



BUXTON CARNIVAL 5



Buxton & District Athletic Club
Saturday 11 July 2009

First run 1977 Under UK Athletics Rules Certified Accurate Permit applied for Race limit 250

Sponsored by Jo Royle Outdoor

Climbing Gear, Mountaineering Gear, Camping Gear, Skiing Gear, Walking Gear, Outdoor Gear...

6 Market Place Buxton 01298 25824

**JO ROYLE
OUTDOOR**

Hilly five mile race Carnival Floats Well Dressings Procession Funfair

PRIZES: 1st 4 Males 1st 3 Females 1st Men's Team (3) 1st Women's Team (3)
All Vet Categories: M: 40/45/50/55/60/70 F: 35/40/45/50/55/60
Juniors: 1st Male 1st Female (Juniors: 15-19. Minimum age: 15)
Fancy Dress

At the discretion of organisers, one prize per runner.

PRESENTATION: Approx 3.30 pm, St John Hall, Holker Road. Presentation and refreshments

START: 1.50 pm, New Wye Street, Buxton town centre, near Waitrose car park. Please note the course will close after 1 hour.

FEES: £5.00 UKA Affiliated £7.00 Unattached £2.00 Juniors/ Over 60s/ Job Seekers

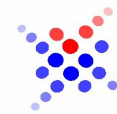
ENTRIES ON DAY: St John Hall, Holker Road, Buxton from 12 noon

POSTAL ENTRIES: Sarah Guise, 8 Hardwick Mount, Buxton, Derbyshire, SK17 6PR 07951560854

ONLINE ENTRIES: Available soon via Buxton AC website : www.buxtonac.org.uk/



| BUXTON CARNIVAL 5m ROAD RACE 2009 | |
|--|--|
| NAME: | |
| CLUB: | |
| UKA AFFILIATED: | YES NO (£2 extra) <i>Please delete as applicable</i> |
| Male/Female | AGE ON RACE DAY |
| ADDRESS: | |
| I am an amateur as defined by the UKA rules and accept that the organisers cannot be responsible for any loss, injury or damage which may occur as a result of my participation. | |
| I enclose my cheque/postal order for £payable to Buxton AC | |
| SAE: Please enclose an A5 S.A.E. You will receive just your number (folded in half). | |
| Signed | |



Lomas *Distribution*

28th

Buxton Half Marathon



Promoted by Buxton Athletic Club www.buxtonac.org.uk

Sunday 24th May 2009 11:00 am Start
Pavilion Gardens Buxton



"A road less travelled"

Under UKA Rules * Race Limit 500 * Permit No

Lomas Distribution

This year's sponsors are again Lomas Distribution.
A big thank you to the team at Lomas for their continued support.



Lomas Distribution
Waterswallows Ind Park
Buxton
01298 25479

Message from Race Directors Simon Moorhouse & Phil Leigh.

A warm welcome to all our 2009 runners and our sponsor Lomas Distribution.

Last year was the first time Simon and I had organised an event, but your feedback was positive and constructive so we've come back this year for another go.

We must say that the success of last years event relied heavily on the army of volunteers, club members and families that have done a job in the past and said to us "leave that with me" and it got done. Special thanks must go to the girls on registration who are very efficient and make the entry on the day system run very smoothly.

The course remains the same as last year with tough uphill sections and demanding fast down hills. Having run the race a number of times I can promise you stunning scenery with the majority of the course on minor roads.

As well as our main sponsor, we would like to thank the other organisations who support the race every year, doing various jobs and without whose help there wouldn't be a race.

- | | |
|-----------------------------|---|
| Buxton Spring Water | - Bottled water at finish & drinks stations |
| Buxton Swimming Pool | - Changing facilities & showers |
| Pavilion Gardens | - Venue |
| Buxton Mountain Rescue Team | - Manning cattle grids |
| St John Ambulance Brigade | - First Aid Cover |

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 |

Course Description.

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

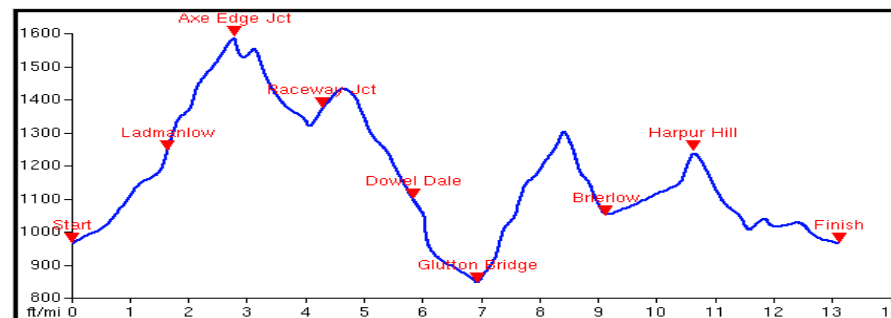
From the start the race proceeds along St John's road to the traffic lights (manned) at Christchurch. After these lights the race passes the 1-mile mark and the climb up to Axe Edge starts. Continue on the A53 towards Leek, past the 2-mile mark and the high point of the race before turning at left at Dalehead and reaching the 1st 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 2nd drinks station and the 7-mile mark. This is the start of the 2nd 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 3rd 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 to the college, now 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/~temnles/hc/>

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.

