



**EVENT CALENDAR**

**Get ACTIVE Get FIT Have FUN**  
**Get Involved!**





## EVENT CALENDAR

Get ACTIVE Get FIT Have FUN  
**get involved!**



**04** September 

**Jog Derbyshire 5k**  
ShIPLEY Country Park



P4

**25** September 

**Chatsworth House Walk**  
Chatsworth House



P5



**08** October 

**Peak District Mountain Bike Challenge**  
Dark Peak/Edale area



P6

**20** November 

**High Peak Winter Challenge Hike**  
Matlock



P7



**18** March 

**Calke Abbey Walk**  
Ticknall, South Derbyshire



P8



**25** March 

**Sport Relief Mile**  
Locations throughout Derbyshire

In support of Sport Relief



P9



April/May 

**Derby 10k and Family Fun Run**



P10

**13** May 

**Forget Me Not Walk**  
Cromford Canal



P11



May-July  

**Race for Life**  
Venues across Derbyshire




P12

**20** May 

**Fancy Dress Drag Race**  
Chesterfield Town Centre



P13

**23** June 

**Midsummer Midnight Walk**  
Cliffe Park, Dronfield



P14

**08** July  

**It's a Knockout**  
Chesterfield area



P15



Get ACTIVE Get FIT Have FUN  
**Get Involved!**



This calendar of events has been created as part of the drive to create a legacy in Derbyshire from the London 2012 Olympic and Paralympic Games.

➤ *We hope that by creating and promoting this calendar of events, we will boost entries and participation levels, as we encourage greater participation in sport and recreation as part of our 2012 Games legacy.*

Each one of these events will provide a high quality, fun experience, perfect for individuals, families, groups of friends or work colleagues - and in some of these the organisers have created a workplace team challenge.

Entering the events couldn't be more simple - just follow the instructions on each page.



Why not visit the Active Derbyshire website for more information about activities happening in Derbyshire [www.activederbyshire.co.uk/championingevents](http://www.activederbyshire.co.uk/championingevents)



or visit [www.derby.gov.uk/sport](http://www.derby.gov.uk/sport) for events taking place in Derby.





# Jog Derbyshire 5k

Entry details: [www.activederbyshire.co.uk/jog](http://www.activederbyshire.co.uk/jog)

**Sunday**

**04**

**September 2011**

**Shipley Country Park**

**Start Time:** 10.30am

**Cost:** Individual Entries £6

*workplace  
friendly*

Team Challenge event including light refreshments and baggage area.

**Details:**

Entries (4 adults per team)

**Cost:** £25 per team of 4



Run, jog or walk your way to 5k on this course around Shipley Country Park. Go at your own pace and have fun either as an individual or as part of a team with your work colleagues.

The Active Derbyshire Workplace Team Challenge is aimed at getting workers from local businesses and workplaces out from behind the desk or off the shop floor and enjoying some activity as a team and is very much about having fun (rather than getting the fastest time).



- Teams of four runners from your workplace are invited to take part
- Entry fee of £25 per team
- Refreshments and baggage store area for Challenge teams
- Prize for the 1st placed workplace team, as well as other spot prizes
- Memento for all team finishers
- Limited to 25 teams so get your entry in now!

**Jog Derbyshire** is a county wide project which aims to encourage people to become fitter and be more active by starting to jog on a regular basis with people of similar fitness levels.

Jog Derbyshire has established a network of community based jogging groups through which anyone who is new to jogging, or has not run for a long time, can be guided through a series of gentle walking and jogging programmes led by a qualified Jog Derbyshire Leader.

For more details about Jog Derbyshire go to [www.activederbyshire.co.uk/jog](http://www.activederbyshire.co.uk/jog)



# Chatsworth House Walk

Entry Details: [www.bhf.org.uk/chatsworth](http://www.bhf.org.uk/chatsworth)

or Call 0800 169 3672 Email [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)

## Look after your heart by joining the British Heart Foundation on World Heart Day for the Chatsworth House Walk.

Three new routes cater for all ages and abilities and soak up the splendour of the Chatsworth Estate. Starting and finishing at one of Britain's best loved and scenic historic houses, Chatsworth House. These are some of the most stunning hikes around with breathtaking scenery all the way round.

