



Lomas *Distribution*



34th  
Buxton Half Marathon

Promoted by Buxton Athletic Club [www.buxtonac.org.uk](http://www.buxtonac.org.uk)

Sunday 24<sup>th</sup> May 2015 10.00 am Start  
Pavilion Gardens Buxton



“A road less travelled”

Under UKA Rules \* Race Limit 500 \* Permit No 2015-14054

### Information

Race HQ will be open from 8.00am on race day and will be located inside the Pavilion Gardens Building, SK17 6BE. If entering the building from the promenade race HQ is up the stairs and to the left.

On the day entries will close at 9.45am.

Changing facilities and showers are available within Buxton Leisure Centre and there are a limited number of lockers that require a £1 coin to operate.

There are plenty of toilets within the Pavilion Gardens Building, located to the right of race HQ and there are also a couple of toilets within the leisure centre.

If you entered by post and included an S.A.E your number will be posted out to you. If you entered online or did not include an S.A.E with your postal entry numbers are to be collected on the day.

Please note that the race is run on open roads. Runners must be aware of traffic and take responsibility for keeping themselves safe throughout the race. Please keep to the left of the road. The course will be well marshalled and please pay attention to any instructions from the marshals.

All those who entered before 24<sup>th</sup> April will receive a t-shirt. If you are eligible for a t-shirt your race number will be marked with a S, M, L or XL. You will need your race number to collect your t-shirt either before or after the race.

Drinks and refreshments are available within the Pavilion Gardens Building.

I would just like to say a massive thank you to Lomas Distribution for their continued sponsorship of the race and also thank you to Nestle for once again agreeing to provide the water.

Also massive thanks goes to Mountain Rescue for the invaluable support they provide each year.

## Course Description.

The course remains the same as in previous years, with the race starting on Water Street between the Buxton Opera House and The Old Clubhouse.

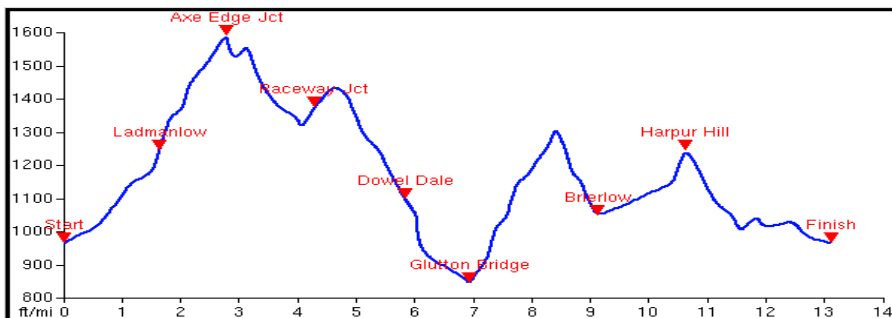
From the start the race proceeds along St John's road to the traffic lights (manned) at Christchurch. After these lights the race passes the 1-mile mark and the climb up to Axe Edge starts. Continue on the A53 towards Leek, past the 2-mile mark and the high point of the race before turning left at Dalehead and reaching the 1<sup>st</sup> drink station and the 3-mile mark.

The course then undulates to about the 5-mile mark passing High Edge Raceway, coming to the top of Dowel Dale. The route descends swiftly down Dowel Dale with stunning views of Chrome Hill on the right and Parkhouse on the left, once the bottom of the dale has been reached.

