

## Three Peaks Race

## Competitor Information

Saturday 27th April 2024

10.30 start

- **VERY IMPORTANT** - Read and be fully aware of the Three Peaks Race rules as covered on the website [www.threepeaksrace.org](http://www.threepeaksrace.org) under 'Race Information' and also the 'FRA Requirements for Runners 2024 (the "Runners' Rules")'.....see overleaf.  
**The notes below are for your guidance and information** – please take a few minutes to familiarise yourself with them, thank you.
- **SAFETY EQUIPMENT** - Make sure you have the required safety equipment with you at all times during the race. You must carry a compass, map of the full route (minimum 1:50,000 scale), whistle, wind and waterproof jacket with fixed hood and waterproof trousers (full body cover with taped seams), hat, gloves and emergency food (chocolate bar, gel or similar). These may be checked before the start and may be checked at other points on the course or at the finish. If you are found without any of the required equipment you will be **disqualified**. It is also strongly recommended that you carry a space blanket in cold, wet weather also a mobile phone (It is recommended that all competitors download the What 3 Words (W3W) App!) and any other personal equipment you consider necessary. Please wear your race number on your vest (chest). Please show your race number if requested by a marshal. No dogs to accompany competitors, no headphones and no walking poles please.
- **COMMUNICATION** - RAYNET radio operators with contact to Race Control, as well as marshals will be located around the course. Listen for any special announcements on the PA system on the event field before the start of the race. A pre-race briefing will be announced in the main marquee at approximately 10.15am.
- **COURSE** - Competitors should mostly follow the recognised Three Peaks Race route using bridleways and footpaths. On certain sections route changes have been agreed and deviate from the main paths. Please follow the markers. These sections are the Pen-y-Ghent summit loop, Old Ing Loop (new route change for 2023, extends the course by 0.6mile (1km)), ascent of Wherside from Winterscales Beck, Ingleborough summit plateau and the private land and gardens approaching the road crossing to the finish field.  
At all other times please keep to rights of way on the traditional Three Peaks route from Horton-in-Ribblesdale. This includes the ascent via Horton Scar, Hunt Pot and Fingerpost to Pen Y Ghent summit (Checkpoint) and descent via the summit loop to pick up the path again at the fingerpost and then follow the path over Whitber Hill to meet the Pennine Way at Jackdaw Hill, continue north on the Pennine Way (the Old Ing Loop) to High Birkwith Moor, at wooden farm gate turn West to continue on the Pennine Way Bridleway past Old Ing Farm to Fingerpost and follow the path to God's Bridge. Continue past God's Bridge to Nether Lodge Farm to pick up the track past Lodge Hall and on to the B6479, follow the road to Ribblehead (Checkpoint), pass on the north side of Ribblehead Viaduct to the second railway underpass leading to the Winterscales Beck crossing (in the event of Winterscales Beck being in spate then a diversion may be implemented via Winterscales Farm bridge) and ascend to the summit of Wherside (Checkpoint) via Winterscales Pasture and descend via Low Pike, Bruntskar and Philip Lane to the Hill Inn (Checkpoint). After the short road section past the pub follow the path over Southercales Pastures, ascending Ingleborough via Humphrey Bottom and Swine Tail to cross the summit plateau to Ingleborough summit (Checkpoint) before retracing back across the plateau to descend via Swine Tail but branching towards Fell Beck Head and Sulber Nick to the finish. Some of the course paths are limestone which can be slippery. Please be wary on these sections.
- **ROAD SECTIONS** - On road sections professional Traffic Management personnel will be in attendance assisted by Three Peaks marshals, these personnel are there for the safety of everyone, please abide by their instructions. Please be aware of traffic and respect the Highway Code. Take particular care on the road section from the track exit from Lodge Hall on to the B6479 to Ribblehead (approximately 1.7km) and keep to the right hand side of the road; also the short section at Chapel-le-Dale past the Hill Inn pub. In the event of difficulty with traffic, the marshals may have to stop competitors for a short time to allow traffic to flow – this will be a last resort - please be patient and understanding.
