

# RANGER ULTRAS



**PENNINE BRIDLEWAY**

**PB57**

**ULTRA 2020**

**ROUTE NOTES & BRIEFING**

# RANGER ULTRAS

PENNINE BRIDLEWAY 57km ULTRA



## Welcome to the Pennine Bridleway PB57 Ultra.

The PB57 is a low-key race in the style of Ranger Ultras events. A self navigating race, route finding is straightforward following the well marked Pennine Bridleway National Trail. From Middleton Top through the limestone country of the White Peak and for the final kilometres into the foot hills of the Dark Peak, finishing in the historic village of Hayfield, in the High Peak.

Runners are transported from Race HQ in Hayfield to the start at of the Pennine Bridleway at Middleton Top.

We begin with a leg stretcher along the fast and flat High Peak Trail, past Minning Low neolithic burial mound, joining the Tissington Trail just before Parsley Hay. Here runners can easily find their rhythm on old railway track beds, whilst passing signal boxes and other historical echoes from our past.

As the route heads toward Peak Forest, the hills of the Dark Peak come into view, crossing Rushup Edge, skirting around South Head, with views across to Brown Knoll and Kinder Scout to the right. Then past Mount Famine, before descending into Hayfield for a spint to the finish.

Congratulations, medal and refreshments for all finishers. Who might like to extended their celebrations at The Royal Hotel pub next door.

Our aim for our races is to provide a positive and enjoyable experience in the hills and on the trails. Whether your style is to walk some of the way, jog or run, we hope that you do find aspects of the event challenging, but our ethos is always about facilitating achievement and success.

Also contained in this document is information, including joining details and navigation notes, which will help you prepare and make the most of your PB57 Ultra.

We look forward to seeing you.

**Stu Westfield**

**Peter Lowton**

Race Directors

Ranger Ultras

Email: [rangerexped@hotmail.co.uk](mailto:rangerexped@hotmail.co.uk)

Mobile: 07890 620274

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

PB57 Ultra Page 2

# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



### Race Timings

**SATURDAY 4th APRIL 2020**

At Race HQ: The Hayfield Cricket Club Pavillion, Hayfield, High Peak, Derbyshire, SK22 2LD

From 06:00 Registration & kit check. Tea, coffee, biscuits

08:00 Transport from Hayfield to the race start departs promptly

09:15 Transport arrives at race start

09:30 Race start

21:00 Race finish cut off time at Hayfield

**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 and camper vans.

The nearest YHAs are in Castleton and Edale.

**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, 200 metres to HQ)

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

Don't forget to get a ticket for Saturday prior to the transport departs.

**Parking note:** Please use the car parks and park considerately. Parking on Church Street and Kinder Road causes severe congestion and makes access difficult for residents and the emergency services.

**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 mid-afternoon onwards.

### ON COURSE

#### REGISTRATION & TRANSPORT TO START:

Hayfield Cricket Club Pavillion SK038 869

(next to The Royal Hotel) Hayfield, High Peak, SK22 2LD

**START** Middleton Top Car Park (off B5035) SK275 551

Rise End, Middleton by Wirksworth, nr Wirksworth, DE4 4LS

10km Car Park SK195 581 Water

18km Parsley Hay Car Park SK145 638 Water, refreshments & snacks

43km Peak Forest layby on approach SK113 792 Water

48km Rushup Edge layby SK091 824 Water, refreshment & snacks

57km **FINISH:**

Hayfield Cricket Club Pavillion

# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



### 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 duty of local councils and relies upon volunteers and donations.

High Peak Trail & Tissington Trail with permission from Peak District National Park.  
For this we pay a fee of £2-00 for each participant.

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 land owner.
- Be courteous to other trail users and members of the public.
- Do not litter. Your packaging can be left with a race marshall or at HQ
- Do not sit on or damage walls.
- Do not pick flowers. Take nothing but photots, leave nothing but footprints.
- Observe local bye-laws where notified.

