LIMESTONE SERIES

# MONSAL MASH FELL RACE

**Saturday 31st October 2026, 11:00am**



The Fell Runners Association

INOV8 Bakewell Store

VOOM

Rab

**Dear Competitor,**

**Thank you for entering the inaugural Monsal Mash Fell Race 2026 – we are looking forward to seeing you all on race day. Please read through the information below carefully to ensure the event runs smoothly and safely.**

**Please note: Our races are licenced by the Fell Runners Association (FRA) and governed by FRA rules. Further information may be found on the FRA website; please read also their requirements for runners.**

## >>> REGISTRATION <<<

Registration will take place at The Canteen, DE45 1NL, between 9:00am and 10:40am. The Canteen is in the Monsal Head Hotel, next to the Stables Bar. You will receive a wristband with a timing dibber and a race number, which must be worn on your front and be clearly visible at all times.

The race will start on the path underneath the Monsal Head Viaduct and finish on the road at the Monsal Head Hotel. The race start is a 15 minute walk from registration (follow the red line on the map below).

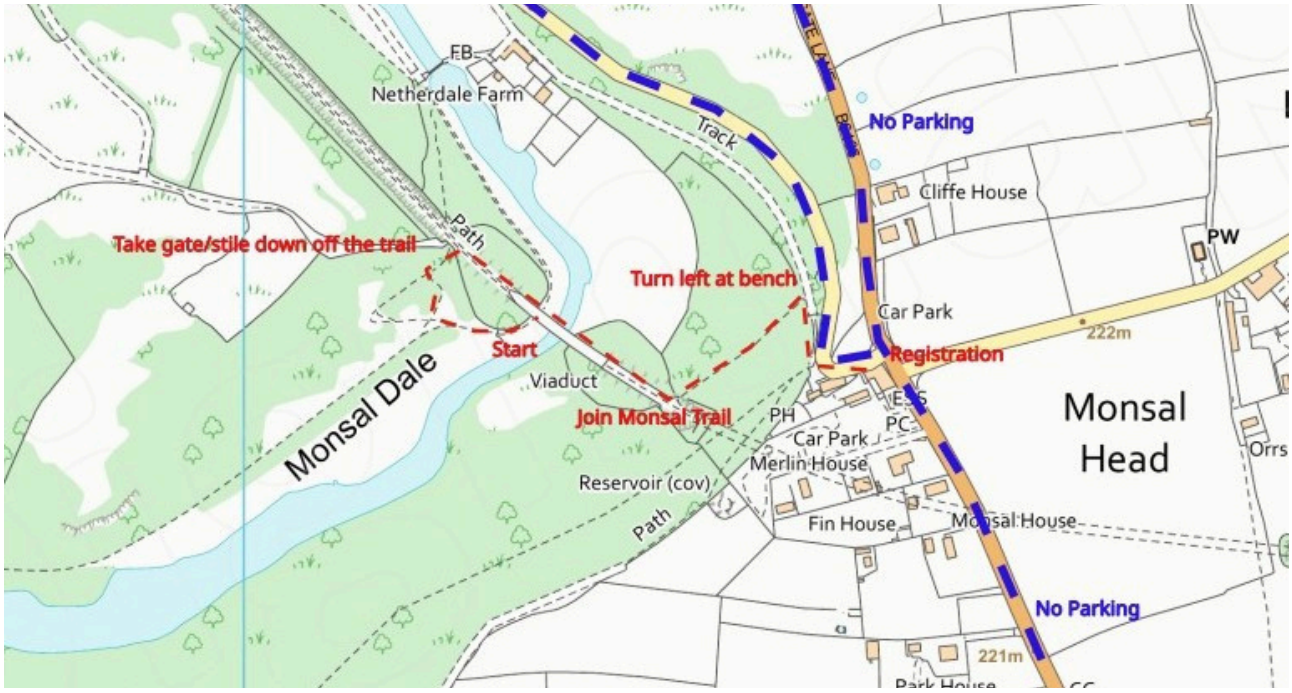
## >>> PARKING <<<

Parking is available at public car park behind the Monsal Head Hotel, DE45 1NL. Don't forget to pay and display. The are sections of roadside parking, but do not park on the Monsal Head Road, or Castlegate Lane (B645).

Please consider car-sharing where possible to reduce traffic and environmental impact (and because fuel is outrageously expensive). Those travelling to the race by bicycle or on foot will be entered into the draw for a sustainability spot prize.

## >>> TOILETS <<<

There are public toilets within the public car park, as well as within The Canteen. You know the drill, birng some spare toilet paper just in case.

