

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



Welcome to Peak District South & North

The race is in 2 stages, each with its own distinctive scenery and iconic characteristics. Participants can choose to run 50km Stage 1 or 43km Stage 2, or complete the whole 93km tour of the Peak District in two great days of trail running.

As in all other aspects of everyday life, costs are rising but incomes are, at best, staying the same. Ranger Ultras have always been about supporting trail runners with events which are low-key, yet offer great-value, quality experiences and iconic routes. We put people before profit, taking less so we can share more. On top of this, the enormously popular PS&N offers low-cost accommodation options to make this a highly cost-effective and easy to join-in weekend of trail running.

The Stage 1 Ultra follows trails through the limestone country of the White Peak. Here runners can experience the rolling hills and lush riverine microclimates of limestone dales. The route is over rolling terrain with some short challenging ascents in the mix.

The Stage 2 Marathon takes in some of the best views of the Dark Peak offering superb trail running. Racing along the Pennine Way, up the famous Jacob's Ladder, past Kinder Downfall, then linking to the Pennine Bridleway, into the historic village of Hayfield. Past Mount Famine, ascending and along Rushup Edge to Mam Nick, followed by a direct line back to the finish.

Our aim is always 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 PS&N challenging, but our ethos is always about facilitating achievement and success.

Also contained in this document are joining details and navigation notes. Which will help you prepare and make the most of your Peak District South & North. We look forward to seeing you.

Our mission is to share challenging, scenic and enjoyable events with the best possible combination of value, quality and accessible price. Celebrating achievement and encouraging participation from grass-roots upwards.

**Stu Westfield
Peter Lowton**

Race Directors
Ranger Ultras

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RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



ITINERARIES

STAGE 1 ONLY PARTICIPANTS

Friday

19:00 - Race HQ: The Peak Centre at Champion House, Edale, Hope Valley, S33 7ZA .

Registration, collect number, pre-race kit check and pizza, open to residential & non-residential participants. Check-in for residential participants.

21:00 - Friday Registration, Kit Check & Check-in closes.

Note: Stage 1 Only, non-residential participants can also register and kit check at HQ between 06:30 and 07:30 on Saturday morning.

Saturday

- 06:30 - Race HQ: Registration reopens, collect number & kit check for Stage 1 Only participants.
- 07:00 - All 'Stage 1 Only' residential participants to vacate rooms ('going home' bags / luggage for residents and non-residents can be stored in the hall)
- 07:30 - Registration closes.
- 08:00 - Stage 1 start (from Edale)
- 21:00 - Race finish cut off time at Edale

Important accommodation notes for Stage 1 only participants:

- Please note the standard entry fee does not include Peak Centre accommodation.
- This is an additional option must be specifically selected on booking.
- We're not making a profit on your accommodation fee, it is simply used to cover venue hire costs and to offer this facility.
- Stage 1 runners accommodation is for Friday night only.
- We're sorry, but we cannot accept requests for Saturday night.
- Peak Centre accommodation is limited and very likely to sell out.
- Bedding, mattress and pillows are provided. Bring your own towel.
- We have to comply with very strict fire regulation rules on numbers sleeping, hence, sorry, but we cannot accept requests for accommodation on race day.
- If you require accommodation please make sure you have this arranged before you travel to Edale.

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



STAGE 2 ONLY PARTICIPANTS

Saturday

17:00 – Race HQ: The Peak Centre, Edale. Registration, collect number, pre-race kit check and pizza, open to residential & non-residential participants. Check-in for residential participants opens.

19:30 - Saturday Registration, Kit Check & Check-in closes for Stage 2 Only participants

Note: Stage 2 Only, non-residential participants can also register and kit check between 06:30 and 07:30 on Sunday morning

Sunday

- 06:30 - Race HQ: Registration reopens, collect number, kit check for Stage 2 Only non-residential participants.
- 07:00 - All participants to vacate rooms ('going home' bags / luggage for residents & non-residents can be stored in the hall)
- 07:30 - Registration closes
- 08:00 - Stage 2 start (from Edale)
- 18:30 - Stage 2 cut-off at Hayfield. Please note: Due to HQ closure at 22:00, racers should pass the Hayfield Checkpoint before 18:30. There will be a vehicle to pick up racers who will not make the finish time from this location.
- 21:00 - Race finish cut off time

Important accommodation notes for Stage 2 only participants:

- Please note the standard entry fee does not include Peak Centre accommodation.
- This is an additional option must be specifically selected on booking.
- We're not making a profit on your accommodation fee, it is simply used to cover venue hire costs and to offer this facility.
- Stage 2 runners accommodation is for Saturday night only.
- The Peak Centre is handed back on Sunday evening, there is not an option to stay on.
- Peak Centre accommodation is limited and very likely to sell out.
- Bedding, mattress and pillows are provided. Bring your own towel.
- We have to comply with very strict fire regulation rules on numbers sleeping, hence, sorry, but we cannot accept requests for accommodation on race day.
- If you require accommodation please make sure you have this arranged before you travel to Edale.

RANGER ULTRAS

**PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION**



BOTH DAYS COMBINED PARTICIPANTS

Friday

19:00 – Race HQ: The Peak Centre at Champion House, Edale, Hope Valley, S33 7ZA.

Registration, collect number, pre-race kit check and pizza, open to residential & non-residential participants. Check-in for residential participants.

21:30 - Friday Registration, Kit Check & Check-in closes.

Note: Both Days Combined non-residential participants can also register and kit check between 06:30 and 07:30 on Saturday morning

Saturday

- 06:30 - Race HQ: Registration reopens, collect number & kit check for Both Days Combined participants.
- 07:30 - Registration closes
- 08:00 - Stage 1 start (from Edale)
- 21:00 - Stage 1 Edale cut off time at Edale
- 21:30 - Event team downtime

Note: Both Days Combined participants can leave their personal luggage in rooms on Saturday.

Sunday

Note: There is no access to the Peak Centre after 09:00 on Sunday for runners not starting Day 2.

- 06:30 – Race HQ: Registration opens - participants just need to confirm they are running again
- 07:00 - All participants to vacate rooms ('going home' bags / luggage for residents & non-residents can be stored in the hall)
- 07:30 - Registration closes
- 08:00 - Stage 2 start (from Edale)
- 18:30 - Stage 2 cut-off at Hayfield. Please note: Due to HQ closure at 22:00, racers should pass the Hayfield Checkpoint before 18:30. There will be a vehicle to pick up racers who will not make the finish time from this location.
- 21:00 - Stage 2 Edale finish cut off time
- 22:00 - Race HQ closes

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



Important accommodation notes for Both Days Combined participants:

- Please note the standard entry fee does not include Peak Centre accommodation.
- This is an additional option must be specifically selected on booking.
- We're not making a profit on your accommodation fee, it is simply used to cover venue hire costs and to offer this facility.
- Both Days runners accommodation is for Friday night and Saturday night only.
- The Peak Centre is handed back on Sunday evening, there is not an option to stay on.
- Peak Centre accommodation is limited and very likely to sell out.
- Bedding, mattress and pillows are provided. Bring your own towel.
- We have to comply with very strict fire regulation rules on numbers sleeping.
- Hence, sorry, but we cannot accept requests for accommodation on race day.
- If you require accommodation please make sure you have this arranged before you travel to Edale.

