

2025 **W**  **N** **T** **E** **R** 2
B **A** **S** **H** 5
SUNDAY 2ND FEBRUARY 2025

at a glance...

REGISTRATION

LOCATED INSIDE TICKNALL VILLAGE HALL (INGLEBY LANE, DE73 7JW) BETWEEN 08:30 & 09:30

START TIMES

- **EARLY START: BETWEEN 09:15 & 09:45 (ONLY FOR THOSE EXPECTING TO TAKE LONGER THAN 1 HR 50 MINS)**
- **MASS START: 10:00**

PARKING

CAR PARK AT TICKNALL VILLAGE HALL OR STREET PARKING / LAY-BYS NEAR BY. PLEASE PARK SENSIBLY & CAR SHARE WHERE POSSIBLE

KIT

THERE IS A MANDATORY KIT LIST + AN EXTREME WEATHER KIT. PLEASE BRING EVERYTHING WITH YOU

OTHER

PLEASE REMOVE MUDDY SHOES + SOCKS WHEN ENTERING THE VILLAGE HALL. THERE WILL BE A HOT MEAL IN THE HALL FOR ALL FINISHERS

Please read the full guide below

IMPORTANT RACE DAY INFORMATION

Sunday 2nd February 2025



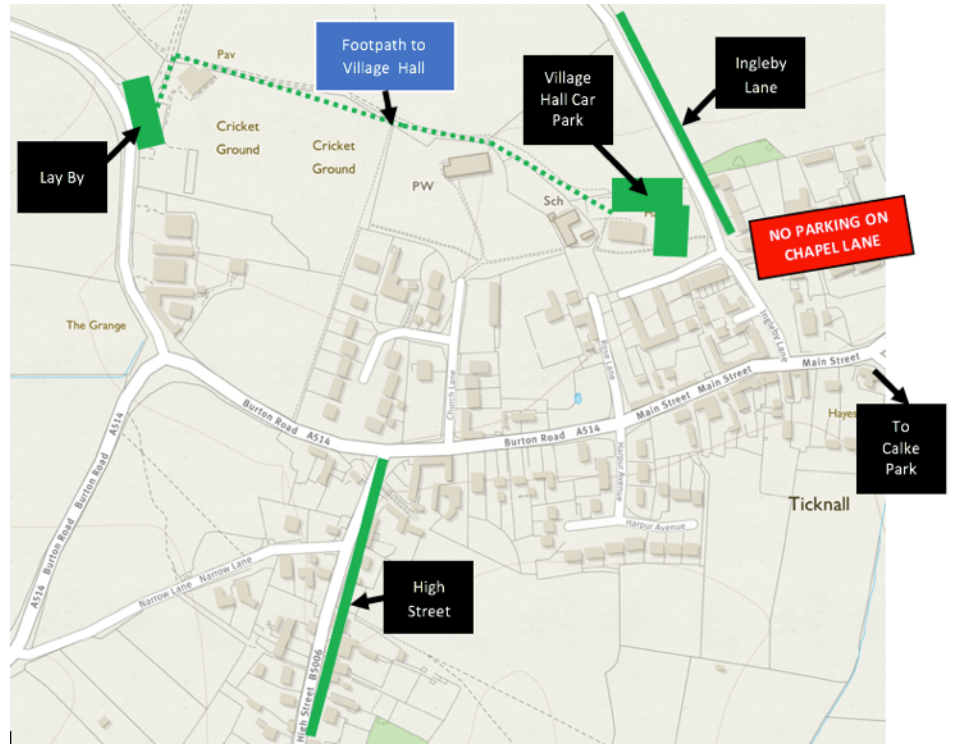
A very warm welcome to the **SOLD OUT** 2025 edition of The **Winter Bash**. Please take a few minutes to read the below information thoroughly.

Venue & Parking

The venue for the event is Ticknall Village Hall, Ingleby Lane, Ticknall, South Derbyshire **DE73 7JW**.

Parking in the village hall car park and streets within the village is free but **EXTREMELY LIMITED**. Therefore, to help us maintain good relationships within the community and hold future events in the area, we ask that you **car-share** with friends/club mates that are also taking part if at all possible, come on foot/by bike if you live close enough, or (if you are National Trust member) park within the Calke Park estate.

