

RANGER ULTRAS

PENNINE BRIDLEWAY ULTRA CHALLENGE

RACE BRIEFING



Welcome to the Pennine Bridleway Ultra Challenge (PBUC)

The Pennine Bridleway Ultra Challenge, a grand randonnee of trail running on this iconic trail from south to north. With a time limit of 270km in 100hours, achievable with a combination of walking and easy jogging pace. But of course, faster runners are equally welcome to pitch themselves against the trail and the competition.

The route is a mixture of fast flat trails, rough trails and some challenging ascents, taking in The Peak District, West Yorkshire, North Yorkshire moors, finishing in Cumbria. Total ascent is 6628 metres.

The trails are mostly well established and all are public rights of way. On some sections of the PBUC, we will use defined walkers' alternatives which avoid using roads. For environmental consideration, we don't add any additional signage, but route finding for the majority of the course is very straightforward, with fixed National Trails finger posts.

Where we deviate from the main Pennine Bridleway, comprehensive course notes are provided which also detail water locations provisioned by the race team and other non-race facilities on the route. We also email GPX files to all entries well in advance and during the build up to the race. Including indoor checkpoints with hot meals and sleeping.

There are 3 checkpoints plus the finish. All providing a hot meal, hot drinks and refreshments. Sleeping space is available at CP2, CP3 and the Finish. But the clock is always ticking, so you need to manage your race pace and strategy to complete all 270km within 100 hours. You'll have access to your drop bag at checkpoints, which will be transported up the course by the race team.

The race ethos is unsupported, to provide the same challenge and a level playing field for all participants. Participants are allowed to access shops, pubs & cafes etc for food and drink – i.e. business locations which are equally available to all runners during opening times. But help from, and exchange of items between, friends and relatives is not allowed.

The PBUC is a unique and superb opportunity to race the length of Pennine Bridleway from bottom to top. We have worked closely with the National Trails Authority, who are equally enthusiastic in us offering this quality trail running experience. At Kirkby Stephen finishers will be presented with medals and winners' trophies, as well as hospitality and rest facilities.

There are also several pubs and private B&B accommodation in the Kirkby Stephen where, as a finisher, you can celebrate and choose a little more luxury should you wish.

Contained in this document is information, including joining details, which will help you prepare and make the most of your Pennine Bridleway Ultra Challenge. We look forward to seeing you.

Stu Westfield
Peter Lowton

Race Directors, Ranger Ultras

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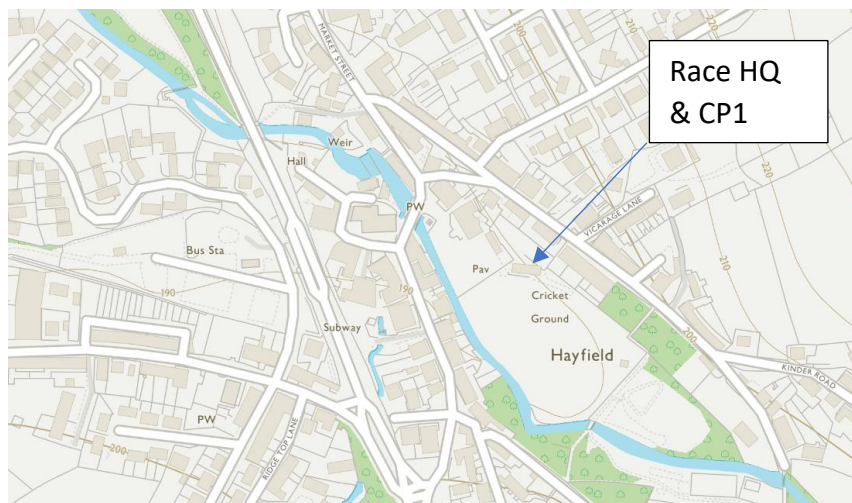
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Race Itinerary

RACE REGISTRATION: TUESDAY 19th APRIL 2022

RACE HQ: Hayfield Cricket Club Pavilion. High Peak, Derbyshire, SK22 2LD



15:00 – 21:00 Race registration, kit check, race number issue, tracker issue

Pre-Race: For athletes staying over on Tuesday night. Hayfield and the surrounding area have lots of pub-hotels, private apartments and B&B options as well as a campsite. The nearest YHA's are in Edale & Castleton (you'll need a car or pre-booked taxi for these). A search on Google will provide plenty of possibilities.