**4 Mile Route - easy.** This low level walk meanders through the deer park to the beautiful village of Edensor before taking in the views of the House as you complete the walk along the River Derwent. This route is on grass and trails.

**7 Mile Route - intermediate.** Starting with a heart warming climb through the woods to the hunting tower you will be rewarded with stunning views of the Derwent Valley, before dropping down to walk along the River Derwent. Stiles are present on this route.

**10 Mile Route - challenge.** Branching off from the 7 mile route at Beeley you will climb to Carlton House to ascend the other side of the valley to gain a spectacular view of Chatsworth House before soaking up the charm of Edensor Village and the tranquillity of the River Derwent. Stiles are present on this route.

**The British Heart Foundation** is the Nations Heart Charity. The vision is to have a world where people don't die prematurely from heart disease through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease - through research, information, campaigning, care and equality. The sponsorship you raise will help us save lives.



**Sunday**

**25**

**September 2011**

**Chatsworth House**

**Start Time:**

Registration opens 8.00am

Walks start from  
9.00am - 10.30am

**Cost:** £10 per person  
£5 for under 16's

*workplace  
friendly*

Team entry available,  
including light refreshments  
and team prizes.

No additional cost  
for team entries





# Mountain Bike Challenge

## Peak District

Entry details: [www.bhf.org.uk/peakmountainbike](http://www.bhf.org.uk/peakmountainbike)

or Call 0800 169 3672 Email [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)

**Saturday**

**08**

**October 2011**

**Edale, Hope Valley**

**Start Times:**

Between 9.00am -10.00am

**Cost:** £15 per person  
this event is not suitable for  
under 18's

workplace  
friendly

Group entry available.

No specific hospitality or  
Team Challenge.



A choice of four exciting routes set in the beautiful Peak District, with something for riders of all abilities.

**The Routes**

**Adventure Route (approx 14 miles).** A great introduction to the Dark Peaks. Although this is our shortest route, it will still provide you with some technical rocky trails, big hills and wonderful views.

**Advanced Route (approx 23 miles).** This route is suited to more experienced riders wanting to ride some of the more technical trails, taking in some of the Dark Peak classics. Expect big hills and loose rocks.

**Extreme Route (approx 34 miles).** *For very fit and competent riders only*, this is the ultimate off road biking experience. With 34 miles of steep hills and technical terrain, this really is a tough challenge.

**Ultimate Route (approx 42 miles).** *For very fit and competent riders only*, this is the ultimate off road biking experience. With 42 miles of steep hills, technical terrain and exposed stretches this is the toughest of them all!



**Have fun, get fit and save lives!**

# High Peak Winter Challenge

Entry details: [www.bhf.org.uk/highpeak](http://www.bhf.org.uk/highpeak)

or Call 0800 169 3672 Email [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)



## Experience the spectacular landscape of the Peak District on this popular and challenging 17 mile hike.

The High Peak Trail is traffic free and suitable for moderate to fit walkers. Passing through some of Derbyshire's finest countryside and industrial heritage, the Trail follows the route of the former Cromford and High Peak Railway. This was one of the world's first long distance railway lines, built between 1825-30 on canal principles.

There is no minimum age for this event but we would remind parents that the distance and weather conditions mean that we would recommend children under the age of 10 do not take part.

- Walkers aged 10-16 must be accompanied by an adult
- We will once again be providing transport at Cromford Meadows to the opposite end of the trail so that you can walk back in the direction of your vehicle
- The route is fully signed and marshalled
- Free water is available at points along the route and at the finish line
- All participants will receive a free BHF hat
- Free parking available at Cromford Meadows

***Have fun, get fit and save lives!***



**Sunday**

**20**

**November 2011**

**Matlock area**

**Start Times:**

Between 6.00am - 9.00am

**Cost:** £10 per person  
£5 (10-16's)

*workplace  
friendly*

Team entry available,  
including light refreshments  
and team prizes.