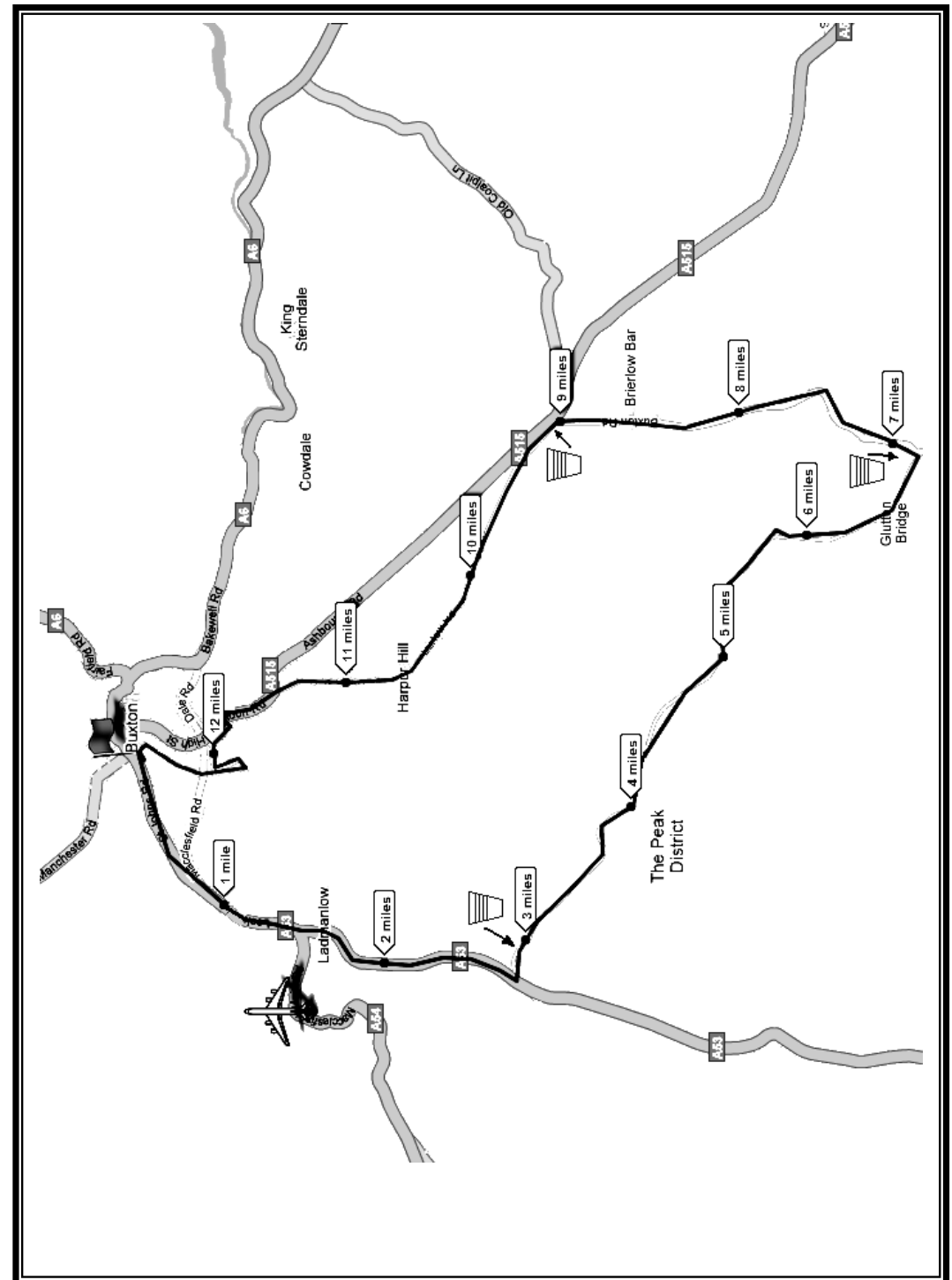
Turning left at the end of the road by the phone box at Glutton Bridge brings you to the 2<sup>nd</sup> drinks station and the 7-mile mark. This is the start of the 2<sup>nd</sup> and in my opinion; the harder of the 2 main climbs taking runners up to Jericho (no jokes about hitting the wall please). A short descent brings us to the 9-mile mark, Brierlow Bar bookstore and the 3<sup>rd</sup> and last drinks station.

Turn left here and follow the road into Harpur Hill past the rugby club and up a short but tough climb up, known locally as slaughter house hill, to the college, formerly, University of Derby Buxton Campus. Continue on this road past The Parks pub and descend to the A515 where the route again turns left.

