

# Glossop 3 Trigs Challenge

Approximately 12 miles, 2,200 feet

A classic Glossopdale challenge which over the years it has been used as a time trial, a social, and a training route. Starting and finishing at Glossop Leisure Centre, going in either direction and by any route, runners must visit our 3 most local trig points (Cock Hill, Higher Shelf Stones and Harry Hut).

The most recent time trial was in 2017, with a fast time set by Chris Webb of 1 hour 54 minutes, only to be beaten a few days later by Ant Walker in 1.53.

In the early days of the Harriers, this route was used as a club time trial organised by Nev McGraw, ran in pairs. Nev recalls the fastest times achieved were in the region of 1 hour 40 minutes! For a couple of years, it was made a little harder as he revealed a mystery checkpoint as the pairs started.

Legend has it that our Chairman, John Stephenson, has completed the route in a “purest” manner. That is, he went as the crow flies between the trig points!

