

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Welcome to the Yorkshire 3 Peaks 70 / 100 km Ultra

The classic Yorkshire 3 Peaks with an 'Ultra twist'. The Yorkshire 3 Peaks 70km was our first Ultra offering and remains one of our most popular races all these years later. Taking in the peaks of Wharfedale, Ingleborough and Pen Y Ghent, with a generous time limit and a superb day of challenge and adventure.

In 2019, we added another 'Ultra twist' of strategy, endurance and gamble. Any runner finishing the 70km course before midnight (15 hours of elapsed race time) has the option to continue onto the +30km Hawes – Thwaite – Hawes out and back section over the Pennine Way, for a special 100km medal, with no additional race fee.

The total 100km must be completed within 24 hours of elapsed race time. If runners DNF on the +30km section, they still collect a 70km medal. But there's a catch: If you're a category leader at the 70km point and continue to the 100km course, you forfeit your claim to the 70km winners' trophies. Making for some fun decisions on race night.

The route follows well defined rights of way and established trails, so although some navigation ability is needed, the race is accessible to trail runners and walkers stepping up to ultra-distance as well as seasoned racers looking to rip it up in the fastest possible time.

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 jog or run, we hope that you do find aspects of the event challenging, but our ethos is always about facilitating achievement and success. Hence, we offer our pre-race pasta party, breakfast, safety team support and hall floor sleeping at HQ, to help you focus on your race.

Also contained in this document is information, including joining details and navigation notes, which will help you prepare and make the most of your Yorkshire 3 Peaks Ultra. We look forward to seeing you.

Stu Westfield
Peter Lowton

Race Directors
Ranger Ultras

email: rangerexped@gmail.com
mobile: 07890 620274

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Race Timings

FRIDAY

Pre-race registration

From 19:00 we'll be in the Race HQ: Market House, Hawes, for low-key pre-registration and kit checks.

Parking note

There is limited parking at The Market House.

Competitors are requested to park in the nearby village car park (100 parking bays)

Not on village roads or elsewhere which will cause an obstruction (see map in course notes)

The car park is open 24hours

Charging period is from 08:00 to 18:00, 7 days a week *

Charges are:

£4.50 per day / £15.00 for all week *

Don't forget to get a ticket for Saturday prior to the race start

(* details from local authority website, correct as at July 2020. Please check at payment point for subsequent amendments to charges and timings etc)

Accommodation note

Floor space in the hall is available for finishing racers to rest and sleep over Friday and Saturday night. If staying over in the hall don't forget your sleeping bag, mat and comfortable indoor clothes.

There are toilets and wash basins, but no showers in the Market House.

For more comfort, there are several B&Bs and pub-hotels in Hawes and the surrounding area.

SATURDAY

Race HQ: The Market House, Market Place, Hawes, North Yorkshire, DL8 3QN

07:00 onward - Race HQ open for Registration and Kit Checks

07:00 onward - Breakfast

09:00 Race Start

00:00 (15 hours elapsed race time) cut off at Hawes HQ for athletes wishing to proceed onto the +30km Hawes – Twaite – Hawes Pennine Way out and back for Y3PU100

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



SUNDAY

- 01:00 70km Course cut off time at SD829833 (Kidhow Gate path junction)
To allow competitors to proceed as far as possible, there are no prior on-course cut off times. However, for the race to finish on time and Hawes HQ handed over to the next user, competitors must have passed through Kidhow Gate by the time stated. A vehicle will be available close by, for lifts back to HQ.
- 03:00 (18 hours elapsed race time) cut-off at Hawes HQ for all 70km athletes to complete
- 07:00 Breakfast (until 09:30)
- 09:00 (24 hours elapsed race time) cut-off at Hawes HQ for all 100km athletes to complete
- 10:00 Hawes HQ cleaning and pack down
- 11:00 Hawes HQ closes (please note the hall is being handed over to the next user so we cannot facilities beyond this point)

Race Results: The timekeepers provisional results board will be on view at Race HQ
Full verified results will be emailed to all participants and published online within 7 days of race completion: Ranger Ultras website & Ranger Ultras Facebook page.

Winners & category trophies: Will be presented soon after the winner / category winner has finished.
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

WHAT'S INCLUDED?

