

Leg It Round Lathkil Race

BM : 11.5km (7.1m)/290m (950') Sunday 12th November 2017

Venue: The race takes place from the Lathkil Hotel in the Peak District village of Over Haddon (Grid Reference 207 665), 2 miles from Bakewell, off the B5055.

The race is part of the 'Lathkil Fun Day' which is full of various family games and events organised by the Hotel and raising money for the 'Children in Need' appeal. Along with the Senior Race, there is a 1.8m Fun Run along the lower section of Lathkil Dale.

Start and Finish: The race starts outside the Lathkil Hotel at 11.30 am and finishes in the field over looked by the Hotel (both Senior Race and Fun Run).

Registration: From 10.00 am at the Lathkil Hotel.

Parking: Parking will be sign posted as you enter Over Haddon. Weather permitting, we hope to make use of the field on the left as you enter the village from Bakewell (charge £1 with proceeds to Children in Need). If entering the village from Monyash follow Monyash road to its end then turn left as if leaving the village towards Bakewell. **Please do not park on the main street near the Remembrance Cross as the remembrance service will be held before the race starts.**

Entry: Entry on day only, fee £5.00 (Fun Run £2.00)

Maps: OS Explorer OL24 (White Peak Area)

Records: 43'49" S. Bond (2010); f. 53'03" L. Gibson (2010)

Course: This is a great 'not too far' race but one which is certainly worth making the effort for on an autumn Sunday morning. The race takes you through one of the most beautiful dales of the White Peak, Lathkil Dale, starting and finishing at the Lathkil Hotel - no better place to refresh yourself with great beer and food.

Running from the Hotel through the village, the course descends into Lathkil Dale (to Lathkil Lodge) where the seniors turn right to run west and up the dale. After two miles of part track (good running) and rocky path (which can be slippery), the route then takes a left over Sheepwash Bridge leaving Lathkil Dale for a short stretch of Cales Dale. Bearing left and over a stile, steps then take you steeply out of Cales Dale and on to open fields. Continuing to climb steadily for a half mile you reach the high point of the route as you pass around Calling Low Farm, at about 1050'. Following the route of the Limestone Way, across open fields, you will then be marshalled down Moor Lane for a few hundred yards, and then left over the fields before crossing Back Lane. Climbing the drystone wall stile you will now have Over Haddon in view and the white buildings of the Hotel. Head towards the village, over more open fields, passing through Meadow Place Grange. Do not turn right as you enter the farm but straight across the yard to join a concession path over the field and to the edge of the dale. Through the gate the course winds its way down Meadow Place Wood and back to Lathkil Lodge. Crossing the footbridge, turn immediately right to follow the dale as it drops towards Conksbury Bridge. At the bridge you will be directed up the road for hundred yards where, at a sharp bend in the road, you take the footpath to the left. The final half mile climbs steadily out of the dale and as you enter the last field the finish will be in sight. Follow the funnel to the finish outside the hotel.

The Fun Run starts at the same time as the Senior Race follows the route as the seniors dropping into the dale, but at Lathkil Lodge the runners turn left alongside the river towards Conksbury Bridge and back to the hotel as described above.

Prize Giving: At approx. 1.00 pm at the hotel.

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