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Participant Guide

80K

**Start 7am Saturday 5th April- Finish 7am Sunday 6th April
2025**

A Mammoth Experience in the Shropshire Hills run 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/shropshire-way-80k
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 National Landscape. 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. 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 to continue its work.



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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 info@shropshirehillsdiscoverycentre.co.uk or phone 01588 676060

05.30 Centre and Registration opens

06.00 Café opens (Hot drinks and breakfast baps available)

06.30 Registration closes

06.45 Event brief

07.00 Event starts

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

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.

You can camp on our meadows for just £10.00 per tent for the whole weekend. It's only basic camping with a cold water tap and portaloos (no showers) but it's convenient, just a couple of minutes' walk from the start line, and great value too! To reserve a spot, call us on 01588676060.

The Stokesay Inn is ideally situated, only 100 metres from us and provides good value accommodation and bar meals - www.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 event. 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

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

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- ✓ We're local
- ✓ No call centres
- ✓ Speak to a person

We are very proud to be sponsoring the Shropshire Way 80k Festival in 2025.

From all of us at Shire Fibre, we wish every participant the best of luck.

See you at the finish line!

**Shropshire Way
80K Festival**



For more information, please visit our website or drop us an email

<https://shirefibre.co.uk>

info@shirefibre.co.uk

Or you can find us on Facebook or LinkedIn

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 travelling 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 10 minutes' walk from the station.

By bus. There are buses from Shrewsbury and Ludlow (Route 435) which stop 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.

Our main parking area is located 600 metres to the south of the Centre on the A49. Look for a marshal on the road who will guide you in. From here, you can walk through our meadows to the start. Please allow 5 minutes to walk to the Centre from the car park.

If this area fills, we have exclusive access to a private car park 5 minutes' walk away- again, our marshals will direct you.

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.

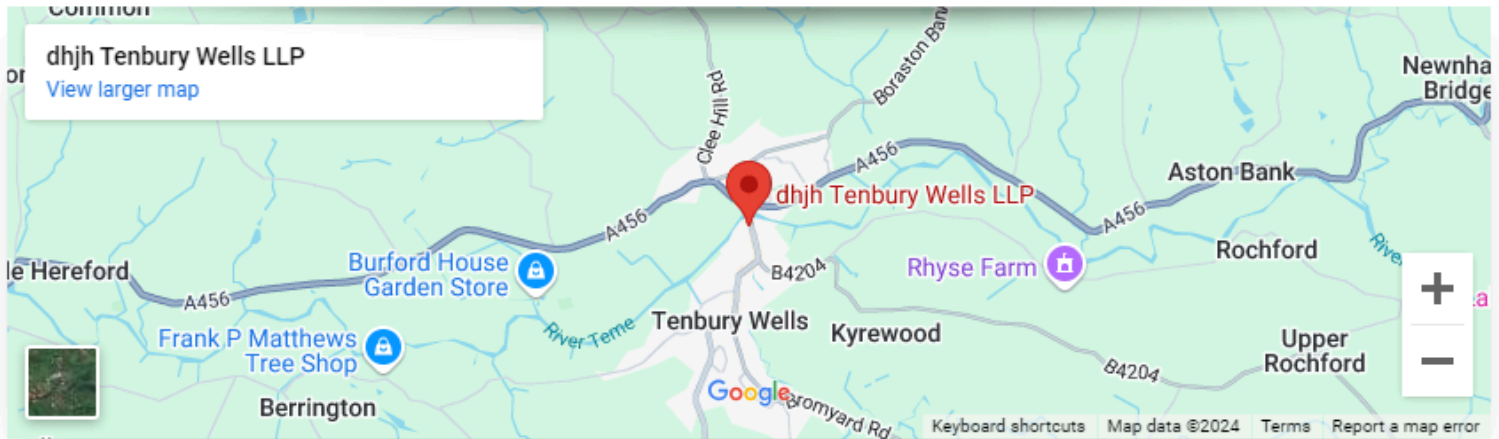
Outdoor Depot, our local outdoor specialist, stock all of this kit and everything else you may need at their shop in Church Stretton and online at www.theoutdoordepot.co.uk

Mandatory kit list

- Either a paper map or a GPS device showing the whole route. Photocopies are not acceptable, original maps only. This is in addition to your phone, which even if it has a mapping app, 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.
- A whistle (6 blasts is the distress signal)
- A fully charged mobile phone
- Waterproof jacket and trousers. The jacket must have taped seams and be in good condition.
- 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)
- Hat and Gloves
- A Hi-Viz strip attached to the rear of your pack.
- A torch and spare batteries or a spare torch.
- Water containers for at least 1litres of fluid. Remember that there can be up to 16km between checkpoints. You will need to carry enough water to get to each checkpoint.
- First Aid Kit containing minimum blister dressing- either K-tape or Elastoplast, scissors, emergency food e.g mint cake, and a survival blanket.



01584 811686



Contact Us

Whether you need to sort out your tax affairs, minimise your tax liabilities, set up a new business, have your regular management accounts more clearly explained, or generally require all-round financial advice that will save - and make - you money, call us on 01584 811686 or email info@dhjhtw.co.uk to arrange an appointment and discover how we can help.