- Ranger Safety Team Support
- Navigation notes
- GPX files emailed to all entries
- At KIDHOW GATE: Snacks, water
- At RIBBLEHEAD: Snacks, water
- At CHAPEL LE DALE: water
- At HORTON-IN-RIBBLES DALE: Snacks, hot drink, water
- At TWAITE: Snacks, water
- At HQ: Tea / coffee / soft drinks, pizza
- Finishers Medals (70km & 100km races)
- Trophies for 1st Male and 1st Female (70km & 100km races)
- Age Cat Trophies 20-25, 26-49, 50+ (70km & 100km races)

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



LOOKING AFTER THE TRAIL AND COUNTRYSIDE WITH LOW IMPACT RACES

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

TRAIL RUNNING ASSOCIATION & ENGLAND ATHLETICS

Ranger Ultras is affiliated with the Trail Running Association (TRA) and England Athletics (EA). The Y3PU 70/100 Ultra is organised with race permit from the TRA and under EA rules

Ranger Ultras supports the sport of trail running, donating £1-00 to the Trail Running Association for each unaffiliated athlete



RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



COMPULSORY KIT LIST

THE KIT (worn or carried)

- Suitable backpack
- Waterproof jacket with hood or additional head covering
- Waterproof trousers
- Insulating hat and gloves / mitts
- Wicking base layer (not cotton)
- Long sleeve mid-layer(s) appropriate for the weather conditions
- Appropriate footwear for mountain trail running
- Hard copy or colour print out of Ordnance Survey type map covering the Race Distance (e.g.: OS OL2 Explorer (for 70km), OS OL30 (for +30km), Harvey's Maps).
(note: paper print outs must be waterproofed, either laminated or in waterproof map case)
- Navigation compass of base plate design
(note: button compass will fail kit check)
(note: a mobile phone app or watch compass is not an acceptable alternative to base plate navigation compass)



**Example base plate type compass
PASS kit check**



FAIL kit check

- Head torch and spare batteries
- Whistle
- Emergency bivvy bag, foil or polythene survival bag.
(note: foil blanket is not acceptable and will fail kit check)



Example: PASS kit check



Example: PASS kit check

- Fluid container for sufficient non-alcoholic drinks
- Hill food to sustain you for the race.

Continued...

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



- 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 (these should be in original package and of a quantity sufficient for the period of the race. And declared on your entry form, in case of incident on the day).
- Mobile Phone (fully charged).
- Litter bag to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoints or HQ)

- OPTIONAL: GPS
- OPTIONAL: Unbreakable Mug (for on course drinks, we do not use single 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-review the forecast weather conditions and add such items as necessary to keep warm, dry, fed and hydrated whilst on the trail. More race details on: <http://rangerultras.co.uk/>
- 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

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



RACE RULES

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

1. You must ensure your race number is recorded by our course monitors during the race. Please do not move onward until they have acknowledged noting it down.
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. Dogs accompanying racers are not allowed
7. No illegal drugs or alcohol are allowed during your race.
8. 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.
9. You must remain on the course at all times, unless directed to make a course amendment to detour around a hazard
10. You can use pubs, shops and cafes along the route to resupply
11. You must have demonstrable navigation ability to follow paths and trails in daylight and night.
12. 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.
13. 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.
14. Trackers (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.
15. 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.
16. 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.
17. 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:

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



- 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.
18. If another individual is in need of emergency assistance it is expected that you provide assistance. The race organiser will credit any time spent assisting with the aid or rescue of a fellow participant.
Note: Time credit begins from the time reported to race organiser / race official and help arriving so that you are released to continue on the course. Emergency assistance does not include slowing down to accompany fellow racers unless there is real distress or welfare concern.
19. You must agree with the participant waiver prior to joining the race, and complete the medical questionnaire and supply this prior to race start
20. The race organisers reserve the right to amend or update the rules or terms of entry at any time without prior notice or recourse

IN THE EVENT OF AN EMERGENCY OR IF YOU / ANOTHER PERSON 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 do so (possibly on a different phone) also contact RACE HQ, as our safety team may be quicker to deploy additional help to your location.