GENERAL NOTES & FAQ ANSWERS:

- Registration, Start and Finish is at The Peak Centre, Edale
- There is **no athlete parking at the Peak Centre** please use the village public car park. See parking notes.
- Accommodation option at The Peak Centre must be pre-booked with your race entry on Si-Entries. Beds will be allocated in advance into separate male/female rooms. We will do our very best to facilitate requests from friends who wish to be in the same room, but cannot guarantee exclusivity, as there are limited rooms & beds.
- 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, see course notes.
- Showers after the finish are available for resident and non-resident participants.
- Hot meals with vegetarian option, snacks and drinks for all finishers, available at the finish. Food is prepared with care in a kitchen which may also be using nut, shellfish, dairy etc ingredients.
- For participants with special diets & allergies etc you're welcome to bring own food. There will be a separate room with hot water dispenser and washing up facility available.

Additional Q&A can be found here...

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

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



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>

PARKING NOTE: Friday / Saturday / Sunday

- Public pay and display car park next to the entrance to the village (138 parking bays)*
- The cash only car park is open 24hrs. Cars £7 for 24 hours. Motorhomes £10.50 for over 4 hours*
- Please consider car sharing wherever possible.
- Don't forget to get a ticket prior to the race start.
- The 11 spaces immediately outside of the Village Hall should not be used.
- Please do not park in Edale village itself, or roads elsewhere which will cause an obstruction (see map in course notes)
- Motorhomes need to have an on board toilet. The car park public toilets are only open 0800 to 1800. There are no suitable alternative public / wild toilet areas in the village.
- If your vehicle does not have an on board toilet, please check into a local campsite.
- Edale has a train station with connections to Manchester and Sheffield. Please consider using public transport.

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

WHAT ELSE IS INCLUDED?

- Ranger Safety Team Support
- Navigation notes
- GPX files emailed to all entries

STAGE 1

- **CP at HOPE @ 7km: Snacks, water**
Also a Spar shop, cafés and public toilets
- **CP at Hazelford layby @16km: Water top up**
- **CP at Sir William Hill Road @18km: Snacks, water**
- **CP at Radford Plantation @32km: Water top up**
- **CP at Rushup Edge @45km: Snacks, water**

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



- Finishers Medal
- Trophies for 1st Male and 1st Female
- 50 finishers points automatically added to the Ranger Ultras points comp leader board.

STAGE 2

- **CP at MONKS ROAD @16km: Snacks, Water**
- (not A CP) Sett Valley Café @ 20.5km (closes at 15:00)
- Public toilets Hayfield Bus Stop @ 22km
- **CP at HAYFIELD CRICKET CLUB PAVILION @ 22.5km: Snacks, hot drinks, water**
- **CP at RUSHUP EDGE @ 37km: Snacks, water**
- Finishers Medal
- Trophies for 1st Male and 1st Female
- 43 finishers points automatically added to the Ranger Ultras points comp leader board

STAGE 1 & 2

- Finishers Medal
- Trophies for 1st Male and 1st Female
- Age Cat Trophies 20-25, 26-49, 50+
- 93 finishers points automatically added to the Ranger Ultras points comp leader board

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

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 recces 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/>

RANGER ULTRAS

**PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION**



MEALS AT RACE FINISH

At the race finish, participants will have choice of a tasty vegetarian or meat hot meal. Our meals are often inspired by journeys and expeditions and it's our pleasure to share these with you. Meals may not be suitable for participants who follow more restricted diets such as vegan or have specific requirements.

The race kitchen is a small space and so for everyone's safety it is a staff-only area. While the race kitchen is kept clean and tidy, we cannot guarantee that food is free from nuts, dairy, wheat, soy, shellfish or other allergens. If participants are in any doubt, we recommend bringing your own suitable food items. Hot water will be available for rehydration type meals.

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.

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.

RANGER ULTRAS

**PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION**



- 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.

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

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



- 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 / race recce areas) as good biosecurity practice

PERMITS & TRAIL FEES

Ranger Ultras is affiliated with the Trail Running Association (TRA) and England Athletics (EA). The PS&N 43/50/93 Ultra is organised with race permit from the TRA and under EA rules



Trail Running Association: Ranger Ultras supports the sport of trail running. We pay £1-00 to the Trail Running Association for each unaffiliated athlete

Peak District National Park: Permission to use public rights of way. For this we pay a fee of £2.00 for each participant.

National Trail Authority: Permission to use the Pennine Way and Pennine Bridleway public rights of way. For this we pay £1.00 for each participant.



RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



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.



RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



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.
- Ref kit list notes below. Don't forget your back-up head torch, emergency bivvy bag.
- All athletes must carry a paper copy map (no sharing) even if you 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 (all items must be worn or carried by each participant)

- Suitable backpack
- Waterproof jacket with hood or additional head covering
- Insulating hat and gloves / mitts (a buff does not count as warm hat)
- Wicking base layer (not cotton)
- Long sleeve mid-layer(s) appropriate for the weather conditions
- Appropriate footwear for mountain 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. There are several options to choose from:

STAGE 1: OS - OL1 Dark Peak and OL24 White Peak

STAGE 1: Harvey Maps – Peak District Central

STAGE 2: OS OL1 Dark Peak

STAGE 2: Harvey Maps - Peak District Central & Peak District North

HOME PAPER PRINT outs of Ordnance Survey 1:25k / 1:50k scale or Harveys must be:

On waterproof paper or Waterproofed - either laminated or in waterproof map case.

Printed at the proper map scale, not reduced. Showing all navigable features.

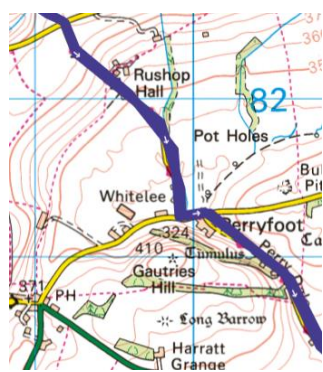
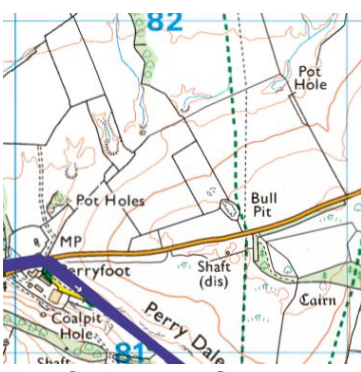
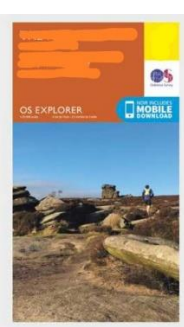
Continued....

