

# Shropshire Way 80K

## Participant Guide

Start 09.00 Saturday April 4<sup>th</sup>, 2020. Finish 09.00 Sunday  
April 5<sup>th</sup>, 2020



The Shropshire Hills  
Discovery Centre, School Road, Craven Arms, Shropshire SY7 9RS

Event organiser Grant Wilson 01588 676060

Run as a fund-raising event by the local charity, Grow Cook Learn, who run the Centre, this is a mass participation challenge run/walk taking in some of the finest parts of the Shropshire Hills Area of Outstanding Natural Beauty. The route is 80km (50 miles) in length and the aim is to complete the circuit in under 24 hours. The route follows almost exclusively the Shropshire Way on either the Main Route or its subsidiary paths.

Along the way, as you pass through our check points, you will be able to sample some of the wonderful local produce that this area has to offer as you quite literally “eat the view”. The charity is committed to connecting people to the food, history and landscape of the Shropshire Hills so this event is the perfect way of achieving this whilst raising much needed funds for the charity to continue its work.

[www.shropshirehillsdiscoverycentre.co.uk](http://www.shropshirehillsdiscoverycentre.co.uk)

[www.facebook.com/shropshireway80kfestival](https://www.facebook.com/shropshireway80kfestival)

[info@shropshirehillsdiscoverycentre.co.uk](mailto:info@shropshirehillsdiscoverycentre.co.uk)

[grant.wilson@growcooklearn.co.uk](mailto:grant.wilson@growcooklearn.co.uk)



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## 1 Introduction and schedule

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Welcome to the Shropshire Way 80K. Please read the information in this guide carefully. It is designed to help you to have a safe and enjoyable time with us. If there is any further information you require, please contact us.

[grant.wilson@growcooklearn.co.uk](mailto:grant.wilson@growcooklearn.co.uk) or call 01588 676060.

The event will start and finish at the Shropshire Hills Discovery Centre, Craven Arms, Shropshire SY7 9RS. The Centre will be open for registration from 07.00 and drinks and breakfast baps will be available to buy. The route takes you through some of the wonderful countryside and market towns of Shropshire. For those of you new to the area, we are sure you will be amazed by the rural scenery, peace and sense of space we have. For locals, we hope you will find some new paths and take time to appreciate what lies on your doorstep.

Registration closes at 08.30 and all competitors will meet at the start point to the rear of the Centre at 08.45. There will then be an event brief before the official start at the stroke of 09.00. Please see the details in Section 7 for opening and closing times for checkpoints. These times are designed to accommodate everyone from the fastest runners who aim to complete in less than 8 hours, to the walkers who simply want to complete within the time. The event finishes at 09.00 on Sunday April 5<sup>th</sup>. After this time, all services of the event will close.

There is no bag-drop service, but you may leave kit in our dedicated classroom at the Centre for the duration of the event.

## Section 2 Local accommodation

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After the event, you are welcome to sleep on the floor in our classroom. You will need to bring your own sleeping bag and this facility will be available until 09.00 on Sunday 5<sup>th</sup> April, when the event finishes. This facility is free with toilets (but not showers) but is fairly basic and unisex. The room will be locked to the public but open again to SW80K'ers only for sleeping after the event. All belongings are left at your own risk.

If you need accommodation the night before, or are planning to stay longer in the area, there is some accommodation available in Craven Arms itself and a more extensive choice in Ludlow, seven miles to the South and Church Stretton, seven miles to the North. The nearest large town is Shrewsbury, 20 miles to the North.

You can search for accommodation online, but here are a few personal recommendations.

The Woodville Guesthouse is only a few minutes' walk from us and is a lovely, family run B&B [www.woodvillebedandbreakfast.co.uk](http://www.woodvillebedandbreakfast.co.uk) 01588 674739

The Stokesay Inn is only 50 metres from us and provides good value accommodation and bar meals. [www.thestokesayinn.com](http://www.thestokesayinn.com)

The Castle Hotel, Bishop's Castle is 20 minutes away by car, but I am including it here as they have been very supportive of this event and are providing a refreshment stop for you. It's also a lovely hotel, restaurant and pub. If you are planning on staying a little longer in the area, then why not give them a try. [www.thecastlehotelbishopscastle.co.uk](http://www.thecastlehotelbishopscastle.co.uk)