Getting to Hayfield: There is very limited long-term car parking in Hayfield. We'd like to remain on good terms with our community and not cause traffic chaos in the small village. So, we highly recommend getting dropped off for Race Registration, or taking public transport. During the day, there are regular bus services from Buxton, New Mills, Glossop and Stockport. There are regular main-line train services to the nearest stations, New Mills (2 miles from Hayfield) and Glossop. These taper off in the evening so please check the current timetables. Taxi services are available, these are better pre-booked from New Mills. There is a serviced taxi rank outside the station in Glossop.

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

- Preferred: Station Road, SK22 2ES, £4.80 all day (just over the bypass pedestrian crossing, 200m from HQ, next to the Bus Station)
- Bowden Bridge, Kinder Road, SK22 2LH, £4.50 all day (1km from HQ). To stay longer than one day you'll need to buy a weekly permit in advance from High Peak Borough Council. <https://www.peakdistrict.gov.uk/visiting/planning-your-visit/parking/parking-locations>
- Please park considerately. Take extra care not to block residents' driveways. 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.
- Public transport is the preferred and easiest option.

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Getting home: Kirkby Stephen railway station is on the Settle-Carlisle line with connections to Leeds, Manchester, Nottingham and further afield.

RACE DAY: WEDNESDAY 20th APRIL 2022

RACE HQ: Hayfield Cricket Club Pavilion. High Peak, Derbyshire, SK22 2LD

Wednesday 20 April 2022

Please note: No registrations or kit check on Wednesday morning

07:45 Bring your drop bag to Race HQ

08:30 Private coach leaves Hayfield promptly to take athletes to the start

09:45 Private coach arrives at race start

10:00 Race start at Middleton Top

CHECKPOINTS

Start Middleton Top to CP1 Hayfield 59km Ascent 1202m

Access to drop bag. Hot food. Seats for resting.
Max 4 hours in Checkpoint.
Athletes must exit Checkpoint 1 by Thursday 08:00

Hayfield to CP2 Hebden Bridge 74km Ascent 2223m

Access to drop bag. Hot food. Bunk beds.
Max 8 hours in Checkpoint.
Athletes must exit Checkpoint 2 by Friday Midday

Hebden Bridge to CP3 Settle 69km Ascent 1647m

Access to drop bag. Hot food. Sleeping space.
Max 8 hours in Checkpoint.
Athletes must exit Checkpoint 3 by Saturday 13:00

Settle to Finish Kirkby Stephen 68km Ascent 1556m

Drop bag. Hot food. Sleeping space.
Max 8 hours in Checkpoint.
Finish cut-off: Sunday 14:00