- **ACCESS** - The special arrangements we have made for the use of certain parts of the route apply only on race day. Otherwise, please keep to recognised Rights of Way. Where the course is not marked you will be responsible for route finding, however you **MUST** always keep to Rights of Way e.g. footpaths and tracks and behave **SAFELY** and responsibly, respect the highway and country code and local communities, close gates and stiles (do not wedge gates open), do not alarm farm animals and **PLEASE TAKE YOUR LITTER HOME**. Report any damage to a marshal or checkpoint leader. **NB we are allowed to use the private garden just before crossing the road to the finish due to the kindness of the owners - non-competitors and spectators must not venture on to this private property.**
- **CHECKPOINT REGISTER** - You will be issued with an electronic 'dibber' at Registration and you will be required to electronically register at each main checkpoint. As you approach each checkpoint, be prepared to insert your 'dibber' in to one of the electronic recording 'bricks' and also if requested be prepared to show your race number, it is not acceptable to just verbally communicate your number! If in any doubt consult a checkpoint marshal!
- **CUT-OFFS** - The cut off times are Ribblehead 12.50pm and Hill Inn 2.10pm (2h 20m and 3h 40m respectively after the start), if you are outside these times you will be instructed to retire. Please respect the marshals' decision. In the event of a competitor being assessed unsuitable to continue for medical or other reasons, the competitor will be withdrawn from the event. Competitors who continue after being withdrawn from the event will be disciplined.
- **RETIREMENTS** - You can only retire voluntarily at the main low level checkpoints which are Ribblehead and Hill Inn and at the finish. In the event of retiring voluntarily you **MUST** inform the Checkpoint Leader or if you are timed out you must wait at the low level checkpoint to be transported back to the finish by the official race minibus – you are strongly advised not to make your own way to the finish. Once at the finish you **MUST** immediately inform race control of your retirement and hand-in your dibber. It is recommended that all competitors download the What 3 Words (W3W) App!
- **MEDICAL** - Medical assistance will be available at the start and finish with limited medical assistance at the valley checkpoints (Ribblehead and Hill Inn).  
**DRINKS** – Competitors own drinks will be transported to Ribblehead and Hill Inn checkpoints. Please clearly mark your drink and place in one of the labelled boxes (before 10.00am) provided near registration. The Three Peaks Race Association discourages the use of single-use plastic bottles and will endeavour to return all the bottles left at the checkpoints to the event field after the race. The Association will not be responsible for any lost containers.  
**EACH COMPETITOR MUST CARRY THEIR OWN SOFT FLASK/COLLAPSIBLE CUP, TO BE FILLED FROM LARGE WATER DISPENSERS AT THE VALLEY CHECKPOINTS (RIBBLEHEAD AND HILL INN), CUPS WILL NOT BE PROVIDED.**
- **RESULTS** - At the finish you will be given your personal time printout. Only limited full printed results will be available on the day, full results will be available on Saturday evening or Sunday on the Sportident website:([www.sportident.co.uk](http://www.sportident.co.uk)) or soon after on the Three Peaks website ([www.threepeaksrace.org.uk](http://www.threepeaksrace.org.uk)).
- **MEALS** - Your meal voucher can be used for a hot drink and/or a hot meal only in the main marquee. Tear-off and present the relevant half of your voucher for a hot drink and/or food which will be served in the main marquee between 13.30 and 17.30. NB the vouchers are only valid in the main marquee and the food voucher is only valid at Delicious Catering in the main marquee. Persons without a voucher may purchase drinks and food in the main marquee.
- **PARKING** - At Ribblehead we have made special arrangements for spectator parking on the spare land turning left just after passing under the railway bridge going towards Hill Inn from Ribblehead. At Hill Inn (Chapel-le-Dale) there is **no parking** facility. Please park sensibly without obstructing race competitors, pedestrians or other traffic.
- **TOILETS** – A portable Toilet will be available at Ribblehead and Chapel-le-Dale and on the start/finish field in Horton. Everyone must use these toilet facilities at all times. At the start there are plenty of toilet cubicles and urinals.....PLEASE use them!!
- **LITTER** - PLEASE take any empty wrappers or drink containers with you, do not discard on the route but carry to the next (low level) checkpoint. We have received criticism regarding litter around the course. It is also unfair to ask marshals or spectators to take your litter, so please....take it with you.

