

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



Welcome to the High Peak 18km Trail Run

The High Peak 18km Trail Run is mini-adventure for all trail runners. From first timers all the way to elite athletes and distance runners making the transition from road to trail. All participants start at the same time on the out-and-back course.

The route is an out and back from Whaley Bridge along route of the historic Cromford And High Peak railway. To the upper the Goyt Valley. Total ascent is 488m

The course is run over established trails and rights of way, with a generous 6 hour cut off time to complete the 18km. For environmental consideration, we don't add any additional signage, but route finding for the majority of the course is very straightforward. We email GPX files to all entries well in advance and during the build up to the race as well as a comprehensive race briefing document.

There will be Ranger Ultras Safety Team support at HQ and at the race turn with water and snacks. There is hot food and drinks for all participants at the finish. Racers finishers medals and winners' trophies.

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 low-key, great value 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 High Peak 18km Trail Run. We look forward to seeing you.

Stu Westfield
Peter Lowton
Race Directors
Ranger Ultras

email: rangerexped@gmail.com
mobile: 07890 620274

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



RACE TIMINGS

RACE HQ: Whaley Bridge Uniting Church Hall, Buxton Road, Whaley Bridge, High Peak, Derbyshire, SK23 7HT

SATURDAY

07:30 - Race registration & kit check at Race HQ

08:45 - Short walk from Race HQ to Race Start & pre-race safety briefing

09:00 - 18km Race start at the historic Transhipment Warehouse, canal wharf at the end of the Cromford to Whaley Bridge railway.

15:00 - Race finish cut off time at Race HQ (not the Transhipment Warehouse)

IMPORTANT NOTE:

At the race turn for the 18km course: Goyt Lane upper car park SK023751, at the junction with the dismantled railway - Please wait a moment until the marshal has noted and verbally confirmed your race number.

Parking note Friday / Saturday / Sunday

There is no parking at the Race HQ for athletes. There are just a few spaces reserved for safety team and course marshals to pick up and drop off kit etc.

For athletes, there is parking along the A5004 Buxton Road without yellow line or timestamp restrictions, between 30mph signs and Canal Wharf area (approached from the A6 roundabout). This is just 5 mins walk to Race HQ.

Please park considerately in Whaley Bridge, taking care not to cause traffic congestion or obstruct residents access. If you can, car sharing helps minimise our presence on local communities.

Public Transport

Whaley Bridge is regularly serviced by bus and train public transport, on the Buxton line feeding into mainline Manchester Piccadilly. The Skyline 199 bus, stops at Whaley Bridge and connects directly to Manchester International Airport.

Whaley Bridge train station is just 5 minutes' walk from Race HQ.

If you can, please use public transport to and from the race.

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



WHAT'S INCLUDED?

- Ranger Safety Team Support
- Navigation notes
- GPX files emailed to all entries
- Indoor Race HQ
- Refreshments at start and finish
- On course refreshments and water top ups
- Finishers Medal
- Trophies for 1st Male and 1st Female
- Male and female Age Cat Trophies 20-49, 50+

GPX FILES

GPX files are emailed to all participants, starting a few months in advance of the race. Then regularly to new entries as we approach race day. We like to send early so that you have all the information you need to do your race reces and preparations. A common occurrence is participants unchecked email spam boxes deleting sent info, causing us a lot more work in replying to individual requests to resend. Hence, its vitally important for all participants to mark rangereped@gmail.com as a safe sender please.

Q&A regarding GPX files can be found here...

<https://rangerultras.co.uk/index.php/faqs/>

RACE WRAP UP

PHOTOS & RESULTS

Please allow us a few days to pack up the event, all the kit and maybe catch up on a little sleep. Race photos are free of charge and will be posted on Ranger Ultras Facebook page in a dedicated online album.

Before publishing, the race results require checking and collating into an online format. This is a time consuming job which cannot be rushed. When ready, the results table will be posted on our Facebook page and in the drop-down results menu under the relevant race Ranger Ultras webpage.

It's our aim to have race photos and results available for you online within 1 week of the finish.