No additional cost  
for team entries





# Calke Abbey Walk

Entry details: [www.bhf.org.uk/calke](http://www.bhf.org.uk/calke)

or Call 0800 169 3672 Email [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)

**Sunday**

**18**

**March 2012**

**Calke Abbey**

**Start Times:**

9.00am - 10.00am

**Cost:** £10 per person

*workplace  
friendly*

Team entry available,  
including light refreshments  
and team prizes.

No additional cost  
for team entries

## A 10 mile circular walk starting from the beautiful grounds of the National Trust property Calke Abbey.

The route links the two largest reservoirs in the National Forest at Staunton Harold and Foremark in Derbyshire. An enjoyable early Spring walk in stunning surroundings.

The route follows a mixture of tracks, fields, forest paths and country lanes.

Walkers will go through the rich and varied landscape of Calke. All walkers receive refreshments along the route.

*Have fun, get fit and save lives!*



**The British Heart Foundation** is the Nations Heart Charity.

The vision is to have a world where people don't die prematurely from heart disease through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease - through research, information, campaigning, care and equality. The sponsorship you raise will help us save lives.



# Sport Relief Mile

Entry details: [www.comicrelief.com](http://www.comicrelief.com)



Events will be taking place across Derbyshire - Including the following:

- Shipley Country Park Mile
- Clay Cross Mile - Sharley Park Leisure Centre
- New Mills Mile
- Tideswell Mile
- Rutland Sports Park Mile
- Ashbourne Recreation Ground Mile
- Glossop Mile
- Buxton Mile
- Bolsover Mile
- Derby Moorways Mile
- Swadlincote Woodlands Mile
- Chesterfield Queen's Park Mile



Sport Relief is a huge fundraising campaign that gets everyone active while they raise cash and help to change lives in the UK and across the world's poorest countries.

It involves hundreds of thousands of amazing people getting sponsored to do 1, 3 or 6 miles at the Sainsbury's Sport Relief Mile events across the country.

**Sunday**

**25**

**March 2012**

**Countywide**

**Start Times:**  
Dependent on area

**Cost:** Adult £6.00  
Kids (Under 16) £3.00  
Family (2 Adults & 2 Kids) £15.00



Group entry available.

No specific hospitality or  
Team Challenge.





**April/May**

**2012**

Date to be confirmed

**Pride Park Stadium, Derby**

**Start Times:**

TBC

**Cost:** £TBC

Entries open October 2011

*workplace  
friendly*

Team entry available,  
including corporate  
hospitality and team prizes.



# Derby 10k & Family Fun Run

Entry Details: [www.sporting-futures.org.uk](http://www.sporting-futures.org.uk)

The very first 10k took place in April 2001 and saw 800 people run around Pride Park. The event has grown year on year and now has 3500 entrants in the 10k which has a 4k city centre section as well as a 3k family Fun Run. Derby County Football Club host the event allowing runners a magnificent stadium finish.



Cooper Parry sponsor the Business Team Challenge element of the 10k run which has a capacity of 500 runners.

The event is open to teams of business colleagues, who each run the 10k route, and allows competitors to compete with each other and other local businesses. In 2011 72 teams took part, and between them raised over £12,000 for charity.

**Sporting Futures** was established in 1994, and engages with hard to reach and vulnerable young people through sport. Working in some of the most disadvantaged neighbourhoods in the county the charity has worked with thousands of young people developing their confidence and team work skills, giving them opportunities to participate in regular activity and helping them engage in their local communities.



Sporting Futures Mission: Working with partners to reduce the risk of crime and antisocial behaviour throughout Derbyshire communities by encouraging targeted young people to participate in physical recreation.