If you are driving, please park efficiently at the village hall as directed by marshals or in one of the locations shown.



Please **give yourself plenty of time** to walk to the start if necessary, and **DO NOT PARK** in Chapel Lane which is a private road or obstruct any driveways/entrances elsewhere.

Registration

Registration will be located inside the village hall and will be open from **8:30am until 9:30am**. Please remove your shoes before entering the hall unless they are spotlessly clean.

All competitors will need to register on the day, collect their **race number** and an **electronic timing wristband**. We ask that you do this as soon as possible on arrival, and be at registration **no later than 9:20am** to avoid delays if there is a queue.

Please ensure that the registration team have your up-to-date mobile phone number, emergency contact details, and please let them have details of any medical conditions we should be aware of.

If you purchased a bobble hat when entering this event, this will also be available to collect at registration.

Please wear your number on your front and ensure it is visible to all marshals around the course and officials at the finish line.

This race is **SOLD OUT** and there will be **NO ENTRIES OR TRANSFERS ON THE DAY**.

Start Categories

There are **2 start categories** as below. The category you chose when you entered is shown on the start list which can be viewed via this link: <https://www.fabian4.co.uk/start/list.aspx?EventID=3828>

Category	Start Time	Shown on Entry List as	Available to	Guidance
MASS START	10:00	10 miles	Any participant	You MUST be in this start to be eligible for overall podium positions and prizes.
EARLY START	Any time between 09:15 & 09:45	10 miles (early start)	Those expecting to take more than 1hr 50mins to complete the course.	You MUST NOT go in this start if you may be quicker than 1hr 50min. This is because you might pass through checkpoints before they are open and risk disqualification for not checking in at them all.

If you need to change your start category this must be done **no later than 31st January 2025** and can be done by **editing your entry yourself** as per the procedure below:

1. Click the link at the bottom of the email you have received from event.official@fabian4.co.uk to view your entry
2. At the top of the Competitor Details section click the 'Edit' button
3. Select your class - either "10 miles" or "10 miles (early start)"
4. Click the Save button.

Starting Procedure

You must follow the procedure below according to your start category. The start line will be 150 metres from the village hall and the finish line will be within the grounds of the hall.

Category	Start Time	Procedure	Guidance
MASS START	10:00	<ol style="list-style-type: none"> 1. 'Dib' your wristband at the pre-start marshal before you enter the start area, to confirm you are definitely going to start. 2. Start running at the starter's gun/whistle. 	Please be in the starting area no later than 09:55. Your race time will be from the starters gun until you 'dib' your wristband at the finish line.
EARLY START	Any time between 09:15 & 09:45	<ol style="list-style-type: none"> 1. 'Dib' your wristband at the pre-start marshal before you enter the start area, to confirm you are definitely going to start. 2. 'Dib' again at the timing device on the start line when you are ready to go and then start running. 	Your race time will from when you 'dib' your wristband on the start line until you 'dib' at the finish line.

Race Timing

The event will be timed using RaceTek equipment and software (<https://www.racetek-live.co.uk/>)

All participants will be issued with a timing band at registration, which must be worn around your wrist throughout the event and handed back at the finish line.

As well as the start and finish, interim times will be recorded at each checkpoint and displayed on a live 'leader board' during the event, which can be accessed via the results page at <https://www.racetek-live.co.uk> or via the race website: <https://www.peakrunning.co.uk/winterbash>

To check-in to the **start area**, at **each Checkpoint** and the **finish**, you will be required to place your wrist band against one of the timing devices. This works similar to a 'chip & pin' payment card, so **it is essential that you hold your band still against the device until you hear a bleep to confirm you have been recorded. This is really important from a safety perspective** because, as well as recording your times, it helps us keep track of your progress around the route.

Kit Requirements

It is important that you are dressed and equipped appropriately for a mid-winter race, and give consideration to your own safety in the event that you have to stop or significantly slow down during the event.

Mandatory kit is required to be worn / carried by all participants no matter what the weather is like on the day. Extreme weather kit will become mandatory in the event of bad weather and is at the discretion of the Race Directors. Please bring it with you.

Anyone not wearing or carrying ALL mandatory kit will be removed from the event.

