

# RANGER ULTRAS



## PENNINE BRIDLEWAY PB18 TRAIL 2020

### Welcome to the Pennine Bridleway PB18

The PB18 is a low-key race in the usual style of Ranger Ultras events. A combination of fast trails, challenging ascents and superb Peak District scenery. The PB18 is a great opportunity for 'tarmac to trail' runners new to off-road, as well as a great middle-distance trail challenge for experienced athletes. Total ascent is 806 metres.

A self-navigation race, route finding is straightforward following the well-marked Pennine Bridleway National Trail. Starting in the picturesque village of Hayfield in the Peak District, the course takes runners up alongside the River Sett, then ascending, past Mount Famine and around South Head.

Athletes descend to Roych Clough before heading up, past the diminutive Green Low bronze age ring cairn circle, to the race turn at Rushup Edge. Here there will be a selection of light refreshments and water. (Don't forget your personal cup or water bottle, as all Ranger Ultras' races are plastic cup-free).

The route retraces back to the finish in Hayfield, where we have medals, trophies and HQ hospitality on offer.

For folks who would like to extend their day, perhaps while waiting for friends to finish the PB57 Ultra, The Royal Hotel pub is next door to Race HQ. Hayfield has excellent choice of pubs selling good food and ales, cafes, Italian restaurant, post office, newsagent and B&B accommodation. Hayfield is also home to Ranger Ultras and Ranger Expeditions.

Our aim is for our races to provide a positive and enjoyable experience in the hills and on the trails. And our ethos is always about facilitating achievement and success. Whether your style is to walk some of the day, jog or run, we hope you will be inspired to rise to the challenge.

Also contained in this document is information, including joining details and navigation notes, which will help you prepare and make the most of your PB18 Trail.

We look forward to seeing you

**Stu Westfield**  
**Peter Lowton**

Race Directors  
Ranger Ultras

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mobile: 07890 620274

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### Race Timings

#### SATURDAY 4<sup>th</sup> APRIL

At Race HQ: The Hayfield Cricket Club Pavilion, Hayfield, Peak District, Derbyshire, SK22 2LD

08:30 Race HQ open registration and kit check

10:00 Race start

14:00 Race cut-off time

Note: For participants travelling from further afield, there are several B&Bs in Hayfield and the surrounding area. eg: The Royal Hotel, The Sportsman Inn, The George Hotel.

Hayfield Campsite is open for tents, campervans and motorhomes.

The nearest YHAs are in Edale and Castleton

Parking Note: There are two public pay and display car parks in Hayfield.

Station Road, SK22 2ES, £4.80 all day (just over the bypass, 200m from HQ)

Bowden Bridge, Kinder Road, SK22 2LH, £4.50 all day (1km from HQ)

Please do not park on Church Road or Kinder Road, these are narrow roads which get very congested, especially at weekends, and residents cannot then access their homes.

Note: Race HQ will be staffed throughout the event. Tea, coffee, soft drinks, soup and light refreshments will be available to racers on return to HQ. With pizza from dinner time onwards.

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### TRAIL PERMISSIONS

Ranger Ultras have obtained the following trail permissions. Please read the following conditions of use carefully. National Trails are maintained to a higher standard in recognition of their national status and high usage. Much of this work is not a statutory of local councils and relies upon volunteers and donations.

Pennine Bridleway with permission from National Trail Authority  
For this we pay a fee of £1-00 for each participant

Please:

- Stay within the width of the definitive public right of way
- Close all gates properly, unless they are tied open by the landowner
- Be courteous to other trail users and members of the public
- Do not litter. Your packaging may be left with a race marshal or at Race HQ
- Do not sit on or damage walls
- Do not pick flowers. Take nothing but photos, leave nothing but footprints
- Observe local bye-laws, where notified

£1-00 to Trail Running Association for each unaffiliated athlete

The PB18 is organised with race permit from the Trail Running Association (TRA) and under England Athletics (EA) rules



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### WHAT'S INCLUDED?