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



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@gmail.com
With some brief details

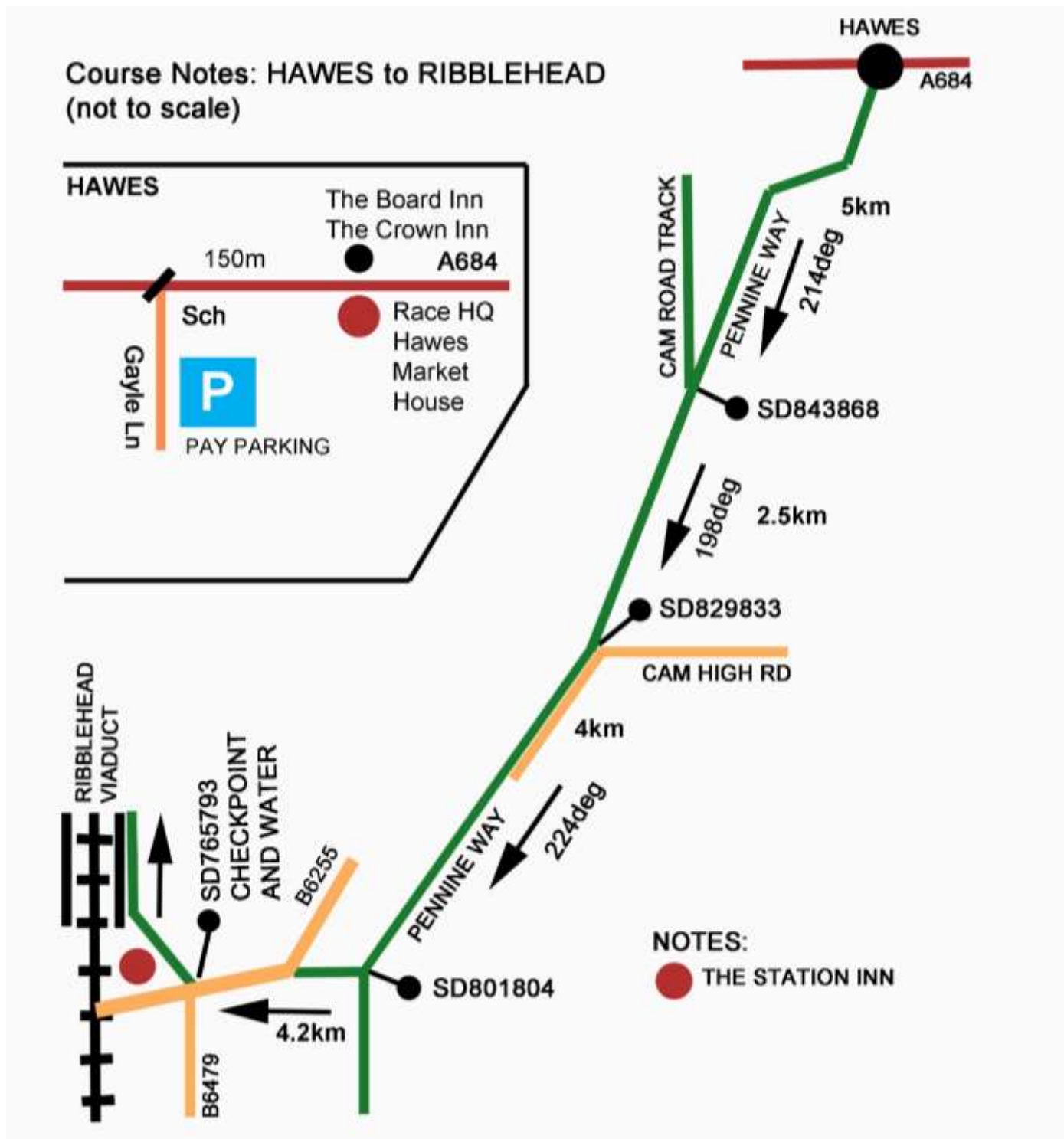
- Your name
- Your mobile number
- Your email
- Where you'll be travelling from
- Event(s) interested in volunteering for
- Role(s) you're interested in
- Any special diet or medical conditions we should be aware of (in confidence)
- Your emergency contact person:
- Emergency contact number
- Event(s)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

