

SPIRE ULTRA 2022

Route Description

Start

1. Straight ahead down track until reaching the road. Turn right on pavement over railway bridge. After bridge, cross road to take footpath opposite junction with Ankerbold Road (marshal).
2. Left onto footpath, keeping the fence on the left at all times. Through barrier and left, following fence again (always keep fence to your left, do not go through gap).
3. Through barrier, turn left onto track then when you see metal mesh fencing panels, turn sharp right doubling back on yourself. Follow fencing as it curves round, do not go through gap, instead follow path up hill between trees.
4. At the end of this wooded section mesh fencing will turn you left. Follow path round on high ground above houses and with construction site on your right.
5. Follow round, cross service road and then up short track to main road. Turn right on pavement at marshal. **Cross road at final marshal** – caution, follow marshal instruction – busy road.
6. Through kissing gate and diagonally on path across 3 fields (via pedestrian gates). Enter land behind houses and follow the cut through to road.
7. At road, turn left 50m and then turn right into Far Tupton Woods. Follow path through centre of wood leading to gate.
8. Cross road onto grassy track and into Mulberry Wood. Take left path. At end of wood, go through gate to follow path around edge of fields to stile.
9. Turn left down track, cross stream and uphill to the path junction. Straight ahead through wooden rails and then (after 40m) left over stile into meadow.
10. Follow path along edge of wood and then enter the woods. Bear left and descend / ascend steps through wood.
11. Follow path along right hand edge of 3 fields uphill until reaching stone wall at top. Turn right into wood and take left hand (main) path through wood until gate / road. Turn left down road (steep hill).
12. Follow road til it curves to left, follow bridleway on right up to and beyond “The Manor”.
13. Keep on past Manor, follow grassy track up to a stone topped track, turn left and finally reach road.
14. Left up road for approx. 100 metres (caution: fast road) and then turn right onto footpath through new metal kissing gate.
15. Straight ahead on track and first field, straight ahead across 2nd field to pedestrian gate; diagonally right across 3rd field. Follow same angle across next field to standing stone and then hug top of fields to farm.
16. Through farm (caution, machinery and mud!)
17. Through field gate on right after final building and up to information panel at top of field. Slight downhill diagonal across field to gap in stone wall. Head to another farm turning left before farmyard and go through 2 small gates, bear right across

- grass and through another gate. Turn right to follow path across bottom of field to stile.
18. **DEVIATION 1** Left up track and to main road. CP1 water refill. Cross road with caution. Follow marshal's instructions.
 19. Up Belland Lane and over crest, continue down the road to Darley Road.
 20. Cross road with caution. Follow marshal's instructions. Left along verge, take lane on right, follow lane down through Stonehay Farm. **DEVIATION 1 ENDS**
 21. Continue along footpath down into Corporation Wood (caution, hidden rocks), cross stream and up to road. Turn right and 20m turn left up bridleway. Follow up, over and down to Loads Road.
 22. Cross road with caution. Follow marshal's instructions. Uphill 100m and then squeeze right through wall onto footpath. Follow through wood, meadow and right onto concrete track. Head down track and straight on through gate. Across small meadow through another gate to road.
 23. Right up road until road turns sharp right. Take footpath in the left hand corner.
 24. Footpath along boundary wall / hedge and then across field to wood. Boardwalk in wood. Through wood to field, turn right.
 25. On reaching next wood, aim for middle path heading diagonally down into depths of wood.
 26. **DEVIATION 2** At footpath junction turn right through wall and follow the path ahead of you as your back is to the wall. Over stream and then keep left at all times. Climb up to stile at road.
 27. Turn left up road, as the road bears to the left, turn right onto track for Woodhead Farm. After 10m, left across grass verge to stile (obscured by big tree). Across field. Over another stile and follow same angle through hedge down to track.
 28. Left along track and as it peters out, carry on same bearing to tree, then telegraph pole and then another stile.
 29. Left after stile through hedge, over stream. Across meadow into trees turn right 50m and then onto track. Left up track through small farm and out to main road.
 30. Follow marshal's instructions, turn right. Run along verge. Reach second marshal. Cross busy road with caution over pedestrian islands. Follow marshal's instructions. Turn left grabbing some water from **CP2** if needed and head up footpath towards Ladywood Garage.
 31. Turn right on Westwick Lane before Garage, follow road for approx. ¼ mile to bridleway sign and head left down Frithall Lane.
 32. Follow this lane as it meanders down and then up to and through Frith Hall farm yard. **DEVIATION 2 ENDS** Keep on lane until reaching large tidy farm at top of hill, turn right through farmyard and head diagonally across through the buildings and then left on to tarmac drive. Follow drive to road.
 33. Cross road and take footpath on the right of the house facing you. Follow footpath across 2 fields and then over wall diagonally across next field.
 34. Through squeeze in wall and follow path until you see Linacre upper reservoir (doing a good impression of Scandinavia!)

