



ULTRA X 110 ENGLAND RACE INFORMATION PACK

16-17 SEPTEMBER 2022

53°20'N/1°49'W

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WELCOME

Ultra X 110 England takes place in the Peak District, the UK's first National Park. Located at the southern edge of the Pennines, the Peak District National Park is an upland area characterised by vast green landscapes, rounded hills, plateaus, valleys, limestone gorges and gritstone escarpments.

An Ultra X race is the ultimate test of preparation. A participant who has planned and trained well will be a successful one. It is just as important that participants calculate their water, electrolyte and food requirements, as it is their pacing, during this two day adventure.

This is not a self-supported race. Participants only need to carry their daily provisions of mandatory safety equipment, nutrition and hydration. Race holdalls can be stored in tents at Race HQ (the same location as the start line, campsite, and finish line) and water is resupplied at checkpoints approximately 10km apart. However, weight management is still crucial and runners are advised to only bring items which are essential to their health and comfort.

Ultra X welcomes both runners and walkers. All participants will likely be doing a combination of the two in order to get to the finish line, which is the most important thing.

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RACE OVERVIEW

Ultra X 110 England is a multi-stage ultra marathon that takes place over two days in the Peak District National Park in September each year.

Inhabited from the Mesolithic era, the Peak District has a rich history of agriculture, mining and quarrying, and is now famous for its vast natural landscapes, spa towns, caves and network of footpaths and cycling trails. With a huge variety of remote terrain, challenging climbs, and stunning upland scenery on offer, the Peak District is one of the best trail running locations in the country.

The course consists of two loops (one each day), starting and finishing in the beautiful village of Edale set on the Pennine Way. Each loop takes participants through the surrounding hills and valleys past well know peaks such as Kinder Scout and over Mam Tor, with a combined total distance of 110km (68 miles).

There are two stages, Saturday and Sunday. The first stage is 60km and second is 50km. Both stages commence at 07:00. There are checkpoints stationed approximately 10km apart where competitors can access water, snacks, shelter, and if necessary, medical support.

Competitors will camp at Race HQ at Newfold Farm in Edale on Friday and Saturday nights, where they will have access to therapist treatment, medical care and hot water. If competitors would like to camp on Sunday night after the race they are welcome to do so.

Ultra X 110 England is a UTMB® Index Race in the 100K category.

UTMB® INDEX

100K M



53°20'N/1°49'W



KEY INFORMATION

For the full race rules and regulations, see our [Terms & Conditions](#).

Race HQ:

[Newfold Farm Campsite](#)
(Grindsbrook Booth, Edale, Hope Valley, S33 7ZD)

Arrivals:

We advise participants to travel by rail to the event on Friday 15th September as the campsite (Race HQ) is only a 5 min walk away from Edale Railway Station.

If driving to the event parking is available to purchase online when registering. There is limited capacity though and so only those who have pre purchased will be allowed in. There are limited parking options in Edale so we highly advise getting the train to the event to avoid causing disruption to the local community and to help support our sustainability policy.

Participants will need to bring their own tents and camping equipment. Tents are also available to hire online when registering.

Race briefing and kit checks:

Race welcome and safety briefings will take via email with a PDF document being shared closer to the race date. A reminder of the key points will take place in person before the start. Mandatory kit items will be spot checked throughout the weekend. Randomised checks will occur at registration, the start line, checkpoints, the campsite and the finish line.

53°20'N/1°49'W



MAP OF PEAK DISTRICT KEY RACE LANDMARKS

 MANCHESTER PICCADILLY
TRAIN STATION

 43 MINS
28.0 M

RACE HQ
NEWFOLD
FARM 

 EDALE
TRAIN STATION

SHEFFIELD
TRAIN STATION 

 34 MINS
24 KM

↓ BIRMINGHAM
1.5 HRS

↘ LONDON
3.5 HRS



ENGLAND



RACE HQ
NEWFOLD
FARM



10 MINS
0.5 M

EDALE
TRAIN STATION



200M

ENGLAND

ITINERARY

Friday 15th September

Competitors camp at Race HQ and must bring their own tents and camping equipment. Those travelling by vehicle can arrive at Race HQ anytime from 16:00 onwards. It is a 5 minute walk from Edale Train Station to Race HQ and so all participants are advised to get the train.