TOTALS: 270km / 100 hours / 6628m ascent

Sunday 24 April 2022

14:00 Race finish 100 hour cut-off

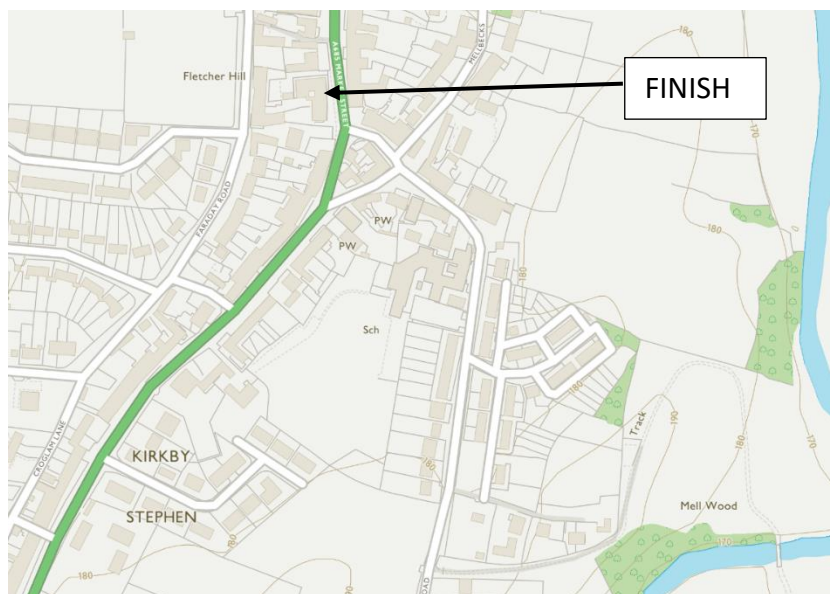
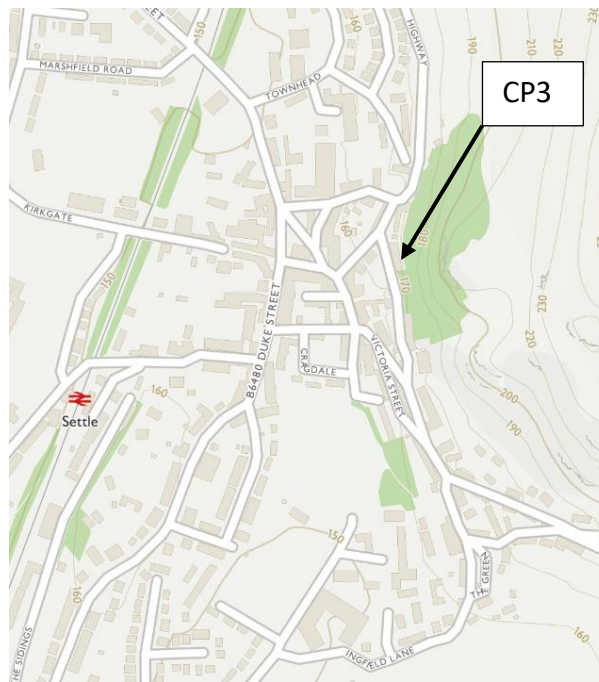
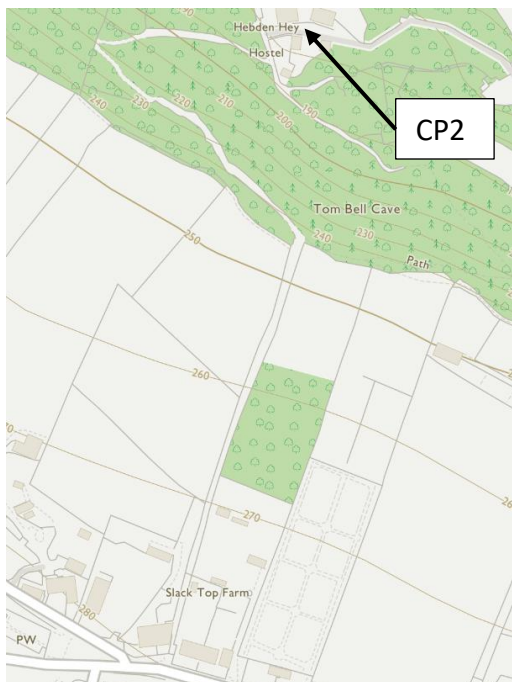
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CHECKPOINTS



ATHLETE CHECKPOINT PROCEDURE:

- 1) Register arrival with member of checkpoint team
- 2) Drop bag will be retrieved for you
- 3) CP facilities, one meal per athlete, snacks, drink, rest
- 4) Kitchen facilities are for Checkpoint Staff only
- 5) Please tidy up all your waste, using the bins provided
- 6) Please keep the toilets (and showers where available) presentable for the next user
- 7) Quiet in the sleeping areas
- 8) Keep kit fuff outside of sleeping areas
- 9) Check you haven't left anything behind

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- 10) The location for drop bags to go up the course is different to the new-arrivals drop bag location
- 11) Return drop bag to checkpoint team
- 12) Register exit with checkpoint team
- 13) Exit Checkpoint

