

Welcome to the Derbyshire Dash

Dave and Chris Thornton invite you to join them on a run through Derbyshire on Sunday 12 August

Starting point The Vernon Arms
 London road south
 Poynton
 Stockport
 SK12 1LQ

This is a SIZZLE PUB located on the left hand side of the A523 between Poynton and Macclesfield about $\frac{3}{4}$ mile past the junction with A5149 as you leave Poynton

Itinerary

Start 10 am for 10-30 start after coffee and biscuits £1 per person

Total mileage 116 miles Approx

There will be a lunch break at Bakewell approx 1 ½ hrs plus 2 other short stops

You can arrange your own lunch in one of Bakewells many pubs or cafes or take A picnic as the car park is adjacent to the river.



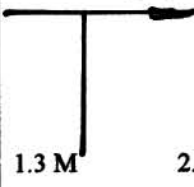


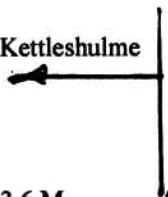
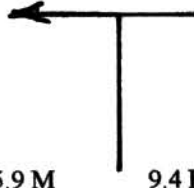
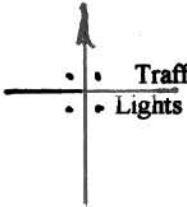


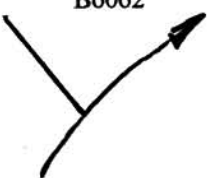

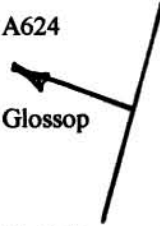
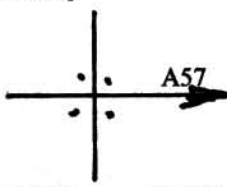
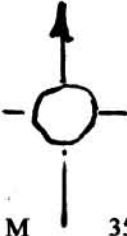
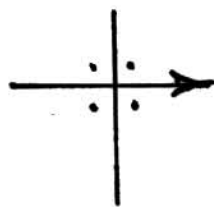
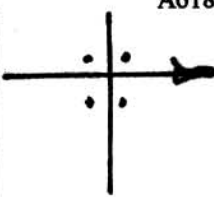
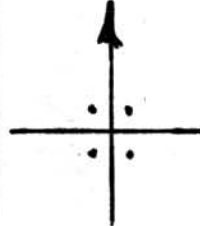

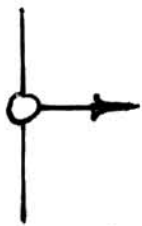
We will finish back at the Vernon Arms for a farewell drink , meals are available

For those who wish to stay a while longer.

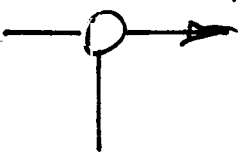
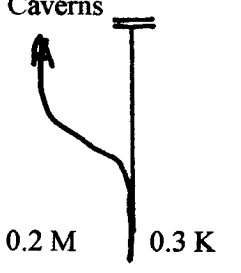
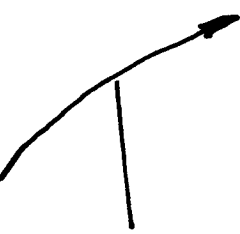
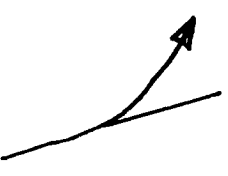
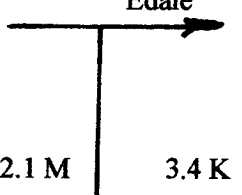
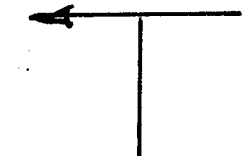
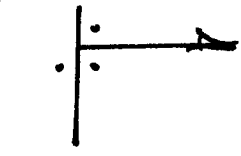
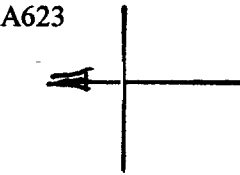
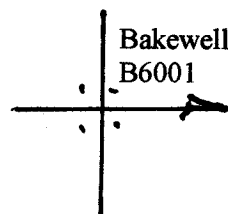
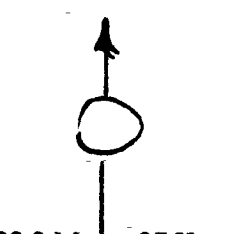
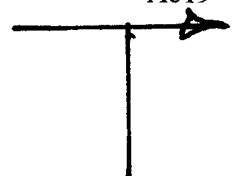

