

Participant Guide

SW80K

**Start 7am Saturday 17th April- Finish 7am Sunday 18th April
2027**




Shropshire Way 80K
Festival

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Shropshire Hills
Discovery Centre

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Introduction & Schedule

Welcome to the SW80K part of the Shropshire Way 80K Festival. Please read the information in this guide carefully, as 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 events@shropshirehillsdiscoverycentre.co.uk or phone 01588 676060

05.30 Centre and Registration opens

06.00 Café opens (Hot drinks and breakfast baps available)

05.30 SW80K Registration opens

06.30 SW80K Registration closes

06.45 Event brief

07.00 Event starts

07.00 (Sunday) Event finishes

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

Section 2 - Local accommodation

Camping is available for tents and small VW sized campers with a height restriction of 2.2 metres in our meadows for just £10.00 for the whole weekend. It's only basic camping with a cold water tap and portaloos (no showers) but it's convenient, situated right on the start line, and great value. To reserve a spot, you can book online at www.shropshirehillsdiscoverycentre.co.uk. * NB bookings open in February

The Stokesay Inn is ideally situated, just 100 metres from us and provides good value accommodation and bar meals. The Stokesay Inn & B&B - Pub, Public House, Pub, British Pub (stokesayarms.com)

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 the SW80K. 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.thecastlehotelbishops castle.co.uk)

Acton Scott Escapes (www.actonscott.com/escapes) just 10 minutes' drive away offers B&B, glamping and a whole farmhouse for larger groups. SW80K Festival participants can secure a 10% discount on all bookings using the code Discovery10.

Nipstone Campsite is a lovely, tents only site below the Stiperstones and operates as a checkpoint for SW80K. It's a lovely spot, but 40 minutes' drive from the Centre.

<https://www.ukcampsite.co.uk/sites/details.asp?revid=12303&im=1>

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

Section 3 – Travel and Parking

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. You can plan your journey at <https://www.nationalrail.co.uk/>

By bus. There are regular busses from Shrewsbury and Ludlow (Route 435) which stops directly outside the Centre. You can plan your journey at <https://bustimes.org/services/435-ludlow-church-stretton-shrewsbury>

Car parking arrangements are weather dependent and may be very restricted if the weather is wet, so if you can make alternative arrangements to traveling by car, it would be very helpful. 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 this will be available for drop-off only.

The precise location of your designated parking area will be sent to you with the final joining instructions in the week leading up to the event.

Our car parking team will be on hand to direct you to our dedicated parking area. Please follow their instructions.

Please allow 10 minutes to walk from your car to the Centre.

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. You will then need to collect your tracker which you should secure to the top of strap on your pack, so it has a clear view of the sky. It is your responsibility to look after the tracker and to return it at the end (see rule 12)

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 part of our risk assessment, we are obliged to ensure that every entrant is 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 this kit and everything else you may need at their shop in Church Stretton and online at www.theoutdoordepot.co.uk

Mandatory Kit list

- Either a paper map or a GPS device showing the whole route. This is in addition to your phone, even if it has a mapping app, i.e. your phone cannot be your sole means of navigating. If you are taking part as a group, you may share a map or GPS, but if you do, you must stay together throughout.
- Waterproof jacket and trousers. The jacket must have taped seams and be of good quality. They must be carried even if the weather forecast is fine.
- Suitable trail shoes or walking boots with good grip. Road shoes will not be allowed.
- A mug if you require a hot drink (The event is single-use plastic free, so disposable cups will not be available at checkpoints)
- Water containers for at least 1 litre of fluid.
- A torch and spare batteries or a spare torch
- First Aid Kit containing minimum: blister dressing– either K-tape or Elastoplast, scissors, emergency food e.g mint cake, and a survival blanket.
- Hat and Gloves
- A Hi-Viz strip attached to the rear of your pack.
- A fully charged mobile phone

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. 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.



