

LADYBOWER RESERVOIR

SATURDAY 26TH SEPTEMBER 2026

21K | 52K



EVENT GUIDE

Presented by:



x [SPORTSSHOES.COM](https://www.sportsshoes.com)



WELCOME TO LADYBOWER

We are incredibly excited to welcome you all to The Ladybower 21k & 52k in just a few short days. The whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. We are sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to us that you do so in the safest way possible. With this in mind, a few members of our team will be heading out in the early hours of race day to do a final course check before our pre-race runner briefing.

We can't wait to see you all on race day, so please come and say hello. Our team can be found in blue high viz, located across the course and in the event village setting you off at the start and welcoming you back over the finish line!

All the best of luck and see you soon!

THANK YOU TO OUR PARTNERS



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TRAIL RACE CHECKLIST

Whether your first trail race or first RunThrough Trails race, we are looking forward to seeing you on race day! Use the information below to help with your training, race plan and navigation.

PLANNING AND TRAINING

Trail races are very different to road races. Plenty of practice on the hills and tricky downhills will give you confidence on race day. Remember to forget your split times and enjoy the views.

A course recce is the best possible prep, however, we appreciate that it isn't always possible!

COURSE AND NAVIGATION

All RunThrough trail races are marked with bright orange flags and tags, directional arrows and no-entry crosses. Additional marshals are in place at critical and strategic positions, however, courses are not marshalled like RunThrough road and park races and there will be no distance markers.

Unfortunately, as with any trail race, course markings can be interfered with. For this reason, it is mandatory to have the route on a phone, watch or GPS device to self-navigate if necessary.

PLAN FOR RACE DAY

Travel & Parking - With many trail races in remote locations, checking public transport and parking will be critical to arriving in time before your race for kit-check and bib-collection. We highly recommend car sharing where possible.

Kit-Check & Race Bib - All races will undergo spot checks for mandatory kit when collecting your race bibs on the morning of the race.

Spectators - Spectators are always welcome at Base Camp & at each race start, creating a fantastic atmosphere for all participants.

PLAN YOUR KIT

A mandatory kit is in place for safety, with spot checks conducted before the start of all races, with some races having a full kit check. This will be specified on the event web page and in the event guide.

Each race has a standard mandatory kit and an additional mandatory kit, in case of adverse conditions. Additional Mandatory kit will be stated in the event guide and on the website, with the race director communicating any activations of the additional mandatory kit at the earliest possible convenience.

NUTRITION AND FUELLING

Our well stocked Aid Stations provide a range of hydration and nutrition at strategic distances in the race. While we endeavour to offer a wide selection of inclusive refuelling options, we recommend bringing a sufficient supply of nutrition for more specific dietary requirements.

Exact fuelling can vary by race & distance, with hot options being made available in the latter stages at certain events only.

We encourage runners and spectators to arrive early and car share where possible. Looking after the environment and providing sufficient car parking is crucial to ensuring everyone can enjoy the event, while respecting the local environment, people and businesses.

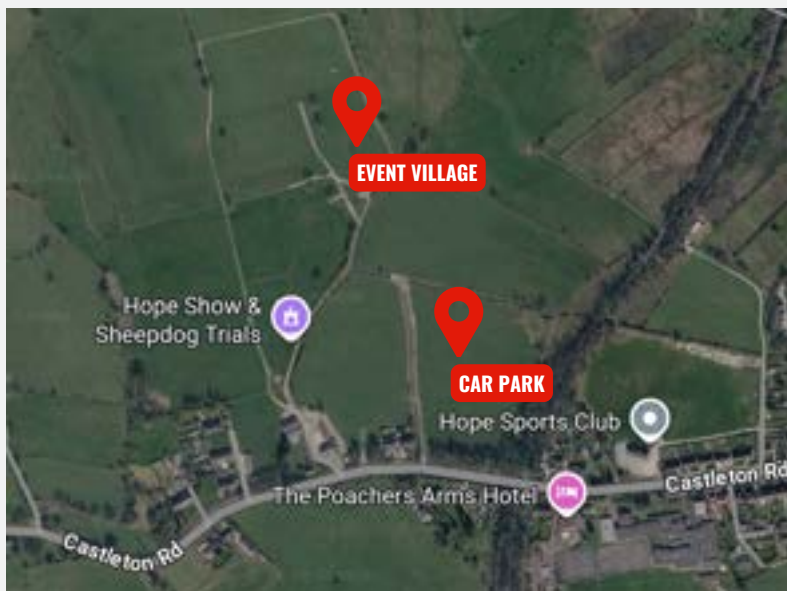
Hope Showground, Marsh Farm, Castleton Rd, Hope Valley, S33 8RZ