- Ranger Safety Team Support
- Navigation notes
- At RACE TURN: Snacks, fruit, water
- At HQ: Tea/Coffee/ Soft drinks, Pizza
- Finishers Medals
- Trophies for 1st Male and 1st Female
- Trophies for Age Cat 18-24, 25-49, 50+

### COMPULSORY KIT LIST

#### THE KIT (worn or carried)

- Race pack / bum bag
- Waterproof jacket with hood or additional head covering
- Warm mid-layer(s) appropriate for the weather conditions.
- Appropriate footwear for trail running.
- Hard copy or colour print out of Ordnance Survey type map covering the Race Distance (e.g.: OS Explorer, Harveys Maps).
- Whistle
- Emergency bivvy bag, foil or polythene survival bag. (note: foil blanket is not acceptable)
- Sufficient fluids and hill food to sustain you for the race.
- First aid / blister kit plus personal meds.
- Mobile Phone (fully charged).
- OPTIONAL: GPS
- OPTIONAL: Unbreakable Mug (for drink at Race Turn, we do not use single use disposable plastic cups)
- OPTIONAL: Walking poles are allowed
- Notes: This is a minimum compulsory kit list, applicable to all competitors. Participants should pre-review the forecast weather conditions add such items as necessary to keep warm, dry, fed and hydrated whilst on the trail. More race details on: <http://rangerultras.co.uk/>

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### TERMS, CONDITIONS & PARTICIPATION STATEMENT

1. I am over 18 years of age by the start of the event. Proof of age may be requested.
2. I have read, understood and agree with all statements and conditions within the race brief, race rules, race documents and participant waiver.
3. I understand the nature of the event. I agree that I enter the event at my own risk and take full responsibility for my own safety and actions during the event. I do not hold Ranger Ultra or its parent company, Ranger Expeditions Ltd., or any of its Directors, employees, support workers, volunteers or agents responsible for any damage or injury sustained to me, my property or any third-party injury caused by me during the event.
4. I do not have any medical condition that would deem me as a medical risk during the event.
5. I understand the entry fee of £15 includes a non-refundable deposit of £8
6. If I choose to cancel my entry up to 30 days prior to the event, I will be entitled to a refund of £7
7. If I choose to cancel my entry less than 30 days prior to the event, I will forfeit the full cost of entry.
8. Race event entries may not be transferred to another person.
9. Due to the investment of entry fees into race infrastructure and venue booking, well in advance of the event, deferrals are not allowed.
10. I accept that in the event of personal injury I will respect the opinions of the Event Organisers and their medical staff if they choose to withdraw me from the event.
11. I agree to abide to all instructions, directions or decisions given by Ranger Ultra personnel, during the race and at all checkpoints.
12. I understand that any abuse or discrimination of any nature towards fellow contestants or Ranger Ultras personnel will result in immediate expulsion (without reimbursement of paid fees) from the race.
13. I will abide by the countryside codes of practice, keep to recognised marked pathways where appropriate, close gates after passing through them and not drop litter in any shape or form. I will be respectful to other non-race users of the trail and their rights of way.
14. Cut off times may be amended during the race to accommodate adverse changes in weather at the discretion of the Event Organisers.
15. I will adhere to any pre-advertised or amended cut-off times during the event.
16. The Event Organisers have complete autonomy during the event and their decision is final.
17. The Race Organisers will do everything in their power to ensure that the race proceeds as planned.
18. In the event of adverse or extreme weather, acts of God, natural or man-made disaster the race may be delayed, cancelled or modified. The Race Organisers may modify, change or shorten the course at short notice. This will be notified to participants by the Race Organisers as soon as possible. This may be at the prior to the event, at the race brief, or in developing circumstances whilst the race is in progress. The decision will be made by the Race Organisers and the participant will respect any decision made in the interests of safety without complaint or recompense. Refunds or deferrals will not be given for changes to the course.
19. In the event of the race being cancelled through no fault of the Race Organisers for example:

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- i Extreme Weather including and not limited to floods, fire, dangerously high winds, natural disasters or acts of God then no refund will be offered.
- ii Man-made factors including and not limited to accidents, countryside incidents such as foot and mouth or any other man-made incident which could stop the race then no refund will be offered.