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



LOST PROPERTY

Do check before you leave the event that you definitely have all your kit. Leaving shoes and poles behind is a common occurrence.

Once the race results are done, pictures of all the lost property will be uploaded to the Facebook community group and attached to post-race wrap up email.

If identified lost property is yours, your options are:

- 1) Collect from Hayfield, Peak District, or get a friend to collect, if you're passing nearby.
- 2) We'll bring the lost property box to the next race for you, or a friend, to collect.
- 3) Small items only - gloves, hat, buffs: Send us a large letter stamped self-addressed envelope, £2.60 stamp gets you up to 500g weight, UK delivery. You'll get a proof of return postage, but the item will not be tracked or insured.
- 4) Expensive items - clothing, shoes, poles etc. Only returned via insured and tracked postage at cost. The delivery has to be insured as we're not in a position to be liable for and replace items lost in the post. We have to ask for full postage costs as, the cost of returning items is more than we make on your race entry.

(appx indication of cost: For just a pair of trainers, tracked With Signature & up to £150 insured value = an eye watering £9.45 UK delivery, not to mention all the extra time packing, going to the post office, getting the weight pricing checked etc etc)

For the above contact stu via email: rangerexped@gmail.com

If your lost item is not in the pictures...

You're welcome to ask in the Ranger Ultras Facebook Community group if another participant has accidentally picked it up. And arrange return between yourselves.

If you find you have inadvertently picked up someone else's kit...

Similarly, you're welcome to share within the Ranger Ultras Facebook Community Group and arrange repatriation between yourselves.

For the preservation of our sanity, please try to keep to the above options.

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



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 & Winners trophies will be presented at Race HQ
- 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 one week of race completion: Ranger Ultras website & Ranger Ultras Facebook page.
- Race HQ will be staffed throughout the event. Tea, coffee, soft drinks, soup, light refreshments and hot food will be available to racers on return to HQ.
- Food is prepared with care in a kitchen which may also be using nut, shellfish, dairy etc ingredients.
- For participants travelling from further afield, an internet search will readily provide a selection of B&B type accommodation in Whaley Bridge the surrounding area

Additional Q&A can be found here...

<https://rangerultras.co.uk/index.php/faqs/>

We endeavour to be responsive and helpful in all our correspondence. However, in the week before each race, our attention and time is focussed on setting up infrastructure, preparing start sheets and ensuring the smoothest possible roll-out of the event. Hence, questions during build-up week may not be seen.

You're welcome to join the Ranger Ultras Facebook Community for friendly Ranger Ultras themes chat, topics, race reports, news and discussion.

<https://www.facebook.com/groups/officialrangerultrastrailrunningcommunity>

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



PERMITS & TRAIL FEES

Ranger Ultras is affiliated with the Trail Running Association (TRA) and England Athletics (EA). The High Peak 18km Trail Run 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



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

Biosecurity measure to prevent the spread of pathogens, pests and non-indigenous species.

Please...

- Clean footwear (no traces of mud or vegetation) before leaving home
- Clean footwear after the race (and when you go to different training areas) as good biosecurity practice



RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



MEDALS FOR WILDLIFE

Introducing "*Medals For Wildlife*" at all our Ranger Ultras' trail running events...

Celebrating runners' achievements has always been a huge part of what we enjoy about organising races. Although not every runner wants to take home a medal. So after your medal presentation picture, you now have the choice to put your medal into our *Medals For Wildlife* box.

For every 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 return this to the box and we'll donate £5.00 for each trophy. We'll then re-use these in future races, which also helps reduce our environmental footprint.

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

<http://rangerultras.co.uk/index.php/medals-for-wildlife/>



RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



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 any item 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 (all items must be worn or carried by each participant)

- Race pack or bum bag
- Waterproof jacket with attached hood or additional head covering
- Insulating hat and gloves / mitts (a buff does not count as warm hat)
- Wicking base layer (not cotton)
- Warm mid-layer(s) appropriate for the weather conditions.
- Appropriate footwear for trail running
(100% road shoes / shoes with no trail grip, will fail kit check)
- Hard copy or colour print out of Ordnance Survey type map covering the Race Distance.
Sorry, no acceptable map = no run.

