

## WALK, RUN OR CLIMB

### THE NINE EDGES ENDURANCE 2023

After a covid enforced break in 2020 the event will take place for the 17th time, on **Saturday 9<sup>th</sup> September 2023** to raise money for Edale Mountain Rescue Team. It is over some rough moorland and along gritstone edges. Some navigational ability is required. The route is on the OS Dark Peak and White Peak Maps and both are required to cover the route.

You choose, when you complete your entry form, whether you walk, run or climb the route. Walkers and runners largely follow the same route but climbers climb a route of their choice on each of the nine gritstone edges. It is a 20 mile off road event with about 900 metres of height gain.

The running event is an FRA, Fell Runners Association event and they provide insurance allowing it to go ahead. We anticipate many of our participants are members. But if you are not a member please consider joining. FRA members provide many events each year and it is only possible with the support of participants who are also members. £16 well spent, £12 if U23. If you are already a member please have your membership number to hand when you complete the entry form.

Walkers and climbers are insured separately but still need to follow the FRA guidance.

#### **Dogs**

Dogs not permitted for runners.

Dogs allowed for walkers and climbers provided they are kept on a lead and under control.

#### **Covid**

Before entering please read and agree to follow the FRA guidance relating to Covid on their website. We will be implementing the guidance at the event.

#### **[www.fellrunner.org.uk](http://www.fellrunner.org.uk)**

There is a Covid Advice item on the drop down menu under FAQ on the blue bar at the top of the page.

Be prepared to wear masks in crowded areas, particularly registration, the start pen, if you wish to jostle on the line for a quick start and on the bus back to the start. There will be ample room in the start pen and on the bus for social distancing.

Be prepared to add a facemask (a doubled up neck gaiter will suffice) and alcohol gel to your race kit.

**Please stay away if you have any symptoms, have contact with anyone with symptoms, or are having to self isolate.**

#### **Entry Fee**

**The entry fee is £30. This covers land access fees and a £2 per participant on the day donation to the Peak Park for land conservation. Also included in the entry fee are refreshments at various marshal points and a drink at The Robin Hood Inn at the end. Transport back to Fairholmes is also included. Numbers are strictly limited by The Peak District National Park Authority. Past experience suggests that the event will be full well before the closing date.**

**No entries will be accepted on the day. It is not permitted to swap your entry (and entry fee) to another participant under any circumstances. We operate a waiting list and therefore offer drop out places to the waiting list first, it is unfair for participants to pass on an entry to a friend and this can also risk event safety. Please notify us if you cannot make it so we can pass your space on to the next person in line and make the necessary adjustments.**

## **Refunds**

Unfortunately we cannot offer refunds or deferments.

The event raises funds for Edale Mountain Rescue Team and all the organisers and marshals are volunteers, quite a few also turn out operationally for the team. The event has significant upfront costs.

If you need to pull out for any reason please consider your entry fee as a donation to the rescue team which supports the emergency service the team provides. Thank you.

## **T Shirt Design**

Saul a regular competitor and running climber has designed the event T Shirt for many years. Always coming up with a unique design. Thanks Saul.

You can order your T-shirt for an additional £8 when you enter the event.

## **The Rules**

If you take part in the event you must familiarise yourself with the Fell Runners Association Requirements for Runners and Rules for Competition, these can be located on the Fell Runners Association website.

### **[www.fellrunner.org.uk](http://www.fellrunner.org.uk)**

Click "FRA" on blue header bar, select "Documents" from drop down menu, click on the blue button labelled "Rules and Principles" then double click to view the appropriate document from the list.

For your own and others safety you must also be familiar with the information in the Hypothermia leaflet, Hyperthermia leaflet and the First on the Scene leaflet at the same location. Jump to these documents using the blue button labelled "Runners" and double click to view the documents.

The event is a FRA category BL (B Long) event, skills and experience ER (Experience Required), PM (Course Partially Marked), LK (Local Knowledge an advantage), NS (Navigational Skills required).