EVENT VILLAGE:

[///goats.musically.splendid](http://goats.musically.splendid)

CAR PARK:

[///tell.brightens.pickup](http://tell.brightens.pickup)

**BY CAR:**

There is free parking at Hope College, 93 Castleton Rd, Hope, Hope Valley S33 6SB. Please follow the signage off Castleton Road.

Once the college parking is full, there will be parking made available by the event village. Please follow marshals directions for the correct entry, as the road next to it will be the exit only.

Please arrive with plenty of time to collect your tracker before your race.

Please note, there may be queues on arrival. Please be patient in getting into the car parks and parked up.

We will have a team of marshals on arrival to help you park.

With respects to residents and the local community, we ask that you only park in the designated car parks and not on side streets or verges.

BY PUBLIC TRANSPORT:

Hope (Derbyshire) Train Station is only a 1.2 mile trot away. If arriving by train, turn right out of Station Road and follow the A6187 and Castleton Road by foot (don't worry, there's pavement) all the way to the venue. You'll pass through the lovely town of Hope and over the River Noe on your way.

There is also a bus (257b) that can take you part of the way but walking will be much more reliable.

TIME	WHAT	WHERE
06:30	Event Village open	Hope Show Ground
	52K Race	
06:30 - 07:30	Kit Spot-Check 52k Race Pack Collect	Hope Show Ground
07:45	52k Race Briefing	Event Village - Stage
08:00	52k Race Start	Event Village - Start Line
	21K Race	
08:30 - 09:30	Kit Spot-Check 21k Race Pack Collect	Hope Show Ground
09:45	21k Race Briefing	Event Village- Stage
10:00	21k Race Start	Event Village- Start Line
17:50	Last aid station cut-off	Heatherdene- AS4
19:15	All races finish	Event Village - Finish Line

Your hub for the event, collect everything you need pre-race, the start and finish of the race and all of your post-race needs.

Hope Showground, Marsh Farm, Castleton Rd, Hope Valley, S33 8RZ

REGISTRATION & INFORMATION

On arrival, please head to the registration marquees- where you can collect your race bib. Please have all your kit ready to show our team, as spot checking will be in operation.

15min before each race, there will be a race briefing by the start, please attend this ready to run, as from here you will be walked to the start line ready to hit the trails.

BIB COLLECTION

Your race bib contains your timing chip, medical form and race number. Please make sure you attach this well and fill in the information on the back; this is part of your mandatory kit. You can collect this, along with safety pins from the registration marquees.

KIT-CHECK

We have a mandatory kit in place to keep you safe throughout the race, and we'll be spot-checking before you collect your race bib.

Additional spot checking is at the Race Director's discretion before, during, and after the race, with failure to produce the required kit resulting in disqualification or time penalties based on the offence.

TRACKER COLLECTION

All **52K runners** are provided a GPS tracker, which is issued after receiving their race bib. Please take note of where to position your tracker by the on-site team for the most effective tracking results.

Follow the race live with the following link: [HERE](#)

TOILETS

There will be portable toilets located in the event village. Should you require any sanitary products, please visit our staff at the information marquee who will be able to help you.

BAG DROP

Attached to your race number, use your bag tag to leave belongings in our bag drop area to collect post-race.

BASE CAMP FACILITIES



Bag Drop



Toilets



Food & Snacks



Finish Aid Station



Hot Drinks



Kit Stall

Trail racing is a fantastic blend of spectacular scenery, amazing racing and pushing to achieve amazing goals. It is also a team effort. It's a commitment from the RunThrough Trails staff, our partners, and you to create an event that challenges you and creates memories that last a lifetime.