### RACE RULES

1. You must ensure your race number is recorded by our course monitors during the race.
2. In some instances, athletes may be advised on their pacing to safely meet any cut-offs.
3. The use of support teams is not allowed.
4. The use of mules or pacers, or non-race entered accompanying runners is not allowed.
5. You must complete the course on foot with no assistance from vehicles of any kind for transportation.
6. No illegal drugs or alcohol are allowed during your race.
7. If you stop for a substantial length of time (over 30mins) find an area with mobile phone reception and contact RACEHQ via SMS or a phone call.
8. You must remain on the course at all times, unless directed to make a course amendment to detour around a hazard
9. You must have demonstrable navigation skills.
10. You must carry the COMPULSORY KIT at all times whilst on the course. We may spot check at any time during the race for safety. If you don't you will be deemed unfit to continue and withdrawn from the race.
11. If trackers are used during for the race, these will be taped to your rucksack strap in a position which ensures best signal transmission. This should not be moved or removed until the end of the race. You are responsible for looking after the tracker device and for handing it in to Race HQ when you finish. If you fail to do this you are responsible for any charges associated with returning the tracker.
12. Tackers (if used) may have an SOS button fitted. This is for emergency use only. Its activation will result in race safety team(s) being mobilised and potentially blue-light services such as Mountain Rescue, Police and Ambulance. Racers understand that by pressing the SOS button their race is over at that point.
13. In the event of adverse or extreme weather the race organisers reserve the right to amend the route and programme accordingly. You will be informed a.s.a.p. at the nearest checkpoint (or monitoring position) and will be briefed when appropriate. However, athletes who have completed the route prior to any significant amendments (original route) will rank higher if they complete the course.
14. In the event of adverse or extreme weather you may be held in certain areas on the course or at a checkpoint. This is when course conditions are a danger to your well-being. In this scenario we cannot be held responsible for any additional time this adds to your race and you will be released as soon as possible, and when possible in order. However, cut-off times may be amended to allow for delays. We are not in charge of the weather.
15. If you are deemed unsuitable to continue at any stage of the race, the race organisers reserve the right to withdraw you from the event. This could be for the following:

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- i Medical grounds – Fatigue, injury, previous medical condition etc. Not all injuries will require withdrawal from the event and it is at the discretion of the medical staff.
  - ii Cheating – Not completing the course as marked/ instructed, using public transport or receiving outside assistance etc other than what is specified.
  - iii Unable to complete the course in the allotted time.
  - iv Unsociable behaviour.
  - v Poor navigation skills.
  - vi Unsafe racing.
16. If another individual is in need of emergency assistance it is expected that you provide assistance. Once reported, the race organiser will credit any time spent assisting with the aid or rescue of a fellow participant.
  17. You must agree with the participant waiver prior to joining the race, and complete the medical questionnaire and supply this prior to race start
  18. The race organisers reserve the right to amend or update the rules or terms of entry at any time without prior notice or recourse

### **VOLUNTEERING**

We welcome volunteers to our Ranger Ultras races.

There are various roles available:

- On course marshal / refreshments / safety team
- On course sweeper
- HQ race times & results board
- HQ hospitality

In return for a day with us, as a sincere thank you, we offer free personal entry for you into any of our Ranger Ultras' one day trail races or Ranger Expeditions' guided open group challenge walks (see below).

To volunteer, please contact: [rangerexped@hotmail.co.uk](mailto:rangerexped@hotmail.co.uk)