**GPS navigation is no longer allowed.** You must carry a paper map and compass and know how to use them.

## **Peak District National Park Requests**

The Peak District National Park is a living landscape. Please respect the privacy and needs of residents and landowners.

You can find out more about the area on **[www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)**

Comply with the Countryside Code at all times.

**<https://www.gov.uk/government/publications/the-countryside-code>**

Be aware of and sensitive to farming and forestry operations. Be wary of the Highland Cows which may be present on part of the route especially if there are people with dogs in the area.

Try to give something back to the local community by staying locally and buying locally where possible. The Robin Hood Inn is very grateful for the custom the event provides.

There are toilets at Fairholmes Information Centre close to registration, at Longshaw Lodge and at the Robin Hood Inn at the finish.

## **Climbers Only**

If you choose to take part as a climber please be aware you will be taking part at your own risk and will not be covered by the insurance provided for runners and walkers. Please ensure you are adequately covered for climbing which is a hazardous activity.

The intention is you climb one route on each Edge. Please ensure you finish by 1800.

## **Sponsorship**

We organise the event to raise money for the team and would encourage all participants to collect sponsorship. Contact [nineedges@edalemrt.co.uk](mailto:nineedges@edalemrt.co.uk) if you would like a sponsor form or use the event on [justgiving.com](https://www.justgiving.com) to set up your own Justgiving page for the event.

<https://www.justgiving.com/campaign/nineedgesendurance2023>

## **The Route**

### **In 2023 we are pleased to have permission for the traditional route along Derwent and Stanage Edge.**

The event starts at Fairholmes (SK173894). It is a traverse from Fairholmes, over nine gritstone edges (Derwent, Stanage, Burbage North, Burbage South, Froggatt, Curbar, Baslow, Gardom's and Birchen Edge) to The Robin Hood Inn near Baslow. Transport is provided back to the start. Please see below.

## **The Kit**

Participants must each carry the following equipment as a minimum. Kit will be checked at the start desk so please allow sufficient time for this. Random kit checks may take place and if you do not have the correct kit you will not be allowed to participate. Please bring the full kit and don't put us in the embarrassing position of having to disqualify you.

- Waterproof jacket and leg cover, both with taped seams
- Hat and gloves
- Warm layers appropriate for the weather conditions but the minimum is a long sleeved warm layer additional to the baselayer you are wearing when you start.
- Whistle
- Sufficient food and fluids for the duration of the event
- Map and compass suitable for navigating the course. If you choose to navigate on OS 1:25000 mapping you need both Dark and White Peak maps to cover the course. OS 1:50000 mapping sheets 110 and 119 required. Printed extracts, cut down maps, bespoke sheets are all acceptable provided they cover the area in sufficient detail for navigation.
- Survival bag or bespoke emergency shelter, lightweight polythene allowed, no foil blankets, foil bags acceptable, Blizzard Bags allowed.
- Face covering (a doubled-up neck gaiter will suffice).
- Hand gel (70%+ alcohol content).

We are not allowing foil blankets as they are very difficult to shelter in during inclement weather. Please be aware that foil bags and blankets deteriorate with time and can shred when they are opened in an emergency. If you use one as an emergency shelter we strongly recommend you unwrap it to see if it is still functional and replace it at frequent intervals. Once unwrapped they are very difficult to repack. Get a lightweight polythene survival bag and it will give many years service and can be used several times as a ground sheet under your tent on mountain marathons and still work as a survival bag in an emergency.

We have compact lightweight polythene survival bags with a total weight of 100g for sale at £5.

**Whatever the weather everybody must carry the full kit. This is to look after you if you are injured en route. Hopefully no one will require to use the kit but it must be carried in case of emergency.**

### **Change of Clothes**

Runners and running climbers only. We will transport a small bag for you to the finish desk – no kitchen sinks! Please remember to collect at the finish! Please mark your bag clearly with your name, race number and phone number before handing it over. Bring a suitable label with you to the event. This service is provided at your own risk.

### **Start Times**

Registration opens at 0700.

Walkers and climbers can start anytime between 0730—0900.

There is a mass start at 1000 for runners.