There are several options for you to choose from:

- OS Explorer 1:25,000 OL24 White Peak covers the whole course except a short section at start/finish. We will provide a sketch map of this section.
- Harveys Maps covering the full distance.
- Home paper print outs of Ordnance Survey 1:25k / 1:50k scale or Harveys must be: Waterproofed, either laminated or in waterproof map case. Printed at the proper map scale, not reduced. Showing all navigable features.

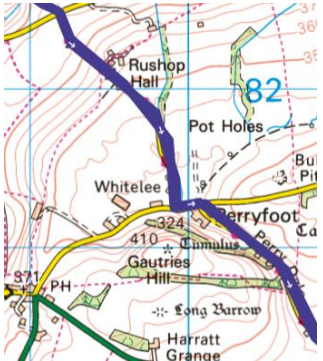
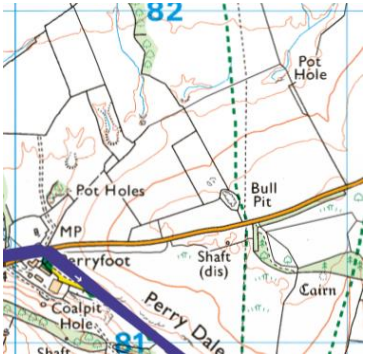
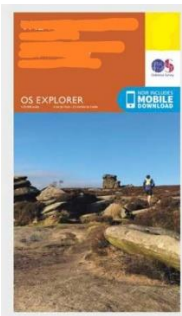

Continued....

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



Examples of navigable mapping options which will pass kit check:

 <p>Eg: Ordnance Survey 1:50k. If home printed must be at 2cm = 1km</p>	 <p>Eg: Ordnance Survey 1:25k. If home printed must be at 4cm = 1km</p>	 <p>Eg: OS Explorer 1:25k Active (Waterproof) shop bought</p>	 <p>Eg: Harveys 1:40k or 1:25k Waterproof Shop bought</p>
--	--	---	--

Examples of mapping which will fail kit check:

 <p>Open source mapping will fail kit check</p>	 <p>Google maps will fail kit check</p>	 <p>Sketch style maps will fail kit check</p>	 <p>Route elevation plots are not an acceptable substitute for a proper map</p>
--	--	---	--

- 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)

 <p>Example base plate type compass PASS kit check</p>	 <p>FAIL kit check</p>
---	--

Continued....

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



- 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.
- 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). 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 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: Ear Buds & Headphones: NOT worn on the short road sections or road crossings

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



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 (As a condition of England Athletics rules & TRA permit approval)
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 RACE HQ 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. 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.

RANGER ULTRAS

HIGH PEAK 18KM TRAIL RUN



16. 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.

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

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

HIGH PEAK 18KM TRAIL RUN



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).

Alternatively, you can 'save up' credits for volunteering on our one day races and use these to reduce your entry fee to our multi-day Pennine Bridleway 270km in 100 hours / 137km in 50 hours Trail Challenges.

- You can use up to a maximum of four credits (equivalent of £50 per credit) to reduce your PB270 entry fee by £200.
- You can use up to a maximum of two credits (equivalent of £50 per credit) to reduce your PB137 entry fee by £100.

