

10 mile 2019

| LOCATION | GRID | HEIGHT | ASCENT | ASCENT | DISTANCE | DISTANCE |
|---|-----------|--------|--------|--------|----------|----------|
| | REF | m.aod | m | ft | km | mls |
| HOPE VALLEY COLLEGE 💧 | SK 167834 | 169 | 0 | 0 | 0.0 | 0.0 |
| | | 166 | | | | |
| | | 172 | 6 | 20 | | |
| River Noe | SK 172839 | 165 | | | 0.8 | 0.5 |
| | | 291 | 132 | 433 | | |
| | | 284 | | | | |
| | | 298 | 146 | 479 | | |
| | | 289 | | | | |
| | | 323 | 180 | 591 | | |
| | | 317 | | | | |
| Crookstone Barn (Full and A routes leave) 💧 | SK 160876 | 339 | 202 | 663 | 5.1 | 3.2 |
| Jaggers Clough | SK 153874 | 273 | | | 5.7 | 3.5 |
| | | 319 | 248 | 813 | | |
| Clough Farm | SK 146866 | 254 | | | 6.9 | 4.3 |
| | | 305 | 299 | 981 | | |
| | | 299 | | | | |
| | | 312 | 312 | 1023 | | |
| | | 292 | | | | |
| Rowland Cote YH | SK 140866 | 298 | 318 | 1043 | 7.8 | 4.8 |
| | | 305 | 325 | 1066 | | |
| | | 303 | | | | |
| | | 323 | 345 | 1132 | | |
| | | 259 | | | | |
| | | 263 | 349 | 1145 | | |
| | | 259 | | | | |
| Ollerbrook Booth | SK 128859 | 263 | 353 | 1158 | 9.4 | 5.8 |
| Grinds Brook | SK 125858 | 245 | | | 9.8 | 6.1 |
| | | 249 | 357 | 1171 | | |
| Edale Village Hall 💧 | SK 124853 | 240 | | | 10.2 | 6.3 |
| River Noe | SK 129852 | 226 | | | 10.9 | 6.8 |
| Hollins Cross | SK 136845 | 383 | 514 | 1686 | 11.9 | 7.4 |
| Barker Bank | SK 138846 | 426 | 557 | 1827 | 12.2 | 7.6 |
| Backtor Nook | SK 145848 | 386 | | | 12.9 | 8.0 |
| Back Tor | SK 146850 | 427 | 598 | 1961 | 13.0 | 8.1 |
| | SK 149852 | 412 | | | | |
| Lose Hill | SK 153854 | 476 | 662 | 2171 | 13.8 | 8.6 |
| Crimea Farm (Losehill Farm on some maps) | SK 157847 | 310 | | | 14.6 | 9.1 |
| Spring House Farm | SK 156840 | 207 | | | 15.2 | 9.4 |
| Junction Castleton Road and footpath | SK 160834 | 181 | | | 16.2 | 10.0 |
| HOPE VALLEY COLLEGE 💧 | SK 167834 | 169 | | | 16.9 | 10.5 |
| | | | | | | |
| Checkpoints with water in blue / without water in red | | | | | | |