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Section 6 - Event Rules

1. 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. Navigation and getting lost. The route follows well-used, waymarked paths and navigation is generally straightforward, 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, but it is essential that you have the ability and confidence to navigate yourself around the course. You are of course welcome to “recce” the route in advance to help with navigation. If you do become lost, please call the event organiser. The number is on your tally, and we will do our best to get you back on track.
3. Shortcutting. Don't do it. The route has been designed to offer the shortest safe route between checkpoints. Deviating from the route will either put you in danger from traffic or will annoy landowners or local residents. Please follow the designated route throughout.
4. Dogs. This is sheep country and April is lambing time, so following discussions with landowners, we must insist that dogs are not permitted at this event. Sorry for any inconvenience this may cause.
5. Age Limits. The minimum age limit to take part is 18. There is no upper limit.
6. 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, but please expect a wait of up to an hour from the more distant checkpoints. 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 our checkpoints have a qualified first-aider and we will try to help you as much as we can, but in the event of a medical emergency, you should dial 999.
7. Closing Times. Checkpoint closing 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. **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. There can be no exceptions to this rule as it is there for your own safety**
8. Supporters. We encourage you to have friends and family come to cheer you on, but we need to make sure supporters' vehicles don't cause a nuisance on the narrow lanes. The only recommended supporter areas for this event are the start/finish area at the Discovery Centre and the Midland Gliding Club. Supporters are not allowed to meet participants at other points on the course.
9. Mandatory Kit. You must carry ALL the mandatory kit AT ALL TIMES, **including the double back up Ragleth.** Failure to do so will result in disqualification.
10. To complete the event, you will need to visit all the checkpoints in turn, clipping your tally at each one. At the finish, your tally will be checked by a member of our team after which you will be awarded your finishers' medal, and certificate.
11. In the extremely unlikely event of us having to cancel the event, you will be offered a deferred entry until the next event or a refund in full.
12. Trackers. These remain the property of Track Trail Ltd, and it is your responsibility to ensure it is returned safely either at the end of the event or if you retire. If you fail to do this, you will be liable to pay a fine. Please read the terms and conditions of hire here. <https://www.tracktrail.co.uk/terms> . By signing up to the event, you are agreeing to these terms.
13. 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.

- 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 stick to official footpaths, bridleways and roads. Do not take shortcuts across farmland or trample crops
- Please do not approach livestock, even if they look distressed. Give them a wide berth and do not put yourself between parent and offspring.

Anyone who is in breach of these rules will be awarded a “did not finish” regardless of their time.



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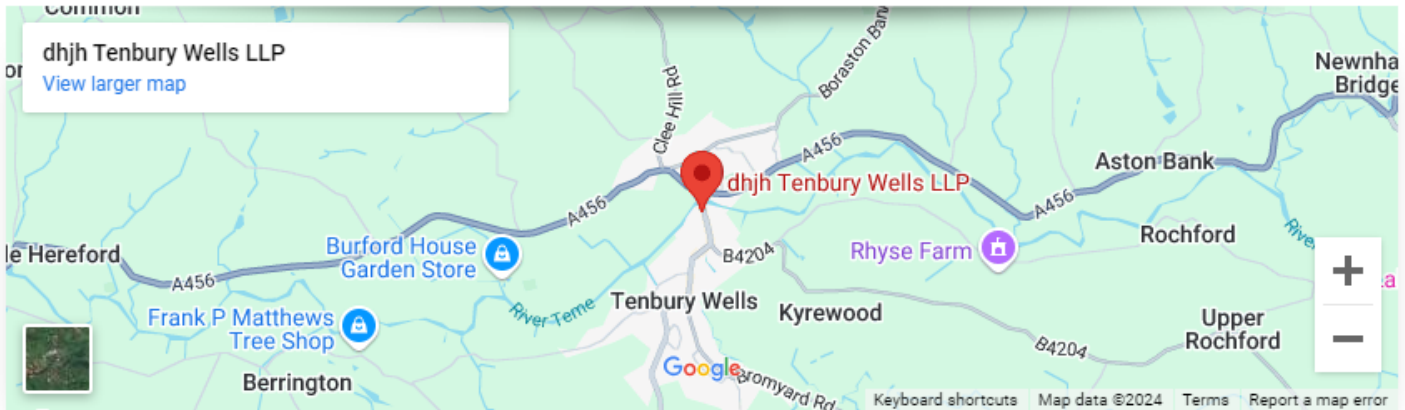
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Section 7 - Checkpoints

