

Hi All,

we are just a few days away from race day and wanted to give you a final update on what to expect on the day to allow you to relax and enjoy.

As ever if you have any questions you can ask them on the Facebook group or DM John on Facebook

Ultra

Your race starts at 5:45 am at the Park Hub in Myrtle Park Bingley

Registration will start from 5am

At registration there will be 4 phases:

1. Mandatory kit check (listed below) – NO KIT, NO RACE NUMBER.
2. Registration – Becky will provide you with your race number
3. Food Drop – there will be 4 feed boxes – One for each feedstation. If you want to have food waiting for you (or fresh, dry socks) pop your items into a freezer bag/lunch box with your race number on it and we'll have it waiting for you at the feed station
4. Final brief



5:45am will be a mass start for all Ultra runners.

During the race there let's look out for each other. It's your responsibility to follow the Highway Code, green cross code, countryside code and look after yourself but we will help you all we can.

Marshals will be at each feed station and will log you in, there will also be a sweep runner to ensure that no-one is left alone.

If you need to stop or withdraw then please let the marshals or tail runner know. If you can't get to either of them then please let me or Diane know. I'll be out on course and will get to you as soon as I can.

There are loads of arrows on route to guide you, you shouldn't go more than ½ a mile without seeing an arrow, if in doubt check your GPX.

There will be hot food at the end for you and of course there will be the usual drink, cake and chocolate – along with your medal!

It's a stunning route – enjoy.

Mandatory kit:

1. Fully charged mobile phone –
 - a. Phone should have What3words loaded, this will help you find feed stations and help us find you if needs be.
 - b. GPX file(s) of route (and GPX reader)
 - c. Emergency contacts –
 - i. John Walton 07402315035
 - ii. Diane Shaw 07550076455

d. This phone is for emergency contact and emergency navigation. If you are out for hours and want to navigate on this phone make sure you have a charger.

2. 250ml water – our feed stations don't carry cups so you may want to carry a flexi-cup with you
3. Waterproof jacket and trousers – Waterproof and taped seams
4. Hat/snood/buff and gloves
5. Survival blanket/bivy bag
6. Whistle and Compass
7. Map/walkthrough of the route.
8. Torch and spare battery

Advised kit – phone charger and lead, running poles

As well as being attached all the courses are on the Facebook page along with guide notes.

NB. The start has moved to Myrtle Park from the Rugby Club.

Any final questions please ask on the Facebook forum.

See you on race day ☺