Trail Running Association (TRA) under England Athletics rules  
£1-00 for each unaffiliated participant



# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



### COMPULSORY KIT LIST

- Suitable backpack
- Waterproof jacket with hood
- Waterproof trousers
- Insulating Hat and Gloves/Mitts
- Insulating base layers
- Long sleeved mid-layer (worn or carried)
- Appropriate footwear for mountain/fell running
- Hard copy Ordnance Survey type map/s covering the race distance (eg Harvey's Pennine Bridleway South 1:40k covers the whole race route)  
Colour print outs are acceptable, if laminated or in waterproof map case.
- Navigation compass
- Head torch and spare batteries
- Hi-viz reflective strip and / or backlight to be added to rear of rucksack.
- Whistle
- Emergency bivvy bag/foil bivvy bag (foil blanket is not acceptable)
- Fluid container for sufficient non-alcoholic drinks.
- Hill food, sufficient to sustain you for one day.
- First Aid Kit containing: One 5cm x 5cm wound dressing, one roll of tape or bandage, antiseptic spray/wipes, blister kit, your regular prescription medication/drugs (these should be in original packaging and of a quantity sufficient for the period of the race)
- Mobile phone, fully charged.
- Small litter bag to put all rubbish generated by yourself (you may then empty your rubbish bags at road checkpoints or HQ)
  
- OPTIONAL: GPS (GPS watches, Smart Phone App, or Satmap may be used as a back-up but not as an alternative to hard copy map and compass).
- OPTIONAL: Unbreakable mug (for hot soup at checkpoints, we do not use disposable plastic cups)
- OPTIONAL: Walking poles are allowed

NOTE 1: This is a minimum compulsory kit list, applicable to all competitors. Participants should pre-view the forecast weather conditions and add such items as necessary to keep warm, dry, fed and hydrated whilst on the trail.

NOTE 2: There will be random kit checks on the course. Any competitor not carrying essential items of safety equipment will be disqualified from the race.

# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



A reminder of the **Race Rules** so that all competitors and staff have a safe, fair and enjoyable race.

1. Ensure your race number is recorded by our on-course monitors during the race. Please do not move onwards until they have acknowledged noting it down.
2. Race finish cut-off time is 21:00
3. The use of support teams is not allowed.
4. The use of 3rd party pacers or non-entered accompanying runners is not allowed.
5. Accompanying dogs or other animals are not permitted under England Athletics rules.
6. The use of poles is allowed.
7. You must complete the course on foot with no assistance from vehicles of any kind.
8. No illegal drugs or alcohol are allowed during the race.
9. You can use pubs, shops and cafes along the route to resupply.
10. If you stop / or intend to stop for a period of over 30 minutes, find an area with mobile phone reception and contact RACE HQ via SMS or phone call.
11. You must remain on the course at all times, unless directed to make a detour around a hazard.
12. You must have demonstrable navigation ability to follow paths and trails in daylight and night.
13. You must carry compulsory kit at all times.
14. 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 asap 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.
15. 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 wellbeing. You will be released when possible in time order.
16. 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:
  - a) Medical grounds
  - b) Cheating
  - c) Unable to complete the course in allocated time
  - d) Unsociable behaviour
  - e) Poor navigation
  - f) Unsafe racing
17. If another individual is in need of emergency assistance it is expected that you will provide assistance and report this to the Race Organiser at the time of incident. Once reported the race organiser will credit any time spent assisting with the aid or rescue of a fellow participant.
18. You have agreed with the participant waiver at registration with SiEntries prior to joining the race.
19. The race organisers reserve the right to amend or update the rules or terms of entry at any time.

### **IN THE EVENT OF AN EMERGENCY OR IF YOU / ANOTHER RACER REQUIRES ASSISTANCE:**

Contact RACE HQ on number issued at RACE REGISTRATION.

If the incident is a medical emergency: Dial 999 then ask for POLICE then MOUNTAIN RESCUE. Stay on the phone and follow their instructions. As soon as you are safely able to (possibly on a different phone) also contact RACE HQ, as our safety teams may be quicker to deploy additional help to your location.

# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



Course Notes: Middleton Top to Minninglow  
(not to scale)

MINNINGLOW  
car park  
10km

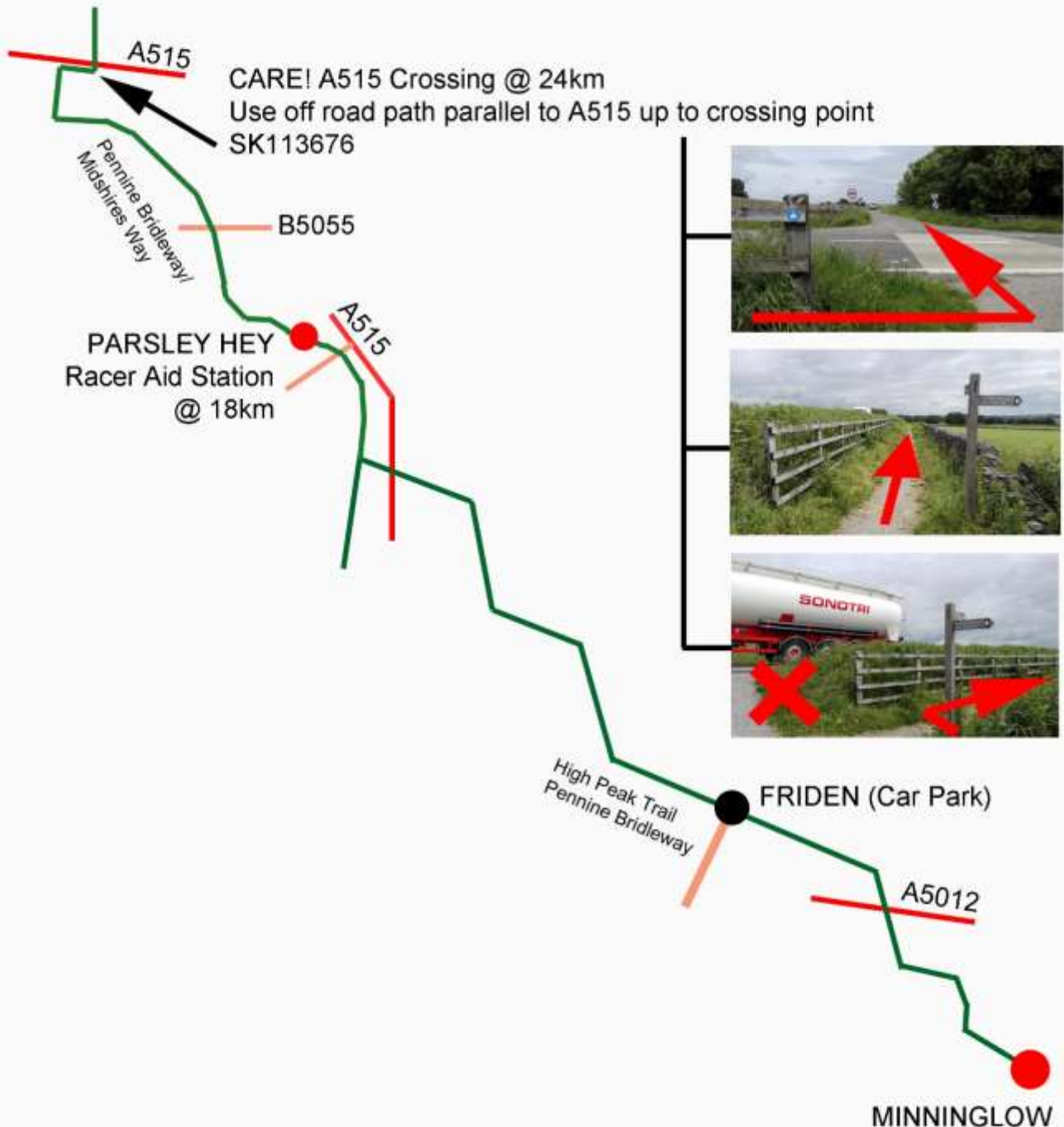


# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



Course Notes: Munninglow to A515 Crossing  
(not to scale)





# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



Course Notes: A515 Crossing to Peak Forest A623 Crossing  
(not to scale)