Saturday 16th September

The first stage starts at 07:00 from Race HQ. Travel bags and race holdalls will remain in competitors' tents.

Sunday 17th September

The second stage starts from Race HQ at 07:00. Travel bags and race holdalls will remain stored in competitors' tents. Prize giving will take place in the afternoon and there will be food and drinks available to purchase.

If competitors would like to camp at Race HQ on Sunday night they are welcome to do so.



53°20'N/1°49'W

THE ROUTE

PEAK DISTRICT



— DAY 1 (61KM)
— DAY 2 (50KM)

ENGLAND

53°20'N / 1°49'W

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THE ROUTE

The race organisers create each leg to take in the most beautiful and challenging aspects of the Dark Peak area of the Peak District.

The course takes runners over upland trails, along scenic ridgelines, through wooded forests, past waterfalls, reservoirs, rivers and Kinder Scout (the highest point in the Peak District) and over Mam Tor.

The route may change slightly each year depending on the weather and other varying factors. GPX files will be provided to runners before the race.

COURSE MARKINGS

The course route will be marked at approximately 40m intervals using coloured flags, ribbons, laminated arrows and reflective tape, depending on terrain.

Areas where competitors are likely to be running in darkness will be marked with reflective tape and are likely to have course marshals stationed more frequently.

GPX files of the route will be provided to competitors ahead of the event. All competitors must have the route downloaded onto a device (watch or phone) from which they can navigate if need be.

There are checkpoints approximately every 10km. If temperatures are unusually high, checkpoints may be stationed more frequently.