Item	Status	Notes
Waterproof jacket	Mandatory	
Warm Hat	Mandatory	
Warm Gloves	Mandatory	
Long sleeve top	Mandatory	
Map	Mandatory	Provided by us
Compass	Mandatory to carry at least one of these. We recommended you carry both.	
Route description		Available for download from website
Timing band	Mandatory	Provided by us
Mobile phone	Mandatory	
Emergency food	Mandatory	Eg. 1 x bar or gel.
Additional warm layer	Extreme weather kit (mandatory at Race Directors discretion)	Decision on status will be made on the morning of the race
Full length leggings	Extreme weather kit (mandatory at Race Directors discretion)	Decision on status will be made on the morning of the race
Waterproof trousers	Extreme weather kit (mandatory at Race Directors discretion)	Decision on status will be made on the morning of the race
Trail or fell shoes	Highly recommended	
Waterproof phone cover / zip lock bag	Recommended	
Waterproof map cover / zip lock bag	Recommended	
Back pack or bum bag	Recommended	
Water bottle / hand-held bottle for drink	Recommended	Please note that there will be NO refreshments on the course.

The Route

The route is a single clockwise loop via Foremarke Hall, Robin Wood and Staunton Harold Reservoir, before arriving back into Ticknall through Calke park. The vast majority of the route is on unsurfaced footpaths and bridleways. However, there are some short sections of road (about half a mile in total) and a small number of other road crossings. **All roads are open to traffic** as normal and you are **responsible for your own safety**. Please use pavements where available and take note of any advice provided by marshals.

PLEASE NOTE: There is a very minor diversion to the normal route on the approach to Staunton Harold reservoir. Due to pipeline work taking place, the public footpath immediately after Checkpoint 3 has temporarily been moved a few metres to the left, and runs parallel to its normal line for about 400 yards. Clear signs have been provided by the contractors to show the temporary alternative route.

There are a few narrow sections of path where it may be difficult to overtake. Within Calke park (the last 1.5-miles) the paths may be busy with visitors and animals so take extra care and give way to others, they have priority. Please apply common sense on these sections, and be courteous to other runners and members of the public. Do not climb fences or gates, or jump the queue if there is one at any stiles or self-check points.

The distance is 10.2 miles, which has been measured by GPS enabled watch, so can only be considered approximate. Due to the off-road nature of the route it is not practical to have an officially measured and certified distance.

There are no specific cut-off times or a time limit to complete the race. However, we do reserve the right to retire you from the race if you are unable to make reasonable progress or stop for a prolonged period.

Navigation & Check Points

Part of the challenge of the event is to **self-navigate** your way around the course. Therefore, other than permanent signs demarking rights of way, it is **completely unmarked**.

To assist with route finding you will be provided with a map of the course at registration, and copies of the route description are available for download from the race website. You are permitted to use GPS enabled devices to help navigate but you **MUST** also **be in possession of a physical route map**.

All runners must follow the designated route shown on the race map. Alternative routes or short-cuts are not permitted and will lead to disqualification or time penalties being applied. If you inadvertently stray from the route, you should return to the last point that you were on the official course and continue from there.

In addition to roaming event staff monitoring that runners follow the correct route, there will be a number of **check points** around the route that you must check in at. These are shown on the map. **At each checkpoint and at the finish line you must check-in by holding your timing band against the timing device until you hear it beep.**

If you are particularly nervous about getting lost, it is okay to team up with other runners and work together to follow the route.

Toilets & Changing

Toilets are available both within the hall and outside on the north side of the building. Please do not use the adjacent fields and hedges. There are no specific changing facilities. You may change within the hall but please be respectful of the facilities and other people.

On the course there are public toilets at Staunton Harold reservoir, located about 100 metres from the off the course – see route description for more info.

Baggage

You may leave baggage/spare kit in the hall during the race. However, any items are left at your own risk as we cannot guarantee security of your belongings.

Refreshments

Tea and coffee will be available in the village hall before and after the race. Drinking water will also be available but, in line with our policy of reducing plastic waste, we ask that you **bring your own reusable bottle** or it can be provided in a mug as needed.

After the race hot food will be served in the village hall. There will also be savoury and sweet nibbles.

No refreshments will be provided on the course.