Turn off the A515 at Mosley Road and follow the marshal's directions through the houses to eventually emerge at the corner of the Pavilion Gardens. Cross to Broadwalk and follow to the end passing the 13-mile mark. Turn left at the end of Broadwalk and left again through the gates of the park to the finish line.



from <http://www.cs.man.ac.uk/~temples/hc/>



## Last Years Race

Last year saw another small increase in the number of runners than the previous year with 251 finishers. The race was won for the second year running by Heanor Running Clubs Dale Annable with a time of 1:16:52 taking 6 seconds of his previous result. Christine Howard of Matlock AC led the womens' race with a time of 1:35:34. The top 10 of last year's race were as follows:

### Men

| Position | Competitor      | Club                 | Time    |
|----------|-----------------|----------------------|---------|
| 1        | Dale Annable    | Heanor RC            | 1:16:52 |
| 2        | Gareth Briggs   | SMAC                 | 1:19:23 |
| 3        | Chris Patterson | Ashbourne RC         | 1:19:57 |
| 4        | Tom Lupton      | Charnwood AC         | 1:21:53 |
| 5        | Rob White       | Buxton & District AC | 1:22:22 |
| 6        | Phil Skelton    | UA                   | 1:22:29 |
| 7        | Steve Watson    | Buxton & District AC | 1:23:   |
| 8        | James Oddy      | SMAC                 | 1:23:33 |
| 9        | Dan Hardy       | Congleton Harriers   | 1:23:39 |
| 10       | Stephen Crook   | Stockport Harriers   | 1:23:42 |

### Women

| Position | Competitor       | Club                   | Time    |
|----------|------------------|------------------------|---------|
| 1        | Christine Howard | Matlock AC             | 1:35:34 |
| 2        | Joanne Mosley    | UA                     | 1:36:11 |
| 3        | Penelope Barber  | Tipton Harriers        | 1:39:10 |
| 4        | Heather Haggis   | UA                     | 1:39:47 |
| 5        | Pascale Holden   | Shelton Striders       | 1:41:58 |
| 6        | Gayle Johnson    | Buxton & District AC   | 1:42:13 |
| 7        | Helen Kirk       | UA                     | 1:42:19 |
| 8        | Jo Moss          | Congleton Harriers     | 1:42.38 |
| 9        | Amelia Voice     | UA                     | 1:42:47 |
| 10       | Emily Hunt       | Steel City Striders RC | 1:43:50 |

## Buxton and District Athletic Club



Buxton and District Athletic Club caters for all types of runners, from those who just want to keep fit to serious competitors.

As well as the Half Marathon and Carnival 4 road races the club also organises a free monthly, officially measure, 5K Gardens Run on the 2<sup>nd</sup> Saturday of every month (excluding July when this clashes with the Carnival 4 race). And while many members compete on road, fell and cross country, others enjoy their running in a more relaxed way. The weekly Wednesday evening club sessions have a format that allows people to train together, but at their own pace. So if you have ever fancied joining a club but have been put off by the thought of being placed with a group of ultra-serious athletes, you will find there is a place for you at Buxton Athletic club.

Many people find it difficult to maintain their running themselves after a while, whereas membership of a club provides a supportive environment to keep going in the long term. So if you want to try us out, turn up at the Swimming Baths on a Wednesday evening in time for our 7:00 pm sessions or visit our website at

[www.buxtonac.org.uk](http://www.buxtonac.org.uk)

The club is also lucky to have a number of well qualified, dedicated coaches who run the junior section. Many local youngsters benefit enormously from their efforts. Self esteem and fitness are valuable rewards for our young runners, several of whom have also achieved considerable competitive success. Newcomers are always welcome. Buxton AC Juniors meet on Thursdays between 6:00 & 7:00 pm at Buxton Community School sports hall.