Our Mobile is 07949761616

Blue Mk 3 PO55XTD


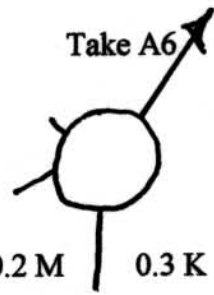
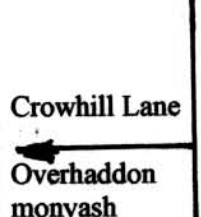
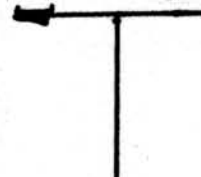
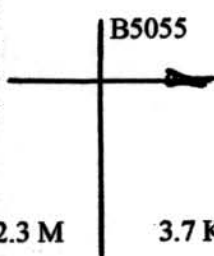

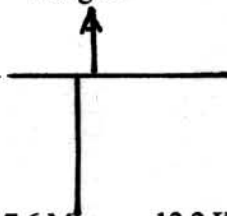
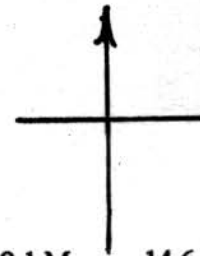

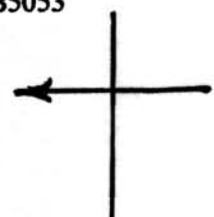
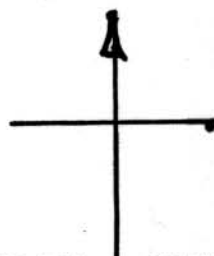
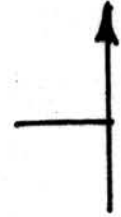
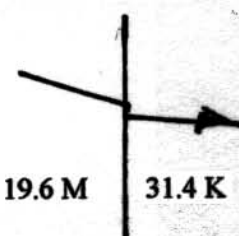
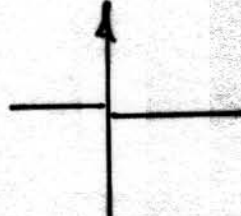
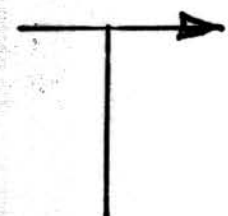
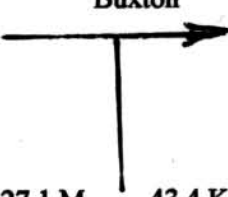





SHEET 1 of 4

<p>Left out of pub</p>  <p>ZERO TRIP</p>	<p>Pott Shrigley</p>  <p>0.6 M 1.0 K</p>	<p>Pott Shrigley</p>  <p>1.3 M 2.0 K</p>	 <p>2.0 M 3.2 K</p>	<p>Pott Shrigley</p>  <p>2.6 M 4.2 K</p>
<p>Opposite church</p> <p>Kettleshulme</p>  <p>3.6 M 5.8 K</p>	<p>Whalley Bridge</p>  <p>5.9 M 9.4 K</p>	<p>B5470</p>  <p>8.8 M 14.0 K</p>	<p>Crossings Road</p>  <p>11.5 M 18.4 K</p>	<p>Bear Right</p>  <p>Oddfellows Arms</p> <p>12.8 M 20.5 K</p>
<p>B6062</p>  <p>13.2 M 21.1 K</p>	<p>B6062</p>  <p>13.3 M 21.3 K</p>	<p>A624</p>  <p>Glossop</p> <p>14.0 M 22.4 K</p>	<p>Traffic Lights in Glossop</p>  <p>21.8 M 34.9 K</p>	 <p>22.1 M 35.4 K</p>
<p>You are now on the Snake Pass Enjoy the twisties please observe the speed limits: as the police monitor this road heavily at weekends</p>	<p>A6013 Castleton</p>  <p>35.5 M 56.8 K</p>	<p>A6187</p>  <p>38.2 M 61.1 K</p>	 <p>39.9 M 63.8 K</p>	 <p>41.0 M 65.6 K</p>
 <p>42.4 M 67.8 K</p>	<p>Turn into pay and display car park Toilets and regroup</p>			