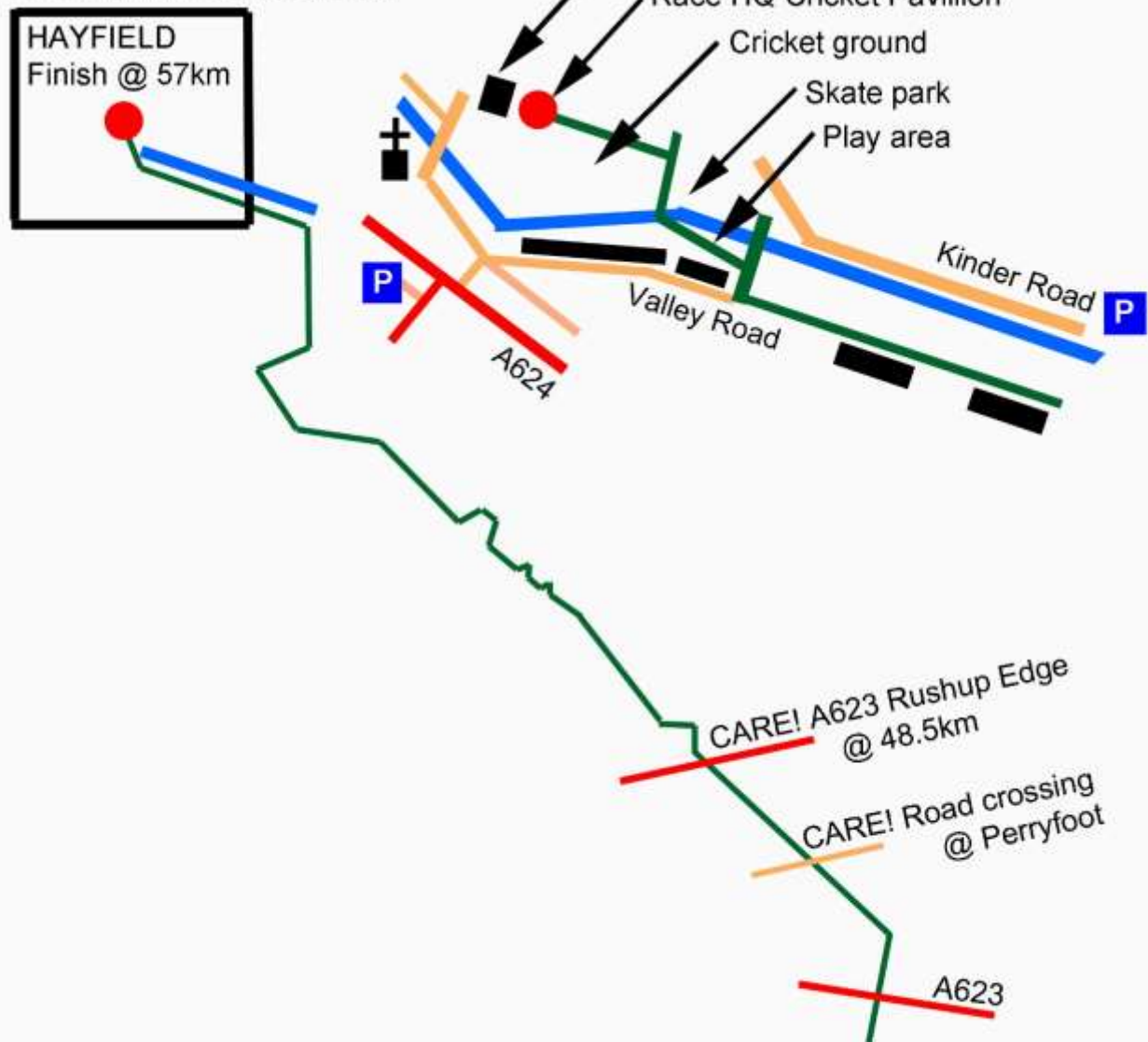
# RANGER ULTRAS

## PENNINE BRIDLEWAY 57km ULTRA



Course Notes: A623 Crossing to Hayfield  
(not to scale)

SEE DETAIL ON RIGHT....



# RANGER ULTRAS

PENNINE BRIDLEWAY 57km ULTRA



## STAGE 1 ALTITUDE PROFILE



TOTAL ASCENT: 871 metres