35. Turn right along wall into wood and then speedy lovely descent down towards dam. Cross dam, turn left and then take the path that goes straight up. Cross stile into field.
36. Left diagonal across field to corner and right through hedge up this field to stone wall. Left on to lane until road junction. Turn right on pavement down road.
37. On apex of right hand bend cross to footpath into field. (Extreme care, limited visibility both ways). Follow marshal's instructions.
38. Follow boundaries of three fields, the last field drop into its lowest, narrowest point and cross stream, ascend steps up into another field and head to barn. At barn turn right, follow hedge (on left) to stile. Footpath across 2 fields towards farm.
39. At farm do not go through farmyard. Path is in stone wall, 10m above the farm track (behind a tyre swing). Follow path on to road.
40. Right down road approx. 100m. In this small row of houses is a footpath on left, (opposite the sign for Newgate Farm). Follow this footpath up and then diagonally left to field boundary.
41. Keep right of electric fence along field boundary and the right over wall into field. Follow path over 3 more fields then turn left and follow this lower boundary of the next 3 fields until you turn right after the row of multi coloured houses and on to road.
42. Left at road, cross when safe and reach **CP3** water refill.
43. 100m after CP3, turn right down Keepers Lane. Follow lane down, left at bottom over bridge and then immediately right.
44. Follow path, over footbridge, straight ahead then head on the path heading up hill to gate.
45. Follow sign right to next stile then left, follow field boundary around to corner, keeping hedge on left.
46. Cross stile (obscured) and then right to wood.
47. Follow path in wood gradually ascending to forestry track.
48. Left up track 150m and then right on footpath towards bypass, climb towards footbridge and cross.
49. Follow good footpath until 3rd left (signposted) left uphill. Keep right and then cross into field.
50. Follow field boundary and when sighted aim for the stile to the right of the farm. Over another stile and then straight on.
51. Another stile, left, straight on, stile, down steps, cross lane, through gate to interpretation panel. Along 2 fields and then a stile, left until reaching clearly defined path right, heading down field. Run very fast down here, it's a blast. Into the next field and as the hedge veers left take the footpath diagonally right.
52. Head past the right of the 'island' of trees to pedestrian gate, go through and cross railway bridge.
53. Through yard and cross busy road with caution to head down road opposite (Crow Lane).
54. After 200m, take tarmac drive to the right (signed Ramshaw Lodge) and follow waymarks along drive. On entering woodland take the footpath to the left of the