RANGER ULTRAS

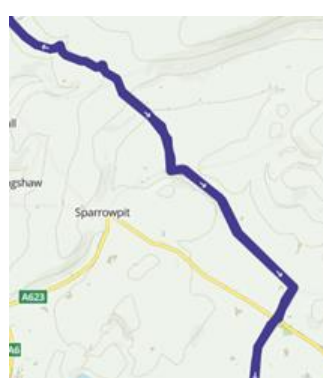
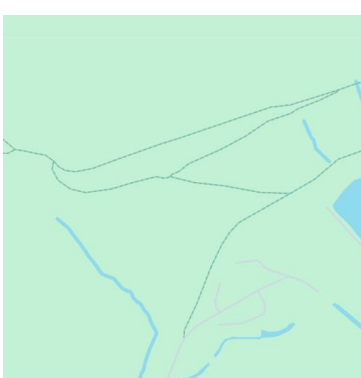
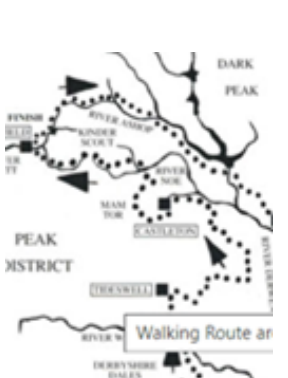
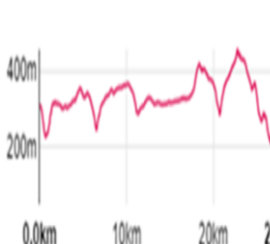
PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



Examples of navigable mapping options which will pass kit check:

 Eg: Ordnance Survey 1:50k. If home printed must be at 2cm = 1km	 Eg: Ordnance Survey 1:25k. If home printed must be at 4cm = 1km	 Eg: OS Explorer 1:25k Active (Waterproof) shop bought	 Eg: Harveys 1:40k or 1:25k Waterproof Shop bought
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Examples of mapping which will fail kit check:

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

Continued....

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



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



FAIL kit check

- Head torch and spare batteries (choose one of the following options)...
 - Battery powered head torch with spare batteries carried.
 - Rechargeable head torch with a spare rechargeable battery
 - Rechargeable head torch with a separate power bank – the head torch must still be functional while charging.
 - Rechargeable head torch with a second back up head torch.
 - **Note: A mobile phone torch does not count as a primary or back up and will fail kit check.**
- Red backlight or chem light (**retro reflective tape or passive reflectors are not an acceptable substitute and will fail kit check**)
- 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.
- Small pocket size pack of tissues – for use at public conveniences, requested by organised event permit provision from Peak District National Park Authority in order not to deplete availability of toilet paper for the general public.

Continued....

RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



- 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.
(note: Manx SIM, Lycamobile etc will fail kit check, due to extortionate call back and data charges)
- Litter bag to put all rubbish generated by yourself (you can empty rubbish bags at road checkpoints or HQ)
- OPTIONAL: GPS
- OPTIONAL: Walking poles are allowed
- OPTIONAL: Waterproof over trousers
- OPTIONAL: Unbreakable Mug (for on course drinks, we do not use single use disposable plastic cups)
- NOTE: Ear Buds & Headphones: NOT worn on the short road sections or road crossings

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 (England Athletics rules)
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.

RANGER ULTRAS

**PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION**



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. 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

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



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

Rewards worth having...

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.
More details on our volunteer web page:

<https://rangerultras.co.uk/index.php/volunteers-page/>

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 you'd like join as our thank you for volunteering.

RANGER ULTRAS

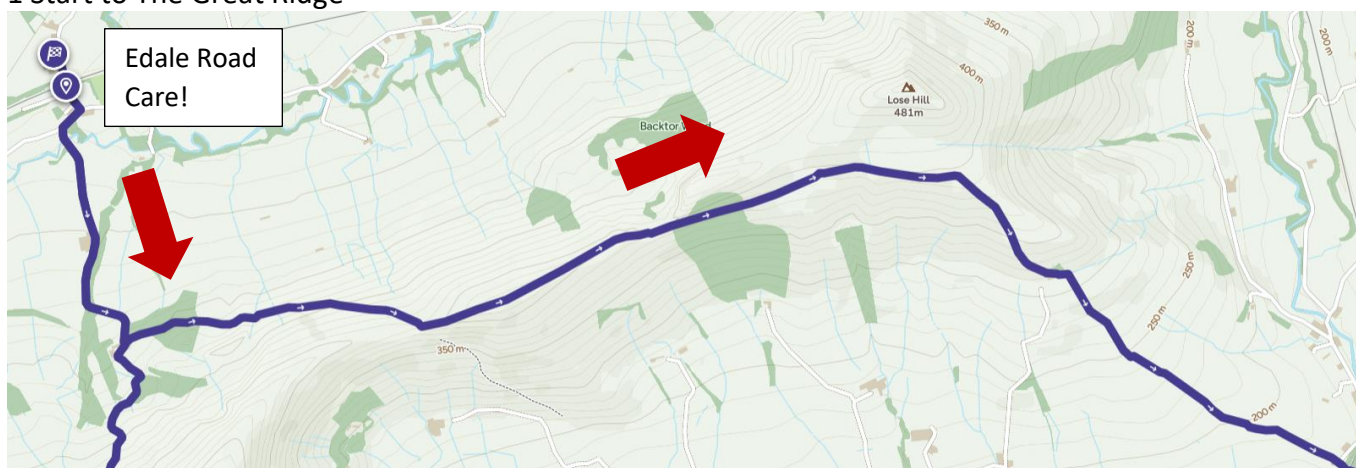
PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