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	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 SO 472 873	8.02 km	07.30-9.30	Self-clip
2	Ragleth Summit SO 452 917	13.80 km	08.00-11.00	Self-clip
3	Little Stretton Village Hall SO 442 917	15.13 km	08.15-11.30	Full service. (Shropshire sausages and cheeses, fruit)
4	Pole Bank summit SO 415 944	20.05 km	08.30-12.45	Self-clip
5	The Hollies SO 382 988	27.32 km	09.00 - 15.15	Self-clip
6	Below the trig point on Stiperstones summit SO 367 986	29.83 km	09.10- 15.30	Self-clip
7	Nipstone Campsite SO 355 973	32.28 km	09.30- 16.00	Full service. (Fidget pies)
8	Castle Hotel, Bishops Castle SO 323 890	44.05 km	10.45-19.30	Water station
9	Mainstone Village Hall SO 275 875	52.43 km	11.15 - 21.15	Full service (Local beef stew, spring veg)
10	Meeting of Offa's Dyke path SO 263 872	53.37 km,	11.45 - 22.00	Self-clip
11	Clun Hightown Community Rooms SO 300 806	62.29 km	12.30 (Sat)- 01.00 (Sun)	Full service (Welsh Tea Bread and soup)
12	Bury Ditches car park SO 333 839	68.40 km	13.00(Sat) - 03.00 (Sun)	Water station (unstaffed)
13	Hopesay Hill path junction SO 401 835	76.41 km	14.00 (Sat) - 06.00 (Sun)	Self-clip
14	Shropshire Hills Discovery Centre FINISH SO 435 824	80.30 km	14.30 (Sat) -07.00 (Sun)	Full service (Shropshire breakfast buffet)

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Section 8 – Maps and Route Guides

Here are our map 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.

To see the route or to download a gpx file, please go to <https://www.plotaroute.com/route/3242194>

Section 9 – Refunds and Cancellations

Cancellation, Withdrawal, Alteration Deferral and Transfer Policy 2027

Here are your options if you need to cancel your entry.

Up to 10 weeks ahead of the event (This year 09.00 on Saturday, 6th Feb)

- You can withdraw your entry and get a refund. This refund is subject to a £5.00 fee to cover charges levied by SI Entries which we cannot recover.
- You can change courses. If you are upgrading, you simply pay the fee difference. If you are downgrading, we can give you a refund of the difference, minus a £5.00 fee to cover charges levied by SI Entries.
- You can defer your entry until next year.

Between 10 weeks and 3 weeks ahead of the event (This year 09.00 on Saturday, 27th March)

- You can withdraw your entry and get a 50% refund on your booking fee
- You can make alterations to routes. If you are upgrading, you simply pay the fee difference. If you are downgrading, we can give you a refund of the difference, minus a £5.00 fee to cover charges levied by SI Entries
- There are no deferrals

Less than three weeks before the event (After 09.00 on Saturday, 27th March)

- All funds are fully committed and we can no longer offer any refunds or deferrals for any reason. Course swaps are still possible but there are no refunds.

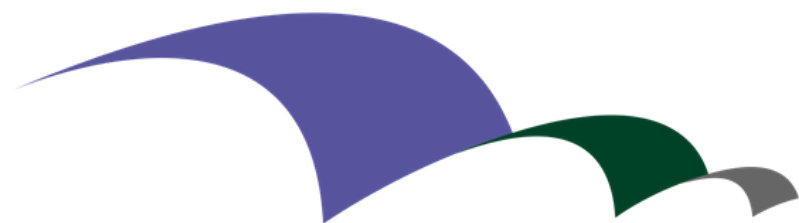
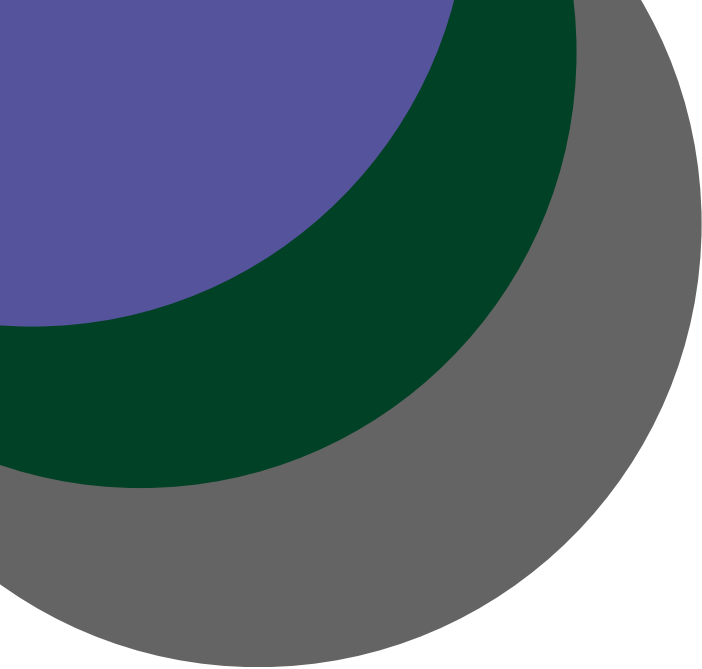
After 09.00 on Monday, 12th April.

Entries close and no alterations are possible.

Section 10 – Sponsors

We would like to thank our sponsors, whose support helps us meet the considerable costs of laying on the event.

Please take a look at the products and services they offer.



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