With some brief details

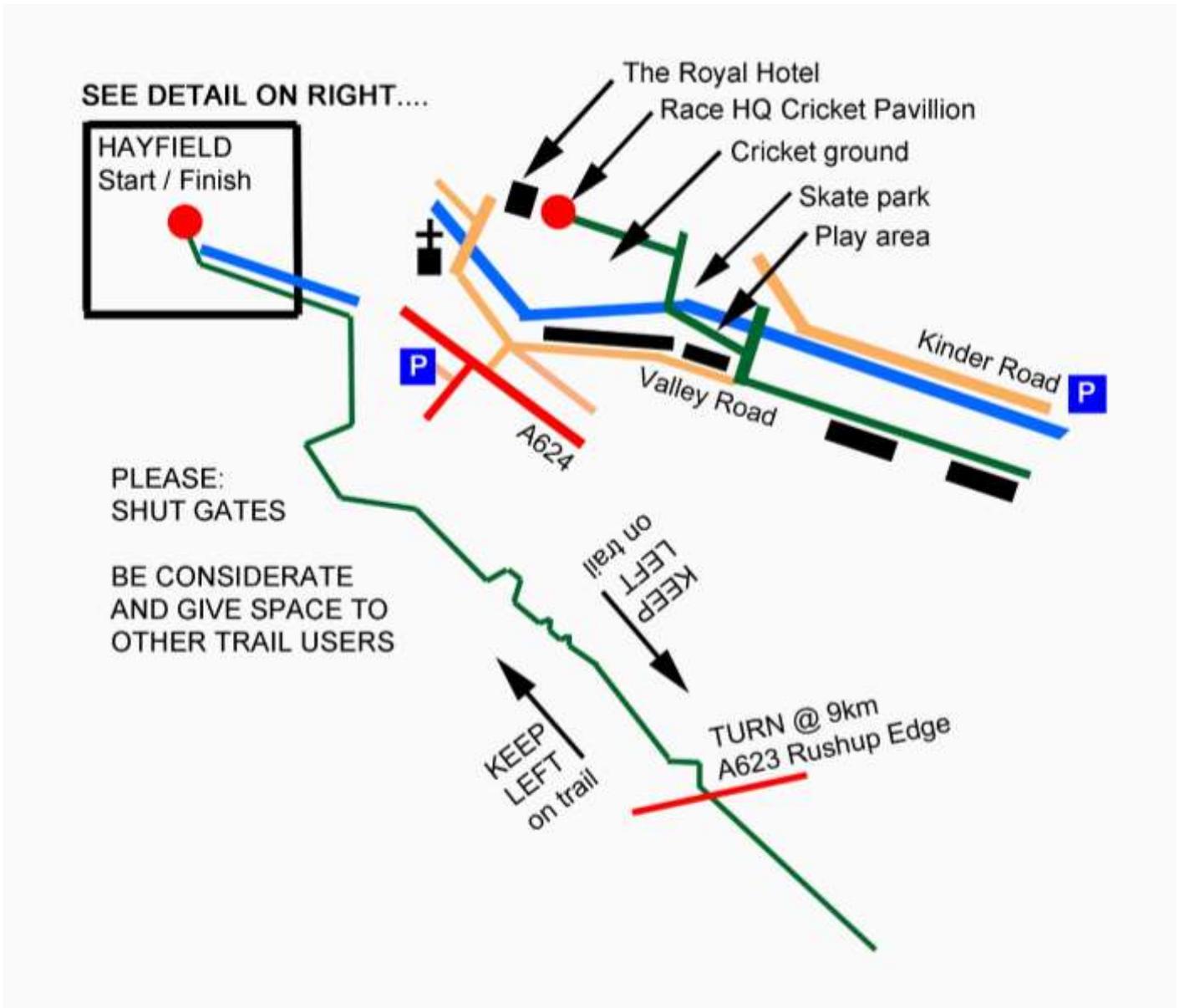
- Your name
- Your mobile number
- Your email
- Where you'll be travelling from
- Event(s) interested in volunteering for
- Role(s) you're interested in
- Any special diet or medical conditions we should be aware of (in confidence)
- Your emergency contact person:
- Emergency contact number
- Event(s) you'd like join as our thank you for volunteering.

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### COURSE NOTES



### ASCENT

Start to turn: 515m

Turn to finish: 291m

TOTAL: 806m

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Stay up to date with our latest race news, training courses and guided challenge events on our regular Facebook and Twitter updates, Ranger Ultras and Ranger Expeditions websites.

### RANGER ULTRAS EVENTS

Here's our complete Ranger Ultras trail running race series:

- Pennine Bridleway PB18 Trail
- Pennine Bridleway PB57 \*
- Pen Y Ghent 50km Ultra
- Yorkshire 3 Peaks 70km Ultra
- Yorkshire 3 Peaks 100km Ultra \*
- Peak District White Peak 50km Trails
- Peak District Dark Peak 43km Challenge
- Peak District South & North 93km \*

\* Ranger Ultras' 2020 Grand Slam Series events

### RANGER EXPEDITIONS EVENTS

If you, or friends and family, also like a more relaxed pace and a great day in the hills, we also offer Ranger Expeditions' challenge walks, guided and supported by local Mountain Leaders:

- Peak District 3 Peaks Challenge
- Kinder Scout Challenge
- Kinder Scout Summer Special
- Edale Skyline
- Peak District Triple Challenge
- Guiding and Logistics support for your personal challenge

Meanwhile, to help you prepare in the best possible way, we also offer excellent value Navigation and Hill Skills courses for Ultra, Point Score and Expedition Style races, with instructors who are approachable, keen to share knowledge and help you achieve your aspirations.

Your event organisers,

Stu Westfield & Peter Lowton

Ranger Expeditions & Ultras