

BT Staff and Friends Yorkshire Three Peaks

'Event Itinerary , Instruction and walk through'

Location = HQ / Campsite - 2 HILLSIDE, Station Road, Horton-in-ribblesdale, Settle, BD24 0HH

Fri 7th June 2019

Camping in the Field Opens from noon.

Please try to be pitched up by 21:30 and later arrivals please keep noise to a minimum after 22:00.

Event Helpers wear Orange Hi Vis (as seen in below images)

We want to keep our best in class Reputation for Events in the Village. Please help BT STAFF and FRIENDS 3 Peaks achieve this once again by keeping noise to a minimum and placing all litter in the Bins / Bags provided.

Ladies and Gents Toilet and Shower Services will be clearly marked in the PAVILION.

Two extra Toilets will be in the Field this year.

An External Water tap is at the rear of the Pavilion.

There are two Pubs in the Village.

The Event Uses the Crown for Pie and Peas on the Saturday afternoon / Evening after the Event.

The nearest main Town is Settle.

There are Train Stations in Settle and Horton itself , However Trains are infrequent so don't venture too far by Train , especially North Bound as you could get stranded.

At the END of the walk , you will be very fatigued and so we ask that GREAT ATTENTION is given at all times at the Pedestrian level Crossing leading over the tracks and back into the Village.

Trains come Around the bend here at 70 mph and DO NOT ALL STOP at the Horton Station.

There are additional Toilet facilities just after the start of the walk , in the main village car park.

There are long queues here after the Event Starts , so go before you register and start the clock ,as these can be the valuable few minutes you need at the Cut Offs.

Refreshment Refill Stations –

There are Two of these this year

Ribblehead (prior to Whernside Peak 2)

Hill Inn (prior to Ingleborough Peak 3)

Both of these are Retirement / Cut Off , Bus Back Stations

Cut Offs –

Two Strict Cut Offs Operate this year in the interests of Safety :

Ribblehead (before Whernside) = 12:30

Hill Inn (before Ingleborough) = 15:30

Tally System -

Each participant has a Tally presented at the start. These are vital safety items.

The Captain gets the RED LEADER tally. White and Green are for entrant 2 and 3. Yellow is for Team Member 4. All participants must hand the tally in themselves whether walking back to the timekeeper desk in the Pavilion or being Bussed back (Retired).

Regrouped Hill Inn Team Members all have an additional Blue Disc Tally to hand in as they walk into the Time Keeper at the Finish.

CAPTAINS NOTE - This is a Team Event and Teams must approach Check Points Together to present tallies (number and colour) to the Marshal.

None Emergency Retirements can only take Place as Group , with Teams Presenting Retirees at either Ribblehead (before Peak 2) or Hill Inn (before Peak 3).

At Hill Inn this year – we have a new REGROUPING facility where teams that arrive before the 15:30 cut off , but are down to 2 or less can Regroup into a Blue Tally Grouping. This Allows those individuals to be timed to the end, when they hand their original and Blue tally into the Timekeeper.

Any Regroup Teams have to stay together from Hill Inn back to the HQ.

Event Sweepers follow on from Hill in @ 15:30.

The Emergency services number is 999 – where the Response to any Emergency will follow standard Emergency Services Procedures. The Local CRO (Cave Rescue) cover Rescue in the area.

See the Full Rules Sheet to make sure you do not risk disqualification from the Event.

The Rules look to keep us safe in the Event without the need for the Emergency Services. The Importance of Kit and the Rules should be understood by the Team Captains.

Sat 8th June 2019

CP1 / Pavilion - 06:15 – 08:00

HQ Start - Horton In Ribblesdale - SD806728

Participants Assemble in a queue towards the Pavilion from 06:15 am.

Runners should assemble at 07:30 – THIS IS IMPORTANT as our check Points are opened based on runners not starting before 07:30.

The Registration Cards are checked for Accuracy at the Gazebo outside the Pavilion.

CAPTAINS NOTE – We need at least two mobile numbers for the Team. If we have more then all the better. We will send an electronic pre registration Form to make sure we have the up to date details before the day.

Teams then Progress to THE STRICT KIT CHECK inside the Pavilion.

Teams are asked to demonstrate they have two Paper OL2 Maps , whistles (each) , compass (each) , Rations , Mugs / refillable Fluid Containers , Water Proofs (we know you will have a hat as we will have given you the EVENT GIFT !) , one thermal body bag and Full First Aid Kit (plasters for blisters etc.)

Sock choice is crucial and spare socks are advisable.

Well worn in walking shoes and boots are needed for the Challenging Terrain. No pumps or basic Trainers please. Fell quality Running shoes are fine.

We know that this ALL costs money , but the items are crucial for safety in the National Park with our Weather and the extreme distances. Think Comfort and Safety, you will be glad of the water Proofs if we get rain !

The Event Kit items can be sourced very economically from Go Outdoors and Sports Direct or On line. Once you have them you are good for many Wellbeing / Fund Raising walks.

