

Shropshire Way 80K Participant Guide 2024

Start 07.00 Saturday April 6th. - Finish 07.00 Sunday April 7th.




Shropshire Hills
Discovery Centre



In Association with
the Shropshire Way
Association.

A Mammoth Experience in the Shropshire Hills organised by Grow Cook Learn at the Shropshire Hills Discovery Centre, School Road, Craven Arms, Shropshire, SY7 9RS.

**Event organiser Grant Wilson 01588 676060
info@shropshirehillsdiscoverycentre.co.uk**

**To find out more, please visit www.shropshirehillsdiscoverycentre.co.uk
or follow us on Facebook www.facebook.com/shropshireway80kfestival**

Run as a fund-raising event by the local charity, Grow Cook Learn, which manages 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 (AONB). The route is 80KM (50 miles) in length and is to be completed in under 24 hours. The route follows footpath and bridleway with only a few short stretches of quiet lanes.

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- hence our slogan "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.

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1 Introduction and schedule

Welcome to the SW80K, the flagship event in the Shropshire Way 80K Festival. 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 by email or phone (details above).

The event starts and finishes at the Shropshire Hills Discovery Centre, Craven Arms. The Centre will be open from 05.30 and hot drinks and breakfast baps will be available to buy.

Registration is from 05.30-06.30 and all competitors will meet at the start point to the rear of the Centre at 06.45. There will then be an event brief before the official start at the stroke of 07.00. 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 under an hour, to the walkers who simply want to complete within the time. The event finishes at 07.00 on Sunday. 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

If you need accommodation the night before, or are planning to stay longer in the area, there is some limited 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 Stokesay Inn is ideally situated, only 100 metres from us and provides good value accommodation and bar meals. www.thestokesayinn.com

Mary Austin at Middle Woodbatch farm (right on the SW80K route) has a lovely B&B and Campsite. www.middlewoodbatchfarm.co.uk

The Castle Hotel, Bishop's Castle is 20 minutes away by car, but it is included 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 with one of the finest beer gardens in the country. If you are planning on staying a little longer in the area, then why not give them a try www.thecastlehotelbishopscastle.co.uk

Folly View provides lovely self-catering accommodation just 5 minutes' walk from the Centre www.follyviewlet.co.uk

Section 3 Travel and Parking

Please think about public transport or car share. Be green! On-site car parking is on our meadow and may become unavailable if the weather is wet, so if you can make alternative arrangements to traveling by car, we would be very grateful.

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. Our car parking team will be on hand to direct you to our dedicated parking area in either the free public car parks or designated event parking areas. Please follow their instructions.

Section 4 Registration

Registration will take place at the Shropshire Hills Discovery Centre between 05.30 and 06.30. At registration, you will be required to show that you have all the mandatory kit needed for the event (see section 5).

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 clipped 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 and outside. The event starts at 07.00 prompt and all entrants will need to be at the start at 06.45 for the event briefing.

Section 5 Kit List

This list has been designed for your own safety and comfort. As a 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 local outdoor specialist, stock all of this kit and everything else you may need at their shop in Church Stretton and online at www.theoutdoordepot.co.uk

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.

Mandatory kit list

- A map covering the whole route. (See section 8) . You are welcome to use a GPS too, 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 a reliable light to last for up to 8 hours.
- A spare warm top.
- A mug if you require a hot drink. (The event does not use single-use plastic, so disposable cups will not be available at checkpoints).
- Water containers for at least 1 litre of fluid. Remember that there are at times 16km between checkpoints and 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.

Section 6 Event Rules

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. 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. The course is not marked. 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 always be relied upon as the signal is poor in many areas, so it is essential that you have the ability and confidence to navigate yourself around the course. 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 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.
 - 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.
 - Please be respectful to other people along the way.
 - Please stick to official footpaths, bridleways and roads. Do not take shortcuts across farmland.
 - Please do not approach livestock, 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. All our food is prepared by us and is both plentiful and good quality. We take pride in providing great quality food for veggies, vegans and people with food allergies.
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 staffed checkpoints have a qualified first aider. 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 14.00, the event will finish, and all services offered will be withdrawn.
10. Refunds and cancellations. Our refunds and cancellations policy can be found on the SW80K Festival pages of our website at <https://www.shropshirehillsdiscoverycentre.co.uk/>
11. 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.
12. 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.
13. Anyone who is in breach of these rules will be awarded a "did not finish" regardless of their time.

Section 7 Checkpoints

Our checkpoints are either self-clips, water stations or full-service checkpoints. The self-clips are un-staffed, the water stations may be staffed but only offer cold drinks. The full-service checkpoints offer hot or cold food, sweet and savoury snacks, squash, coke, 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	07.00	Start.
1	Path junction at 472 873	7.83 km	07.30-9.30	Self-clip
2	Ragleth Summit 452 917	13.80 km	08.15-11.00	Self-clip
3	Little Stretton Village Hall 442 917	15.04 km	08.30-11.30	Full service. (Shropshire sausages and cheeses, fruit)
4	Pole Bank summit 415 944	19.96 km	08.45-12.45	Self-clip
5	Below the trig point on Stiperstones summit 367 986	28.44 km	09.15- 15.30	Self-clip
6	The Bog visitor centre 356 979	31.00 km	09.45- 16.00	Full service. (Fidget pies)
7	Castle Hotel, Bishops Castle 323 890	43.30 km	11.00-19.30	Water station

8	Reilth Top farm 288 871	49.48 km	11.30- 21.00	Full service (Local beef stew, spring veg)
9	Meeting of Offa's Dyke path 263 872	52.66 km	12.00- 22.00	Self-clip
10	Clun Hightown Community Rooms 300 806	61.46 km	12.45 (Sat)- 01.00 (Sun)	Full service (Welsh Tea Bread and soup)
11	Bury Ditches car park 333 839	67.56 km	13.00(Sat) - 03.00 (Sun)	Water station (unstaffed)
12	Hopesay Hill path junction 401 835	75.59 km	14.00 (Sat) - 06.00 (Sun)	Self-clip
13	Shropshire Hills Discovery Centre FINISH 435 824	80.03 km	15.30 (Sat) -07.00 (Sun)	Full service (Shropshire breakfast buffet)

Section 8 Maps and Route Guide

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 Association 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 SO 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.

You will need to carry a map for the duration of the event. Here are our recommendations. Photocopies of maps are not acceptable as the print will run in the rain.

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.

To see the route and to download your gox file, please go to <https://explore.osmaps.com/route/12778704/sw80k-2024?lat=52.506806&lon=-3.005261&zoom=11.0049&style=Leisure&type=2d>

Section 9 Sponsors
