



# Peak District Ultra Challenge

**8/9 July 2023**

## Event Guide

***PLEASE READ***

The 2023 Peak District Ultra Challenge is approaching, and with about 2,000 people taking part – it should be a great event! This ‘Event Guide’ will help with your final planning, please read it alongside other material set out in the in the ‘App’ or in the Participant Area of the Ultra Challenge website.

## CHALLENGE APP



The new 'Event App' is now available – and gives you access to all the key info & updates. Firstly – if you have not yet downloaded it – go to the **Apple / Google Store**, search for '**Action Challenge**' and download the base App. Follow the instructions, then, on the front screen (or go to '**Load New**' in the burger menu if you already have the base App installed) – enter **Reference Code PEAKDC23** – which downloads the Peak District Ultra Challenge info.

This App gets all the updates before the Challenge - so make sure you have it on your phone!

### In the APP you will find:

- Copy of this Event Guide
- Briefing video (*available approx. 6 weeks prior to event*)
- Start Time list (*available 4 weeks prior to the event*)
- How to 'manage your place' (*cancellations/deferrals/etc*)
- Optional Extra booking (*camping/parking/ transfers*)
- Route Maps
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice (inc. how to get a ferry discount)
- Kit Lists + Much More.....



You can also view the App on a Computer (*desktop/ laptop*):

- Go to: [www.web.vamoos.com/login](http://www.web.vamoos.com/login)
- Enter User ID as: **ACT**
- Enter **PEAKDC23** Passcode (*same as mobile App above*)

**Information can also be found in the Participant Area of the Website**

## KEY PRE-EVENT INFO....

### Start times

For anyone registered **before 5 June 2023**, you will receive your allocated start time via **EMAIL** on Tuesday 6 June 2023. We will allocate start times as close as possible to the slot selected when registering – and at most (in a few instances only) there may be a half hour difference from that original choice.

If you signed-up as a Team - members will be allocated the same start as the Team Captain.

If you've **NOT** received your start time Email by **6.00pm Wednesday 7 June** check your 'junk' inbox first - and then check that your name is on the Start Time List (which is in the App & the Participating area). If it is, your Start Time is detailed there, and there's no reason to worry or contact us – as that time will be confirmed on your **E-Ticket**.

If your name is **not** on the Start Time List – **OR** in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - then please complete the **online form** (available on the app & the website from 7 Jun) by **8pm Sunday 18 June** at the latest.

Anyone that has registered on **6 June or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **28 June**).



**‘Start Windows’** for the various Challenge options are below, with half hour allocated slots within these windows. **NO** requests can be made for a start time outside of the appropriate ‘window’.

**Saturday 8 July – from Bakewell Basecamp**

- **Full Challenge & Day 1 Full 2 Day**            between    7.00 – 9.00am
- **1<sup>st</sup> Half Challenge**                                between    7.00 – 9.00am
- **25km Loop**    between    9.00 – 9.30am
- **10 Mile Loop**                                        10.00am

**Sunday 9 July – from Bakewell Basecamp**

- **Day 2 Full 2 Day & 2<sup>nd</sup> Half**                    between    6.00 – 6.30am

**E-Tickets & Bib Number**

Your E-Ticket will be **EMAILED** on **Wed 28 June 2023** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

If you’ve **NOT** received an E-Ticket by **Monday 3 July** (check junk mail first) – there will be a ‘Starting List’ published within the App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an E-Ticket re-send. We ask that you **do not** email or phone to request an E-Ticket.

**OPTIONAL EXTRAS**

Must be booked in advance - Bookings will close on **Tuesday 25 July** – book now, as some services have a maximum capacity!

**Optional Extras:**

- **Camping** - (Bakewell Showground Friday & Saturday night ~ 0km/52km/100km)
  - (Friday **OR** Saturday): Inclusive:            **£65/£85** – single/twin,
  - (Friday **OR** Saturday): Pitch only Camping: **£30/£20** – single/extra campers,
  - (Friday **OR** Saturday): Campervan:            **£30/£20** – single/extra campers
  - (Friday & Saturday): Inclusive:                **£95/£115** – single/twin
  - (Friday & Saturday): Pitch only Camping: **£45/£30** – single/extra campers
  - (Friday & Saturday): Campervan:            **£45/£30** – single/extra campers
- **Parking** - Bakewell (*basecamp*), Tideswell (*25km*) & Minninglow (*74km*) **£6**
- **Additional Meals** –
  - Friday Night Dinner (*campers only*)            **£12.50**
  - Saturday/Sunday morning breakfast (*included if camping previous night*) **£6**
- **Pre-Challenge Transfer** - From Chesterfield Train Station to Bakewell start **£15**
- **Post-Challenge Transfer** - From Bakewell Showground(*finish*) to Chesterfield Station **£15**
- **Geo Tracker Hire** so family & friends can track your progress in real time! **£25**