**IN AN EMERGENCY ONLY - CONTACT THE POLICE (999) ASK FOR MOUNTAIN RESCUE**

**OR CONTACT RACE CONTROL VIA A RAYNET RADIO OPERATOR**

**OR RACE CONTROL DIRECT ON 07836 268011**

(see also 'Summoning a Mountain Rescue Team' under 'Hypothermia')

Updated dtw 10/03/24

**PTO**

## FRA Requirements for Runners 2024 (the “Runners’ Rules”) Edited Extracts

The following Runners’ Rules apply to runners in FRA-registered races and events and you will be expected to have read them, and to agree to comply with the requirements, as a condition of entry. These rules should be read in conjunction with the FRA Rules for Competition.

**1. Know what you are in for - you must be confident you are capable of completing any race you enter.** Races are categorised as A (hardest) to C (milder) on the basis of the amount of climb, and long (L), medium (M) or short (S) on the basis of distance. Races may also be designated ‘experience required’ (ER), ‘navigational skills required’ (NS) or ‘local knowledge an advantage’ (LK). All FRA races strictly prohibit the use of electronic devices using aids such as GPS for navigation. You may not use any such device to delineate or follow a route (including the use of arrows or audio signals to warn of being “off track”), to display current position on a map, to display or follow a compass bearing or to reposition yourself or otherwise navigate in any way. You may carry such a device for use in an emergency situation, but if used – even momentarily for repositioning – then you must retire from the race and declare yourself non-competitive to the race organiser. Full details are given in the FRA Rules for Competition, which apply to all FRA races. Most serious incidents (and almost all fatalities) in races have occurred when runners have left the route, so having good navigation skills is essential. Fell runners are expected to be able to find their way round the course, whatever the weather. Most race routes are not flagged except at critical points such as the start and finish and part of the challenge of fell racing is to find the optimum route between the compulsory checkpoints. If you have any questions about a race route you should consult the Race Organiser for further information. The best way to be confident and safe is to learn good navigation skills, to recce the course and to pre-plan escape routes.

**2. Comply with the Race Rules.** Enter the race by completing the race entry form. Do not run without having done this. Race Organisers may introduce special requirements to suit their particular race (for example additional or prohibited equipment, time limits, previous experience criteria) and these must be obeyed.

**3. Use appropriate kit for the course and conditions.** ‘FRA Mandatory Minimum Kit’ is the mandatory minimum kit for all AL, AM and BL races. They can also require you to carry more kit than this. In any case, you may decide it is prudent to carry more kit than the mandatory minimum. ‘FRA Mandatory Minimum Kit’ comprises: *waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass (see Note 3), whistle and emergency food.* See also Note 2 regarding GPS.

The Race Organiser may check your kit at any time and will disqualify you if you fail to comply with the requirements. Runners often question whether this level of kit is necessary – it may not be needed when you are running strongly or in good weather, but it could be a life-saver if you have to slow down or stop because of injury or tiredness, or if you need to help another runner in difficulty.

**4. Race Numbers: wear your race number on your chest and show it to marshals.** The race number is essential, to check that runners don’t skip a checkpoint and to keep track of runners who are lagging behind or have dropped out of the event. Make sure you clearly show your number to marshals at checkpoints, even if it’s covered up by a jacket. Wear your number on your chest and don’t fold or cut it down as this makes it more difficult for marshals to read and also conceals the sponsor’s name. Only shout out your number if you are asked to do so.

**5. Retirement: when you have registered for a race, you must inform the Race Organiser if you don’t start or don’t complete the race, for any reason.** After you have registered with the race organisation (normally this means completing an entry form and collecting your number before the start) you are officially ‘in the race’. If you don’t start or if you drop out for any reason at any time you **must** report to the Race Organiser **at the finish**. It is not sufficient to announce your retirement to a marshal on the course or to another runner. Keeping track of every runner is one of the primary responsibilities of the Race Organiser and you in turn have a responsibility to help with this. Look out at the start for any specific retirement procedures introduced by the Race Organiser.

**7. Personal conduct: behave respectfully to other competitors, race officials and members of the public sharing the same area of countryside.** Fell runners should adhere to the Countryside Code, for example by shutting gates and not climbing walls or fences, which can damage them and may be grounds for disqualification. Respect private property and other users of the fells. If you see another runner in difficulty, you should, of course, offer assistance.

**8. Disciplinary action: the Race Organiser can exclude you and the FRA can ban you if you do not observe race requirements and these “Runners’ Rules”.** The FRA may take disciplinary action such as disqualification and/or banning a competitor from future races, and your club may also impose sanctions if your actions reflect badly on them. “Absolute no-nos” are retiring from a race without reporting to the Race Organiser at the finish (the “golden rule”), running in someone else’s number or no number, using someone’s else’s FRA membership card or number, cheating on the kit requirements or using GPS (or equivalent) for navigation or fixing position. Please ‘do your bit’ to make our sport safe and enjoyable for all.