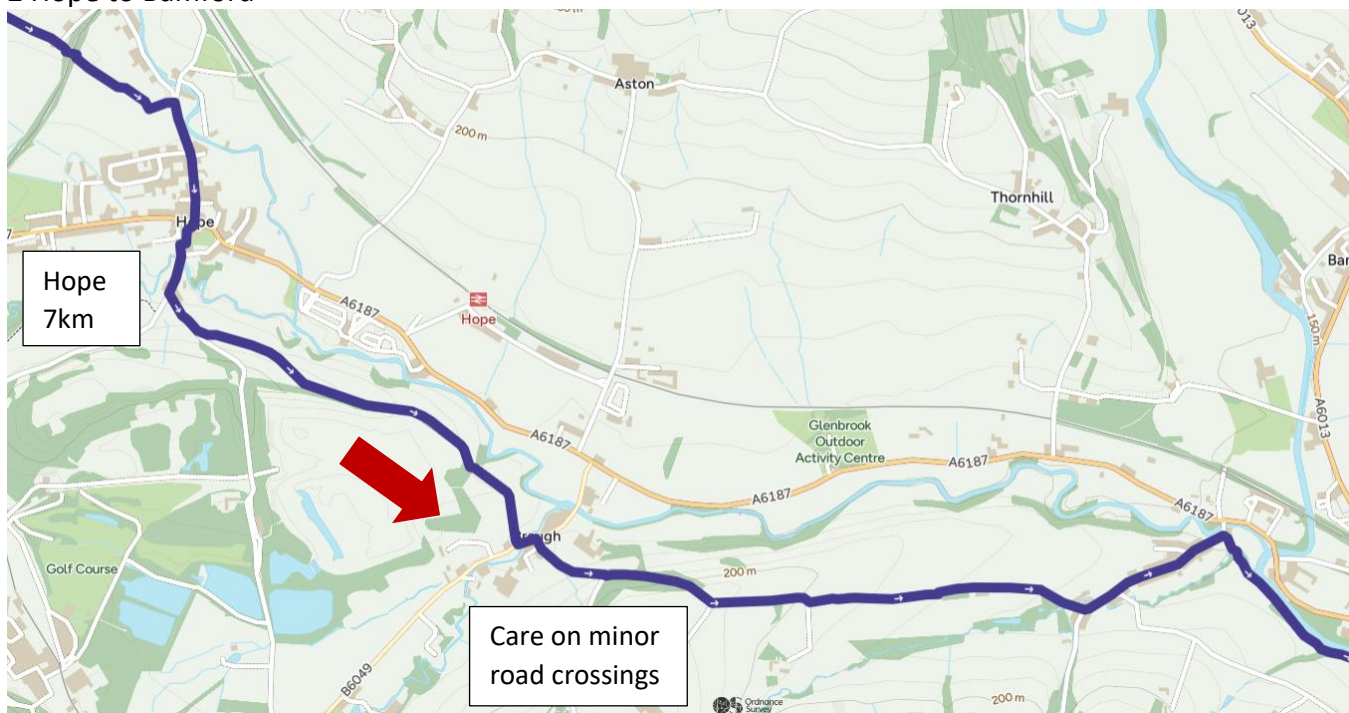
WHITE PEAK TRAILS STAGE 1 COURSE NOTES 50km

Important: Open Source Mapping is used here to communicate an overview of the main course information. This is not to be used for navigation (ref Compulsory Kit List) & is not to scale.

1 Start to The Great Ridge



2 Hope to Bamford



RANGER ULTRAS

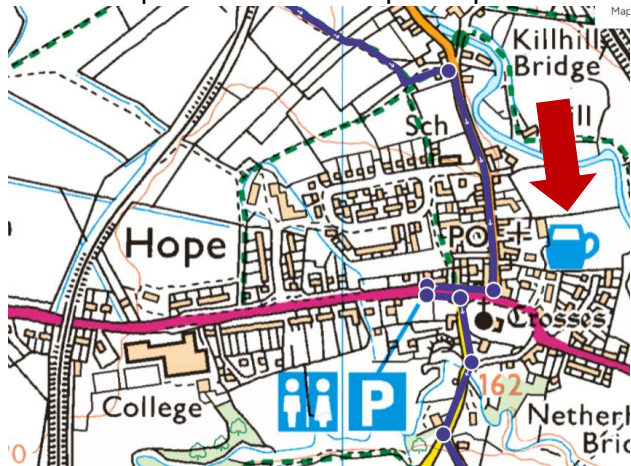
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CHECKPOINT DETAIL: 7km Hope water stop & light snacks

Everyone must use pedestrian crossing just past the Spar shop, opposite the car park.

There are public toilets at Hope car park.