## Roll of Honour

### Women

| Year   | Competitor        | Club                   | Time    |
|--|-------------------|------------------------|---------|
| 1982   | L Lochhead        | Holmfirth Harriers     | 1:23:14 |
| 1983   | E Adams           | Broms & Stourbridge    | 1:27:40 |
| 1984   | A Smith           | Potteries Marathon     | 1:25:24 |
| 1985   | D Farrand         | Chesterfield AC        | 1:29:56 |
| 1986   | A Ashberry        | Holbeach               | 1:06:44 |
| * Only 10 miles due to snow                          |                   |                        |         |
| 1987   | A Whatmore        | Totley AC              | 1:27:26 |
| 1988   | M Birch Machin    | Staffs Moorlands       | 1:28:11 |
| 1989   | K Harris          | Bollington Harriers    | 1:20:05 |
| 1990   | E Evans           | North Derbyshire RC    | 1:29:42 |
| 1991   | H Jennings        | Beaumont Leys          | 1:20:45 |
| Course officially measured at half marathon distance |                   |                        |         |
| 1992   | H Jennings        | Beaumont Leys          | 1:25:46 |
| 1993   | H Jennings        | Beaumont Leys          | 1:25:34 |
| 1994 CR  | H Jennings        | Beaumont Leys          | 1:22:30 |
| 1995   | H Jennings        | Beaumont Leys          | 1:22:42 |
| 1996   | P Leach           | Sutton in Ashfield     | 1:29:00 |
| 1997   | E McGuire         | Buxton & District AC   | 1:31:58 |
| 1998   | K Wood            | Glossopdale Harriers   | 1:28:14 |
| 1999   | K Wood            | Glossopdale Harriers   | 1:26:26 |
| 2000   | M Bromley         | East Cheshire Harriers | 1:32:29 |
| 2001   | K Wood            | Glossopdale Harriers   | 1:22:43 |
| 2002   | Liz Batt          | Buxton & District AC   | 1:35:20 |
| 2003   | Liz Lilley        | Mansfield Harriers     | 1:28:42 |
| 2004   | Kerrie Wood       | Stockport Harriers     | 1:26:40 |
| 2005   | Imogen Thornburgh | Milton Keynes AC       | 1:27:17 |
| 2006   | Jenny Murray      | Stockport Harriers     | 1:22:31 |
| 2007   | Tara Krzywicki    | Charnwood AC           | 1:23:34 |
| 2008   | Julie Robinson    | Unattached             | 1:33:49 |
| 2009   | Christine Howard  | Matlock AC             | 1:25:51 |
| 2010   | Helen Gilbert     | Totley AC              | 1:33:41 |
| 2011   | Sarah Lomas       | Stockport Harriers     | 1:29:00 |
| 2012   | Christine Howard  | Matlock Athletics AC   | 1:33:10 |
| 2013   | Deborah Thomas    | Trentham RC            | 1:31:48 |
| 2014   | Christine Howard  | Matlock AC             | 1:35:34 |

## Roll of Honour

### Men

| Year   | Competitor      | Club                   | Time    |
|--|-----------------|------------------------|---------|
| 1982   | A Wilton        | Staffs Moorlands       | 1:09:32 |
| 1983   | A Wilton        | Staffs Moorlands       | 1:09:04 |
| 1984   | A Wilton        | Staffs Moorlands       | 1:08:42 |
| 1985   | L Roberts       | Blackheath Harriers    | 1:10:33 |
| 1986   | C Nightingale   | Sheffield AC           | 54:10 * |
| * Only 10 miles due to snow                          |                 |                        |         |
| 1987   | W Sparrow       | Manchester YMCA        | 1:11:53 |
| 1988   | A Wilton        | Tipton Harriers        | 1:05:38 |
| 1989   | D Keithley      | Stilton Harriers       | 1:14:35 |
| 1990   | M Flowers       | Burton AC              | 1:11:18 |
| 1991   | M Flowers       | Burton AC              | 1:12:34 |
| Course officially measured at half marathon distance |                 |                        |         |
| 1992   | S Carlin        | Omega RC               | 1:14:11 |
| 1993   | M Flowers       | Burton AC              | 1:12:06 |
| 1994   | A Wilton        | Tipton Harriers        | 1:11:33 |
| 1995 CR  | A Wilton        | Tipton Harriers        | 1:10:38 |
| 1996   | C Toplass       | Derby & County AC      | 1:15:19 |
| 1997   | A Wilton        | Tipton Harriers        | 1:12:24 |
| 1998   | G Hill          | Stockport Harriers     | 1:10:45 |
| 1999   | P Aspinall      | Stockport Harriers     | 1:16:07 |
| 2000   | J Arnold        | Matlock AC             | 1:15:52 |
| 2001   | A Jones         | East Cheshire Harriers | 1:23:23 |
| 2002   | A Wilton        | Staffs Moorlands       | 1:13:17 |
| 2003   | S Watson        | Buxton & District AC   | 1:16:24 |
| 2004   | Bashir Hussain  | Stockport Harriers     | 1:14:56 |
| 2005   | Steve Watson    | Buxton AC              | 1:16:31 |
| 2006   | Pumlani Bangani | Salford Harriers       | 1:13:49 |
| 2007   | Pumlani Bangani | Salford Harriers       | 1:14:37 |
| 2008   | Philip Crichlow | Beaumont RC            | 1:16:53 |
| 2009   | Mark Powell     | Owls AC Leicester      | 1:12:44 |
| 2010   | Ben Fish        | Blackburn Harriers     | 1:13:10 |
| 2011   | Mark Powell     | Tipton Harriers        | 1:15:30 |
| 2012   | Mark Powell     | Wigston Phoenix        | 1:14:19 |
| 2013   | Dale Annable    | Heanor RC              | 1:16:58 |
| 2014   | Dale Annable    | Heanor RC              | 1:16:52 |