RACE PREPARATION

By taking part in a RunThrough Trails event, you are agreeing that you are physically fit and accept the risks of participating in a trail running event.

Trail running events are physically demanding by their nature, providing risk that all participants need to understand before heading to the start line.

Being fit, able and wearing the correct kit is all part of preparing responsibly for a trail running event.

EVENT DAY MEDICS - 07507 250672

Our expert, Trail Event Medics, are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary. Saving the medic number is part of your mandatory kit. This will also be printed on your bib.

Medic Number: **07507 250672**

NAVIGATING THE RACE ROUTES

RunThrough Trails proudly implements world-class route marking, using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.

OUR COMMITMENT - LEAVE NO TRACE

We require permission from a huge number of stakeholders to enable our races to take place. To do so, we commit to respecting the landscape, local people, businesses and wildlife.

By entering a RunThrough Trails Race, you too commit to this mission by:

Leaving no litter - Closing all gates - Keeping to the routes

Please note: Littering or leaving gates open may result in disqualification and removal from the race.

Mandatory kit will be spot-checked when collecting your race bib on the morning of the race. Please be ready to show the marshals any of the kit requested from the mandatory kit.

If you'd like to purchase mandatory kit from our RunThrough Kit supplier, this can be pre purchased [HERE](#)

MANDATORY KIT

R - Recommended

ITEM	21K	52K
 Running Pack - Vest or Belt		
 Mobile Phone (Fully Charged, Medical Number Saved)		
 Route Map - GPX Loaded to Watch/Phone/GPS		
 ID/ Driving Licence		
 Drinking Container - Cup, Flask or Bottle		
 Foil Blanket or Survival Bag		
 Whistle		
 Waterproof Jacket with Taped Seams & Hood		
 Water Bottle / Hydration Bladder (min 500ml)		
 Head Torch + Spare Battery		
 Emergency Food/ Fueling		
 First Aid Kit		
 Cash (€20)		
 Running Poles		

ADDITIONAL KIT / RECOMMENDED KIT

In the event of extreme weather, the additional mandatory kit listed below may be activated. Additional kit requirements will be communicated as soon as possible.

ITEM	21K	52K
Sun Cream (SPF 30+)		
Sunglasses		
Cap or Visor		
Extra Water Capacity (+500ml)		
Waterproof Trousers (taped seams)		
Headwear for Warmth		
Gloves or Mitts		
Insulated Jacket		
Scarf/ Neck Gaiter		

52K

Aid Station	Distance (KM)	Location	Cut-Off
Start		Hope Showground	
AS1	12	River Ashop	10:50
AS2	17	Heatherdene	11:50
AS3	30	Kings Tree	14:20
AS4	35.5	Upper Derwent	15:20
AS5	46.5	Heatherdene	17:50
Finish	51	Hope Showground	19:15

21K

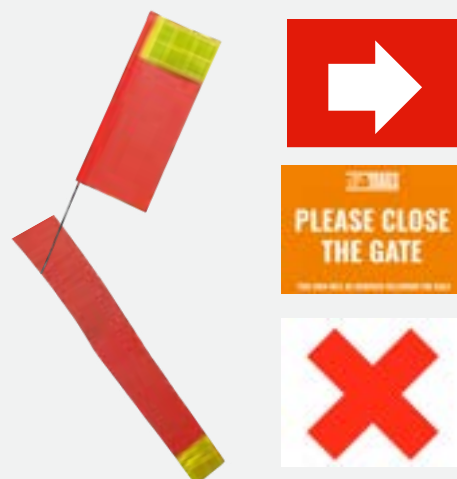
Aid Station	Distance (KM)	Location	Cut-Off
Start		Hope Showground	
AS1	11.8	River Ashop	12:50
Finish	21	Hope Showground	15:00