If you are a runner who decides to start BEFORE the mass start please note the checkpoints may not be in place and thus no refreshments will be available for you! You will also be considered to be non-competitive and not eligible for a prize.

**YOU MUST LET US KNOW IF YOU ARE NOT RUNNING IN THE MASS START! ANY RUNNERS WHO DO NOT START IN THE MASS START WILL BE RECORDED AS WALKERS IN THE RESULTS.**

**IF YOU WISH TO RUN PLEASE START AT 1000 WITH THE RUNNERS.**

### **START/FINISH**

**Please note that as per the FRA guidelines we have to double check everybody at the start and finish lines; please ensure you have been checked off twice at each point by doing the following:**

#### **Start Line – Registration, 1st Checkpoint:**

You **must** register at the Registration Desk before starting the event – to do this you **MUST** bring with you your confirmation email of your entry to the event and hand this over at the registration desk, if you do not have this and your name is not on the registration list you will not be able to take part in the race. The Registration Desk will be near to the Bike Hire shop. Registration will be open from 0700 until 0945. You will be issued with your participant number, which you need to display prominently on your chest without folding during the event. The event Emergency Telephone Number will be printed on your participant number.

In wet weather you can wear your number inside your waterproofs but must expose it at each checkpoint so the marshals can record your number.

#### **Start Line – 2nd Checkpoint:**

As you head down towards the start line there will be a marshal marking off your numbers, as you go through a single file funnel into the start pen. Please ensure you allow plenty of time on arrival to go through Registration and the 2<sup>nd</sup> Check as there will no doubt be a queue at both.

Please be in the start pen and ready to start at 0955. You will not be allowed to start after 1000.

#### **Finish Line:**

The route finishes at The Robin Hood Inn near Baslow.

There will be 2 desks one after the other at the finish, please ensure you stop at both and have your race number on display. The first will take your number and time, to the second. The next desk will mark your number on a grid.

### **Car Parking**

Please arrive in as few cars as possible. Severn Trent are concerned about parking in the Upper Derwent as the available spaces fill up quickly. If possible please arrange to be dropped off at the start. There is limited free parking on the road approaching Fairholmes and pay and display parking adjacent to the visitor centre. Please ensure you have adequate change to pay for car parking.

### **Emergency Contact**

At the start of the event you will be given an emergency contact number. Use this to request emergency assistance during the event.

### **Retirement Procedure**

For a competitor decision to retire, it is a fundamental rule that you must inform event control in all circumstances. This should be done speedily by:

- Reporting to an identified checkpoint and then returning rapidly and directly to the finish to report to event control.
- Reporting directly and rapidly to event control if retiring between checkpoints.
- Telephoning the emergency number if unable to return to event control.
- If for some reason you are unable to report to event control or to the event emergency number. Telephone the police and tell them you are retiring from Edale Mountain Rescue Team's Nine Edges Endurance Event and are unable to inform the event emergency number or event control.

### **Marshals**

There will be marshals and refreshments at key points along the route. If you have any problems please contact one of them. You must also comply with any requests that they make of you, including showing your race number when asked. This is critical for participant safety. Edale Mountain Rescue Team will be attending the event and will be available on-call.

### **Results & Prize Giving**

This event is intended as a personal test of endurance for walkers and climbers. However, the event is also a fell race and so a prize giving ceremony (prizes for runners only) will be held at The Robin Hood at 1400. A copy of the full results can be downloaded from [www.edalemrt.co.uk](http://www.edalemrt.co.uk) shortly after the event.

Trophies will be awarded for the following categories.

1st, 2nd, 3rd Male Open

1st, 2nd, 3rd Female Open

1st, 2nd, 3rd U23 Male

1st, 2nd, 3rd U23 Female

1st, 2nd, 3rd Male Vet 40+

1st, 2nd, 3rd Female Vet 40+

1st, 2nd, 3rd Male Senior Vet 50+

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1st, 2nd, 3rd Female Senior Vet 50+

Male and Female trophies will be separate. Age classes will be combined with the open trophy, if the 1st person to finish is a Female Vet 40+, she will get two trophies, 1st Female and 1st Female Vet 40+. The 1st man to finish will then get the 1st Male trophy.