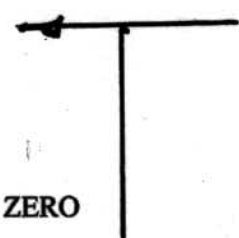

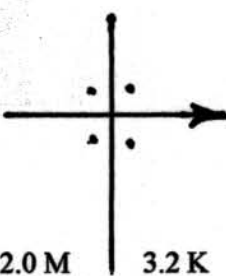
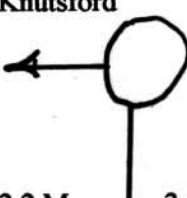
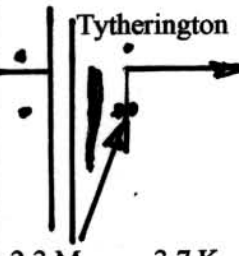
SHEET 2 OF 4


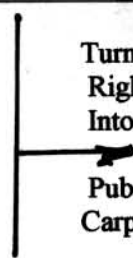
<p>R out of car park</p>  <p>ZERO TRIP</p>	<p>Caverns</p>  <p>0.2 M 0.3 K</p>	 <p>1.4 M 2.2 K</p>	 <p>1.7 M 2.7 K</p>	<p>Barber Booth Edale</p>  <p>2.1 M 3.4 K</p>
<p>A625</p>  <p>9.2 M 14.7 K</p>	<p>B6049</p>  <p>10.0 M 16.0 K</p>	<p>A623</p>  <p>14.9 M 23.8 K</p>	<p>Bakewell B6001</p>  <p>20.2 M 32.3 K</p>	 <p>23.2 M 37 K</p>
<p>A619</p>  <p>24.0 M 38.4 K</p>	<p>CAR PARK</p>  <p>24.5 M 39.2 K</p>	<p>Lunch stop Either picknic by the river or eat in Bakewell :many cafes and pubs Pay & Display 2 Hrs £1.50</p>		

SHEET 3 OF 4

<p>Left out of car park</p>  <p>ZERO</p>	<p>Take A6</p>  <p>0.2 M 0.3 K</p>	<p>Crowhill Lane</p>  <p>Overhaddon monyash</p> <p>1.2 M 1.9 K</p>	 <p>1.9 M 3.0 K</p>	<p>B5055</p>  <p>2.3 M 3.7 K</p>
<p>B5055</p>  <p>6.4 M 10.2 K</p>	<p>Longnor</p>  <p>7.6 M 12.2 K</p>	 <p>9.1 M 14.6 K</p>	<p>Longnor</p>  <p>10.0 M 16.0 K</p>	<p>B5053</p>  <p>10.9 M 17.4 K</p>
 <p>12.8 M 20.5 K</p>	 <p>14.7 M 23.5 K</p>	<p>DON'T MISS THIS ONE !!!!!</p>  <p>19.6 M 31.4 K</p>	 <p>21.3 M 34.1 K</p>	 <p>23.7 M 37.9 K</p>
<p>A53 Buxton</p>  <p>27.1 M 43.4 K</p>	<p>This ridge is known as AXE EDGE The village of FLASH signposted on your left is the highest village in England</p>	 <p>32.5 M 52 K</p>	<p>A54</p>  <p>32.7 M 52.3 K</p>	<p>You are now on the CAT & FIDDLE Once again please watch your speed</p>
<p>A537</p>  <p>34.4 M 55 K</p>	<p>The next turn is a brown tourist sign For Teggs nose country Park</p>	<p>Teggs nose</p>  <p>40 M 64 K</p>	<p>CAR PARK</p>  <p>40.5 M 64.8 K</p>	<p>Stop for toilet & regroup 30 mins free parking</p>

SHEET 4 of 4

<p>Left out of car park</p>  <p>ZERO</p>	 <p>1.2 M 1.9 K</p>	 <p>2.0 M 3.2 K</p>	<p>M6 Knutsford</p>  <p>2.2 M 3.5 K</p>	<p>Tytherington</p>  <p>2.3 M 3.7 K</p>
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<p>A523</p>  <p>4.3 M 6.9 K</p>	 <p>Turn Right Into Pub Carpark</p> <p>8.1 M 13 K</p>	<p>VERNON ARMS</p> <p>Finish of run Food and drink available</p>	<p>If you require assistance with a route back to the Motorway Please ask</p>	
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	<p>We hope you have enjoyed your day</p>			
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