DROP BAGS

- Maximum 15kg no exceptions
- Strong fully closable bag, no carrier bags or bin liners
- No items attached to the outside
- See Kit List for more detail
- At registration you'll be given a label to attach with your race number

RACE BIB NUMBERS

- Issued at registration after kit check
- To be attached to your front, visible to marshals

RACE HQ CONTACT PHONE NUMBER

- Will be issued at registration

TRACKERS

- Provided by Legends Tracking
- Fitted by the race team at registration
- To function correctly, must be positioned on rucksack shoulder strap with clear line skyward
- Please do not adjust position once fitted
- Online public tracker page will be issued a couple of days prior to the race
- On completion of the race, please ensure you return the tracker to a member of the race team

TRACKER SOS BUTTON

- Trackers have an SOS button which will be shown to you at race registration
- SOS button is for emergencies only
- Activation of SOS button signifies race ending incident
- On activation of SOS button attempt to establish communication with Race HQ to provide details of the incident, for most appropriate race safety team / emergency response to be coordinated.
- If wishing to DNF in non-emergency circumstances contact Race HQ first.

EMERGENCY PROCEDURE

- If serious / immobilising injury or threat to life dial 999 ask for Police then Mountain Rescue.
- Press either yours or the casualty's SOS button (you will not be penalised for Good Samaritan actions)
- Be prepared to give the following information:
 - Your name / casualty's name
 - Your location (ideally as a 6 figure grid reference – from your GPS / app)
 - Describe injury / when it occurred / condition of casualty / any deterioration in condition
 - Follow instructions given by emergency services call handler
 - If finding or with a casualty, remain in position until help arrives.
 - If another runner arrives, ask them to contact Race HQ. As there may be safety team in the area who can respond with assistance and arrive on scene faster than the Emergency Services / Mountain Rescue.
- If a 'walking wounded' or non-stretcher injury with no immediate threat to life. In the first instance contact Race HQ for assistance. Be prepared to give information as above.

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- If yours or the casualty deteriorates to a serious / immobile conditions, you should press the SOS button.
- In all cases:
 - Use your carried race kit (bivvy bag, sleeping bag, extra layers, hat, gloves) to keep as warm and dry as possible.
 - If conscious and able, eat and drink.
 - Make yourself visible, if dark or poor visibility using your head torch,
 - Make yourself heard, if an emergency, using your whistle to attract attention
 - If seeking shelter off the trail, even if only a couple of metres, make sure a rescue party can easily locate you. i.e. fix an walking pole in the ground on the trail, crack a chem-light and leave this on the trail.

SENSIBLE DNF-ING

- Ranger Ultras fully supports participants pushing their limits and pitching themselves against the trail, in the spirit of adventure and competition.
- However, we also encourage participants to make sensible decisions when deciding they have given their best and need to DNF. The following points of reference may be useful...
 - How did I feel physically and mentally prior to arrival at the checkpoint?
 - How did my kit hold up against the previous on course conditions?
 - What is the weather forecast for the next 24 hours?
 - What is the terrain like up to the next CP?
 - What can I change to do well / do better in the next section of the course?
 - How do I feel physically and mentally after a rest and hot meal?
 - On leaving a CP and not feeling able to reach the next CP safely, the option to turn back is good judgement.
 - If on the course and not able to safely reach the next CP. Call Race HQ who will discuss an accessible location, such as a road crossing or village, to rendezvous with the safety team. Bearing in mind the nearest safe location may be behind you.
- In all circumstances when DNF-ing on course:
 - Call Race HQ
 - Use your carried race kit (bivvy bag, sleeping bag, extra layers, hat, gloves) to keep as warm and dry as possible.
 - Make yourself visible (ref the Emergency Procedures notes)

UNSUPPORTED IS FAIR TO ALL

- All Ranger Ultras races are unsupported. This is to ensure fair competition and equal opportunities are available to all participants on the course. It also ensures that roadheads and less accessible locations are not inappropriately blocked with vehicles.
- To be clear this means...
 - Participants may use any on-course public facility which is available to all. Eg: Cafes, pubs serving food, shops. Note: the presence of these on the course does not automatically mean they are aware of the race. Please maintain the utmost respect for proprietors and their other customers. Their premises is not a drying room or an appropriate place for kit explosion.
 - Any exchange of items between a participant and friends or family constitutes support.
 - Support also includes accompanied running and carrying kit
- The onus is on the participant to refuse support
- The penalty for support includes disqualification
- If your family / friends are cheering you on the course, please keep in mind how this appears to the race team, who need to apply the unsupported rule without fear or favour. Hence the best place to cheer and celebrate is at the finish.