### **Transport**

This event is a traverse from Fairholmes to The Robin Hood Inn. We provide free transport back to the start. It is essential that you confirm on your entry form if you will require a lift back to Fairholmes so that we can make sure we have enough bus spaces booked.

The time of the last bus back to the finish will be confirmed on the day but will leave The Robin Hood Inn between 1830 and 1900.

### **Photographs**

Please be aware of and consent to a photographer capturing images of the event for the team to use on its social media channels and for future promotion of the Nine Edges event.

### **How to Enter**

Enter online via our website: [www.edalemrt.co.uk](http://www.edalemrt.co.uk)

**Enter Online:** [https://www.sientries.co.uk/event.php?event\\_id=11530](https://www.sientries.co.uk/event.php?event_id=11530)

**Edit Entries:** [https://www.sientries.co.uk/edit\\_entry.php?event\\_id=11530](https://www.sientries.co.uk/edit_entry.php?event_id=11530)

**Entry List:** [https://www.sientries.co.uk/list.php?event\\_id=11530](https://www.sientries.co.uk/list.php?event_id=11530)

### **Further Details**

Email: [nineedges@edalemrt.co.uk](mailto:nineedges@edalemrt.co.uk)

## THE NINE EDGES ENDURANCE ROUTE

**The route is not marked and the choice of routes between checkpoints is down to you. We expect that you will run or walk directly above or below each of the Nine Edges. Please use marked rights of way or existing routes at all times.**

Additionally, climbers must climb one route of their choice on each of the Nine Edges, at their own risk. Please ensure you finish by 1800.

The owners of the high moorland in the northern section of the route have asked that entrants stick to rights of way and the concessionary paths along the top of Derwent and Stanage Edges. Please do not use point to point routes across the fragile high moorland.

You can use the path up Hollin Clough to climb onto the high moorland.

If you choose to use the footpath descending in an easterly direction from Derwent Edge towards Moscar House a marshal will be located at SK20318802 (Peak & Northern Footpaths Society Marker Post 248) to ensure you find the correct route.

If you wish you can still use the bridleway descending in an easterly direction to Cutthroat Bridge.

Location	Grid Reference	Notes
Start Desk (by the bike hire shop)	SK172893	
Mass Start (RUNNERS ONLY) (under reservoir wall)	SK172896	
CP1 Bradfield Gate Head	SK198907	
CP2 Moscar Lodge (by footpath from A57)	SK230879	Drinks Only
CP3 Upper Burbage Bridge	SK259830	Drinks & Light Snacks
CP4 Burbage South	SK263806	
CP5 Haywood Car Park (near Froggatt) <sup>1</sup>	SK255777	Drinks & Light Snacks
CP6 Curbar Gap (on footpath on Baslow Edge side) <sup>2</sup>	SK261747	
CP7 Path/road junction west of Clod Hall crossroads <sup>3</sup>	SK276741	
Finish Desk – Robin Hood Inn	SK280721	Drinks Only

<sup>1</sup>Please ensure that you take a right on the footpath after The Grouse Inn to go into Haywood car park and DO NOT go straight down the road. There will be a marshal to stop you at the entry to the Froggatt footpath and they will ask you to go back the correct way to visit the checkpoint.

<sup>2</sup>Please use the bridleway from Curbar Gap to Clod Hall crossroads (via Wellington Monument SK265737). Do not go down the road.

<sup>3</sup>It is up to you how you get from Clod Hall crossroads to the finish. But please keep to existing paths on the ground.

WALKERS/CLIMBERS – ideally you should cross the top of Gardom's Edge and underneath Birchen Edge (climbers doing a route on each) before heading down to The Robin Hood Inn. If you go past the camp site then you haven't really been close to Birchen Edge!

RUNNERS – you have only to get from the crossroads checkpoint to the finish point. The shortest way is up to the footpath underneath Birchen Edge and down to The Robin Hood Inn. Note there is NO checkpoint on top of or under Gardom's Edge or Birchen Edge.