ELEVATION PROFILE

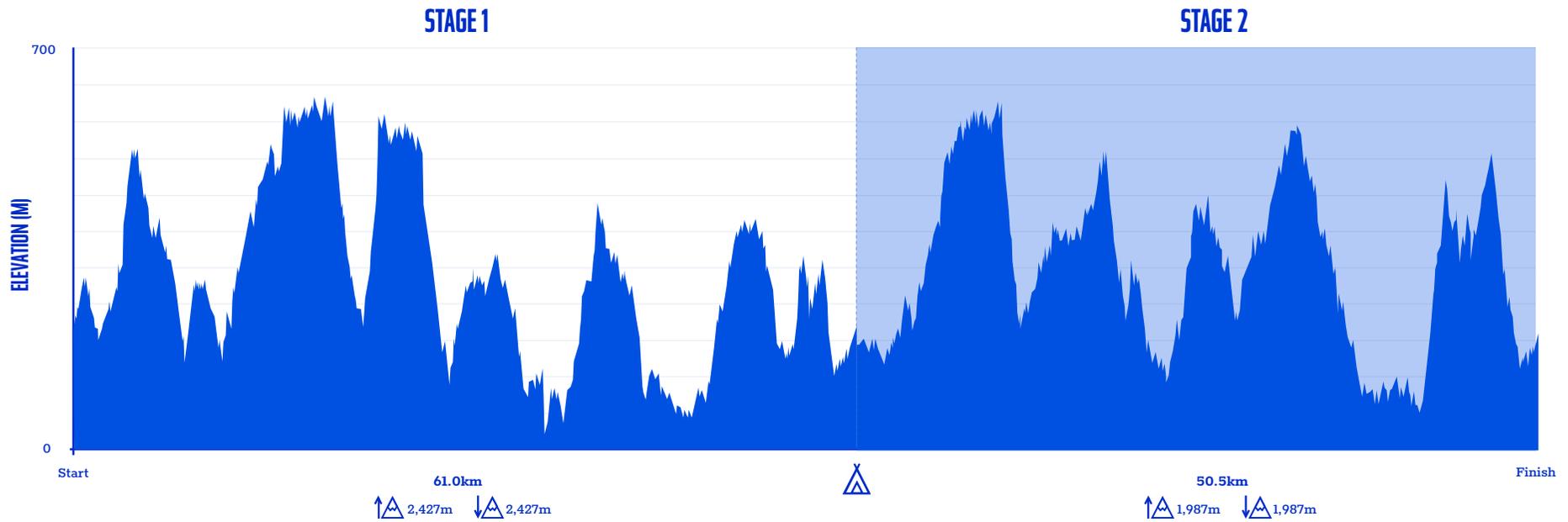


🏁 111KM

🕒 2 DAYS

⬆️⬆️ 4,414M

⬆️⬆️ 4,414M



53°20'N / 1°49'W

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STAGE 1

.....

The race starts in Edale and heads west on the Pennine Way out to Jacob's ladder climbing up onto the Kinder Scout plateau. It then gradually turns north, passing Kinder Reservoir before turning sharply east. Once again, the route passes the Kinder Scout nature reserve (this time on the north) before carrying on further east to dissect the Ladybower Reservoir and the River Ashop. Runners then pass the Derwent Dam before heading west again up Win Hill and descending through the town of Hope. The route finishes by looping past Treak Cliff and Blue John Caverns (two of Castleton's world famous underground show caves) on the way past Mam Tor and back to Edale.

🏁 **61.0KM** 🕒 **07:00**
⬆️ **2,427M** ⬆️ **2,427M**

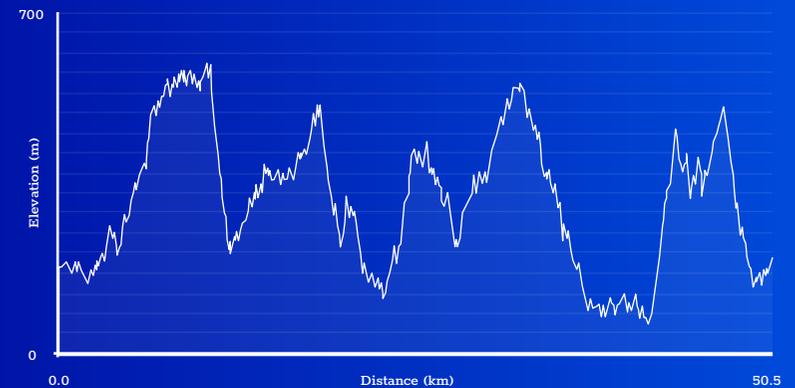


STAGE 2

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The route starts by heading east along the Pennine Way following rocky terrain across the farmland, streams and picturesque hills of Edale and Nether Booth. After passing through Ashop Moor, the route follows the River Ashop, taking runners along a breath-taking singletrack trail through the valleys of Black Ashop Moor. The moorland ends at Kinder Reservoir, where the route heads south over two challenging climbs; Mount Famine and South Head, before heading east past Lord's Seat. Runners then pass Odin Mine on the way to Lose Hill and the beginning of the Great Ridge. The country's most famous ridgeline and the Peak District's star attraction connects Lose Hill, Back Tor, Hollins Cross, and Mam Tor and offers stunning panoramic views over the surrounding countryside. Once again, the route turns north and finished at the campsite in Edale.

🏁 **50.5KM** 🕒 **07:00**
⬆️ **1,987M** ⬆️ **1,987M**



MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration.

As part of our [Sustainability Policy](#), the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



Black Ribbon
Under 13 hours



White Ribbon
Under 15 hours



Blue Ribbon
Over 15 hours



Green Ribbon
Environmental award



KIT CHECKS

This is the process by which the race organisers will ensure participants have the mandatory kit and are carrying the correct number of calories.