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 Critchlow | Beaumont RC | 1:16:53 |

Last Years Race

Sunday morning saw the over 200 runners assemble outside the opera house for the 27th Lomas Distribution Buxton half marathon. The field was well supplied with local club and fun runners as well as a number of runners from the organising club and more distant clubs.

Weather conditions were again the total opposite of the previous year, with sunny weather for the whole race. In the Men's race the leader and finish boards were dominated by Dewsbury Road Runners taking 4 of the top 10 places, with Andrew Guisley coming 8th for the second year in succession.

In the ladies race, the eventual winner was Julie Robinson an unattached runner from Matlock in what we believe was only her 2nd race ever.

Men

| Position | Competitor | Club | Time |
|----------|--------------------|-----------------------|---------|
| 1 | Philip Critchlow | Beaumont Running Club | 1:16:53 |
| 2 | Kevin Lilley | Sheffield | 1:17:15 |
| 3 | Chris Nicholl | Derby | 1:21:31 |
| 4 | Andrew Cottier | Dewsbury Road Runners | 1:22:27 |
| 5 | Andrew Meskimmon | Dewbury Road Runners | 1:22:45 |
| 6 | Kurt Fitch | Unattached | 1:23:16 |
| 7 | Jimmy Morris | Dewsbury Road Runners | 1:23:43 |
| 8 | Andrew Guiseley | Dewsbury Road Runners | 1:24:22 |
| 9 | Paul Light | Staffs Moorlands | 1:25:01 |
| 10 | Andrew Fitzpatrick | Manchester | 1:25:52 |

Women

| Position | Competitor | Club | Time |
|----------|------------------|-----------------------|---------|
| 1 | Julie Robinson | Unattached | 1:33:49 |
| 2 | Beckie Woodland | South London Harriers | 1:34:39 |
| 3 | Deborah Thomas | Trentham Road Runners | 1:36:41 |
| 4 | Maxine Worden | Dewsbury Road Runners | 1:37:37 |
| 5 | Rachel Chatwin | Stockport | 1:38:26 |
| 6 | Gaynor Deakin | Unattached | 1:38:45 |
| 7 | Lesley Yorke | Unattached | 1:38:50 |
| 8 | Lucy Clayton | Unattached | 1:40:34 |
| 9 | Olivia West | Formula One CC | 1:41:53 |
| 10 | Stephanie Ilsley | Wirksworth | 1:41:56 |

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 |
|--------------------------------------|--------------------|
| Buxton | |
| 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 |
| Buxton | |
| Bridge Street | Up to 1 hour 80p |
| | 1-2 hours £1.30 |
| | 2-4 hours £2.50 |
| | Over 4 hours £3.50 |
| Buxton | |
| Sylvan Park | Up to 1 hour 80p |
| | 1-2 hours £1.30 |
| Cars | 2-4 hours £2.50 |
| | Over 4 hours £3.50 |
| Buxton | |
| Pavilion Gardens | Up to 1 hour £1.00 |
| | 1-2 hours £1.60 |
| | 2-4 hours £3.00 |
| | Over 4 hours £5.00 |
| Buxton | |
| Spring Gardens Centre and Wye Street | Up to 1 hour 80p |
| | 1-2 hours £1.30 |
| | 2-4 hours £2.50 |

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 5 road races the club also organises a number of fell races through the year. 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 Railway Hotel on a Wednesday evening in time for our 7:00 pm sessions or visit our website at

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 Temple Fields in the summer and Buxton Community School sports hall in the Winter).

Staying for the Weekend ?

If you're coming a long way, why not make a weekend of it. Buxton has plenty to see and do and the beautiful Derbyshire Peak District is only a few minutes drive away.

Places to stay

Buxton has a wide variety of accommodation on offer, to suit all tastes and budgets, from guesthouses and B & B's to cosy family and large luxury hotels.

To find your accommodation please visit www.visitbuxton.co.uk

Places to Visit

| | | |
|-----------------------------|------------------------------|-------------------|
| Chatsworth House | (not National Trust) | near Baslow |
| Haddon Hall | (not National Trust) | near Bakewell |
| Hardwick Hall | (National Trust) | near Chesterfield |
| Heights of Abraham | Gardens and cable car | Matlock |
| Gullivers Kingdom | Theme Park for younger kids | Matlock |
| Castleton | Show Caves and village | |
| Bakewell | Home of the Bakewell Pudding | |
| Pooles Cavern | Show Cave | Buxton |
| Go Ape | Tree Top Adventure Course | Buxton |
| Buxton Museum & Art Gallery | | |
| Pavilion Gardens | Fairs and Bandstand | Buxton |

Shopping

| | | |
|-------------------|---------|----------|
| Peak Village | Outlets | Bakewell |
| Court House Shops | | Buxton |
| Cavendish Arcade | | Buxton |

Eating Out

| | | |
|-----------------|------------------|--------|
| Italian | | |
| Michealangelo's | Market place | Buxton |
| Firenze | Market place | Buxton |
| Pizza Express | Cavendish Arcade | Buxton |
| Chinese | | |
| Giant Panda | Market place | Buxton |
| Indian | | |
| Taj Mahal | High St | Buxton |
| Indian Palace | Quadrant | Buxton |
| Thai | | |
| Simply Thai | Quadrant | Buxton |

Course Map

To obtain your own copy of this route go to <http://www.realbuzz.com/flmroutes/map.php?item=21013>