If you fancy self-catering, you may like to try Sutton Court Cottages, beautiful accommodation 15 minutes' drive from us <http://suttoncourtfarm.co.uk/>

## Section 3 Travel and Parking

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**Please think about public transport or car share. Be green!**

- **By train.** Craven Arms is on the main railway line between Cardiff and Manchester. The Discovery Centre is located less than 5 minutes' walk from the station.
- **By bus.** There are busses from Shrewsbury and Ludlow (Route 435) which stops directly outside the Centre.
- **By car.** If you are travelling by car, please note that we need to keep our very limited Centre car park free for our day visitors so you will not be able to leave your car here. There is ample free parking in Craven Arms in various public car parks just a few minutes' walk from the Centre. There is also parking for 70 cars on a first come, first served basis in a local office car park which has been made available free of charge and is also only two minutes' walk from the Centre.

Directions are as follows. From the North- drive through Craven Arms and go over two mini-roundabouts. In a further 200m, you come to another roundabout with the Craven Arms pub on your right. Here turn left (no-through road) and you will see the car park ahead, there is a sign "Authorised Gateway Staff Parking Only". You are authorised to use this area, but please leave free the 6 spaces nearest the building to your right. From the South, go past the Discovery Centre and turn right at the next roundabout with the Craven Arms pub on your left. (no through road) Enter the car park, leaving free the spaces nearest the building. From the car park, go back to the A49 and walk south for 400m, to see the Centre on your left.

## Section 4 Registration

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Registration will take place at the Shropshire Hills Discovery Centre between 07.00 and 08.30 on Saturday April 4th. At registration, you will be required to show that you have all the mandatory kit

needed for the event (see section 5). You will also be required to check that the contact details we have for you are correct.

Once you have passed kit check, you will be issued with a tally. This will entitle you to food and drink along with first aid services at our checkpoints. Look after it as you will need to get it stamped at each of the checkpoints and at the finish to prove you have completed the course.

After you have registered, tea, coffee and breakfast baps will be available to buy and there is seating in the Centre. The event starts at 09.00 prompt and all entrants will need to be at the start at 08.45 for the race briefing.

## Section 5 Kit List

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**This list has been designed for your own safety and comfort. As part of our risk assessment, we are obliged to ensure that all competitors are carrying all this mandatory kit, so please make sure you have everything listed below. Without it, we will not be able to allow you to take part. THERE WILL BE NO EXCEPTIONS, SO PLEASE DON'T RISK IT. IF YOU ARE UNSURE ABOUT ANY ASPECT OF THIS, PLEASE CONTACT US.**

**Outdoor Depot, our event sponsor, stock all of this kit and everything else you may need at their shop in Church Stretton and online at [www.theoutdoordepot.co.uk](http://www.theoutdoordepot.co.uk) They will also have a stand at the start of the event for all your last minute extras. Please do all you can to support our sponsor as they are an important partner in the event.**

### Mandatory Kit list

- Original paper maps (NOT photocopies or digital maps) to cover the whole route. (See section 8) You are welcome to use a GPS, but this is not mandatory
- A compass
- A whistle (6 blasts is the distress signal)
- A fully charged mobile phone
- Waterproof coat and trousers. They need to be of good quality, and the jacket must have a hood.
- Suitable trail shoes or walking boots with good grip. Road shoes will NOT pass kit check.
- A hat and gloves
- A good quality torch with spare batteries OR a spare torch. You will need to have reliable light to last for up to 10 hours
- A spare warm top
- A mug (The event does not use single-use plastic, so disposable cups will not be available at checkpoints)
- Water containers for at least 1litre of fluid. Remember that there are at times 11 miles between checkpoints. You will need to carry enough water to get to each checkpoint.
- High energy food (energy bars or mint cake). Food is provided at checkpoints, but you will still need extra supplies in case of emergency
- Basic first aid kit to include crepe bandage, Elastoplast or micropore tape, and a survival blanket.
- Hi-viz strip on your rucksack so that you are visible from the rear.

