

**RANGER ULTRAS - PENNINE BRIDLEWAY TRAIL CHALLENGE**  
**270km in 100hours or less**  
**ATHLETE TIMING STRATEGIES**



**3km/h Lots of steady walking - Some jogging Strategy (CP1=3h CP2=3h CP3=3h) - 'Surfing the cut-offs'**

RACE SPLITS	TUE 15-21	WED 00	THUR 00	FRI 00	SAT 00	SUN 00
km		10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14
<b>START</b> 0		10				
Newhaven 13		14				
Parsley Hey 19 Water		16				
A515 25		18				
A6 31		20				
A623 44 Water			01			
A625 49			02			
<b>CP1</b> 57			04 Ex07 (0 hours contingency)			
Broadbottom 66			09			
A628 Tintwhistle 69			10			
Brun Clough Resv CP 87 Water			17			
A640 90			18			
A672 92			18			
A58 100			21			
<b>CP2</b> 120				04 Ex'07 (0 hours contingency)		
A6068 140				14		
A56 146 Water				16		
A682 178					02	
A59 179 Water					03	
A682 180					03	
<b>CP3</b> 200					09 Ex12 (0 hours contingency)	
Middle Pasture 219 Water						18
Garsdale Station 246 Water						03
A684 248						04
<b>FINISH</b> 268						Finish cut off 14

**4km/h Walk-Jog Strategy (CP1=4h CP2=8h CP3=8h) - Building a contingency and still taking full rest time allowance in CPs**

RACE SPLITS	TUE 15-21	WED 00	THUR 00	FRI 00	SAT 00	SUN 00
km		10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14 16 18 20 22	00 02 04 06 08 10 12 14
<b>START</b> 0		10				
Newhaven 13		14				
Parsley Hey 19 Water		15				
A515 25		17				
A6 31		16				
A623 44 Water		21				
A625 49		23				
<b>CP1</b> 57			01 Ex 05 CP c/o 07 (2 hours contingency)			
Broadbottom 66			08			
A628 Tintwhistle 69			08			
Brun Clough Resv CP 87 Water			13			
A640 90			14			
A672 92			14			
A58 100			16			
<b>CP2</b> 120				21 Ex 05 'CP cut off 07 (2 hours contingency)		
A6068 140				10		
A56 146 Water				12		
A682 178					20	
A59 179 Water					20	
A682 180					20	
<b>CP3</b> 200					01 Ex'09 CP cut off 12 (3 hours contingency)	
Middle Pasture 219 Water						14
Garsdale Station 246 Water						21
A684 248						21
<b>FINISH</b> 268						02 Finish cut off 14