- drive over footbridge. Follow this up to a field and cross the field to pedestrian gate.
55. Left on footpath past farm and bear right up a steep tarmac drive to road. Turn right and head uphill to the merry marshals at the Miner's Arms. **CP 4** (food and drink at 19 miles).
 56. Take footpath between house and farm drive straight through 3 kissing gates and then left on bridleway. Follow this until reaching 2 big green gates, bear right around edge of wood and head through gap (right) in fence to cross field.
 57. **DEVIATION 3** 200m across field and where footpaths cross, take path right towards houses. Cross drive into woodland, cross track and up into woodland (caution, Airsoft shooting in area so keep to the meandering footpath through to the field).
 58. Left along field boundary through kissing gate and straight on to gate against woodland. Keep straight on until the path curves down and out onto road at New Whittington. Cross, right and then left down Stone Lane. Cross High Street and then straight down Wellington Street. Ignore any side roads.
 59. Left at very end then take first right (Devonshire Avenue North). At end of this road, turn right 20m and then left towards canal. **DEVIATION 3 ENDS**
 60. Follow path straight on under bridge (very low bridge, watch your heads!), crossing river and canal and finally reaching barriers. Turn left along track and through field. Into next field turn right and head into woodland and down past allotments. Turn right and then left up into houses. Cross road and straight up steep drive. At top turn right through barrier and up very steep steps to road. Keep heading up street past shops, on reaching Co-op follow road as it curves up to main road.
 61. Cross over the main road using pedestrian crossing and then head left past caravan sales 200m and bear right off road to **CP 5** water (22 miles).
 62. Right on to field and past mast into woodland. Follow waymarks along woodland / field edges for approx. 400m before descending into the wood crossing stream on concrete bridge and steep climb.
 63. Right at path junction, follow very runnable path until **DEVIATION 4**. Tape will be much in evidence here; if you descend to a small bridge you have gone 100m too far.
 64. Keep running on path until woodland narrows to a hedge. Reach a barrier and follow the obvious stone path ahead up hill.
 65. Follow this until reaching barrier at disused railway line (Trans Pennine Trail) and then turn right. Follow trail under road bridge and skirt round the metal field gate near large working building. Now on private land follow race signs
 66. Head downhill on pavement 100m until level with a metal gate on left. Cross road with care and pass through gap next to gate.
 67. Follow track, it descends from the trees into a dip and climbs up to a tarmac lane.
 68. Right along lane until reaching entrance of Longcourse Farmyard
 69. Right into field (by solar panels) and descend over 2 fields to Park Gate Cottages **CP 6** (food and drink 27 miles).

70. Through gate and follow track right. It climbs and curves left up hill, past fisheries, towards Sutton Scarsdale Hall.
71. At top of track turn left. **DEVIATION 4 ENDS** Follow track round front of the Hall and it turns left on a shallow descent towards a small farm.
72. Through gate with care onto tarmac lane, turn right up steep hill (**blind summit**) and equally steep descent. After right hand bend take stile in stone wall on left to footpath into field.
73. Descend to brook, climb next field and follow signs directly across track, field, woodland. On reaching another track, cross into field, following boundary with hedge on left. Downhill to cross a brook, Up across field and then left onto track up to bridleway bridge. Cross bridge (over dual carriageway) and follow track up to Heath Church.
74. At the road, go straight on main village street (cross road with care) until reaching public footpath sign (and dog waste bin!) on right. Follow path, over stile, across 3 fields to Slack Lane. Caution: no pavement here, path comes out directly onto road.
75. Cross road with care and go through wooden bollards straight down track. Follow track until track junction, turn right, passing interpretation panel. Follow the track straight ahead, descends steeply to stream. Cross bridge and head straight up steep hill. Continue straight on track, past big factory buildings on left. At track junction, turn left towards Grassmoor. Continue ahead, under road bridge and keep following track straight ahead. Pass fishing pond and continue ahead until reaching gate. Through gate continue straight ahead until reaching road at North Wingfield.
76. Turn left and continue on pavement, crossing small side roads with care, for approx. 0.5miles to North Wingfield Community Resource Centre and **FINISH!**

CP1	A632 Crossing	6.5 miles	Water
CP2	A619 Crossing Relay change 1	11 miles	Light food and water
CP3	Barlow Road Crossing	15 miles	Water / squash
CP4	Miner's Arms Hundall Relay change 2	19 miles	Water / squash / coke Sweet and savoury foods
CP5	Brimington footpath into West Wood	22 miles	Water
Cp6	Park Gate Cottage Sutton Scarsdale	27 miles	Water / squash / coke Sweet and savoury foods
Finish	North Wingfield Community Centre	33 and a bit miles!	

Mandatory Kit

Mandatory Kit Requirements – to be carried at all times – non negotiable. If during the event you are found to be running without all of the mandatory kit, then do expect me to go Lazarus Lake and remove you from the event. This is primarily an element of safety, of conditions of the permit, and of fairness to all participants. (This also applies to relay runners. They can either carry their own pack or use a team pack which is handed on runner to runner.)

Minimum of 500ml water/sports drink

Emergency food supply

Whistle

Waterproof jacket

Decent trainers appropriate for a variety of trail conditions

Map and route description (can be on your phone provided you have the battery charging capability to last the duration.

Mobile phone – fully charged – with race directors nos 07741 488737 or 07513 215514

Bear in mind the weather forecast on the day, we would additionally recommend;

Recommended Kit

GPS

Buff or similar

Hat and gloves

extra warm layer

waterproof trousers