

Wendy's Challenge

Wendy's Challenge is an orienteering course planned in memory of Wendy Billing (née Lightfoot). Wendy was a world class orienteer who lived in the Hathersage area for many years and loved walking, running and navigating in the countryside. She also enjoyed a challenge and encouraged her friends to challenge themselves in life and in sport. The countryside around Hathersage is spectacular and well worth a visit.

The Course

The course consists of 26 virtual checkpoints (controls) marked with circles on a map. You can visit the controls in any order and earn points for each control you visit. Some of Wendy's special places and those controls with the best views earn more points (as shown in brackets on the map). The challenge is to get as many points as you can in 2 hours. You lose 10 points for each part of a minute over the 2 hour limit.

Some of you may want to see how long it takes to complete the whole course and not worry about the points, others may challenge themselves to visit all the controls in two or more attempts, and others may find walking or running to a few of the checkpoints to take in the views enough of a challenge.

Download the map from here:

www.CognitoCoaching.com/Maps/WendysChallenge_Map_20000.pdf 1:20,000 scale map on one A4 sheet

www.CognitoCoaching.com/Maps/WendysChallenge_Map_15000.pdf 1:15,000 scale map on two A4 sheets

Parking is at Oddfellows Road Car Park in Hathersage <https://goo.gl/maps/AEKaizjdDZUgsYtL6>

Or better still get the train or the bus out there from Sheffield or Manchester.

The start is at the scout hut on Baulk Lane (marked by a triangle on the map).

The finish is on the grassy bank behind the public toilets (marked by a double circle on the map).

The control descriptions on the map include a description of each control point and the points scored.

Timing and Results

The course is available on the MapRun smartphone app which beeps to confirm you've found each control and records your time, points and route. Find out more at <https://maprunners.weebly.com/>.

Download the latest version of MapRun (currently MapRun6) to your smart phone (a challenge in itself!)

To load the event do one of the following:

Use this link <https://p.fne.com.au/openevent/?id=17438&auth=302362>

In the app choose **Select Event -> UK -> South Yorkshire -> Wendy's Challenge**

Or if you're in Hathersage use **'Events Near Me'**

Click **'Go To Start'** and when you get to within about 15 metres of the start the app beeps and timing starts.

Each time you pass a **control point** the app will beep and register the control number and time.

When you get to the **Finish** your times and points are uploaded automatically.

You can complete the course as many times as you like, trying out different routes or improving your times.

Map and Terrain

The map uses the Ordnance Survey map as a base with a few additional paths shown to aid navigation and route choice. **Only use rights of way (shown in green), permissive paths (shown in orange), or open access land (pale orange border). Do not climb walls or fences. Leave gates as you find them.** Purple lines show un-crossable walls in open access areas and purple hatching is used as a reminder to stick to the rights of way in the private estates.

The open access land is tough going with heather all year round and seasonal bracken in summer – there are some extra paths which aid running but can confuse navigation. Some of the rights of way in the Longshaw Estate around control 25 no longer have paths but try to stick to the lines of the rights of way.

Watch out for purple hearts, rainbows and butterflies!

Safety

Although you're never far from Hathersage the terrain can be exposed in parts so please dress accordingly with adequate protection for rain, wind, sun, and cold or hot weather, and carry water, snacks and extra layers as necessary. Don't rely on your phone in case the battery runs out, take a printed map and compass (and a torch if you're heading out in the evening). There are plenty of roads and landmarks and if you get lost heading South or West downhill should get you back to Hathersage or Grindleford. There are some dangerous crags so be careful if it's dark or misty and take care crossing roads. If you're not used to walking or running for two hours then have several attempts and build up slowly as part of the challenge.

Catering En-route

Control 16	Grindleford Café – good old fashioned greasy spoon, but don't ask to vary the menu!
Control 25	Café at Longshaw Lodge to the North East - drinks, cakes and snacks.
Control 9	Regular ice cream van on the road to the South West
Control 12	Occasional ice cream, coffee, or pizza vans at the car park to the North West
Control 17	Regular ice cream and occasional coffee vans at Surprise View Car Park to the East
Control 19	Regular ice cream and occasional Asian street food vans at Burbage Bridge to the North
Control 24	Occasional ice cream van at the car park to the South
The Finish	A wide variety of pubs and cafes in Hathersage

There are toilets at the finish, in the cafés, and at the top of the valley near control 12.

Alternative Routes

Choosing your route to maximise points and minimise effort is all part of the challenge but here are a few ideas to help you out:

Hello Wendy (Controls 22 and 21) 2.7km and 120m climb

A climb up to Wendy's bench (Control 22 - The Apple Core) to take in the view, followed by a visit to Wendy's grave (behind the wall to the South East of control 21).

Rivers and Railways (6, 15, 8, 16) 4.5km and 70m climb one way (8.5km and 80m climb if you miss the train)

A peaceful and relatively gentle stroll without too much climb - along the river and through the woods to the legendary Grindleford Café and catch the train back if you time it right!

Hathersage Horseshoe (22, 2, 23, 4, 13, 21) 7km and 300m climb

A relatively short but hilly route around the fields and lanes above Hathersage, quieter than other parts.

Stanedge Stumble (1,11,12,24,19, 10, 14, 5, 21) 9.5km and 400m climb

A big climb up to the highest point in the area and bit of scrambling through the rocks, heather and bracken.

Longshaw Loop (21,5,14, 20, 25, 9, 18, 17, 26, 7) 11.5km and 400m climb

Visits some of the most beautiful areas including the pond at control 25 where a memorial tree is planned.

On Yer Bike (22, 3, 12, 14, 24, 10, 17, 9, 16, 6) 25km and 550m climb on bike, 3km and 60m climb on foot.

Hathersage doesn't have many bridleways but here's a route mostly on roads with a few excursions on foot. Could also be done by car but the driver would need to stay with the car as parking is very limited.

The Grand Tour (6, 15, 8, 16, 25, 9, 20, 10, 19, 24, 12, 23, 2, 22, 21) 17.5km and 600m climb

A loop around the outside of the area without climbing up and down too much.

The Full Monty (all 26 controls) 27km with 1000m of climb!

Can it be done in 2 hours?!

If you have any questions or problems with the course you can contact me (Nick Lightfoot) at cognitocoaching@gmail.com. Would be great to see your photos and stories on the Facebook page https://www.facebook.com/events/431580635231308/?active_tab=discussion