3 Bamford to Hathersage

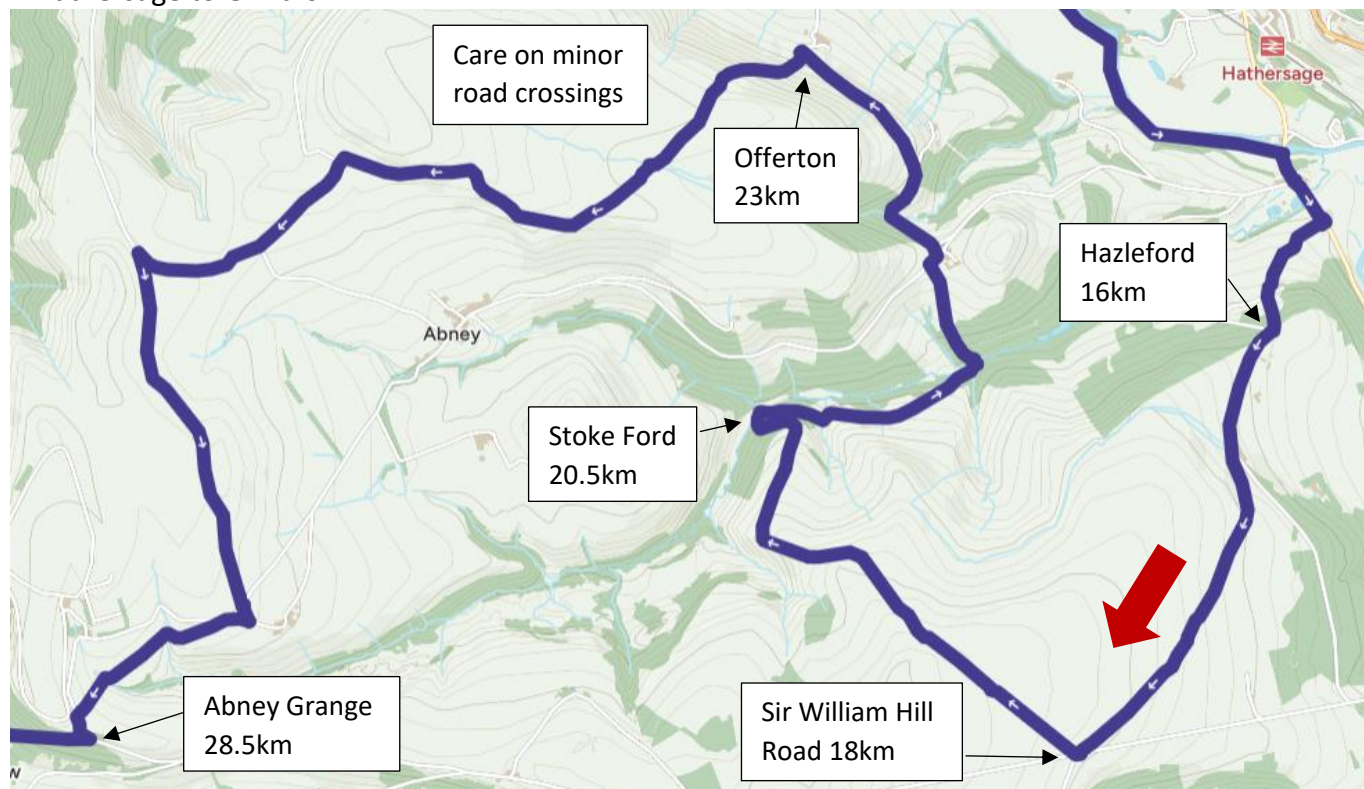


RANGER ULTRAS

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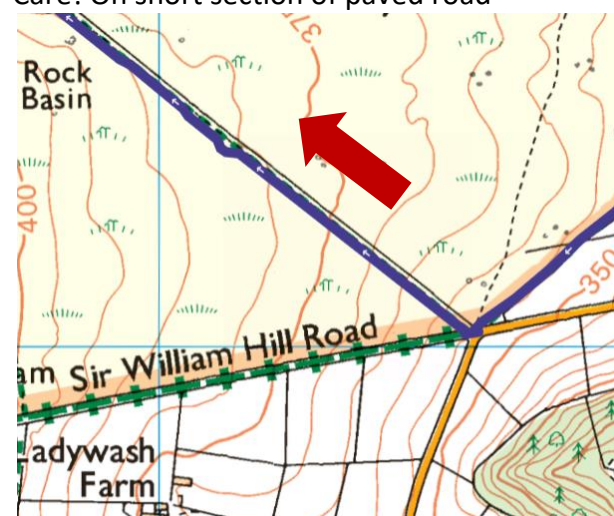
4 Hathersage to Grindlow



CHECKPOINT DETAIL: 16km Hazleford, water
Everyone must use the public footpath ascent
For your safety, the road zig zag is out of bounds



CHECKPOINT DETAIL: 18km Sir William Hill Road
Water and light snacks
Care! On short section of paved road

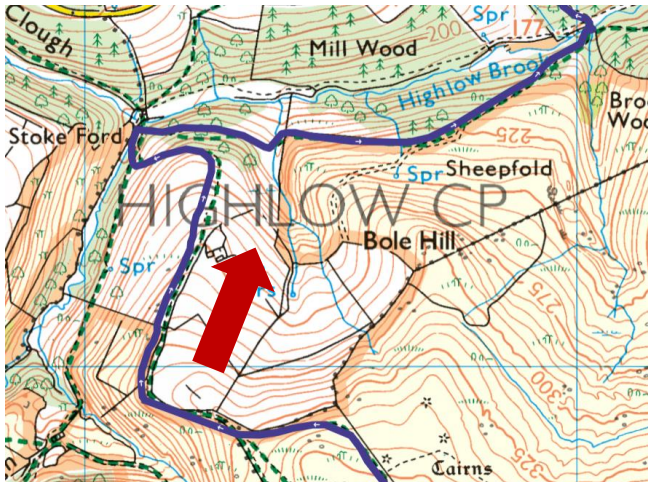


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ROUTE DETAIL: 20.5km Stoke Ford



ROUTE DETAIL: 23km Offerton



ROUTE DETAIL: 28.5km Abney Grange

Safety, use route as shown to avoid road and blind bend. Also, makes spotting the next path easier.

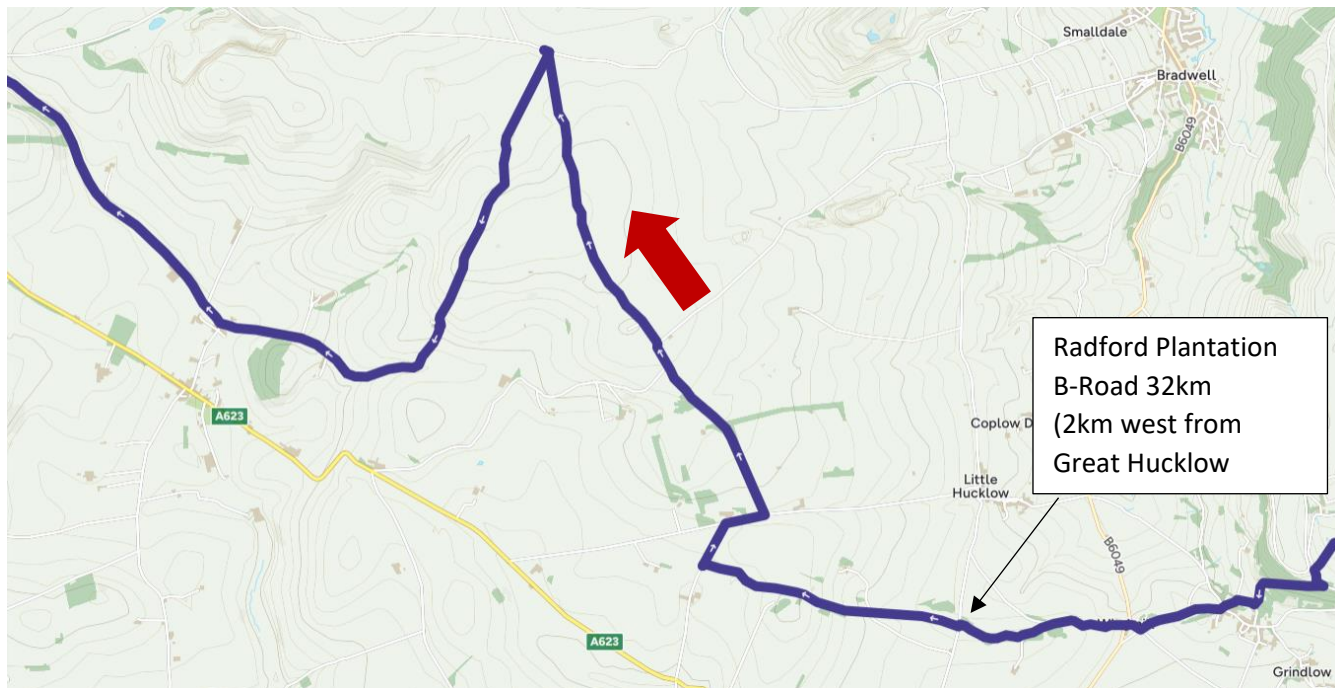


RANGER ULTRAS

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
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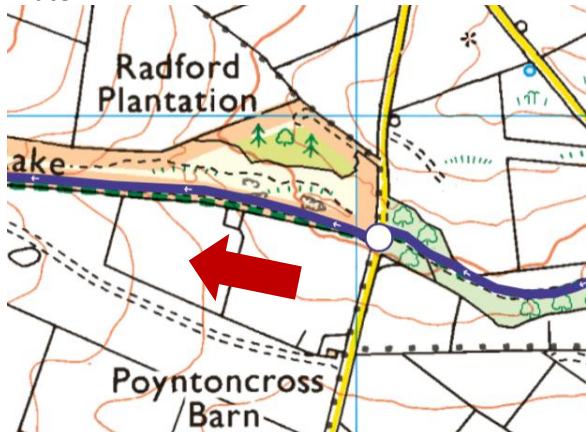


