



MYPROTEIN



BACKYARD ULTRA

30TH AUG 2025 / ATHLETE

ADMIN PACK

ATHLETE CHECK-IN

Athletes are required to check in either on Fri 29 Aug between 1200 and 1700 at the Red On Performance Centre, or on the morning of the event between 0600 and 0800 on Sat 30 Aug at Altcar Training Camp. You will be given a unique time if you wish to check in on Sat 30 Aug.

Both addresses can be found at the back of this document. This event takes place on military grounds, so strict entry protocols apply. Each athlete and their support crew (maximum of 2 persons) must bring valid photo ID and arrive in a single vehicle, with all required personal and vehicle information submitted in advance via the type form (can be found at the back of the pack if you have yet submitted). Check-in cannot be completed on behalf of another participant. Upon successful check-in, athletes will receive their race goody bag, which includes timing chips and final race information. From there, you will be escorted to your designated event area to prepare for the opening lap.

ATHLETE START AND SUPPORT AREAS

After registration, each runner will be assigned a dedicated start /support area located adjacent to the course start line. The furthest part of the support area is less than 100m from the start line.

This space is designated for your use throughout the event and can be shared with your personal support crew (max 2 person). Within this area, you may park your car and pitch a tent or small shelter if needed. It will serve as your personal base between loops, providing you with essential access to nutrition, rest, gear changes, and moral support.

It is important to note that you are personally responsible for maintaining the cleanliness of your allocated space. All waste must be bagged taken away with you to dispose of outside of camp, and any personal equipment or structures must be dismantled and removed.

Please respect the military grounds and leave your area as you found it.

RACE BRIEF

The race brief will begin at exactly 0830 on Sat 30 Aug. All athletes and support staff must be present for the race brief. This will cover health and safety, camp protocols, fire procedures, movement and camp layout.

LAP START PROCEDURE

The race will begin at exactly 0900 on Sat 30 Aug.

Each hourly lap will begin with the clear sound of an Air Horn and the visual of a large green light which signals the start of the next loop. Athletes must be physically present and ready at the start line when the Air Horn sounds and the lights turn green. From the moment the air horn sounds, you will have 60 seconds to cross the start line and begin your loop. After 60s the lights will turn red and any runner who fails to begin their lap within this 60-second window will be deemed to have missed the next yard and therefore disqualified from the event, in accordance with the rules.

The race will continue in this format, with one loop required every hour, on the hour, until a single runner completes a solo lap and is declared the winner. There will be no cumulative timing, no overall ranking, and no medals for finishing a certain number of laps. You either continue—or you time out. There is only one finisher.

THE COURSE AND CONDITIONS

The Red On course is entirely contained within the Altcar Camp perimeter, ensuring safety and clear course management. The route includes a mix of grass, gravel, woodland paths, and potentially uneven terrain. It is thoroughly marked and staffed by marshals at key points to guide and support you throughout.

As with any long-distance endurance event in the UK, weather conditions may vary dramatically. Prepare for wind, rain, cold temperatures, and potentially muddy underfoot conditions. Bring appropriate clothing and equipment to adapt to changing conditions across what may be many hours—or even days of racing.

The route can be watched in full here: <https://youtu.be/ZS7FiVpa2k0>

WITHDRAWALS

If, at any point, you are no longer able or willing to continue the race, it is essential that you follow the proper withdrawal procedure. Do not simply walk away from the course or your start area without notifying staff. **YOU MUST RING THE BELL.** To formally withdraw from the Red On Backyard Ultra:

1. **RING THE BELL** and Inform a member of the event team or a course marshal immediately.
2. They will record your withdrawal and ensure your status is updated.
3. Return to your support area, where we will begin to check you out.
4. Please take care to leave your area clean and free of litter before departing.
5. If you are unable to return to the start/support area under your own power, inform a marshal or another runner, and assistance will be arranged.

Your cooperation in following this process helps ensure the safety of all participants and allows the race team to accurately track who is still competing. As this is a military camp, checking in and out safely is vital.

FUELLING AND SUPPLEMENTS

Myprotein will have key fuel stations across the course, allowing you to recover and refuel throughout the event. Placed beside the start/finish line, Myprotein will provide all nutrition supplements to optimise your performance. Everything from carbohydrates to electrolytes, they've got you covered from start to finish.

KEY SUPPLEMENTS

Myprotein staff will be on hand across the event to support with any nutrition related questions / demands - Key supplements will be provided and they are listed below:

THE Electro - Hydration isn't optional. Scientifically formulated electrolytes, built to keep you going.

Flavours - Black Cherry | Pina Colada | Orange | Watermelon

Nutritionals - 650mg Sodium | 300mg Potassium | 60mg Magnesium

THE Energy Gel - Fast-absorbing carbs to keep you in control.