Kit checks will take the form of spot checks, which will be carried out at random throughout the race. Randomised checks will occur at registration, the start line, checkpoints, the campsite, and the finish line.

To make scrutineering more efficient, each food item must be labelled with the number of calories it contains. Food parcels which have been assembled by the participant must have a sticker estimating their calorie content. In line with our [Sustainability Policy](#), participants must also label all packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

SLEEPING

The living accommodation consists of individual tents. Participants must provide their own camping equipment, including tents, roll mats and sleeping bags (tents can be hired online when registering).

Shower facilities are available at Newfold Farm.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) can be left in tents at Race HQ (in competitors' tents). If competitors are concerned about security they should padlock their tents.



NUTRITION & HYDRATION

One of the most important aspects of preparing for any Ultra X race is calculating personal nutrition and hydration requirements. Participants want to bring enough to be fully fueled but not so much that they are carrying unnecessary weight.

Participants will also want to bring electrolyte solutions. Drinking water alone will not be sufficient to stay properly hydrated during a multi-stage ultra marathon event.

It is useful to contact runners who have experience in multi-day racing, as they will have expertise in this area. Participants will be invited to join the [Ultra X Competitors Facebook Group](#) upon registering for the race, where they can contact members of our friendly and experienced community.

Competitors will need to be self-sufficient (supply their own food) from Saturday 16th September to Sunday 17th September.

We highly recommend bringing dehydrated or freeze dried food that can be easily rehydrated with hot water, which is supplied at the campsite in the mornings and evenings.

We recommend Base Camp Food as a good website from which to source a variety of different camping meals. For a **5% discount** on any food products use the following [link](#) and enter the discount code **UltraX5** at checkout.

Participants are required by race rules to bring a minimum of 2,000 calories per day for each day of the race. Participants must also carry 800 calories of emergency fuel each day, which must only be consumed in an emergency situation.

53°20'N/1°49'W

IV'S

If it is deemed necessary by the race doctors for a participant to have an IV, a time penalty of 1.5 hours will be given on each occasion. If a participant contests the IV and the doctor deems them to be at risk, they may have to be pulled from the race.

To avoid this situation, we advise the regular consumption of electrolytes and to avoid drinking excessive amounts of pure water when out on the course.

DROP OUTS

This is an extreme event and voluntary or imposed withdrawal does happen. This is taken seriously and handled with great respect by the race organisation.

Participants may withdraw from the event at any time. We request that any competitor who wishes to stop their race informs the organisation and hands in their tracker in at Race HQ.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

Withdrawal or being withdrawn from the race will not automatically allow the participant to become part of the crew. The participant will only be allowed to join crew members at checkpoints with permission from the Race Director.

AID STATIONS

These will be manned by Ultra X volunteers and you will be able to access water, medical and therapist assistance should you require it, and a variety of food including flapjacks, cheese, crisps, nuts, chocolate and more. All of this will be free!

(Please not, if you have a specific allergy or food requirement we recommend you bring your own food). The exact list of nutrition available at aid stations will be communicated to those registered before the event.

Vegan options will be available at all aid stations.

FOOD & COOKING

For food, the organisers will provide hot water with which participants can rehydrate their dehydrated meals. Hot water will be available at camp two hours before the scheduled start times each day and in the afternoon/evening after each stage.

Remember that you can purchase camping meals with a **5% discount** at Base Camp Food using the following [link](#) and the discount code **UltraX5** at checkout.

Checkpoint

Distance

Cut-off time

Checkpoint	Distance	Cut-off time
Day 1 - CP1	12.1	10:00
Day 1 - CP2	22.7	12:45
Day 1 - CP3	30.0	14:30
Day 1 - CP4	38.1	16:30
Day 1 - CP5	49.4	19:15
Day 1 - CP6	57.1	21:15
Campsite	61.0	22:15
Day 2 - CP1	12.1	12:00
Day 2 - CP2	22.5	14:45
Day 2 - CP3	30.1	16:30
Day 2 - CP4	39.1	18:45
Finish	50.0	21:30

CUT-OFFS

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 2.5 hours for every 10km.

Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

Cut offs are subject to change by the Race Director. Any changes will be communicated to participants.

53°20'N/1°46'W



BODY MAINTENANCE

The physical exertion of multi-stage ultra running can have a negative impact on the body and feet. However, it doesn't have to be damaging.

To ensure participants do not spend their evening in the medical tent, it is important they not only take care of their feet during the race but also pay extra attention to toughening them up during training.

Suitable running socks must be worn. Participants should try and select those that are comfortable and trial different options in training.

Blister treatment after each stage will significantly impact both performance and enjoyment. Neglecting this area of body maintenance is one of the most common causes of retirement from the race. If you look after your feet, they will look after you!

Bear in mind that our experienced expedition medical team are there to help. If a participant has any questions, niggles or injuries, they are encouraged to consult them. It is vitally important that niggles are addressed sooner rather than later.

The vast majority of race dropouts are due to feet and hydration neglect. Participants who stay on top of these controllables have a much higher chance of finishing the race.

53°20'N/1°49'W



EQUIPMENT

A comprehensive [Kit List](#) will be issued to participants upon registration. This will contain all mandatory and recommended kit and equipment.

CLOTHING

What a participant chooses to run in is up to them. We recommend trying different options to find out what is most comfortable over long distances. Many of our competitors choose to wear the same outfit every day as their 'go-to' kit, but others like to alternate.

CLIMATE

Daytime temperatures average around 15°C, with temperatures dropping at night. However, it can range from 8-18°C and the weather can be very unpredictable. As such, it is important that competitors have equipment that prepares them for different conditions.

BAGS & RACE PACKS

As participants will be staying in individual tents, they are permitted to bring as many bags as can be stored within their tent (or vehicle, for those driving). We advise participants to bring waterproof race holdalls.

Running packs (the bag participants will carry each day whilst running), must be large enough to hold the mandatory items on the kit list.

SUITABLE FOOTWEAR

Well in advance of the race, participants will need to decide on the right footwear.

The heat and friction produced whilst running not only puts shoes under extreme stress, it also causes feet to swell. As is good practice before any race, participants should ensure their shoes are sufficiently worn in. The same can be said for all kit and equipment – it must be comfortable over long distances.

The course is split between technical and hard trail with some sections of soft mud. Trail shoes are recommended.



53°20'N/1°49'W



RACE RULES

No. Rule

1.	There will be no unofficial runners (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners' responsibility to stay up to date with the event information as it is emailed to competitors and published on the event webpage.
3.	Each runner's bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/ course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.

No. Rule

11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporters are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory kit checks at the start, on route, or at the finish. Failure to comply with the kit checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Runners must not be crewed in any way at this event.
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.



WHAT'S INCLUDED?

Included?	Yes	No
Race entry	✓	
Fully marked course	✓	
Medical support throughout the event	✓	
Therapists (osteopaths, physios, sports masseuses) on course and at the campsite	✓	
Drinking water and some food at checkpoints on course and hot water for preparing food at the campsite	✓	
Ground assistance and full safety support	✓	
Digital copies of all images from event photographer	✓	
UTMB® Index Race (100K category)	✓	
Finisher's medal	✓	
Well-stocked aid stations with food and drink options	✓	
Camping spot for Friday, Saturday and Sunday nights (equipment not included but a tent can be hired online when registering)	✓	
Travel to the Peak District		✗
Personal food, kit and equipment (see Kit List)		✗
Comprehensive insurance (to cover cancellations, loss of items, injury etc)		✗
Training costs		✗
Spending money		✗
Transport home for runners who are disqualified or withdraw early		✗



**YOU CAN DO SO MUCH MORE
THAN YOU THINK YOU CAN**

53°20'N/1°49'W

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