# Forget Me Not Walk

Entry Details: [www.beatbloodcancers.org/event/cromford-forget-me-not-walk](http://www.beatbloodcancers.org/event/cromford-forget-me-not-walk)



## 2 Mile Cromford Canal Stroll

This walk is ideal for families or anyone wishing to take a gentle stroll along the Cromford Canal, a world heritage site. Feed the ducks and catch a glimpse of the water voles. Walkers may like to take refreshments at the High Peak Junction Visitor Centre before returning along the canal to the finish at Cromford Wharf.

## 15 Mile Cromford Run or Walk

This unique challenging route allows you the opportunity to see wildlife, places of interest, local history and enjoy the panoramic views over the Derbyshire countryside. We have special permission to access private fields and woods not normally open to the public, making this event not to be missed.



**Leukaemia and Lymphoma Research** is the only UK charity solely dedicated to research into blood cancers, including leukaemia, lymphoma and myeloma.

Their life-saving research is focused on finding causes, improving diagnosis and treatments, and running groundbreaking clinical trials for all blood cancer patients. Blood cancers including leukaemia, lymphoma and myeloma affect people of all ages from babies to grandparents. We need to be sure that we reach all those touched by leukaemia, lymphoma and myeloma and give them the best possible chance of survival.



**LEUKAEMIA  
& LYMPHOMA  
RESEARCH** 

Beating Blood Cancers

Patients today are benefiting from our groundbreaking research over the past 51 years.

[www.beatbloodcancers.org](http://www.beatbloodcancers.org)



**Sunday**

**13**

**May 2012**

**Cromford Canal**

**Start Time:** 10.30am

**Cost:** £10 adults  
£5 children

*workplace  
friendly*

Group entry available.

No specific corporate  
hospitality or Team  
Challenge.





# Race for Life

Entry details: [www.raceforlife.org](http://www.raceforlife.org)



**May-July**

**2012**

Venues across Derbyshire

**Cost:** £TBC

*workplace  
friendly*

Group entry available.

No specific corporate  
hospitality or Team  
Challenge.



**Race for Life events are fantastic fun for women of all ages and fitness levels.**

Enter your local 5k or 10k Race for Life and raise money for Cancer Research UK's life-saving work. In Derbyshire there will be a number of Race for Life events taking place across the county in 2012.

Full event details will be publicised later in the year and will be available online at [www.activederbyshire.co.uk/championingevents](http://www.activederbyshire.co.uk/championingevents). We will be supporting them and encouraging you and your colleagues to take part and get active.

5k is an achievable distance for all women. You'd be surprised how easily you can cover the distance.

***Race for Life events are full of amazing moments.***

**Race for Life and Cancer Research UK** - Cancer Research UK is the world's leading charity dedicated to beating cancer through research. Their groundbreaking work aims to find new ways to prevent, diagnose and treat cancer and has saved millions of lives.

Cancer Research UK research into many aspects of cancer through the work of more than 4,000 scientists, doctors and nurses across the UK.

Race for Life is the largest women-only fundraising event in the UK. Since 1994, women of all ages and fitness levels across the UK have come together at these inspiring events to walk, jog or run to help beat cancer.



# Fancy Dress Drag Race

Entry details: [www.ashgatehospiceevents.co.uk](http://www.ashgatehospiceevents.co.uk)



The Fancy Dress Drag Race is a sponsored event open to all males from 11 upwards and is a 5 mile circular route around Chesterfield.

Ashgate Hospice hopes you can raise as much sponsorship money as possible so they can continue to provide their valuable service to patients and their families across North Derbyshire. Once you have registered for the event, you will receive a fundraising pack through the post, which includes your sponsor forms.

Don't forget to plan your outfit! (Remember the Ashgate Hospice Charity Shops). They really hope to see you there.

**Ashgate Hospice** provides specialist palliative care, free of charge, to people with life limiting illnesses in North Derbyshire. The aim of the Hospice is to provide the best quality care and support for patients and their families and carers. We also aim to relight hope and help people to live for every day.