Important Safety Information

Underfoot conditions:	As is the nature of an off-road race, you can expect to encounter a variety of underfoot conditions and hazards such as uneven surfaces, tree roots, rocks, mud and wooden surfaces on stiles and footbridges. While negotiating these hazards is very much part of the fun, please take care not to trip or slip, particularly if surfaces are wet or icy, and adjust your speed accordingly.
Roads:	All roads are open to traffic as normal and you are responsible for your own safety when crossing or running along them, in the same way as any other pedestrian. Marshals will be situated at some locations to provide guidance at road crossings, including the safest place to cross. Please follow their instructions but be aware that they have no authority to stop or direct road traffic.
Ear phones / music players:	We very much encourage you to enjoy the sights and sounds of the countryside, rather than using a music player during the race. If it is something that you just cannot do without, please note that EAR PHONES MUST BE REMOVED for all road sections and crossings, check-points or at other times if requested by a race marshal. Failure to do so is a breach of UK Athletics rules and will lead to disqualification.
Other trail users:	Be aware of, and be courteous to, other trail users. If you approach them from behind it is advisable to warn them of your presence and your intention to pass. This is particularly important for horse riders and dog walkers.
Gates:	Please ensure any gates are closed behind you in line with the country code. The exceptions to this are if the gate is manned by a marshal or another runner is immediately behind you. Also, be careful not to allow gates to swing back and hurt someone.
Cold / wet conditions:	Being in February, there is a possibility of extreme weather. Please be aware of the risks of hypothermia and use common sense, e.g. wear sufficient layers, carry spare clothing. If weather is extreme, we may mandate Extreme Weather Kit, so please bring this with you in case.
Retiring:	If for any reason you are not able to complete the race after registering on the morning, please inform a marshal on the route or an official at the Ticknall Village Hall. If necessary, we will arrange for transport to pick you up from the nearest road access point to return you to Ticknall. DO NOT leave the event without personally informing a race official. Failure to do this would lead to an unnecessary search party being mobilised.
Assisting Others:	If you encounter another competitor who is injured, ill or in distress, please find out the nature of the problem, make a note of their race number and ensure the matter is reported as quickly as possible to a marshal or race official, either by yourself or another runner, or contact us using the emergency numbers at the end of this document. This will enable us to arrange first aid treatment or other assistance as quickly as possible.

First Aid

Trained first aiders will be situated at Ticknall near the start/finish area. If you or anyone else requires their assistance, approach them directly, or request assistance from a marshal /race official. Use the emergency contact numbers at the end of this document if necessary.

Litter

The race takes part in a beautiful rural area and we are sure you will join us in wanting to keep it that way. We therefore have a strict 'no litter' policy throughout the course. Please place any litter in a bin or take it home to dispose of it.

Race Finish

To finish you must **check-in at the finish line** within the grounds of the village hall **by placing your timing band next to one of the timing devices**. Once you have 'dibbed', please **return your timing band** to one of the race officials.

Do not enter the village hall before checking in at the finish line. Running shoes (and socks if wet/muddy) must be removed **BEFORE** entering the hall. Refreshments and a hot meal will be available as above.

The prize giving will take place as possible once all the category winners have finished the race.

Results

Final results will be published on www.peakrunning.co.uk/winterbash within 24 hours and live results will be available via http://racetek-live.co.uk/website/public_results/

Photographs

There will be one or more photographers at the event. Although we cannot guarantee to get an official photograph of all participants, those that are taken will be made available for download for free and may also be shared via our website and/or social media.

Questions & Feedback

If you have any questions prior to race day or wish to provide feedback after the race, please get in touch at info@peakrunning.co.uk

And Finally

Like many other races, our event is only possible because of the volunteers (the Blinding Peakers!) who have given up their time for free to help organise things, and to be there on the day marshalling and carrying out many other tasks. They are all really keen that you have a great experience and we're sure they would really appreciate your smiles and words of appreciation as you pass. **Remember that true trail running is measured in smiles per mile, not minute miles!**

We look forward to seeing you on 2nd February for another memorable Winter Bash,

Andy Brooks: Race Director

Emergency Contact Numbers: 07802 835475 / 07936 486996. To be used on the day only if not in the vicinity of a race marshal.