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

HIGH PEAK 18KM TRAIL RUN

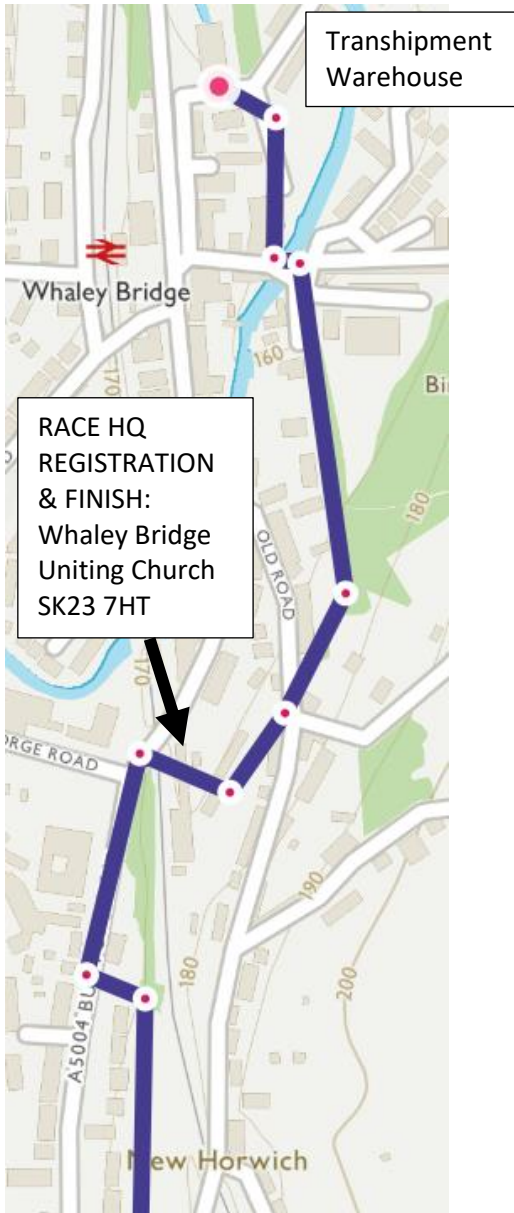


COURSE NOTES

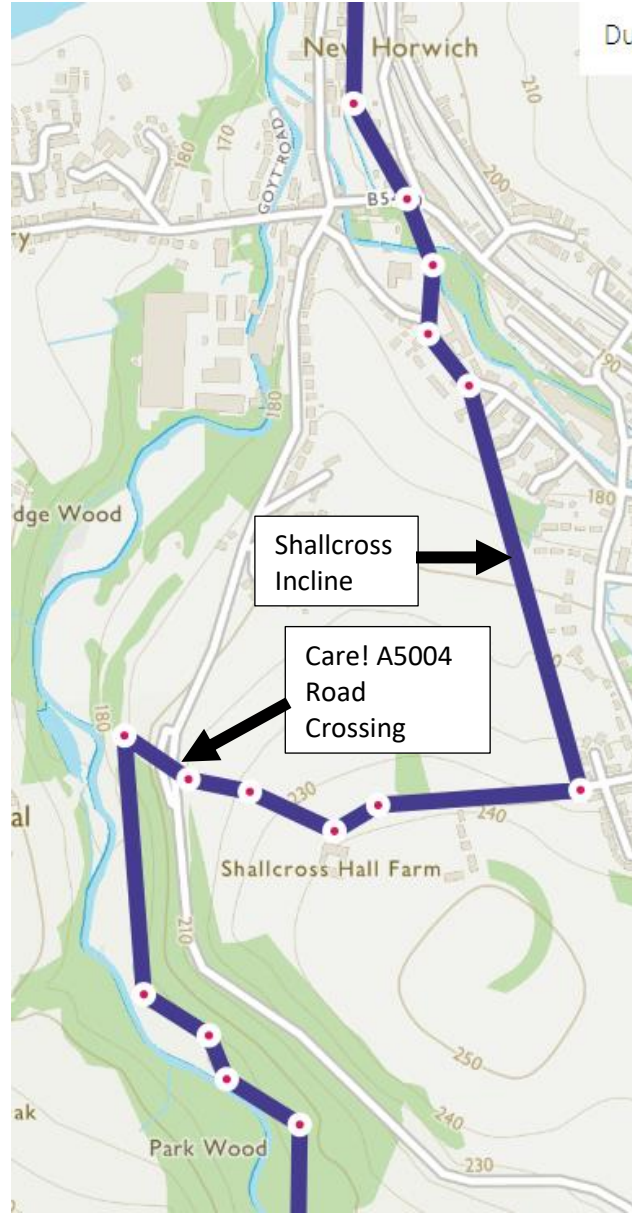
On-course refreshments (water, soft drinks, sweet & savoury snacks) at:

