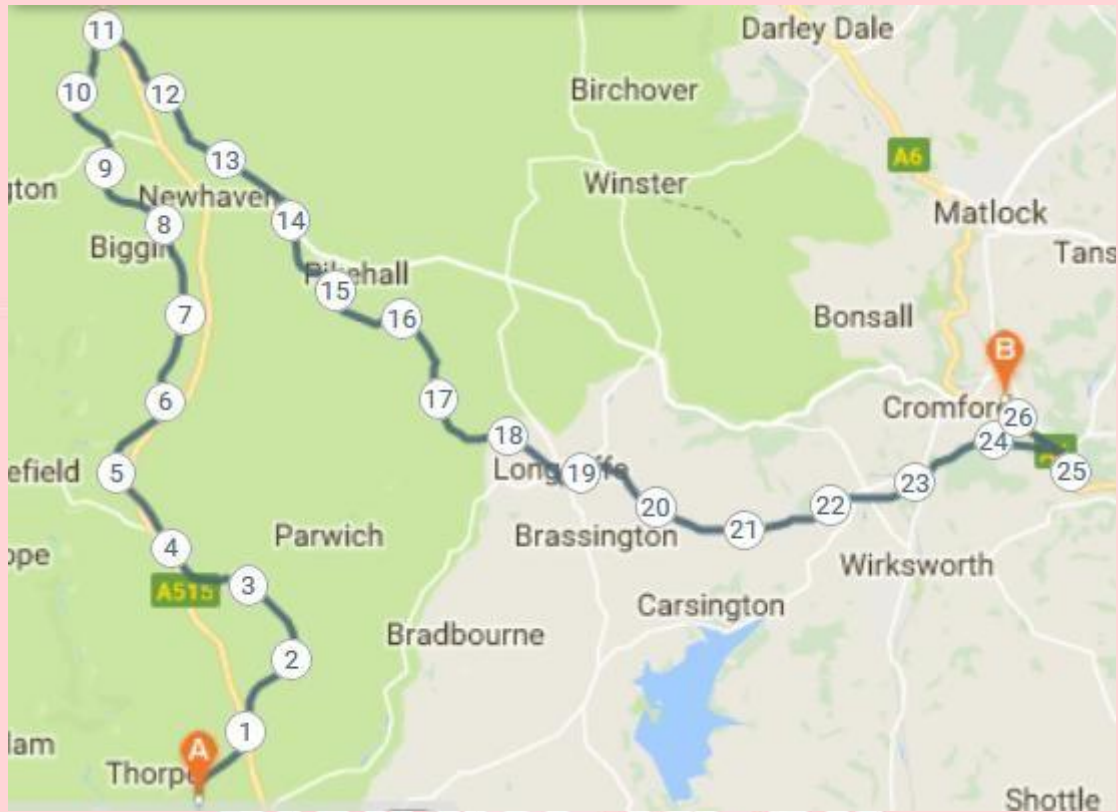
Locations to support runners

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 | 1.78149 53.170100, -9 |
| <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
 14:15 – 14:30 The Ian Milne White Peak Marathon

The Ian Milne White Peak Marathon



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