Optional Extras are detailed in full via our Website - with online booking:



[CLICK HERE to book your OPTIONAL EXTRAS >>](#)

[CLICK HERE to book ADDITIONAL MEALS >>](#)

**Please Note** - Tickets for **camping & parking & transfers** will be **e-mailed** the week prior to the event.

### Baggage Services (no need to book online – ‘pay on the day’)

**Note** – Bakewell is the start (for all), the finish (for most), and also the half way (for many) – so if you are parking your car at Bakewell – you will not need our optional baggage services. This optional service is paid by **card / cash on-the-day** (at the baggage drop tent).

- Store a bag at the Bakewell start **£5** (you can also access it at ‘half way’ if on full 100km)
- 100km runners (officially registered) Free storage at Bakewell for quick access at your ‘half way’ point (max size 10kg / 30L – this will be checked!).
- 10 Mile Participants – Free storage for small bag at Bakewell start.

**Walkers & Joggers** - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you – to hold your essential ‘on event’ kit.

**Runners:** Carry a small backpack if you wish, or as above; registered runners (and you must be an ‘actual’ runner in running kit) receive a **FREE** storage / transfer for a small bag.

### MERCHANDISE

There’s still time to purchase your 2023 Peak District Ultra Challenge tech T-shirt for just £25! Also, check out our range of Ultra Challenge merchandise including leggings, hoodies and hats. We can’t guarantee availability on the day, so order yours **NOW** to avoid disappointment!

[CLICK HERE TO VISIT OUR ONLINE SHOP >>](#)

### If you have booked Camping at Bakewell

If you are arriving on Friday evening at Bakewell (strictly NOT before 3pm and no later than 10pm) there are ‘zones’ for the ‘pre pitched’ option / pitch only option / and campervans – which will be arranged as best possible to ensure ‘late comers’ don’t disturb the early sleepers! Remember – **Friday evening dinner MUST be booked in advance** – and parking if you’re leaving your car at ‘basecamp’ (see ‘Optional Extras’) If you are camping in the previous night (Friday or Saturday) the next morning breakfast is included in your package.

If arriving at the campsite on Saturday 8 July, head to the ‘Info Point’ once you arrive at Bakewell for instructions.

### REGISTRATION & THE START

**Note** – Please see the App for full details of venue locations & maps, and **parking** at all the key start venues must be **booked in advance** (i.e. weekend, single day, supporters).

### Early Registration at Bakewell (main start) - Friday 7 July

At basecamp for those staying locally (and camping with us) - we will open ‘**Early**





**Registration** for ALL starters at Bakewell Showground, Bakewell, Derbyshire, DE45 1AH from 4.00 - 8.00pm.



## Registration & The Start – Saturday 8 July

### Full Continuous, Full 2 Day, 1st Half, 25km Loop & 10 Mile Loop

At Bakewell Showground, Bakewell, Derbyshire, DE45 1AH 6.00–9.30am

## Registration & The Start – Sunday 9 July

### 2nd Half Challenge & 2<sup>nd</sup> Day of ‘2 Day Full Challenge’

At Bakewell Showground Bakewell, Derbyshire, DE45 1AH – 6:00 – 6:30am

## At Registration

- Try and arrive 1 hour prior to your start time
- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You’ll also get a souvenir **Peak District neck buff**
- Detail critical **medical details** on the reverse of bib (*i.e. serious conditions / allergies*)
- E-Tickets are **NOT** transferable – we may ask for ID
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- Please come with **2 litres of water** (bottles / camel back) if on Full / Half Challenge, and with 1 litre on lesser distances.

You’ll be called into the ‘**Start Pen**’ 15 mins **before** your official start time for a safety briefing & warm up – and then you’ll then set off a ‘wave’ of about 250 or so challengers.

## THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. Equally important - you’ll have access to a **Google route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** – and ideally with a back-up battery pack – which are readily available these days!). With the right phone settings - your ‘blue dot’ location shows up relative to the route – so you’ll always be able to figure where you are!

## Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

## GPX file

You will be able to download the final GPX file of the route to upload into GPS type devices (Garmins etc). This will be available from the week starting 3 July via the website.

[CLICK TO VIEW THE ROUTES >>](#)

[CLICK TO VIEW 10 MILE ROUTE >>](#)

**NOTE:** The Route(s) is **subject to change** in the lead up to the event – and potentially close to the start date - so please always follow **the signage on the day**. We’ve plotted the route across various devices to get the ‘best’ plot; but please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities – and it’s best to turn off the device when you are stationary for prolonged periods (*i.e.* – at rest stops)



## Hazards on Route

Hazards exist in many guises – on footpaths, pavements, and on roads! Look out for: Traffic (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); styles (can be tricky); steep slopes; other pedestrians / dogs – and clearly darkness / night time brings additional challenges – so you **must bring a head torch!** Be careful and always err on the cautious side and look, listen & think ahead, as for most, this event is NOT a race!

## Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event. This will be scanned at the start / finish and at rest stops. You must go through all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops – and this link will be available via the **App** and the **website** on Thursday 6 July.

## 'WhatsApp' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work', so having access to (and knowing how to use) 'WhatsApp' location functionality & 'What 3 Words' (a well-known location type app) are both very useful in case you need to give your specific location to a supporter (i.e. to meet or pick you up) - or to our Control Room. Please check these out if you are not familiar with them – and download these clever apps!

## Food & Drink at Bakewell basecamp & Rest Stops

All dietary requirements are catered for (please ask if it's not apparent!)

- **Start** - (*Bakewell basecamp*) : Hot drinks, biscuits, (*breakfast must be booked in advance*)
- **~10 Mile Finish** – (*10mile Challengers ONLY*) picnic lunch
- **~25km Loop Finish** – (*25km Loop Challengers ONLY*) picnic lunch
- **~25km Stop** - (*Tideswell*): Full / 1<sup>st</sup> Half Challengers, picnic lunch
- **~52km** - (*Bakewell*) 'Half Way' / Finish of 1<sup>st</sup> Half, BBQ/Hot Meal
- **~73 km Stop** – (*Minninglow*) – Full Continuous Challengers, selection of hot/cold meals
- **~73 km Stop** (*Minninglow*) 2<sup>nd</sup> Half/ 2 Day Full Challengers, picnic lunch
- **100km Finish** - (*Bakewell*) – BBQ/Hot meal for finishers (*or breakfast – depending on time*)
- **Other Rest stops:** Calver (*14km*) / Taddington (*37km*) / Monyash (*64km*) & Darley Dale (*89km*) : Good mix of snacks (inc. bakery / fruit / cut fruit / protein bars/ chocolate / sweets / savoury ) - and hot drinks / water/ squash / energy drink.

If you have a favourite snack which 'hits the spot', perhaps keeps you going when you might not feel like eating other food – then it's not a bad idea to bring some of it with you! Please clear & dispose of all **your rubbish** in the sacks / bins provided at all the venues.

## Medical Facilities

Our team of medics will be at the basecamp & at all the Rest Stops – with mobile resources deployed for any serious incidents. You should bring your own small first aid kit – and always deal with blisters as soon as you feel a 'hot spot' (don't wait till you get to a rest stop!). There's a **massage service** at the main basecamp in Bakewell for Full & Half challengers only (10 min slots – booked on arrival at that stop)

## FINISH LINE & DEPARTING

All finishers will get a well earned medal, glass of fizz and a meal.

**Full, 1<sup>st</sup> Half, 25km Loop, 10 Mile & 2<sup>nd</sup> Half finish line – Bakewell Showground Bakewell, Derbyshire, DE45 1AH (access off Agricultural Way).** Selection of hot food available + medical teams. There are shuttles back to the Chesterfield train

station which **MUST** be booked in advance via our online booking form. Supporters will be able to park at Bakewell (to pick you up) they can purchase a parking ticket in advance for **£6** – but will not be allowed in the main marquee area (there will be a separate area).



[Google Map Location for Bakewell >>](#)

### **Note - Runners / Fast Joggers:**

Runners on the Full ~100km Challenge will finish somewhere between 6:00–11:30pm on Saturday. For those arriving at the finish line when the trains will not be running, you are advised to have a tent booked in the camping area to rest until the first shuttle for the train on Sunday morning. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times (do ask supporters to join you!)

### **DROP OUT PROCEDURES, CUT OFFS, RULES**

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Challenge.