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



COURSE NOTES 70km

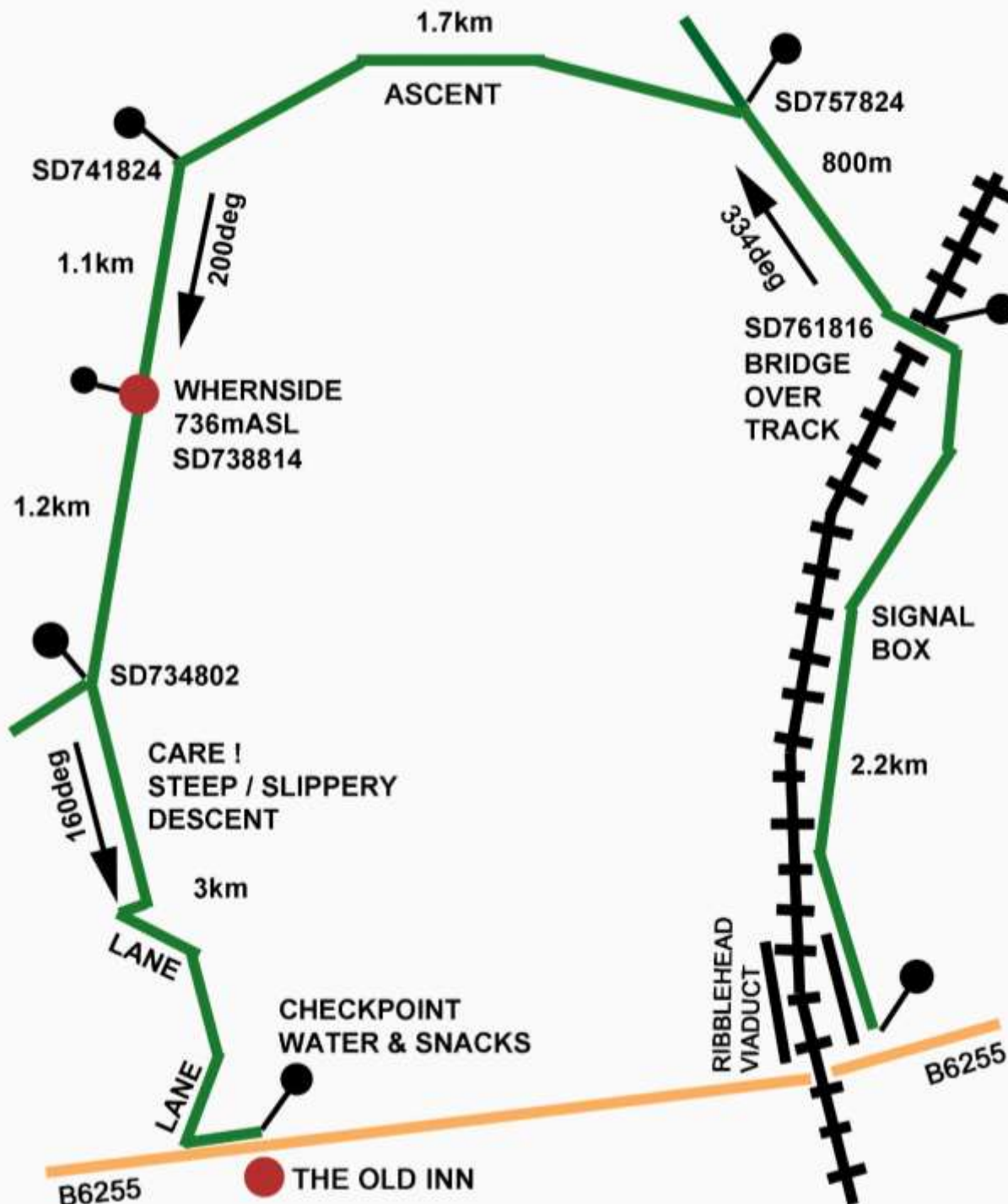


RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Course Notes: RIBBLEHEAD to B6255
(not to scale)

