

RANGER ULTRAS

PENNINE BRIDLEWAY PB18km



Welcome to the Pennine Bridleway PB18km

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.

With a flexible start window and generous timings. Run with friends, or as a time trial, it's your choice...

We email a GPX file to all entries well in advance of race day. If you wish to enjoy running with friends, we will allow couples and small groups to start together. Route finding is straightforward following the well-marked Pennine Bridleway National Trail.

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 upstream 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 PB55 Ultra Time Trial, 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 guided walks.

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 way, 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.

We look forward to seeing you.

Stu Westfield
Peter Lowton

Race Directors, Ranger Ultras
email: rangerexped@gmail.com mobile: 07890 620274

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RACE TIMINGS

SATURDAY - ITINERARY

08:00

- Race HQ open
- Race HQ: Hayfield Cricket Pavilion (far side of The Royal Hotel car park), Hayfield, High Peak, SK22 2LD
- Parking Note: There are two public pay and display car parks in Hayfield.
 - Preferred: Station Road, SK22 2ES, £4.80 cash all day (just over the bypass pedestrian crossing, 200m from HQ)
 - Bowden Bridge, Kinder Road, SK22 2LH, £4.50 cash all day (1km from HQ)
 - Please park considerately. Take 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.

09:30 to 12:00

- You choose what time to check in at Race HQ between 09:30 and 12:00 midday
- Please try to time your arrival to at least 30 minutes of your intended start time
- Please bring personal photo identification eg driving licence, identity card
- There will be a visual kit check (all compulsory items to be carried) and race number issue

10:00 to 12:30

- You choose your approximate start time between 10:00 and 12:30
- Report to race start timekeeper at Race HQ
- Your individual start time will be recorded and you may proceed onto the course.
- You may, if you wish, start with friends so you can run together.
- There will be an aid-station at the Rushup Edge half-way turn.
- Note: For a valid race time, runners must report their race number to the marshal at the course-turn.
- On finishing the PB18 back at Race HQ the timekeeper will record your finishing time.

17:00

- Cut off time for all PB18 runners to be back at Race HQ

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GENERAL NOTES & FAQ ANSWERS:

- You're welcome to leave a 'going home' bag at Race HQ.
- Please read the detailed kit-check notes and arrive at kit check with all the compulsory items ready to show the kit-check team.
- There is not a facility for on-course personal drop bags.
- Refreshments, snacks and hot drinks will be available on course.
- Finishers medals will be presented at Race HQ
- The staggered start format means that the race winner award will may not be certain until the last runner has passed the finish line.
- Winners trophies will be posted to runners who wish to head home before results are available
- 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.
- You may, if you wish, wait or pop back to HQ at the end of the day to see the provisional results
- 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 lunch time onwards.
- Food is prepared with care in a kitchen which may also be using nut, shellfish, dairy etc ingredients.
- 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

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PERMITS & TRAIL FEES

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.

National Trails authority for permission to use the Pennine Bridleway
For this we pay a fee of £1-00 for each participant

Trail Running Association £1-00 for each unaffiliated athlete

The PB18 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
- If meeting or catching up with a ridden or led horse: Make yourself know to the rider well in advance. Slow to a walk. Be prepared to stop if necessary. If running in a group, approach in single file. Large masses of people may spook the animal. Ask if it is safe to pass. Pass in single file.
- 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



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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 £5-00 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.



WHAT'S INCLUDED?

- Ranger Ultras' on course Safety Team
- Navigation notes
- GPX file emailed to all entries
- **At RUSHUP EDGE 9km:** Sweet & savoury snacks, fruit, soft drinks, water
- **At HQ FINISH 18km:** Tea/Coffee/ Soft drinks, Pizza
- Finishers Medals
- Trophies for 1st Male and 1st Female
- Trophies for Age Cat 20-24, 25-49, 50+
- 18 finishers points automatically added to the Ranger Ultras points comp leader board.

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COMPULSORY KIT LIST

We want your kit check to be as straightforward as possible, so you and the event team can get along with enjoying your day on the trails. Please take some time to familiarise yourself with the following kit check notes...

- Bring all of the compulsory kit to kit check, ready to show the team.
- Treat the kit list as the minimum standard rather than something to try and beat. It has been compiled with input from mountain professionals, mountain rescue and trail runners.
- Sorry, no kit = no start. We cannot make exceptions or exemptions to kit as this would then have to apply equally to everyone else and just make a mess of the whole process.
- There will be random kit checks on the course. Any competitor not carrying essential items of safety equipment will be disqualified from the race.
- All athletes must carry a paper copy map, even if they are using GPX, Watch etc.
- No sharing of kit.
- Do check the weather forecast to ensure your waterproof and additional warm layers are sufficient for the conditions. Add clothing to your kit to suit the conditions.

THE KIT (must be 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
For example:
 - OS OL1 Dark Peak
 - Harveys Maps Pennine Bridleway South
 - Harvey Maps Pennine Bridleway XT40
 - (note: home paper print outs must be waterproofed, either laminated or in waterproof map case)
- Whistle

Continued....

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- 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
- Sufficient fluids and hill food to sustain you for the race.
- First aid / blister kit plus personal meds.
- Mobile Phone (fully charged). Standard UK network SIM cards only. Definitely not Manx SIM
- Litter bag to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoint or HQ)

- OPTIONAL: GPS
- OPTIONAL: Unbreakable Mug (for drink at Race Turn, we do not use single use disposable plastic cups)
- OPTIONAL: Walking poles are allowed

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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 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:
 - 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.