COURSE MARKINGS

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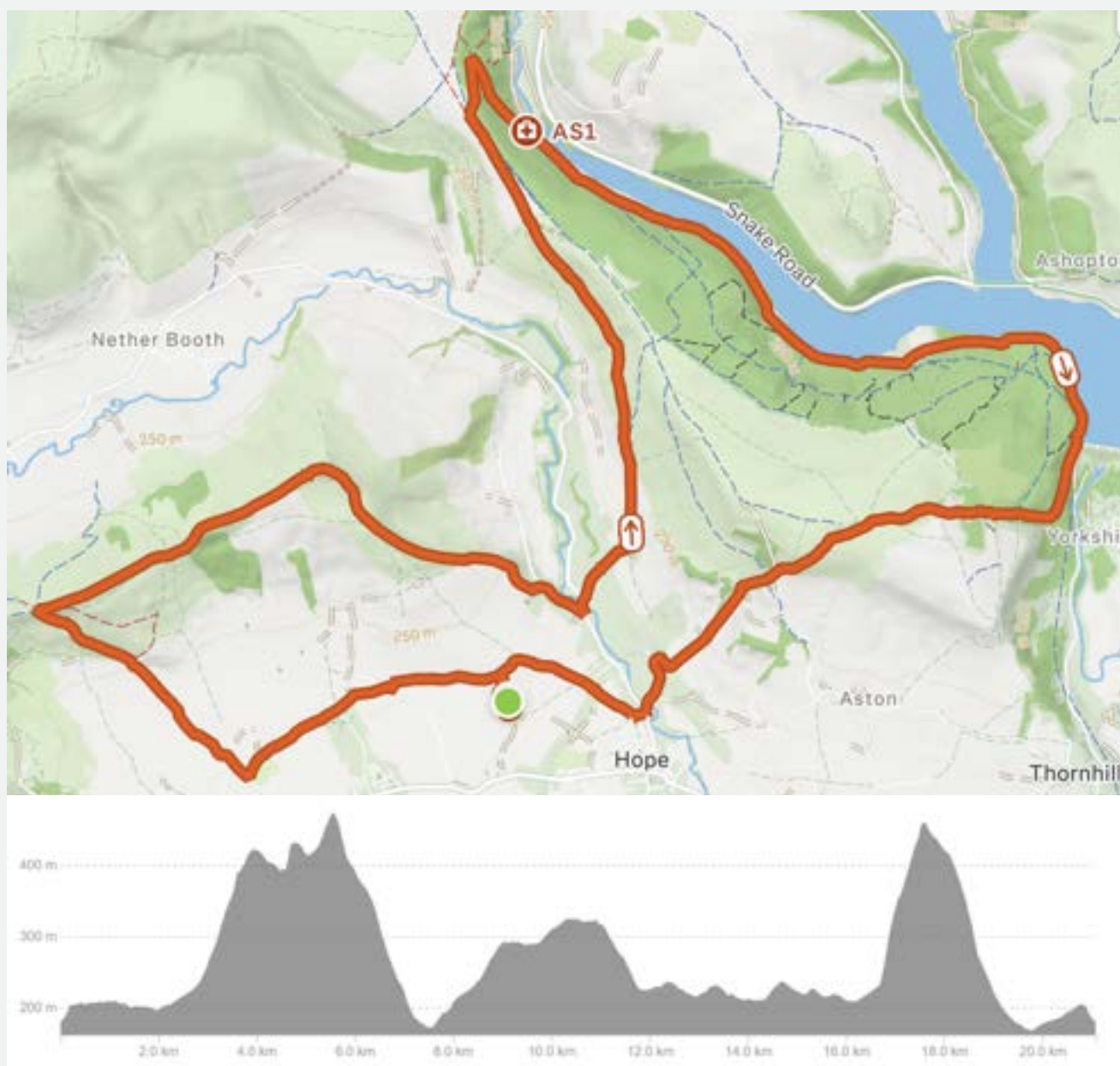




[DOWNLOAD 52K GPX](#)

[CLICK FOR 52K STRAVA](#)

[CLICK FOR 52K TRACKING](#)



[CLICK FOR 21K STRAVA](#)

[DOWNLOAD 21K GPX](#)

RESULTS

Results will be available immediately after the race on the RunThrough website:

Race Results: <https://results.runthrough.co.uk/results>



PHOTOS

Professional photos are provided for free, with photographers out on the course and at the finish line.

Get your race photos here: <https://www.runthroughgallery.com>



SPECTATING/ CREWING

Runners are advised to carry all their own fuelling, but should you wish to meet up with your spectators along the way, this is fine to do so! We recommend using the [tracker link](#) for the 52k runners, or sharing live location for the 21k.