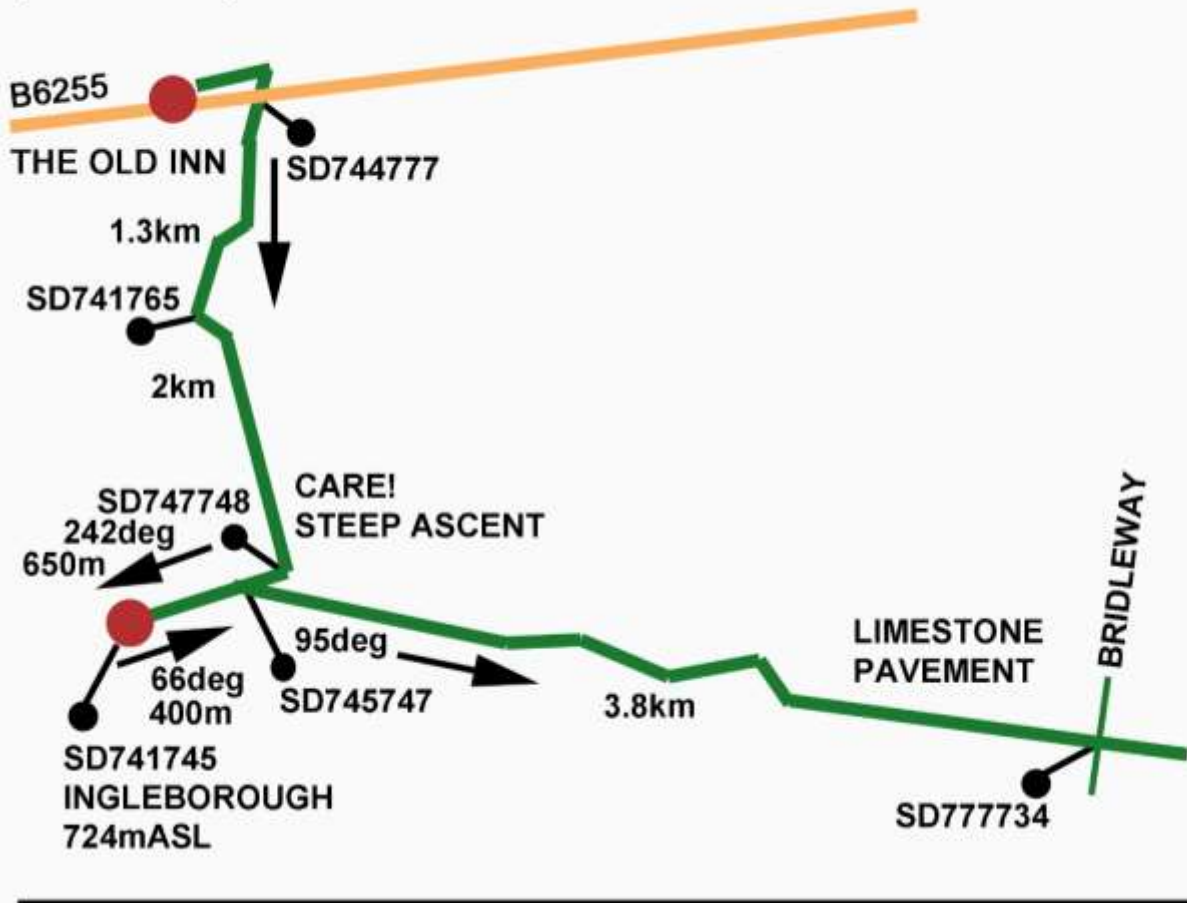


RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Course Notes: B6255 to HORTON-IN-RIBBLESDALE
(not to scale)