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- 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@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.

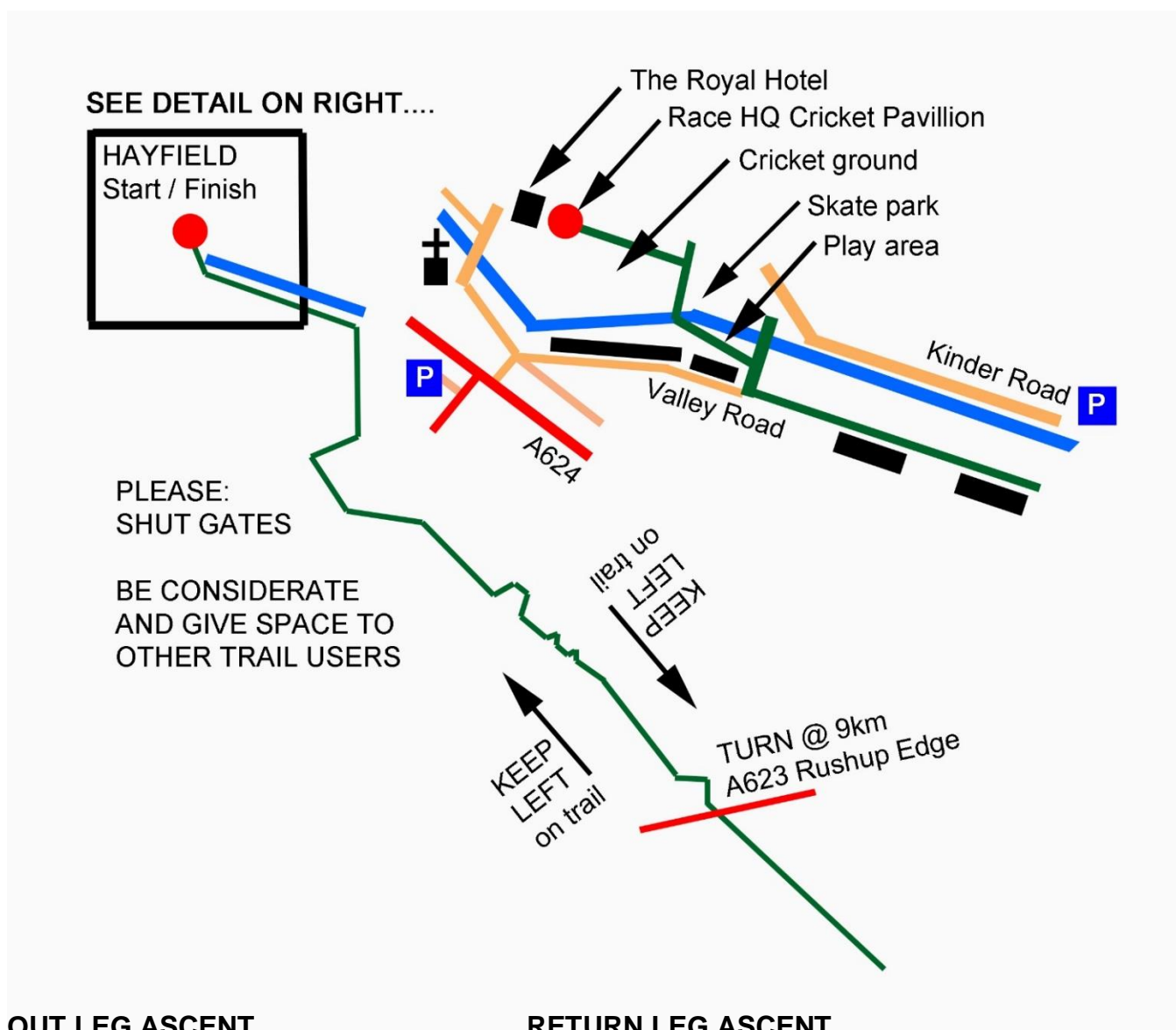
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COURSE NOTES

On course refreshments (water, soft drinks, sweet & savoury snacks) at 9km Rushup Edge



OUT LEG ASCENT



Lowest 191m Highest 455m
Total ascent 515m

RETURN LEG ASCENT



Lowest 190.58m Highest 454.96m
Total ascent 290.74m

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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 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 70/100km Ultra
- Pennine Bridleway (270km in 100hours) Trail Challenge
- Pennine Bridleway (137km in 50hours) Trail Challenge

All races automatically count towards the Ranger Ultras Point Series Competition. See Ranger Ultras website for more details on the Grand Slam and Point Series Competitions.

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
- Yorkshire 3 Peaks Challenge (Guiding and support)
- National 3 Peaks Challenge (Guiding)
- Kilimanjaro Tanzania (bespoke groups)
- Mt. Meru Tanzania (bespoke groups)
- Crater Highlands & Hazda Trek Tanzania (bespoke groups)
- Guiding and Logistics support for your personal challenge
- Navigation, hill skills, race skills and expedition training

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KILIMANJARO & AFRICA EXPEDITION TREKKING SPECIALIST

“I have guided clients on treks in Africa...to the summit of Kilimanjaro, along the sands of the iconic Skeleton Coast and many superb wilderness journeys. Working closely with local experts, for trekking, safari and wildlife encounters, I have shared iconic and life affirming experiences. And led developmental assignments on NGO and community projects. (Tanzania, Kenya, Uganda, Rwanda, Namibia, South Africa, Eswatini)” – 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