**81 Teme Street
Tenbury Wells
Worcestershire
WR15 8AE**



dhjh Tenbury Wells LLP

Chartered Certified Accountants

81 Teme Street, Tenbury Wells, Worcestershire, WR15 8AE

[Terms of Business](#)

Website: [The Visual Works](#)

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 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 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 may be able to get you back on track.

3. 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.

4. 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.

5. 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.**

6. 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.

7. 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 is at the start/finish area at the Discovery Centre.

8. 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.

9. 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.

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

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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	7.83 km	07.30-9.30	Self-clip
2	Ragleth Summit SO 452 917	13.80 km	08.15-11.00	Self-clip
3	Little Stretton Village Hall SO 442 917	15.04 km	08.30-11.30	Full service. (Shropshire sausages and cheeses, fruit)
4	Pole Bank summit SO 415 944	19.96 km	08.45-12.45	Self-clip
5	Below the trig point on Stiperstones summit SO 367 986	28.44 km	09.15- 15.30	Self-clip
6	The Bog visitor centre SO 356 979	31.00 km	09.45- 16.00	Full service. (Fidget pies)
7	Castle Hotel, Bishops Castle SO 323 890	43.30 km	11.00-19.30	Water station
8	Reilth Top farm SO 288 871	49.48 km	11.30- 21.00	Full service (Local beef stew, spring veg)
9	Meeting of Offa's Dyke path SO 263 872	52.66 km	12.00- 22.00	Self-clip
10	Clun Hightown Community Rooms SO 300 806	61.46 km	12.45 (Sat) - 01.00 (Sun)	Full service (Welsh Tea Bread and soup)
11	Bury Ditches car park SO 333 839	67.56 km	13.00(Sat) - 03.00 (Sun)	Water station (unstaffed)
12	Hopesay Hill path junction SO 401 835	75.59 km	14.00 (Sat) - 06.00 (Sun)	Self-clip
13	Shropshire Hills Discovery Centre FINISH SO 435 824	80.03 km	15.30 (Sat) -07.00 (Sun)	Full service (Shropshire breakfast buffet)

Section 8 - Maps and Route Guides

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.

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 and to download your GPX file, please go to

[https://explore.osmaps.com/route/21317405/sw80k-2025?](https://explore.osmaps.com/route/21317405/sw80k-2025?lat=52.506916&lon=-3.006162&zoom=10.9869&style=Leisure&type=2d)

[lat=52.506916&lon=-3.006162&zoom=10.9869&style=Leisure&type=2d](https://explore.osmaps.com/route/21317405/sw80k-2025?lat=52.506916&lon=-3.006162&zoom=10.9869&style=Leisure&type=2d)

Section 9 - Refunds and Cancellations

If you enter any of our events on the SW80K Festival, we offer you a range of options if you need to cancel your entry.

Up to 1 month ahead of the event (This year 09.00 on Wednesday, March 5th).

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 may defer your entry for the following year. This option is free.

Between 1 month and 2 weeks ahead of the event (This year 09.00 on Saturday, March 22nd)

You can withdraw your entry and get a 50% refund on your booking fee.

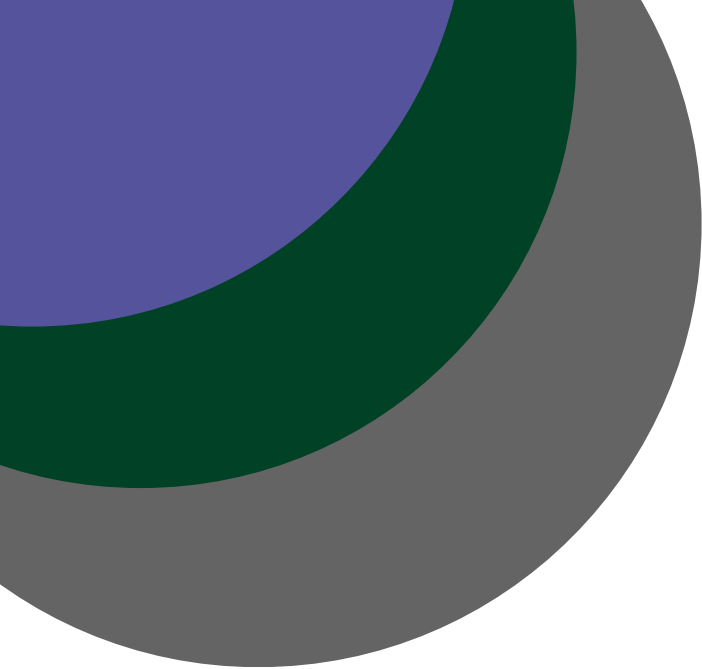
You can make alterations to routes. If you are upgrading, you simply pay the fee difference. If you are downgrading, we can give you a refund of the difference, minus a £5.00 fee to cover charges levied by SI Entries.

You may defer your entry for the following year. This option is free.

Less than two weeks before the event (After 09.00 on Saturday, March 22nd).

All funds are fully committed, and we can no longer offer any alterations to bookings, refunds, transfers or deferrals.

Please note: All communications regarding withdrawals, alterations, referrals and transferred must be made by email to info@shropshirehillsdiscoverycentre.co.uk. Any communication made through Facebook, Messenger or any other means will not be recognised. Any requests for changes after these deadline dates will not be accepted.



Shropshire Hills Discovery Centre

the home of Grow Cook Learn

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