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ROADS

- The route crosses a number of busy A-roads. Use the designated crossings or central traffic islands where these are available. Participants should exercise care at all times.
- The course routing is designed to occasionally deviate away from running along a road wherever there is an off-road alternative.
- However, there are some sections which this is unavoidable without major deviation away from the Pennine Bridleway.
- Participants should use the verge or pavement wherever this is available.
- When not available, participants should normally face the oncoming traffic. Overseas visitors, bear in mind this may be in the opposite direction which you are used to.
- When approaching a blind bend, you should cross the road for a better view of the oncoming traffic, then cross back when it is safe to do so.
- Participants should make themselves visible. This includes wearing reflective items and switching on their back-light (ref compulsory kit) and their forward facing head torch.
- Please respect all other members of the public's right to safely use pavements and paths.

BIVVYING / RESTING ON TRAIL

- If you're going to bivvy or rest on the trail for more than 45 minutes, please inform Race HQ: Your race number, location (as a 6 figure Grid Reference) and estimated time you will be moving again.

ON COURSE

- Ranger Safety Team on course.
- See course navigation notes for fixed water locations.
- GPX files are sent to all entries.

FINISH / RESULTS

- Finishers medals presentation
- Winners trophies presentation
- Trophies for 1st Male and 1st Female
- Fastest finisher trophies in age categories 20-24, 25-49 and over 50's
- The timekeepers results board will be on view at Race HQ
- Full verified results and Winners will be emailed to all participants and published online within 5 days of race completion: Ranger Ultras website & Ranger Ultras Facebook page.

MORE RACE DETAILS

Please read through the sections on kit and course notes. They're quite detailed and will answer most FAQ's.

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.

Peak District National Park Authority for permission to organise this event within the PDNP
For this we pay a fee of £2-00 for each participant

National Trails authority for permission to use the Pennine Bridleway
For this we pay a fee of £4-00 for each participant

Trail Running Association £1-00 for each unaffiliated athlete

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

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



MEDALS FOR WILDLIFE

Celebrating runners' achievements has always been a huge part of what we enjoy about organising races. Although not every runner wants to take a medal away with them. So after your presentation picture in Race HQ, you now have the choice to put your medal into our Medals For Wildlife box. For every Ranger Ultras medal in the box at the end of each event we'll donate the equivalent medal cost (£3-00) to a wildlife charity.

Similarly if you're fast enough to win a trophy, you may choose to add this to the box and we'll donate £10-00 for each trophy.

We'll then re-use the medals and trophies in future races, which also helps reduce our environmental footprint. But we'd like to emphasise that Medals For Wildlife is optional and if you enjoy the memories that a medal brings, then you're equally welcome to take yours home.

Race Organiser, Stu, has been a supporter of Tusk Trust since running the Lewa Safaricom marathon, Kenya, back in 2008. All our Medals For Wildlife fundraising will go to Tusk Trust.



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TERMS, CONDITIONS & PARTICIPATION STATEMENT

1. I am over 20 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 includes a 50% non-refundable deposit.
6. If I choose to cancel my entry up to 30 days prior to the event, I will be entitled to a 50% refund
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:
 - 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.

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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 45mins) 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. 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.
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:
 - 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

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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

See our PBUC Race Volunteers page, for more details of how we like to express our thanks to volunteers and the special offers available.

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 to join as our thank you for volunteering.

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 *
- High Peak 100km Ultra
- Pennine Bridleway (270km in 100hours) Ultra Challenge

* Ranger Ultras' 2021 Grand Slam Series events

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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
- Edale Skyline
- Hayfield Skyline
- Kinder Skyline
- Kinder Scout Summer Specials
- Discovery walks
- 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