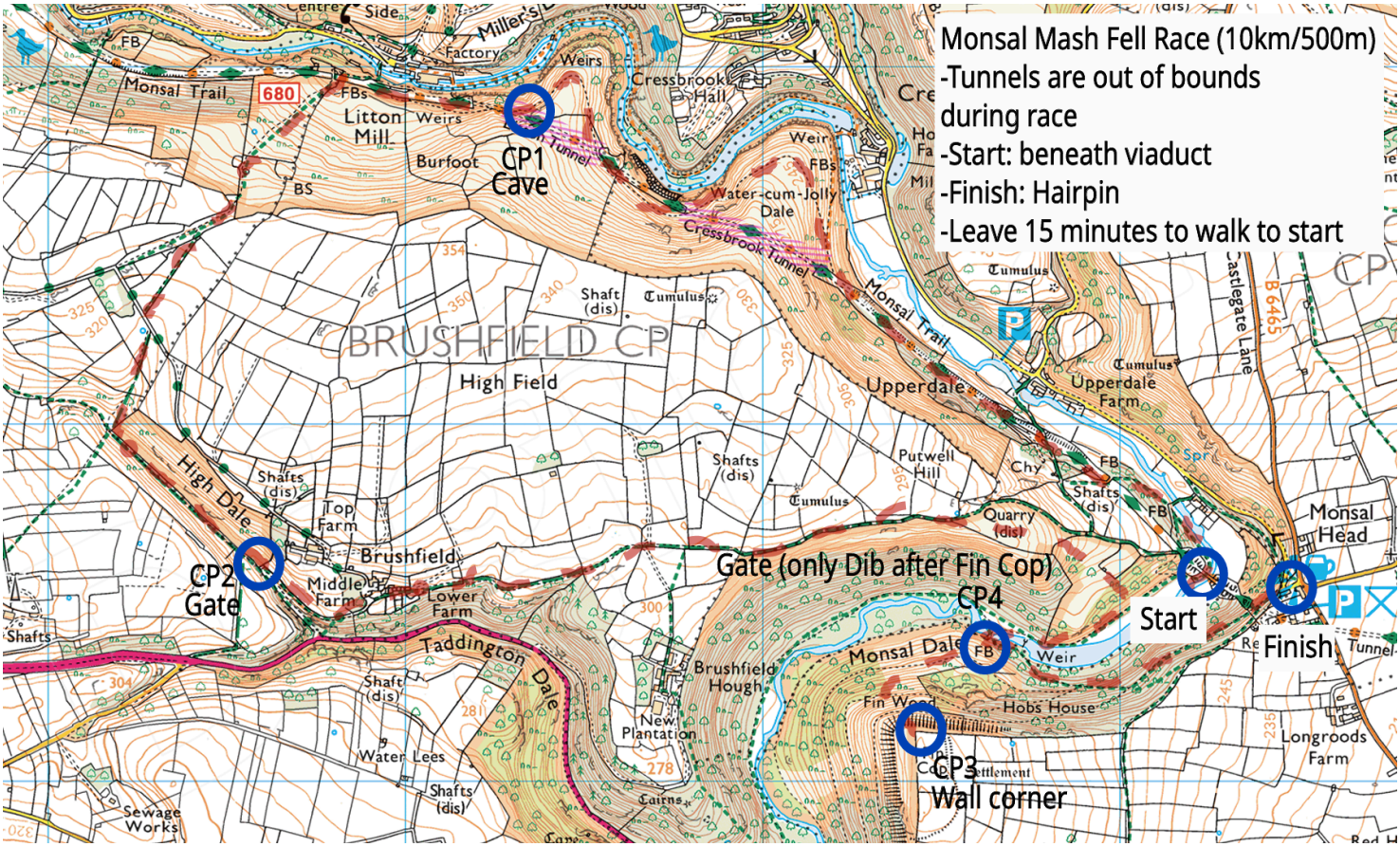


# >>> COURSE INFORMATION <<<

The course will be fully marked with marshals situated along the route (see map below), although route choice is allowed (the tunnels are out of bounds). Timing checkpoints will be situated above (1) Litton Tunnel, (2) Brushfield and the (3) top and (4) bottom of Fin Cop. You must insert your dibber at each checkpoint, as well as at the finish, to complete the race. After finishing please proceed directly to download which will be in The Canteen (where you registered). Checkpoints must be visited in the correct order (1,2,3...).

Please take care as there are some hazardous sections on the course, including steep descents on unstable ground, a river crossing, and fields that may contain cattle.

Distance: 10 km | Elevation: 500 m | Category: AS




# >>> EMERGENCY INFORMATION <<<

Please check that we have your up-to-date emergency details (emergency contact, car registration, medical conditions). These can be edited until Friday on SiEntries.

## >>> KIT REQUIREMENTS <<<

Please be prepared to carry full kit (waterproof full-body cover, hat/buff, gloves, whistle) but this may be relaxed depending on the weather conditions. Please wear suitable running shoes with adequate grip for the terrain. If you forget your shoes (like I did at the FRA relays this year) Inov8 will have demo shoes available to try on. The use of GPS navigation or poles is not allowed. If it comes to our attention that a competitor has been breaking these rules, this will result in a disqualification.

## >>> RETIREMENT <<<

If for any reason you decide not to complete the race, you MUST return to registration to report your retirement and return your dibber, even if you have already informed a marshal on the course. This is an essential safety requirement of the event and failure to do so could result in an unnecessary search by rescue organisations.

## >>> REFRESHMENTS <<<

Water will be provided after the finish. If possible, please bring your own cup to reduce waste. Additionally, the race registers and finishes at a cafe and a pub who will have all sorts of suitable refreshements availble to purchase.

## >>> RESULTS <<<

After finishing, please return to registration to download your result and return your dibber. Dibbers MUST be handed in to the organising team ON THE DAY - there will be a charge of £30 for any lost/missing dibbers.

Full results will be available shortly after the race at https://www.sportident.co.uk/results/WainwrightRunning/2026/MonsalMash.

## >>> PRIZES <<<

Prizegiving will take place (weather premitting) outside the Stables Bar once all of the age-category winners have finished. Rab, VOOM Nutrition and various other local benefactors have kindly donated prizes. Prizes will be awarded to the first three men and women and to the winner of each age category (MU23, WU23, M40, W40, M50, W50, M60, W60, M70, W70). There will also be men and women's team prizes (3 runners per team) and spot sustainability prizes.

**Thank you again for entering and supporting our race and we look forward to seeing you soon.**




**Harry Holmes, Alison Wainwright, Max Wainwright and Eleanor Barber**
**Limestone Series Race Organisers**