## Getting to The Lomas Distribution Buxton Half Marathon.

### By Rail

Buxton is served by trains from Stockport and Manchester. If travelling from the South a bus service (Bowers 58) runs from Macclesfield Train Station though the Sunday service is infrequent

### By Car

#### From the M61 North

Coming from the North West it is best to take the M61 to the M60 then follow the signs for Stockport. Leave the M60 at junction 1 and follow the signs for Stockport Town Centre. With the shopping centre in front of you turn right at the lights onto the A6. Follow the A6 all the way to Buxton

#### From the M1 North.

Leave the M1 at junction 37 (Barnsley). Take the 3rd exit from the motorway roundabout and follow the signs for the A628 Woodhead pass. At the reservoir turn left off the A628 and take the minor road (B6150) signposted to Glossop. At the lights in Glossop go straight over and follow this road to Hayfield. Continue on this road and follow the signs to Chapel-en-le-Frith. At Chapel join the A6 to Buxton

#### From the M6 South.

Leave the M6 at junction 17 Sandbach and take the A534 to Congleton. At Congleton take the A54 to Buxton. At the Bosley crossroads continue on the A54 to Buxton.

#### From The M1 South.

Leave the M1 at junction 23a or 24 and take the A50 towards Uttoxeter. Take the A515 towards Ashbourne. At Ashbourne continue on the A515 to Buxton.

The race HQ can be found just beyond the Pavilion Gardens car park, past the swimming pool, inside the large Pavilion Gardens Building.

## Car Parks in Buxton

The main car parks are at the Pavilion Gardens, Spring Gardens Shopping centre and Sylvan Park. Street parking is available, though some is pay and display and there is a car park at the railway station.

| Location of Parking Place    | Scale of Charges   |
|------------------------------|--------------------|
| <b>Buxton</b>                |                    |
| Market Street                | Up to 1 hour 80p   |
| Market Place                 | 1-2 hours £1.30    |
| The Slopes, Buxton Town Hall | 2-4 hours £2.50    |
| South Street                 | Over 4 hours £3.00 |
| <b>Buxton</b>                |                    |
| Bridge Street                | Up to 1 hour 80p   |
|                              | 1-2 hours £1.30    |
|                              | 2-4 hours £2.50    |
|                              | Over 4 hours £3.50 |
| <b>Buxton</b>                |                    |
| Sylvan Park                  | Up to 1 hour 80p   |
|                              | 1-2 hours £1.30    |
| Cars                         | 2-4 hours £2.50    |
|                              | Over 4 hours £3.50 |
| <b>Buxton</b>                |                    |
| Pavilion Gardens             | Up to 1 hour £1.00 |
|                              | 1-2 hours £1.60    |
|                              | 2-4 hours £3.00    |
|                              | Over 4 hours £5.00 |
| <b>Buxton</b>                |                    |
| Spring Gardens Centre and    | Up to 1 hour 80p   |
| Wye Street                   | 1-2 hours £1.30    |
|                              | 2-4 hours £2.50    |