You are of course welcome to bring any additional items that you feel you may need to make life more comfortable, such as personal medication, spare socks, additional food, a spare t-shirt or any other items

which you normally carry on a full day's walk. **Remember, you are not allowed to have supporters bring kit or supplies to you on the route, so please ensure you have everything with you.**

## Section 6 Event Rules

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These rules have been designed to make the event safe, fair and enjoyable for everyone. We want you to enjoy your day with us, and it is not our intention to be too strict, but for such an event to run smoothly and safely, there needs to be a code for everyone to adhere to, so please take care to abide by them

1. In order to take part, you must be registered on the event. At registration, you will need to satisfy our officials that you have all the mandatory kit and that you are sufficiently well prepared for the event; you will then be issued with a tally which will entitle you to food and first aid support at our check points.
2. **Dogs.** After discussions with landowners, we must insist that dogs are not permitted this event. Sorry for any inconvenience this may cause.
3. **Retirement.** You can only retire at one of our official checkpoints. If you retire, you will need to hand in your tally, and we will organise for you to be taken back to the Centre. Once you have handed in your tally, you will no longer be eligible to take part in the event but will be given breakfast and a hot drink at the Centre. If, in extreme circumstances, any competitor retires from the event at any other point on the route, they will not be eligible for any support from the event committee and will need to organise their own transport. They must inform the event organiser immediately as our sweep team may be wasting valuable time looking for them. They will be deemed to be no longer eligible to take part in the event.

All checkpoints have a closing time. These times have been calculated to accommodate all competitors who are on schedule to finish the event within the allotted time, with some contingency built in. After this time, the checkpoint will close. There can be no exceptions to this rule as it is there for your own safety. **If you arrive at a checkpoint after its closing time or if you are deemed unfit to continue by our checkpoint staff, you will be retired from the event and transported back to the Centre.**

4. **Navigation and getting lost.** The route follows well used and well waymarked paths, but it is your responsibility to navigate between checkpoints. We provide all entrants with GPX files and a written route description, and each entrant will need to carry a map covering the entire route. GPS devices cannot be relied upon in an event of this duration and signal is poor in many areas, so it is essential that you have the ability and confidence to navigate during darkness using a map and compass. You are welcome to "recce" the route in advance to help with navigation. At each checkpoint, either self-clip or manned, you must clip your tally.

If you do become lost, please call the event organiser. The number is on your tally and we may be able to get you back on track. You may wish to consider buddying up with others to share the burden of navigation, but this is not compulsory.

5. **Follow the countryside code:**
  - Please respect the people who live and work along the route. The support of farmers and landowners is essential to the event's future success.

- Please leave no litter
  - Keep quiet when near residential property at night.
  - Remember to close all gates after you. We do not want complaints from farmers about escaped livestock.
  - Do not pick wildflowers and do not disturb wildlife or livestock.
  - Please be respectful to other people along the way.
  - Please stick to official footpaths, bridleways and roads. Do not take shortcuts across farmland.
  - April is lambing time in Shropshire. Please do not approach the ewes or lambs even if they look distressed. Give them a wide berth and do not put yourself between parent and offspring
6. **Supporters.** You are welcome to invite friends and family to cheer you on, but **assistance from them in the form of supplying drinks or equipment is forbidden.** This is to ensure that nobody has an unfair advantage over others. Similarly, friends are not allowed to accompany you along the route, as this is seen as a form of pacing and again, may confer an unfair advantage.
  7. **Food and drink.** See section 7 for details of what refreshments are provided at the checkpoints. Please note that whilst we will feed and water you generously, we are not offering an all you can eat buffet. You will receive 1 Shropshire Fidget Pie, assorted sweet and savoury snacks, a bowl of stew, a slice of tea bread, soup, a hot breakfast and regular crisps and jelly babies, along with plenty of tea, coffee, squash and water. The food given will provide around 3000kCal. If you think you will require additional food, please bring this with you.
  8. **Injury on the route.** In the event of injury, we have a vehicle on hand to repatriate retirees from checkpoints to the Centre. All our manned checkpoints are staffed by qualified first aiders. If you get injured on the route, please call the telephone number on your tally and we will endeavour to help you, please note that the committee do not offer an emergency response service and in the event of serious injury, you should ring 999.
  9. In order to complete the event, you will need to visit all the checkpoints in turn, clipping your tally at each one. When you return to the Centre, you will hand in your tally which will be checked. **Any tallies which are incomplete will result in a “did not finish” being issued.** The event organiser will then issue you with your event souvenir and certificate. At 09.00 on Sunday 7<sup>th</sup>, the event will finish, and all services offered will be withdrawn.
  10. Refunds and cancellations. If you need to withdraw from the event, we will refund your entry fee minus a £5.00 handling charge up to March 15<sup>th</sup>, 2020. After this date, no refunds will be given as monies received will already have been spent on the services we offer for the event. Similarly, if you do not turn up for registration, no refund will be offered.
  11. In the unlikely event of extreme weather (Met Office weather warnings) we reserve the right to offer a shorter route to ensure all entrants are off the hill by dark.
  12. If in the extremely unlikely event of us having to cancel the event, we will offer a deferred entry until the next event or a refund in full.
  13. Risk assessments. There is a full risk assessment in place for the event. If you would like to see a copy, please email us at the address above.
  14. Anyone who is in breach of these rules will be awarded a “did not finish” regardless of their time.

