



100K Yorkshire

Frequently Asked Questions

How fit do I need to be?

Very fit! This is an endurance event – it will take most people 24-30 hours of continuous walking, which is no mean feat. This is not something you should even consider without being totally committed to a great deal of training. We provide you with a detailed training guide upon registration.

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. At the point of deciding to take part you may not be very fit, but as long as you have given yourself enough time to train, and have the right attitude, you can do this. We expect all participants to train hard in advance to achieve this challenge.

It takes time to build up your body to the level needed to complete a trek of this nature, do not underestimate it. We want you to succeed in your challenge, and will support you as much as we can but commit to your training now so you can complete the event safely and enjoyably. It goes without saying that you need to be mentally prepared too – self-belief and determination goes a long way.



How will I find my way on route?

The route will be well-marked with brightly coloured marker arrows. At night the arrows will reflect your torch, and there will be glow sticks and extra marshals at any sections that are less straightforward. You will need a good torch.

People do occasionally go wrong, usually simply by following others in front. Stay aware of your surroundings, especially when you're tired. You will be given contact details for the support team in case you do lose your way.

Is there a time limit?

This event is not a race. Everyone should be able to walk at a comfortable pace.

In order for the event to be managed safely and practically, there will be cut-off times for each check point. These are perfectly achievable provided you train well in advance and build up enough resilience that you can manage when you're very tired.

You need to be able to walk at an average pace of 3mph on good tarmac paths and pavements, and at least 2mph on rough or hilly ground. Bear this in mind when training – especially at the end of a long day – and it will help you manage your training and expectations.



What about the rest-stops?

There will be manned check points spaced every 10-15km along the route, where there will be plenty of snacks, fruit and drinks to keep you going; there will also be hot soup, pasta and bacon rolls respectively at the 25km stops (approx). Make sure you eat enough and keep your energy topped up – it's a good idea to bring some energy snacks and water with you too.

Experienced staff will be on hand to provide help and plenty of encouragement, and there will be first aid support as well as toilets. Vehicle back-up is also provided in case of injury or illness.



What if I don't reach a check point in time?

The cut-off times we set will show what time you must have *left* each check point, having ensured you have taken plenty of food and drink on board and given yourself a short rest to recover. Turning up right on the cut-off time will not give you the opportunity to rest and re-fuel, which will make it very hard to pick up your speed in the next section.

If you are unable to walk within the cut-off times, you will not be able to continue with the challenge. You will be responsible for arranging for someone to collect you at your drop-out point, and the organisers will no longer be responsible for you.

We will do our utmost to help you get to the end, but please give yourself the best chance of success by being prepared.



What if the weather's bad?

We carry on. Our check-points are under cover, but if it's raining you'll get wet – it's all part of the challenge. In very extreme weather conditions the leaders will decide whether to cancel or curtail the event, though this is very rare.

It is vital that you follow the kit recommendations in our kit list and are fully prepared, whether it's very hot, chilly or wet. You don't have to spend a fortune on the best kit, but you should be comfortable in all conditions – it makes a huge difference to your enjoyment and may make the difference between whether you succeed or not.

Not having suitable clothing and equipment can have an impact on your safety, and the safety of the group. In the event that our leaders are concerned that you are not adequately prepared, they may prevent you from continuing.



What if I decide I cannot continue walking?

You will need to get to the next check-point and notify the event leaders so they know you are not continuing.

Most sections of the route have a number of road access points and there will be support vehicles to collect anyone who is ill or injured and cannot get themselves to the next check-point.

The moor sections involve more commitment as there are few access points, so speak to the check-point staff if you have any concerns.

What is the terrain like?

The terrain is very varied. You'll be walking everything from narrow footpaths through fields to wide well-maintained trails, compacted gravel track and a dismantled railway line as well as some pavements and small roads.

Paths are generally well-maintained, but there may be some muddy, slippery or overgrown sections depending on conditions. The route is undulating, with some notably steep inclines and descents on the first half as we cross the moors. The second half is generally flatter.

What do I need to carry?

You'll need to carry whatever you want with you for the duration of the trek – spare clothes, waterproofs, sun cream, snacks, torch, etc.

Make sure you have trained with your rucksack, carrying everything you need, so you are used to walking with your pack at full weight.

How do I get to the start?

You should make your own arrangements to get to the start and from the finish. Many people bring a friend to cheer them over the finish line and drive them home.

There are good public transport links near to the start/finish venue; Darley is around a 20 minute drive from Harrogate which lies on the railway line to Leeds.

Can I bring my dog?

No. We cannot be responsible for their welfare and invariably dogs are not as fit as they seem. Please just enjoy your dog's company on your training walks.