However, we ask that you avoid driving directly up to or parking too close to any of the aid stations along the route. These have to be clear of vehicles at all times to provide access for staff and medics. Please do not obstruct the course in any way, and take any litter with you.

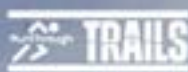
Street parking is available in several places along the route, but may require a short walk to get onto the course.

We recommend taking a walk up Loose Hill from the event village, where you can see runners approximately 5km into each route.

Win Hill is also a great little walk you can do to catch runners in the final few km, however please note, if you do decide to embark up here, you may not make it back to the finish before your runner does!



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EVENT MERCH

If you have purchased an event T-shirt or hoody with your race entry, please head to the RT Kit stall in the event village on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered any kit, but would like to purchase some now, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)

PURCHASE HERE



MANDATORY KIT AVAILABLE TO PURCHASE ON RACE DAY



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There are a variety of volunteer roles available at the RunThrough Trails events, including:

- Course marking
- Aid station support
- Marshal roles on the course
- Base Camp setup and logistics

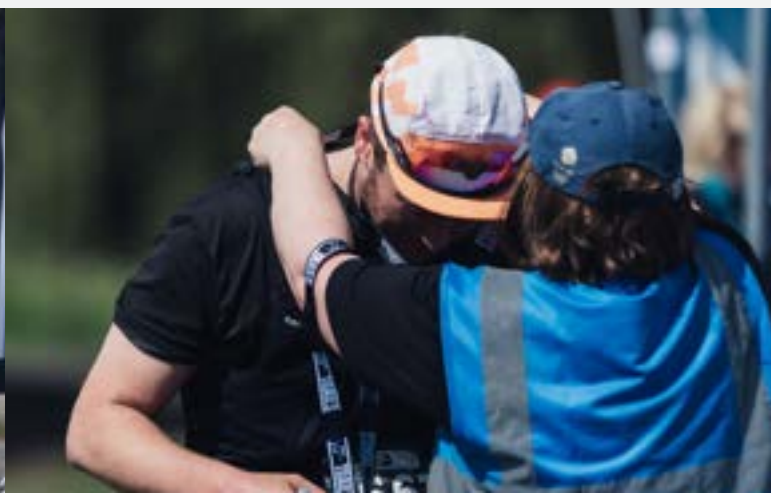
Volunteering is a great way to be part of the race atmosphere, support the trail running community, and enjoy the stunning mountain environment—even if you're not running!

All volunteers receive RunThrough race credits, which can be used towards entry to any RunThrough event or a donation to a charity or local association of your choice.

For more details, check out our Volunteer [FAQs](#)

If you have any questions along the way, feel free to reach out volunteer@runthrough.co.uk
We'd love to have you on the team!

JOIN THE TEAM





UPCOMING UK EVENTS

BEAT BOX HILL 21K, 30K & 50K
10TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

LAKE DISTRICT 3K & 53K
10TH APRIL 2027



MORE DETAILS AND ENTER HERE

THE FOX 20K, 41K & 62K
22ND MAY 2027



MORE DETAILS AND ENTER HERE

THE SOUTH DOWNS 12K, 25K, 50K
1ST AUGUST 2026



MORE DETAILS AND ENTER HERE

VIEW ALL UK EVENTS HERE



UPCOMING EUROPEAN EVENTS

ULTRA-TRAIL D'ORSIERES 15K, 25K & 50K
3RD OCTOBER 2026



MORE DETAILS AND ENTER HERE

BERCHTESGADEN 12K, 26K & 44K
17TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

ASCONA-LOCARNO 24K, 42K & KIDS
24TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