## Section 7 Checkpoints

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Our checkpoints are either self-clips, water stations or full-service checkpoints. The self-clips are un-manned, the water stations may be manned but only offer cold drinks. The full-service checkpoints offer

hot or cold food, jelly babies, crisps, squash, water, tea, coffee, shelter, toilets and first aid. There may even be a few words of encouragement from our friendly checkpoint teams!

If you have any food allergies, or if you are vegan, veggie or gluten-free, suitable equivalent food will be ready for you. All our food is made by us in-house so you can be guaranteed the same quality and quantity of food as everyone else.

Checkpoint number	Location and grid reference	Distance from start	Open and closing time	Checkpoint type
Start	Shropshire Hills Discovery Centre	Start	09.00	Start.
1	Path junction at 472 873	8km	09.30-11.30	Self-clip
2	Acton Scott Village Hall 456 899	11km	09.30-12.15	Full service. (local sausages and cheeses, fruit)
3	Summit of Ragleth Hill 452 917	14km	10.00-13.00	Self-clip
4	Pole Bank summit 415 944	20km	10.30-15.00	Self-clip
5	Below the trig point on Stiperstones summit 367 986	28km	11.15-17.00	Self-clip
6	The Bog visitor centre 356 979	31km	11.30-18.00	Full service (Shropshire Fidget pies)
7	Castle Hotel, Bishops Castle 323 890	43km	13.30-21.00	Water station
8	Reilth Top farm 288 871	49km	14.00-23.00	Full service (Local beef stew, spring veg)
9	Meeting of Offa's Dyke path 263 872	53km	14.15-24.00	Self-clip
10	Clun Fire Station 305 808	61km	15.30-02.30 (Sun)	Full service (Welsh Tea Bread and soup)
11	Bury Ditches car park 333 839	67km	15.45-04.00 (Sun)	Water station, and snacks (unmanned)
12	Hopesay Hill path junction 401 835	75km	16.15-08.30	Self-clip
13	Shropshire Hills Discovery Centre FINISH 435 824	80km	17.00-09.00 (Sun)	Full service (Shropshire breakfast buffet)

## Section 8 Maps and route guide

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The Shropshire Way is having a re-brand and is now in its third generation. The old second generation “main” and “subsidiary” routes no longer exist on the “new” Shropshire Way website, although older maps will still show these. The new route is a circular path which replaces the old web of paths.

Their website <http://www.shropshireway.org.uk> shows the new Shropshire Way, which our event picks up at Bridges and stays with it all the way to the end. The new route is waymarked with the new orange Buzzard logo.

Up until Bridges (KM 23, GR 394 965), the route follows the subsidiary routes of the old Shropshire Way apart from a couple of short deviations. This is waymarked with either the old black and yellow Buzzard logos, or the very old white on black Buzzard logos. Depending on the age of your map, some of this route may not be marked as Shropshire Way.

We will send you the GPX files and route description for the event, but you will need to carry with you a suitable map.

We recommend the Harvey’s Shropshire Way map in 1:40000 scale. This covers the whole route.

Alternatively, the whole route fits onto Ordnance Survey Landranger sheet 137 at 1:50000 scale.

If you require a more detailed Ordnance Survey Explorer at 1:25000, then you will need to carry 3 maps, Sheets 217,216 and 201.

Ordnance Survey do offer bespoke mapping, but the route does not fit onto one sheet at 1:25000, so even with this service, you would still need to carry 2 maps. **Please note that you must carry original paper copies of one of these maps even if you have a mapping app and GPS**

## Section 9 Sponsors

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We would like to thank everyone who has helped to make this event happen. We are very grateful to the Outdoor Depot, our main sponsor as well as Wenlock Water, the Castle Hotel, National Trust, Natural England, Forestry Commission and all our volunteers, without whom this event would not be possible.