Flavours - Unflavoured | Guava | Blood Orange | Blackcurrant

Nutritionals - 30g Carbs | 240mg Sodium | 2:1 Carb Ratio

THE Electrofuel - Fast-absorbing carb drink, designed for sustained endurance.

Flavours - Unflavoured | Raspberry Lemonade | Orange Mango

Nutritionals - 30g Carbs | 300mg Sodium | 2:1 Carb Ratio

THE Electropower - Performance hydration with Creapure®.

Flavours - Unflavoured | Raspberry Citrus | Pina Colada

Nutritionals - 5g Creapure® | 1236mg Electrolytes

Project C50 - 50g Carbohydrate

SUPPORT CREW

Each athlete will have the ability to have 2 support crew members. They are able to stay around the admin area throughout the event. There will be timings in which runners and staff members can leave the camp via an escort from the Red On Team. These times are:

Saturday 30th August

Coming into camp: 10:00, 13:00, 16:00, 19:00 (this will be the final access time)

Leaving camp: 09:45, 12:45, 15:45, 18:45, 21:00, 23:00, 02:00 (31st Aug), 04:00, 07:00

Sunday 31st August

Coming into camp: 07:15, 11:15, 13:15, 16:15, 19:15 (this will be the final access time)

Leaving camp: 09:00, 11:00, 13:00, 16:00, 18:00, 20:00, 22:00

Monday 1st September

Coming into camp: 07:15, 11:15, 13:15, 16:15, 19:15 (this will be the final access time)

Leaving camp: 09:00, 11:00, 13:00, 16:00, 18:00, 20:00, 22:00

PRIZES

The Red On Backyard Ultra has no second place, only one runner may be declared the winner. That person must complete one more loop than all other participants.

The winner will receive:

- A £1000 cash prize
- The coveted Red On Backyard Ultra winners prize, symbolising victory in one of the most mentally and physically demanding ultra formats.

There are no medals or prizes for distance completed or second place. You either complete one more lap than anyone else or you don't.

FINAL NOTE

Come prepared for wet, cold, and fatigue, the more self-sufficient and organised your base area is, the better you'll manage the unique demands of this race format.

If you have a support crew, brief them on your schedule and preferences. If you're solo, organisation is critical.

This event is not about speed it's about survival.

Every lap is a new challenge. Make sure you're ready for as many as you can handle.

Red On. No finish. Last One Standing.



READY FOR ANYTHING



MYPROTEIN

BACK YARD ULTRA KIT LIST

Due to the unpredictable British weather, prolonged duration of the event, and the self-supported nature of your start/support area, it's important to come well-prepared.

Below is a suggested kit list to help you plan effectively.

Essential Kit

These items are mandatory or strongly required for safety, comfort, and eligibility:

- Valid Photo ID – Passport or driving licence (for registration and military camp access)
- Entry Confirmation Email – Digital or printed copy
- Running Shoes
- Weather-Appropriate Running Kit – Base layers, moisture-wicking shirts, shorts/tights
- Waterproof Jacket – Breathable and suitable for wet conditions
- Headtorch and Spare Batteries – Compulsory for nighttime laps
- Nutrition and Hydration Supplies – Energy gels, bars, electrolyte drinks, etc. for your entire race duration
- Water Bottles or Hydration Bladder – Easy-access hydration for each loop
- Cup or Bottle for Refill – There will be no disposable cups provided
- Tent or Shelter
- Chair – For use in your support area between loops
- First Aid Kit – Basic supplies including plasters, blister pads, antiseptic wipes
- Change of Clothes and Dry Layers – Including socks, underwear, base layers, and a warm top
- Towel and Blanket – For drying off and keeping warm
- Rubbish Bags – To keep your support area clean and remove all waste upon departure

BACK YARD ULTRA KIT LIST

Non-Essential (But Strongly Recommended)

These items aren't mandatory, but will greatly improve your comfort and chances of going further:

- Spare Pairs of Running Shoes – In case of wet conditions or blisters
- Foam Roller or Massage Ball – For recovery between laps
- Sleeping Bag and Camping Mat – Useful if planning to lie down between laps overnight
- Portable Phone Charger or Power Bank – To keep devices running
- Support Crew – Not essential, but invaluable for motivation, prep, and logistics
- Camp Light or Lantern – For your support area during dark hours
- Hot Water Flask or Stove – For making tea, coffee, or instant meals (no open flames unless permitted)
- Comfort Food or Favourite Snacks – Moral boosters and easy calories
- Earplugs and Eye Mask – To help rest during daylight if the race goes long
- Emergency Repair Kit – For makeshift fixes to shoes, tents, etc.