GIRONA 15K, 26K & 50K
3RD APRIL 2027



MORE DETAILS AND ENTER HERE

VIEW ALL EUROPEAN EVENTS HERE



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BROOKS

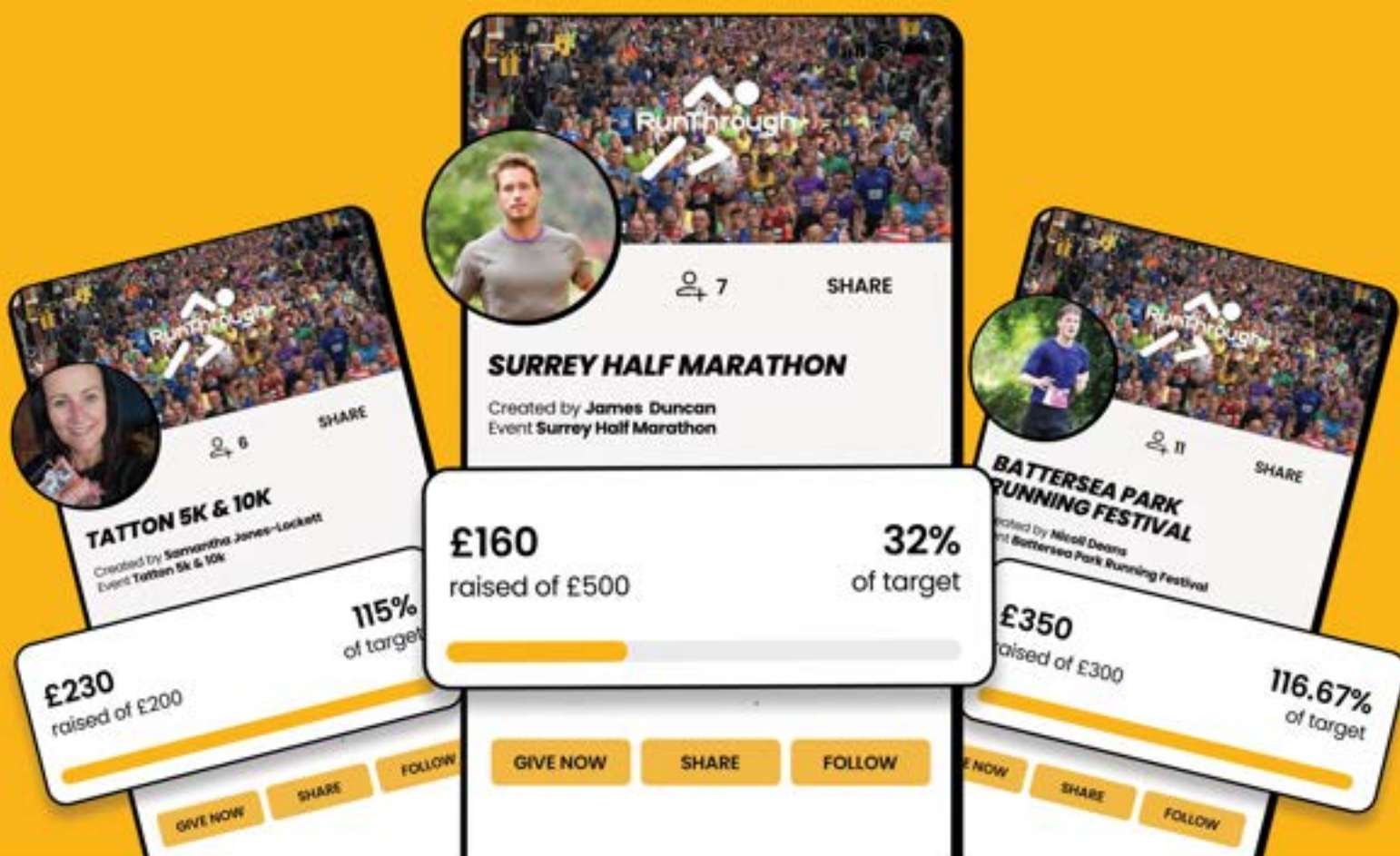


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16 - 19 OCTOBER 2026

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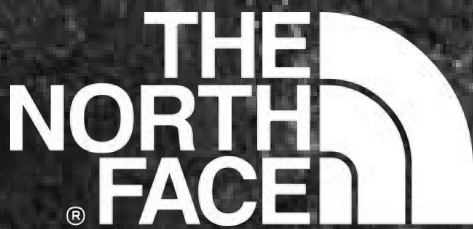
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19 - 22 FEBRUARY 2027

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