**Emergency No.** (If you're injured but non-life threatening): **0203 915 6682**

**Control Room No.** (For non-emergencies i.e. you are lost): **0207 609 6695**

**Drop Out SMS / WhatsApp** (To say you're retiring etc.): **07931 466138**

**Life Threatening Incidents CALL 999** first, **then** the emergency no. above

### **Exiting / Retiring from the Challenge**

If you need to exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card – procedure details below. The ideal place to retire is at any Rest Stop – so unless it is an absolute emergency please do your best to carry on to one of these stops.

There will be shuttle buses picking up those who have retired from the event from the 25km Tideswell rest stop onwards, to take you to the next major Rest Stop. However, these buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

### **If dropping out at a Rest Stop / Mid-Point**

Go to the **'Information Point'** and hand in your Event Pass. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 25km point onwards - before that point, retirees will need to make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

### **If exiting the event on the course**

If you need to exit / retire from the challenge, please inform event staff OR text the 'Drop Out' number provided on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

### **Other pick up points**

If you are physically unable to make it to the next rest stop – we will have a number of strategically designated 'pick up points' (that our vehicles can access) –the Control Room can direct you. Pick-ups from these points will just move you to the next rest stop – and at that point **your challenge will finish** (they cannot be used to 'get a lift').





## Cut off times

The Event will have cut off departure times from based on the 34 hour upper end time (Full Challengers), 17 hrs for the 1<sup>st</sup> Half (~52km), 17 hours for the 2<sup>nd</sup> Half (~48km), 8 hours for the 25km Loop, and 5 hours for 10 Mile . If anyone fails to meet these cut off times, the Organiser reserves the right to withdraw participants from the Event. We will, however, do everything we can to ensure that anyone who wants to continue can do so as we are fully aware of what ‘finishing’ means to many.

## Event Rules

There aren't too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- **Do not attend the event if you feel ill** – or have an infectious disease
- Your Bib & Event Pass must be worn **at all times**
- You must have a mobile phone with you & the app installed (+ WhatsApp / 3 Words)
- You must carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- All Full, 1<sup>st</sup> Half & 2<sup>nd</sup> Quarter Challengers **MUST carry a head torch** and wear it during the hours of darkness.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed.
- The Event Organiser reserves the right to operate a 34 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in accordance with this time frame (as set out above).
- No individual should leave a rest stop alone during the hours of darkness – you must be with a TREK MASTER-guided group or be part of a team
- The Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting ‘non-registered challengers’ to take part in the challenge alongside them in some way, and are seen to be passing food /drink to them – all involved will be disqualified, all our services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.
- Ultra-Challenge Participants who have entered the challenge on a **MULTI DEAL MUST PROVIDE PHOTO ID** at registration or risk losing their place on the challenge.

## The Ultra Code

It is important to remember that the route goes through public paths and can run close to private property. In respect of this, please be sure to always follow the Ultra Code:

- **No littering at all** – bring a bag to use for your litter – and dispose of at rest stops
- **Always shut gates behind you**
- Be considerate of local residents, making sure to keep noise levels down
- Use the toilets provided (and use them properly!) – and not on the route!
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of other walkers on the route who may not be taking part
- Be aware of cattle / sheep







## SUPPORTER ACCESS TO REST STOPS

There will be supporter zones at: Bakewell basecamp (main start/half way/finish), Tideswell (25 km) & Minninglow (74km – as long as the weather is ok). Supporters will not have access to the main marquees, and must be self-sufficient with their own food and drink. At other Rest Stops there's **no supporter access** (unless for a drop out / retiree pick up).

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## What can you expect next from us...

- 1. Pre-Event Video Briefing!** Our Pre-Event Briefing (available approximately 6 weeks prior to the event) will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This is live via App and Participant's Area of the Ultra Challenge website.
- 2. E-Tickets** These will be sent to you on the 28 June – keep an eye out for them in your inbox!
- 3. Timing Website & Good Luck** On the 6 July the Peak District Ultra Challenge timing & tracking website will go live so don't forget to check it out!
- 4. Official Results & Certificates Released** Your final times will be released via the timing website on the 10 July – you'll also be able to download your official Peak District Challenge certificate!

**We wish you the best of luck for your challenge if you have any questions, please visit our online Help Centre on our website:**

[CLICK HERE for the Help Centre >>](#)

**Kind Regards,**  
The Ultra Challenge Team,  
Action Challenge,  
London.

