



Above is a map of the route which, if put alongside OS map Outdoor Leisure 24, will show the gradients. The race starts with a climb of 400 feet in a mile, with the next 3 miles being level. There follows a descent of 800 ft over the next 4½ miles to the Plough Inn near Hathersage. Over the next 2 miles there is an 800 ft climb and over the final mile there is a 400 ft descent back to the village.

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