## HYPOTHERMIA

**What can I do to avoid or reduce the problems caused by hypothermia?** ■ Read the weather forecast – is this run/ race wise in these conditions? It is your decision to enter a race, not that of the Race Organiser. ■ Do not attempt a route beyond your physical and technical ability. ■ Carry appropriate spare clothing. ■ Carry sweet food, and eat some of it before it’s too late. ■ Carry a drink to avoid dehydration. ■ Know the route and know the area. ■ Plan routes you can use to get you off the hill safely and quickly – if necessary. ■ Keep an eye on your fellow runners, and be prepared to stop and help if necessary. ■ Know how to summon help – via a marshal, or by phone. ■ Know any emergency numbers for contacting the Race Organiser.

**Getting help** ■ Summon help by using your whistle to give the emergency signal – six blasts repeated every minute. Ignore any three blast replies – keep blowing the whistle until help arrives. ■ Know your position as accurately as possible, and relay this along with your race number either directly to a marshal, or via another runner (in which case, write it down, if you can – include your phone number, if you have one). ■ Remember a text may get through when a call won’t, and it will keep trying after someone loses consciousness.

**But, if you do have to summon a Mountain Rescue Team yourself ...** ■ Dial 112 (preferably) or 999 if that doesn’t work. ■ Ask for Police, then ask the Police for Mountain Rescue. ■ Tell them where you are, preferably with a full grid reference including the letters – the operator may be miles away! ■ Tell them how many casualties and the problems (injuries, hypothermia etc). ■ Let them know the numbers of any other phones in your party. ■ Keep your phone switched on and stay by it.

**What is hypothermia?** Hypothermia is the medical term for the condition caused by the cooling of the human body. Unless action is taken, this condition can progress from mild to severe hypothermia, and, eventually, to death. The body’s core temperature is normally approximately 37°C. Mild hypothermia is experienced when the core temperature falls to somewhere in the range 34-35°C. Severe hypothermia is experienced when the core temperature falls below 33°C. Unchecked, this condition is fatal.

**Why is hypothermia a problem for fell runners?** Active muscles create heat, and a runner generates a great deal of heat while actually running. A runner can often generate such an excess of heat that extremities stay quite warm even in cold weather. But, if running cannot be continued because of injury or tiredness, and, if the weather is cold and windy and/or wet, the runner will lose heat rapidly. Even on a mild day a tired, wet runner can get hypothermia. And, if the runner is low on blood sugar, as may well be the case in some longer events, the runner’s body may not have sufficient energy to stop this cooling process. The cooling of the core of the body gives rise to symptoms which include a progressive reduction in the ability to take decisions and actions which might help the situation, and a progressive reduction in consciousness. The speed of this progressive deterioration can be very quick – which is why it is essential that any missing or affected runners are known about as soon as possible. It’s better to act sooner rather than later.

**What are the symptoms?** The symptoms represent a progressive deterioration as the body’s core temperature decreases. This list is only a representation of what may happen, and in what order. Some symptoms may not occur, and the order can be different. Mild hypothermia ■ Shivering ■ Cold, pale skin, blue lips and pale, white hands and feet ■ Lethargic Moderate hypothermia ■ Violent shivering. ■ Slurs words and lacks co-ordination. Beware the ‘Umbles – mumbles, fumbles, stumbles, grumbles. ■ Confused ■ Change of personality ■ Difficulty with easy tasks ■ Odd behaviour (e.g. removes clothing) Severe hypothermia ■ Shivering stops ■ Cold, pale skin, blue lips ■ Unconscious, unresponsive ■ Rigid muscles ■ Signs of life (breathing, pulse) may seem absent.

**What needs to be done for/by a runner suffering from hypothermia?** General principles: ■ Get help – use your whistle! ■ Eat sweet food, drink warm drinks – but not coffee or alcohol. ■ Don’t feed food to unconscious casualties! ■ Get dressed/insulated. ■ Change wet clothes for dry if at all possible. ■ Get off the hill and seek shelter. ■ Notify the Race Organiser or a marshal. ■ Try to stay awake. ■ Most importantly, do not put yourself at risk to save another (one casualty is better than two). What is actually possible depends upon the state of the casualty. *Notification/getting help is essential, as is insulation from the cold.* Do not try to evacuate any unconscious or partly conscious casualty yourself. Try to keep the casualty sheltered and as warm as possible and wait for the rescue team.