- 9km Upper Goyt Lane gate at junction with dismantled railway

1



2

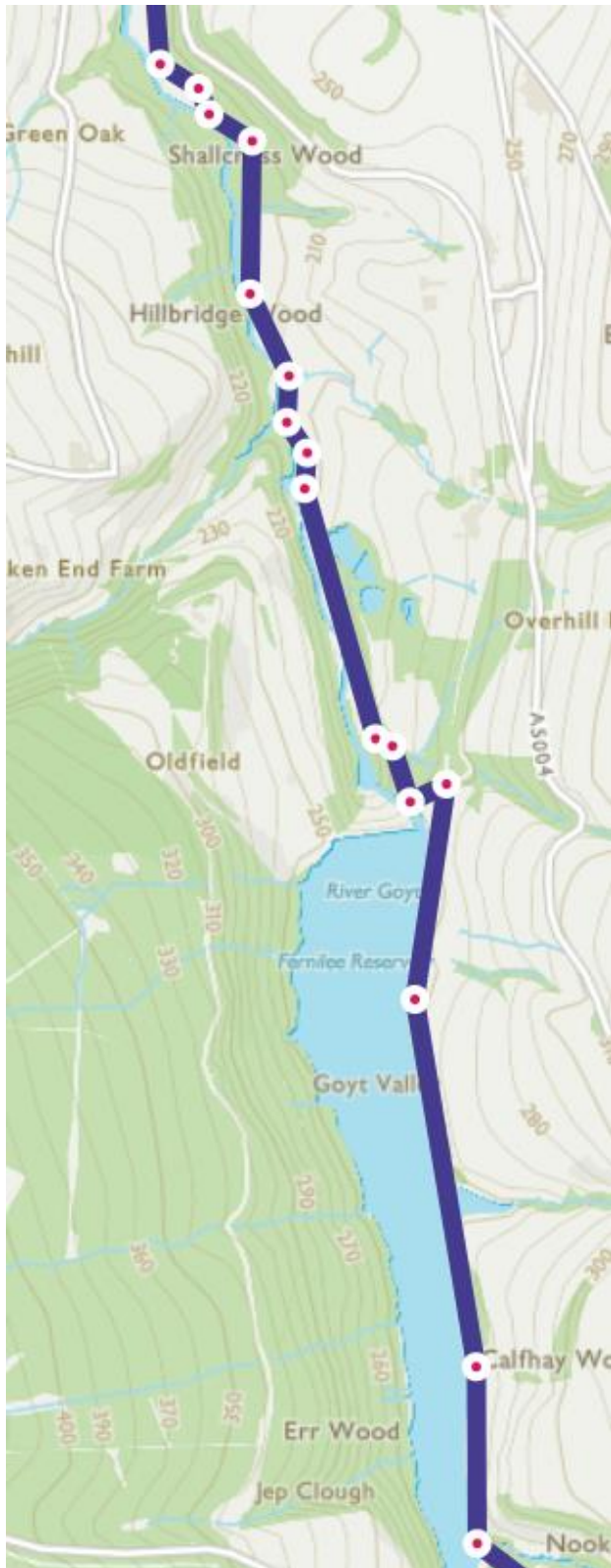


RANGER ULTRAS

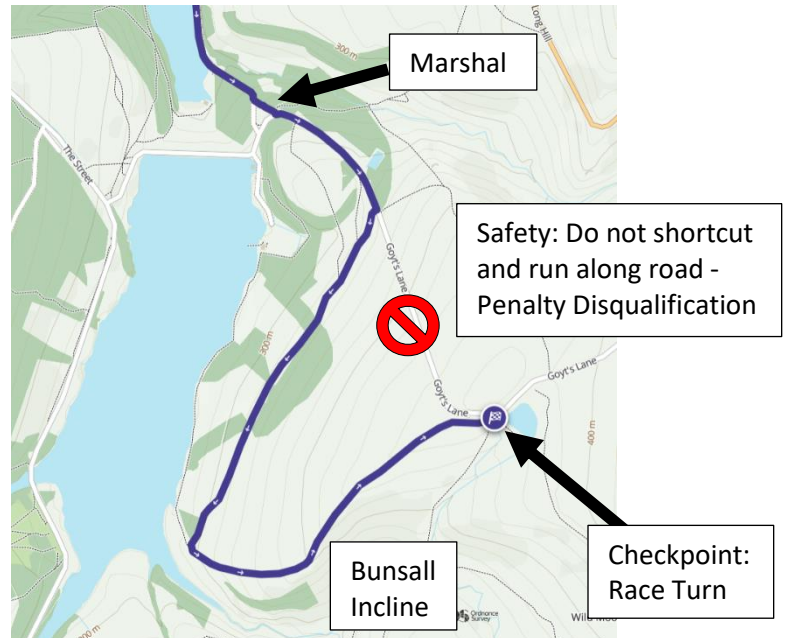
HIGH PEAK 18KM TRAIL RUN



3



4

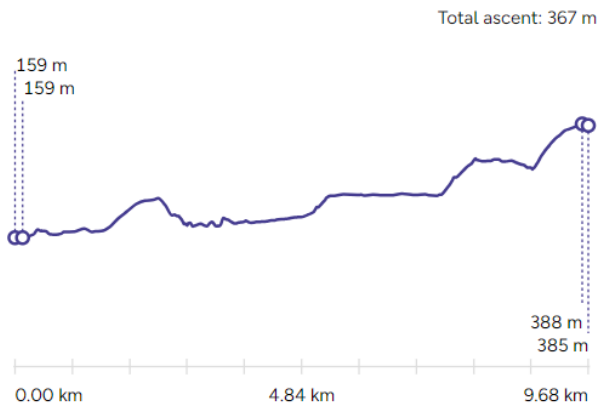


RANGER ULTRAS

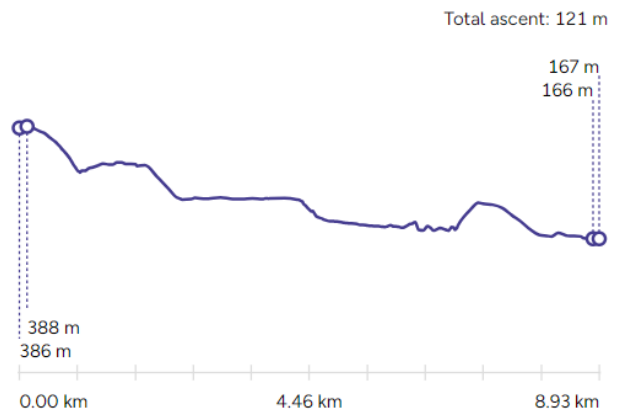
HIGH PEAK 18KM TRAIL RUN



ELEVATION OUTBOUND



ELEVATION RETURN



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 PB18km Trail Time Trial
- Pennine Bridleway PB55km Ultra Time Trial
- Pen Y Ghent 50km Mountain Ultra
- Yorkshire 3 Peaks 70/100km Ultra
- Peak District White Peak 50km Trail Challenge
- Peak District Dark Peak 43km Marathon
- Peak District South & North 93km
- High Peak 18km Trail Run
- High Peak 70/100km Ultra
- Pennine Bridleway (137km in 50 hours) Trail Challenge
- Pennine Bridleway (270km in 100 hours) Trail Challenge

We organise trail running races with the emphasis on adventure in the hills. Complete Racer Pennine training skills sessions are available year-round.

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 ULTRAS

HIGH PEAK 18KM TRAIL RUN



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:

- Derbyshire 3 Peaks Challenge
- Edale, Hayfield, Kinder Skylines
- Kinder Scout Skygazing
- Kinder Scout Red Brook Scramble
- Kinder Scout hill top Sunrise, Brunch and Supper Specials
- Kinder River From Sett to Source
- Discovery Walks
- 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

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