5 Grindlow to Peak Forest



CHECKPOINT DETAIL: 32km Radford Plantation

Water



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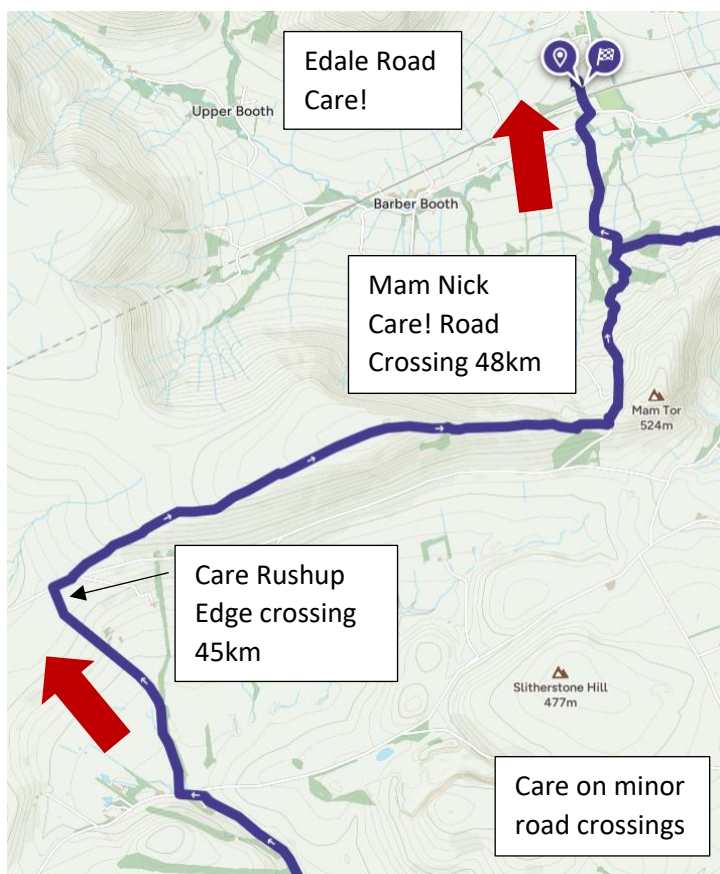


6 Peak Forest to Finish

CHECKPOINT DETAIL: 45km Rushup Edge

Water, light snacks

Care! Crossing Rushup Edge Road



RANGER ULTRAS

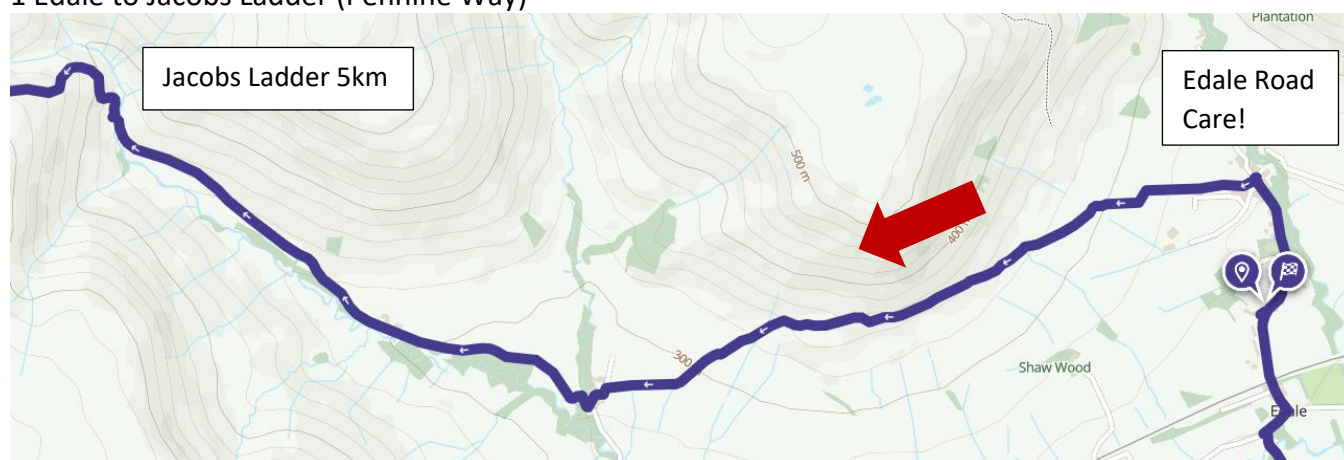
PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
2026 EDITION



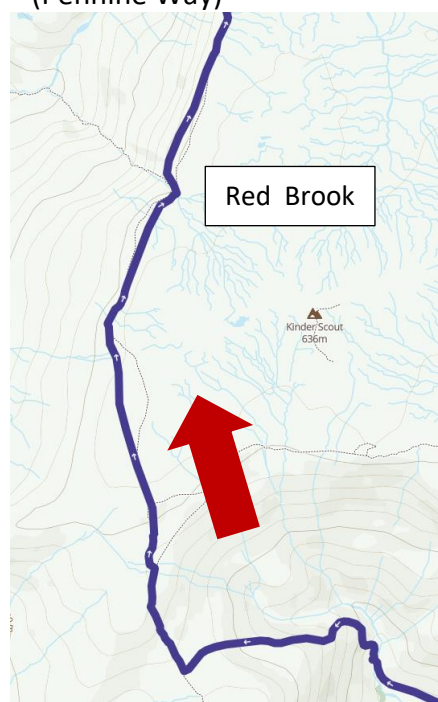
DARK PEAK CHALLENGE STAGE 2 COURSE NOTES 43km

Important: Open Source Mapping is used here to communicate an overview of the main course information. This is not to be used for navigation (ref Compulsory Kit List) & is not to scale.