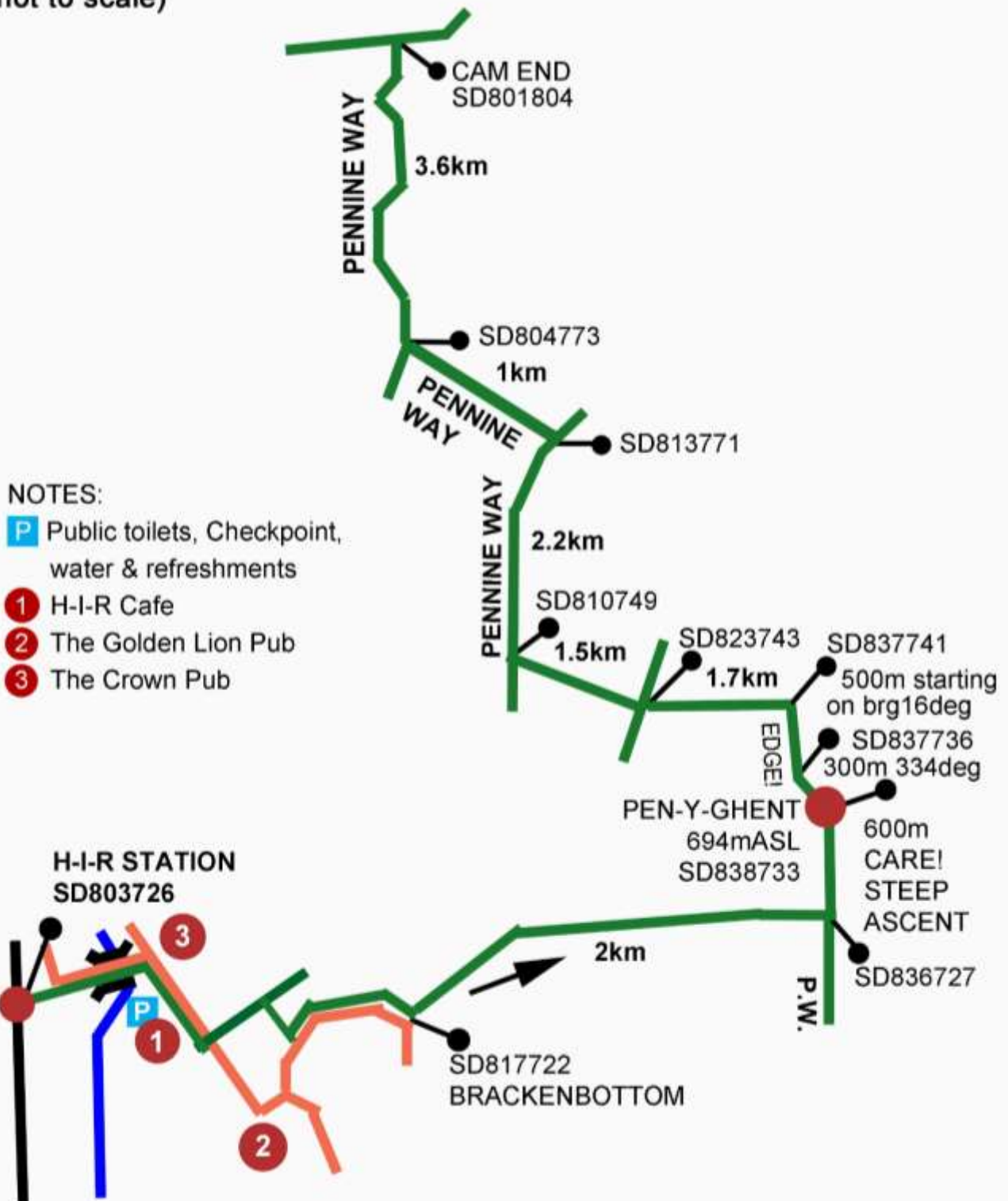


RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Course Notes: HORTON-IN-RIBBLESDALE to CAM END
(not to scale)

