



First Aid Point (also Mobile Unit)



Water Point

The course starts and finishes in Eyam village square. Within the first 2 miles, runners will climb over 400 feet before levelling off for the next 3 miles. It is then an 800 foot descent over 4½ miles towards Hathersage, before climbing all 800 feet again in just 2 miles. The last mile or so enjoy the final 400 foot descent back into the village. The approximate locations of feeding stations are indicated – these are subject to change on the day due to prevailing conditions.