



# ULTRA X ENGLAND 17-18 SEPTEMBER 2022

## RACE BRIEFING

Welcome Ultra X England participant!

We are very much looking forward to welcoming you to our start line in Edale this weekend. Whether you are doing the 125km or 50km race, this document will act as your race briefing and contains lots of important information. Please read it thoroughly as there will not be a full in-person race briefing.

### **Itinerary**

#### Fri 16<sup>th</sup> September

16:00 Registration (125km and 50km runners) + campsite open (125km runners)

17:00 Pizza stand open

22:00 Registration closed

#### Sat 17<sup>th</sup> September

05:00 Hot water available for meals

06:00 Café and kitchen open (full breakfast and lunch menu)

06:50 Minute's silence in memory of Queen Elizabeth II at start line

07:00 125km race starts

16:00 Registration open (50km runners)

20:00 Registration closed

#### Sun 18<sup>th</sup> September

06:00 Hot water available for meals

07:00 Café and kitchen open (full breakfast and lunch menu)

08:00 125km race starts

08:30 Registration + bag drop open (50km runners)

09:30 Registration closed

10:00 50km race starts

12:00 BBQ open

16:00 Prize giving (on call)

### **Arriving by car**

There is a certain amount of parking available at the campsite which has been reserved for select 125 runners (contacted directly). All other parking is at Shaw Wood Farm (the entrance to which can be found [here](#) or What3Words location [grin.tumblers.smoothly](#)). Anyone getting dropped off should do so here as well (please do not attempt to drive up to the campsite).

### **Arriving by train**

If you arrive by train turn left as you leave the station on Mary's Lane and walk approximately 800m up the road to Newfold Farm. The route will be signposted.

### **Registration**

Registration will be taking place in the café at Newfold Farm which will be clearly marked as you arrive. Please ensure you have your race kit with you as random kit checks will be taking place for essential items (please refer to the kit lists on the race page).

You will receive your tracker and bib (please know your number before arriving – this can be checked on [My Events](#) portal on Active). For those who have pre booked tents you will be informed of your tent number (if you have not prebooked a tent you must bring your own).

### **Bag drop**

For 125km runners you will be able to leave your bags in your tents while you race (padlock your tent if you feel necessary). For 50km runners arriving on Sunday morning a bag drop will be available from 08:30 when registration opens (you will be provided with a bag label with your bib number at registration).

### **The course**

The course is almost entirely on public rights of way and all permissions have been sought to use the route. We ask that you remain as respectful as possible to all local people and landowners throughout. Please ensure that you close all gates that you pass through. Littering is something we take very seriously, and anyone found to doing so will face serious time penalties or disqualification depending on the nature of the offence.

GPX route files will be provided which we highly recommend you download onto a watch or phone. If the weather gets back and/or you get lost it will pay dividends. There are many different apps available to preload a route onto. We use AllTrails (a free 7-day trial is available).

We have tried to keep as much as possible of the route on tracks but there are one or two small sections on roads and the occasional road crossing points. Road crossing points are for the most part not manned by marshals. We therefore remind runners to take extra care at these points and not take any risks. If running at night please ensure that your headtorch is on.

## Route marking

The course will be marked approximately every 50m with either flags or ribbons (course markings will be demonstrated at registration). There might be slight variations between the course markings and the GPX file. If in doubt, follow the course markings.

## Checkpoints

Checkpoints are located approximately every 10km. It is here that you will be able to replenish your water and receive treatment if need be. Food will not be provided. Runners are expected to carry all nutrition they need for the race with them (and a minimum of 800 kcal of emergency supplies).

## Cut offs

Our aim to get everyone to finish the course but timing cut offs are in place at all checkpoints in order to ensure that we can manage the course safety. The timings for these have been work out based off 2:30hr mins/10km and can be seen in the table below (50km runners refer to Sun CPs only). All cut offs on the Sunday are based of the start time of 10:00 for the 50km runners so 125km runners you have an extra 2hrs!

Location	Distance	Cut off time
Sat - CP1	12.1	10:00
Sat - CP2	25.7	13:30
Sat - CP3	37.1	16:15
Sat - CP4	44.6	18:15
Sat - CP5	52.7	20:15
Sat - CP6	64.1	23:00
Sat - CP7	71.8	01:00
Campsite	76.0	02:00
Sun - CP1	12.1	13:00
Sun - CP2	22.5	15:45
Sun - CP3	30.1	17:30
Sun - CP4	39.1	19:45
Finish	50.0	22:30

In the event where a runner has not left a checkpoint by the cut off time they will be unable to continue the race. If this happens or a runner simply chooses to withdraw then transport will be provided back to Race HQ (there may be a delay so be prepared to wait at the checkpoint). Please do not abandon the race without informing the race director either directly or via the crew.

## Safety

A medical team is present at the event with at least 1 medic located on every checkpoint. All runners are asked to look out for each other whilst out on course and assist anyone who is in need or highlight to the checkpoint teams if anyone seems to be in trouble. Please ensure that you have completed the [health questionnaire](#) before arriving at the event to help our medical team in the event of an emergency. If an emergency does occur you should look to do the following:

- Communicate
  - o With emergency contact numbers/checkpoint teams/other runners as appropriate (see below for numbers)
- Use kit and equipment as appropriate (waterproofs, warm kit, survival bag)
- Make your way to the nearest checkpoint if possible
- Activate the SOS function on your tracker if necessary (it will alert Race HQ)

Name	Phone Number
Emergency services	999
Race HQ (Sat Phone)	+88 1621 444 343
Mark (Race Director)	+44 7967 531 991
Medical lead	+44 7742 581 194

Ensure that the emergency contact numbers are saved to your phone.

### **The finish**

After having crossed the finish line in Edale you will be awarded your medal (unless you are one of our sustainability champions who has opted out). A BBQ will be taking place with a large selection of food and drinks available to purchase to help replenish some of the 1000s of calories you will have burnt! Prize giving will take place for the top 3 finishers in both the male and female categories at approximately 16:00. We encourage everyone to stay around, revel in your achievements and celebrate the later finishers as they cross the line.

### **Newfold farm catering**

All runners are expected to bring enough food to last them for the event. Newfold farm will be opening the kitchen and café at various times throughout the weekend where food and drinks can be purchased from.

- Fri 16<sup>th</sup> Sep
  - o 17:00 onwards – Pizzas
- Sat 17<sup>th</sup> Sep
  - o 06:00 onwards – Full breakfast and lunch menu
  - o 17:00 onwards – Pizzas
- Sun 18<sup>th</sup> Sep
  - o 07:00 onwards – Full breakfast and lunch menu
  - o 12:00 onwards – BBQ with a large selection

### **Photography**

A photographer will be present at the event who will produce and edit a good selection of high-quality photos that we will release for free in the week post event.

Pics2Go will also be present on the Sunday who will produce a large quantity of photos that will be rapidly available. If you preregister (via our race page) with you bib number, you will be notified as soon as your personal album is available.

We look forward to seeing you and hope you are as excited as we are for this epic challenge!

#theultraxperience