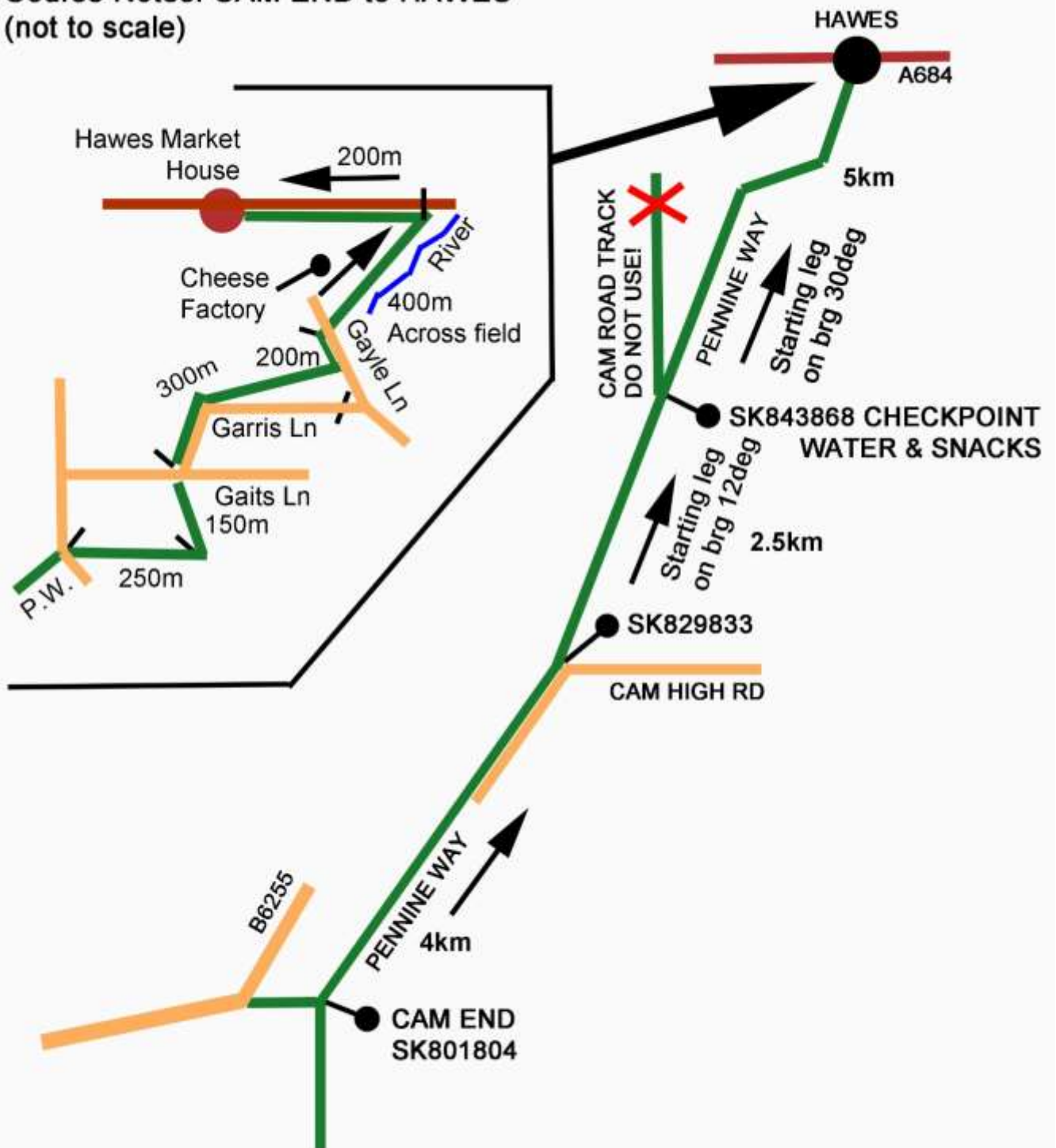


RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



Course Notes: CAM END to HAWES
(not to scale)