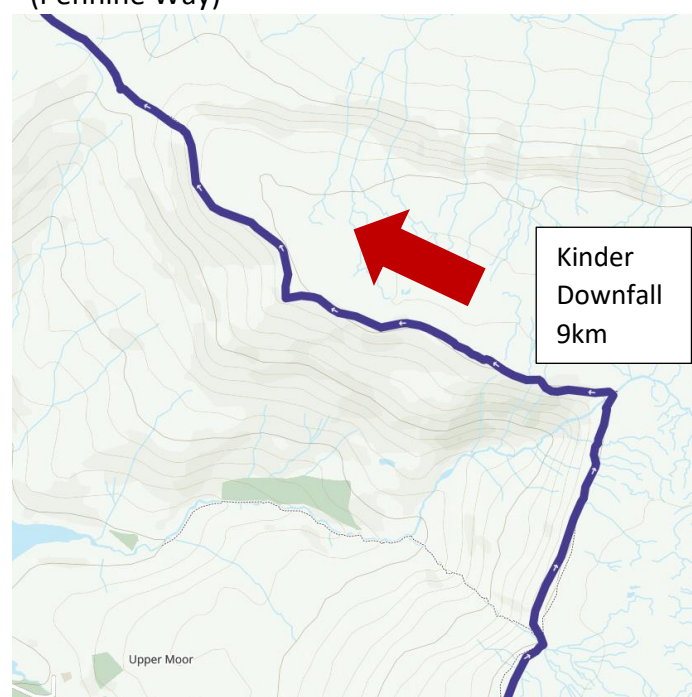
1 Edale to Jacobs Ladder (Pennine Way)



2 Jacobs Ladder to Red Brook
(Pennine Way)



3 Red Brook to Mill Hill
(Pennine Way)



RANGER ULTRAS

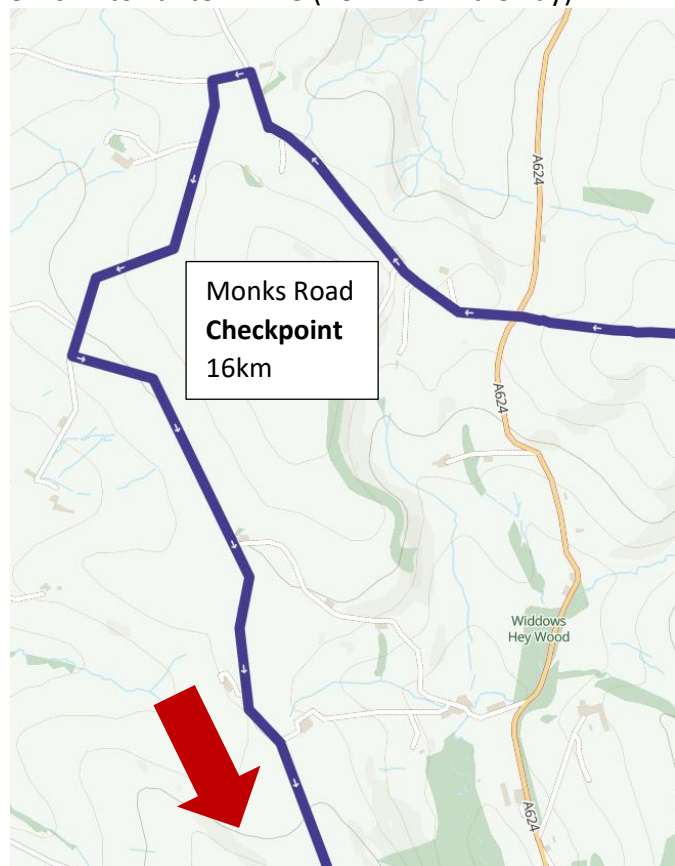
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4 Mill Hill to A624



5 A624 to Lantern Pike (Pennine Bridleway)

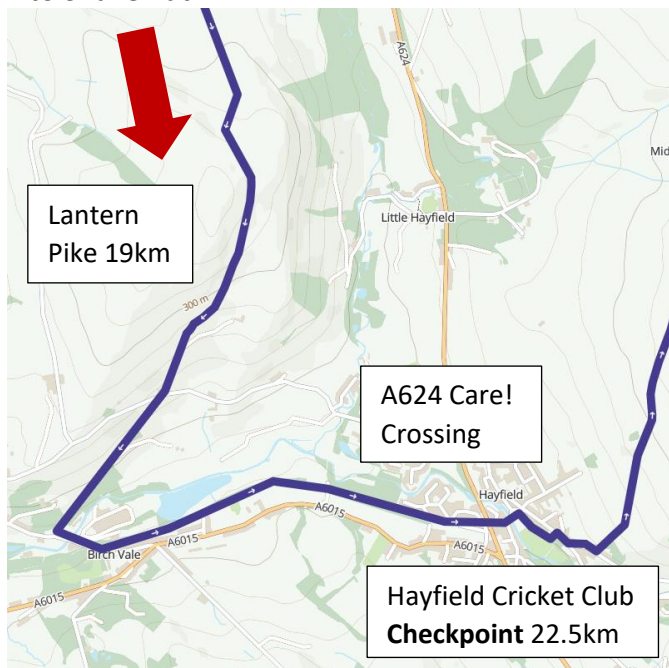


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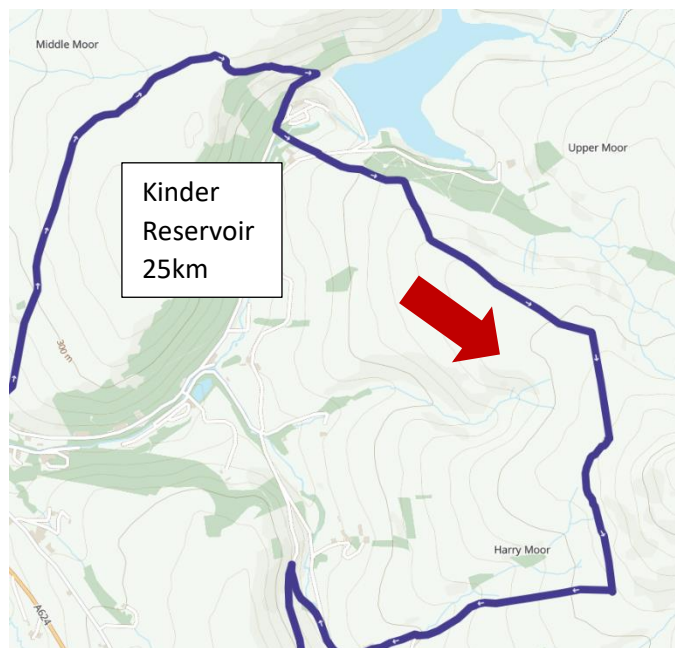
PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
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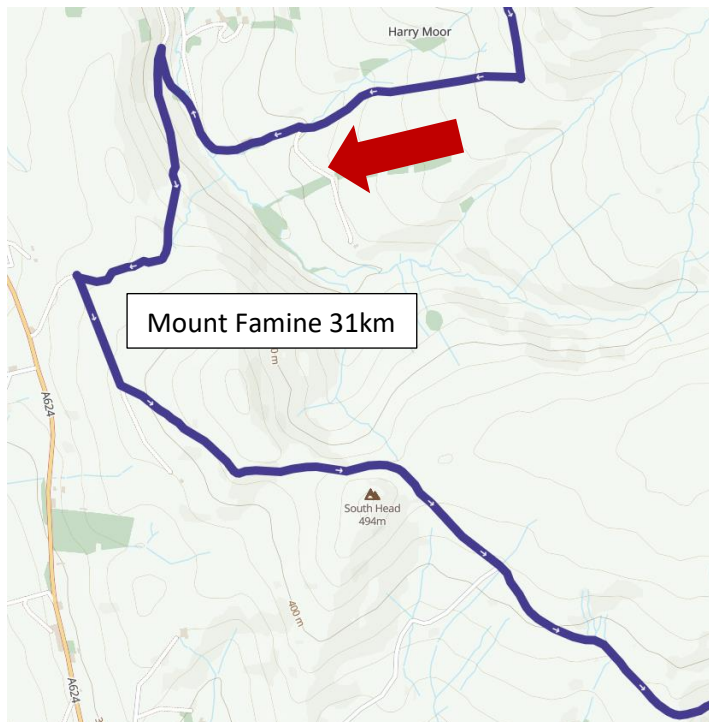
6 Lantern Pike to Sett Valley Trail to Hayfield
to Snake Path