Our specially trained staff provide a wide range of services to patients and their families, including medical, nursing, physiotherapy, occupational therapy, welfare and benefits advice and emotional and bereavement support.



The Hospice receives a grant from the NHS through Derbyshire County PCT, but we still need to raise over £2.5 million annually through voluntary contributions and fundraising. Without the help of local individuals and businesses, Ashgate Hospice could not open its doors to the people of North Derbyshire who need the services we offer. [www.ashgatehospice.org](http://www.ashgatehospice.org)



**Sunday**

**20**

**May 2012**

**Chesterfield Town Centre  
and surrounding area**

**Start Times:**  
9.30am

**Cost:** £10

*workplace friendly*

Group entry available.

No specific corporate hospitality or Team Challenge.



# Midsummer Midnight Walk

Entry details: [www.ashgatehospiceevents.co.uk](http://www.ashgatehospiceevents.co.uk)

**Saturday**

**23**

**June 2012**

**Cliffe Park, Dronfield**

**Start Times:**

Registration opens 10.00pm

**Cost:** £10

*workplace  
friendly*

Group entry available.

No specific corporate  
hospitality or Team  
Challenge.



**Come and join us for the fifth annual Midsummer Midnight walk which is aimed at Ladies only.**

The event starts at Cliffe Park in Dronfield at Midnight on the 23rd leading into the morning of Sunday 24th June. You can either take on the challenge of 6.5 miles or 13 depending on your preference. This event is a sponsored event and is open for females aged 11 and up.

After you have finished your walk, you will be welcomed back to a warm drink and a snack - something we think is well worth completing the walk for!

**Ashgate Hospice** provides specialist palliative care, free of charge, to people with life limiting illnesses in North Derbyshire. The aim of the Hospice is to provide the best quality care and support for patients and their families and carers. We also aim to relight hope and help people to live for every day.

Our specially trained staff provide a wide range of services to patients and their families, including medical, nursing, physiotherapy, occupational therapy, welfare and benefits advice and emotional and bereavement support.



The Hospice receives a grant from the NHS through Derbyshire County PCT, but we still need to raise over £2.5 million annually through voluntary contributions and fundraising. Without the help of local individuals and businesses, Ashgate Hospice could not open its doors to the people of North Derbyshire who need the services we offer.

[www.ashgatehospice.org](http://www.ashgatehospice.org)



# It's a Knockout!

Entry details: [www.ashgatehospiceevents.co.uk](http://www.ashgatehospiceevents.co.uk)



It's a knockout is a fun-filled team building occasion, featuring inflatable obstacle courses and giant fancy dress costumes, not to mention lashings of soapy water.

Teams will be competing in front of a noisy and enthusiastic audience for the winners' trophy, the kudos, the envy of their competitors and the adulation of their supporters.

Team sponsor forms will be issued in addition to the entry fee.

Each team must have a minimum of six and a maximum of ten competitors.

This is an ideal opportunity for you and your team to:

- Motivate each other
- Enjoy a fun and rewarding day
- Work together as a team
- Support Ashgate Hospice
- Showcase your business



**Ashgate Hospice**  
Living for every day

To take part in this riotous event please contact [emily.evans@ashgatehospice.nhs.uk](mailto:emily.evans@ashgatehospice.nhs.uk) or call 01246 568801 for further details.



**Sunday**

**08**

**July 2012**

**Chesterfield area**

**Start Times:** TBC

**Cost:** £300 per team of 6



All team entries.

This is a  
Team Challenge event.

# Derbyshire Sport

Derbyshire Sport  
2 Godkin House  
Park Road  
Ripley  
Derbyshire DE5 3EF

Tel: 01773 748907

[www.derbyshiresport.co.uk](http://www.derbyshiresport.co.uk)



[www.activederbyshire.co.uk](http://www.activederbyshire.co.uk)



[www.derby.gov.uk/sport](http://www.derby.gov.uk/sport)