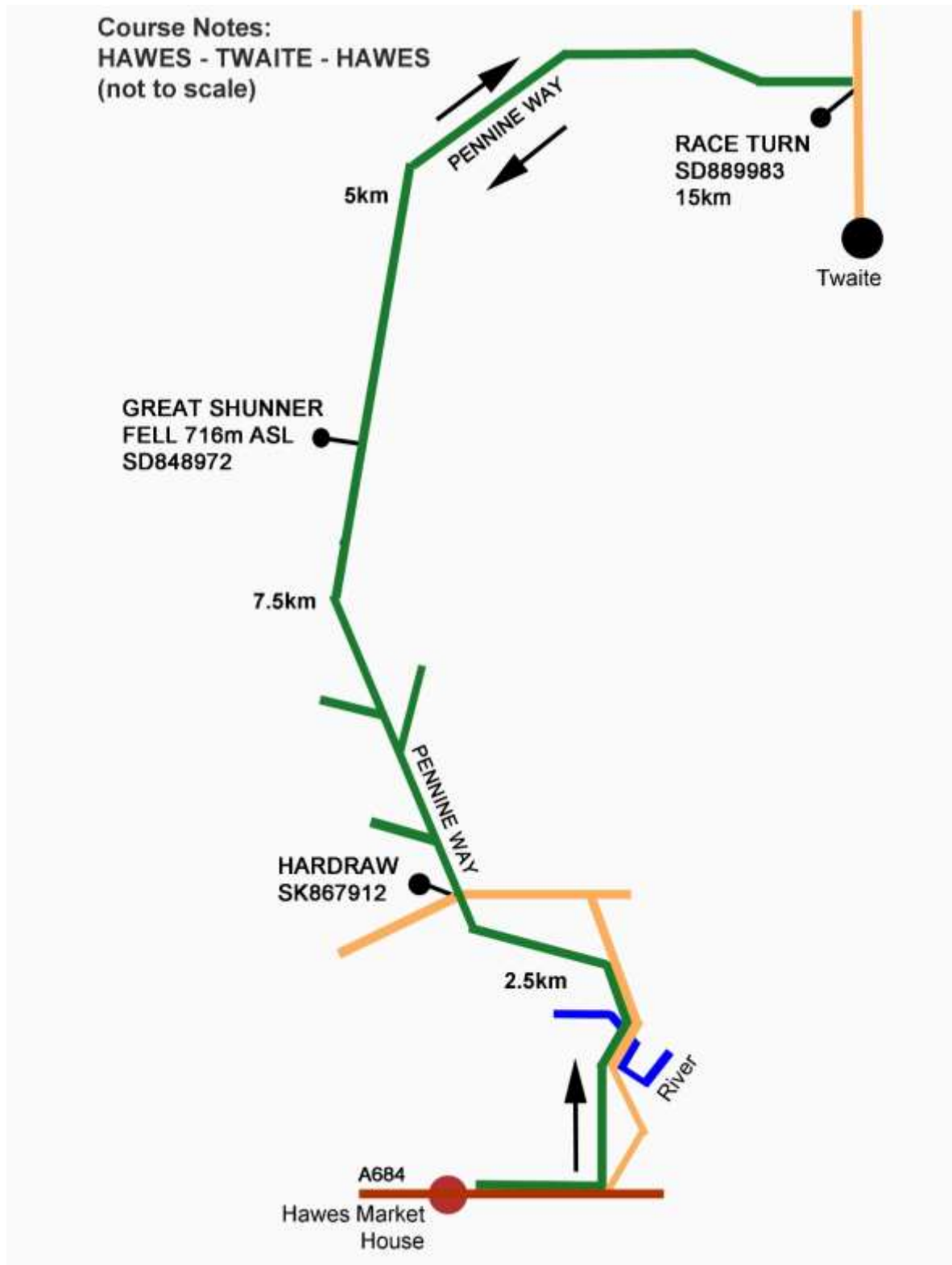


RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



COURSE NOTES +30km



RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



ELEVATION 0 to 70km



Lowest 228m Highest 735m
Total ascent 2185m

ELEVATION 70 to 100km



Lowest 224m Highest 714m
Total ascent 984m

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 Time Trial
- Pennine Bridleway PB55 Ultra Time Trial *
- 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' Grand Slam Series events

We organise trail running races with the emphasis on adventure in the hills. Complete Racer training skills sessions are available year-round. We are also the only Official Training Provider for the Montane Spine Race, with a progressive programme of expedition race skills.

To help you prepare for your adventures 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.

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:

RANGER ULTRAS

YORKSHIRE 3 PEAKS 70 / 100KM ULTRA



- Peak District 3 Peaks Challenge
- Edale Skyline
- Hayfield Skyline
- Kinder Skyline
- Kinder Scout Summer Specials
- Yorkshire 3 Peaks Challenge (Guiding and support)
- National 3 Peaks Challenge (Guiding)
- Kilimanjaro Tanzania (bespoke groups)
- Mt. Meru Tanzania (bespoke groups)
- Crater Highlands Tanzania (bespoke groups)
- Guiding and Logistics support for your personal challenge
- Navigation, hill skills, race skills and expedition training

KILIMANJARO & AFRICA EXPEDITION TREKKING SPECIALIST

“I have guided clients on many treks in Africa...to the summit of Kilimanjaro, along the sands of the iconic Skeleton Coast and superb wilderness journeys. I have also been the expedition leader, working closely with local experts, for safari and wildlife experiences such as chimpanzee tracking in Kyambura gorge, Uganda. For World Challenge schools’ expeditions, I have led developmental experiences on NGO and community projects and was the first World Challenge expedition guide to lead in Rwanda” – Stu Westfield

RANGER ULTRAS

<http://rangerultras.co.uk>

RANGER EXPEDITIONS

<https://rangerexped.co.uk>

RACE BLOGS, EXPEDITION JOURNALS & EXPERIENCES

<http://stuwestfield.blogspot.co.uk>

Your event organisers,

Stu Westfield & Peter Lowton

Ranger Expeditions & Ultras