7 Snake Path to Kinder Reservoir to River Sett



8 River Sett to Mount Famine to South Head

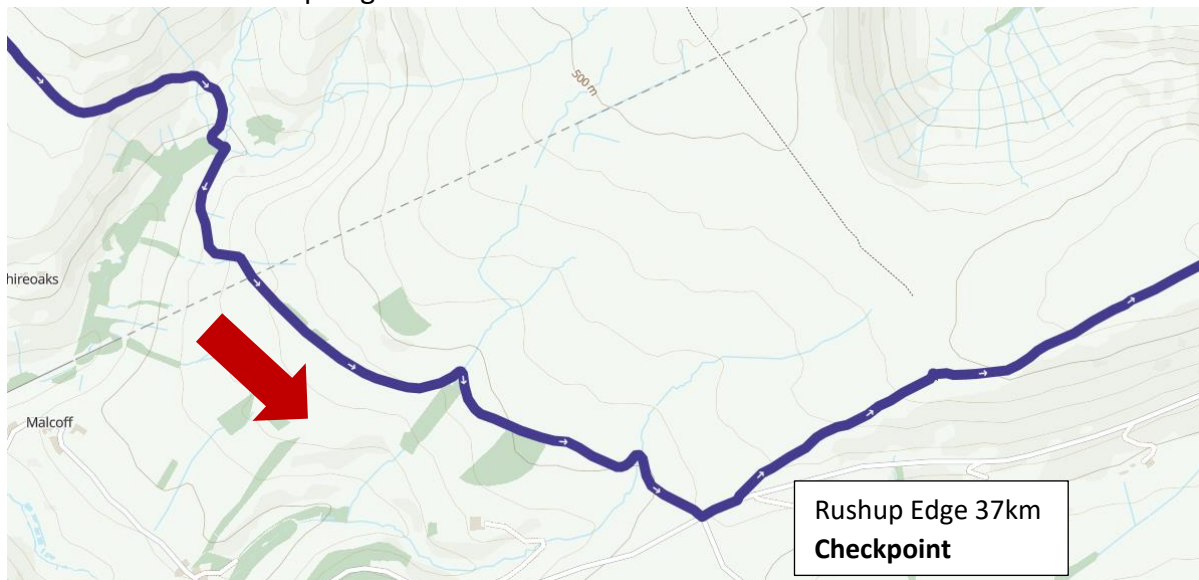


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9 South Head to Rushup Edge



10 Rushup Edge to Mam Nick to Finish

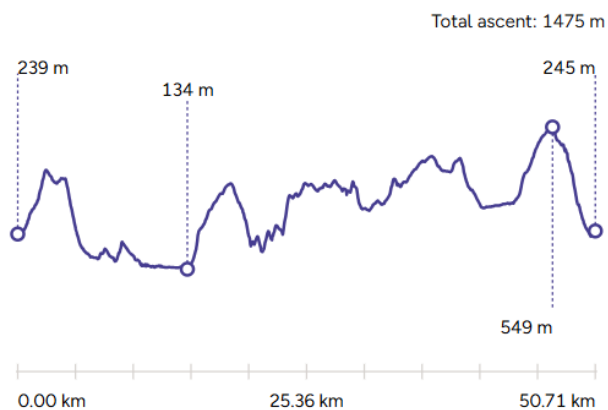


RANGER ULTRAS

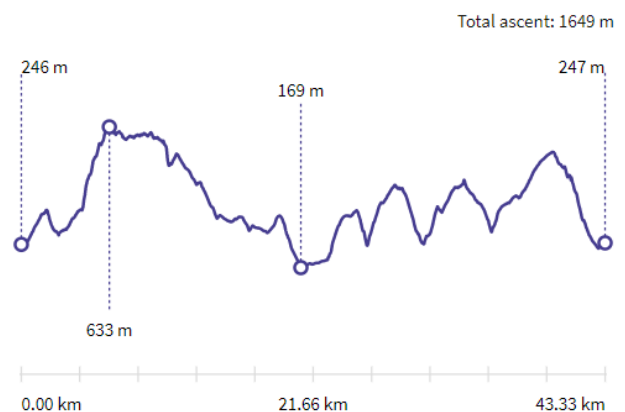
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ELEVATION STAGE 1



ELEVATION STAGE 2



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 PB50km Ultra Time Trial
- Pen Y Ghent 50km Mountain Ultra
- Yorkshire 3 Peaks 70/100km Ultra
- Peak District White Peak 50km Trails
- Peak District Dark Peak 43km Challenge
- Peak District South & North 93km
- Loop The Loop Trail Challenge

We organise trail running races with the emphasis on adventure in the hills. Complete Racer / Pennine Multi-Day Race 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

PEAK DISTRICT SOUTH & NORTH 43 / 50 / 93 KM
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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' original challenge walks, guided and supported by local Mountain Leaders:

- Derbyshire 3 Peaks Challenge
- Peak District 3 Peaks Challenge
- Edale, Hayfield, Kinder Skylines
- Kinder Scout Breakfast, Brunch, Sunset Specials
- Kinder River from Sett to Source
- Red Brook Scramble
- 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

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

<https://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