Volunteer Staff :

Graeme Raisbeck (Registration / Mini Bus Recovery / Presentation)

Chris Johnson (Time Keeper)

Peter Bruniges (Time Keeper)

Mick Abbott (Race Database)

Brian Campbell (Registration / Reserve Marshal / Sweep)

Richard Handford (Registration / Reserve Marshal / Sweep)

Steve Wood (Kit check / Reserve Marshal / Sweep)

Malcolm (Kit Check / Unicef Tea Stall)

Jean (Kit Check / Unicef Tea Stall)

George Mackay (Kit Check / VIP Presentations)

Phil Rees – Land Rover Recoveries

Raynet Base / Control

CP 2 – staffed from 06:45 – 09:45 (or last team through)

n.b the walk to the summit take around 1 hr to 1 hr 30 min (runners are quicker)

Penyghent - just prior to Summit Shelter - SD838734

Carl Burwell

Diane Burwell

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

Raynet Radio

Raynet Sweep

CP 3 – staffed from 07:30 – 11:30 (or last team through)

High Birkwith - SD803771

Mike Conn

A N Other

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

Land Rover Access Note for 2019 – (Phil Rees)

No Transport Access beyond the Farm (walking Public Right of Way only after Drop Off / Collect)

CP 4 – staffed from 08:15 – 12:30 (12:30 Teams Cut Off)

Ribblehead - SD766792 (just down from the Pub)

Scout Service Team

Refreshment Point 1

Team Retirement Recovery Point

Raynet Radio

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

CP 5 – staffed from 08:30 – 13:30

Force Gill – SD761817 (best Raynet Reception point)

Mike Burke

Steve Marsden

Raynet Radio

None Retirement CP – Teams to go back to Ribblehead CP or to Hill Inn CP

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

CP 6 – staffed from 09:15 – 14:30 (or last team through)

Wherside – SD738814

Oliver Ingham

Edward Evans

Raynet Radio

None Retirement CP – Teams to go on to Hill Inn CP

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

CP 7 – staffed from 10:00 – 15:30 (15:30 Teams Cut Off)

Hill Inn (Under Ingleborough) - SD744776 (100 yards up the road from the Pub)

Scout Service Team

Refreshment Point 2

Team Retirement Recovery Point

Team Re Grouping Point 1 (blue tallies)

Raynet Radio

BT Sweep Team

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

CP 8 – staffed from 11:00 – 17:30 (or last team through with Sweep)

Ingleborough - SD741746

Dave Conn

Paul Copley

None Retirement CP – Teams to go on to Horton CP

Marshals have – (Event Supplied Hi Vis , hat , water proof Team Sheets / Clip Board , Sharpie pens)

CP 1/9 - 12:00 – 20:00

HQ Finish - Horton In Ribblesdale - SD806728

Chris Johnson (Time Keeper)

Peter Bruniges (Time Keeper)

Mick Abbott (Race Database)

All Finishing Team Members to Present together at Time Keeper Desk.

All Tallies to be handed over only at the Finish Desk (including Retirees who keep tallies).

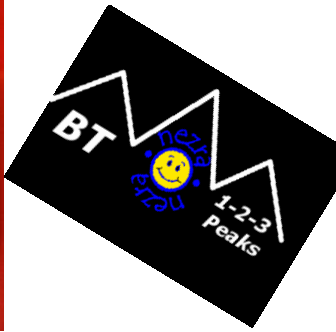
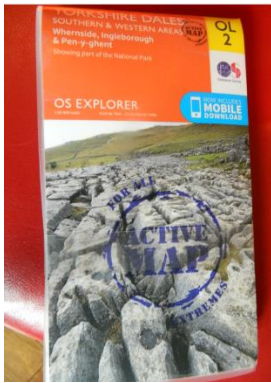
Presentation – 17:00

VIP Presenting Overall Winners George Mackay Trophy

George Mackay

Graeme Raisbeck

Images



STAGE	TIME	STAGE	TIME	STAGE	TIME	STAGE	TIME	STAGE	TIME
1		11	21	31	41				
2		12	22	32	42				
3		13	23	33	43				
4		14	24	34	44				
5		15	25	35	45				
6		16	26	36	46				
7		17	27	37	47				
8		18	28	38	48				
9		19	29	39	49				
10		20	30	40	50				

CHECKPOINT ○ PROCEEDING X DROPPING OUT DISC COLOUR
 ● RED ● WHITE ● GREEN ● YELLOW

TEAM	DISC	TIME	v or X	TEAM	DISC	TIME	v or X	TEAM	DISC	TIME	v or X
1	R W G Y			11	R W G Y			21	R W G Y		
2	R W G Y			12	R W G Y			22	R W G Y		
3	R W G Y			13	R W G Y			23	R W G Y		
4	R W G Y			14	R W G Y			24	R W G Y		
5	R W G Y			15	R W G Y			25	R W G Y		
6	R W G Y			16	R W G Y			26	R W G Y		
	R W G Y			17	R W G Y			27	R W G Y		

Event Timetable:

Location	Checkpoint Opening Time	Cutoff Times	Comments
Horton in Ribblesdale	6:30 – 8:00 am		Field cleared of runners by 8:00am
Pen-y-ghent	6:45am		
Birkwith	7:30am		
Ribblehead	8:15am	12:30	
Force Gill	8:30am		
Wherside	9:30am		
Hill Inn	10:00am	15:30	Walkers and Runners can be re-grouped
Ingleborough	11:00am		