

ROPERs
CARAVAN WORLD

swarco



11 JULY 2026

THE STING

Backyard Ultra North



Information Pack

MEET THE STING CORE TEAM



Hollie Jones
Race Director



Rye Greenhalgh
Volunteer Coordinator



Rachel Vart
Route Coordinator



Dionne Torkington-Craven
Event Organiser



Mandy Swift
Vendor Coordinator

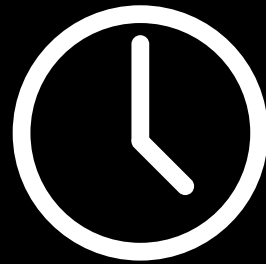


Louise Bennett
Social Media

WHEN & WHERE



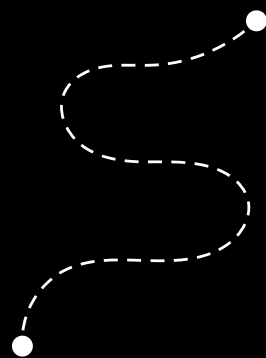
July 11th till *"Last One Standing"*



12pm the whistle will be blown!



Brompton Holiday Park, Richmond, North Yorkshire DL10 7EZ



4.167 mile beautiful mixed terrain loops!





RUNNER & SUPPORT GUIDE

- ▶ Event Dates & Times
- ▶ Event Location / Parking
- ▶ Event Route / Description
- ▶ Runners Registration
- ▶ Camping & Site Rules
- ▶ Runners Safety & Wellbeing
- ▶ Kit List / Back Yard Ultra Rules!
- ▶ Facilities For Runners & Teams
- ▶ Our On-site Vendors
- ▶ Contacts On The Day

EVENT DATES & TIMES

July 11th - Last One Standing!

Friday 10th July

- Arrival for athletes booked to camp at Brompton Holiday Park can arrive.
(Please follow campsite check-in guidelines)

Saturday 11th July

- 8am - The campsite opens for athletes to arrive.
- 8:30am - Registration opens
- 11:30am - Registration closes
- 11:45am - Race Directors briefing
- 11:55am - Runners to join starting corral
- 12:00pm - RACE BEGINS

Sunday Onwards

- Let's wait and see who is left....



EVENT LOCATION & PARKING

▶ **Brompton Holiday Park - Event Location**

Please see address on “When & Where” page, but we are located at Brompton Caravan Park, Richmond. Just a 12 minute drive from Scotch Corner!

▶ **Event Parking Details**

Parking for all athletes / crews and spectators is across the road from Brompton Caravan Park - This will be clearly signposted and marshalled on the Saturday morning! ****DO NOT GO TO BROMPTON LAKES HOLIDAY PARK****

▶ **Places Nearby**

Just a short drive away, you have Richmond Town Centre - Here you will find restaurants, bars, Coop, cafes and more! You can also order food to the caravan park using UberEats / JustEat



EVENT ROUTE / DESCRIPTION



Course Overview

- Loop length: Approximately 4.167 miles (6.706 km) per loop
- Elevation gain: Around 300–331 ft (91–101 m) per loop
- Terrain: Mixed – featuring grass paths, woodland trails, open fields, and sections of old railway track

Runner Experience

- Undulating but manageable hills (~300 ft/loop) that challenge the legs without being punishing.
- Varied surfaces to keep the body engaged—woodland offering soft grip, rail-trail smooth and fast.
- Scenic highlights: forests, fields, riverside views, ancient abbey—plenty to distract and motivate.

ROUTE MAP

** Please do not recce the full route some of this is on private land**



RUNNER REGISTRATION



Registration Opens

Registration opens at 8:30am in the Team Caterpillar tent. Registration will close at 11:30 am sharp

Please Remember ID

Please don't forget your ID
- We will have to see this when you register

Get Ready To Go!

Once you have your number, get ready for a great adventure

CAMPING INFORMATION

Camping Near the Start Corral (Backpacker Spaces)

- On arrival, please check in at reception/shop. You will then be directed to the camping marshal, who will direct you to your pitch.
- Please note that all campers (except family camping) should park in the field across the road from the caravan park. You'll need to carry your gear from the car park to the campsite, as there is no vehicle access to pitches. It is not a long walk!
- Please work with the site manager to ensure that all camping rules are followed, including the requirement for pitches to be a certain distance apart, etc.

Family Camping Area

- One car per pitch is allowed in this zone, which is in line with site rules.
- Please respect the guidelines to ensure a safe and comfortable space for all campers.

CAMPSITE RULES

- **NO GAZEBOS - This is site rules.**
- **Noise: Please be quiet and respectful, no loud music or shouting.**
- **Quiet hours: 10:00 pm – 9:00 am**
- **Behaviour: Be considerate of other campers and local residents at all times. This campsite is still open to the public!**
- **Toilets/Showers: Use responsibly; don't block or overcrowd the facilities.**
- **Fires/BBQs: No open flames or cooking inside tents/awnings.**
- **Dogs: Allowed but must always be on a lead and under control.**
- **Rubbish: Keep your area tidy. Use the bins provided.**
- **Vehicles: 5 mph speed limit on site. All cars MUST be parked in the parking field.**
- **Visitors: Must check in at reception.**

CAMPING - Please follow the guidance of park staff/marshals on where to pitch your tents.

Do not just pitch them anywhere you like.

PLEASE REMEMBER TO BE RESPECTFUL OF ALL CARAVAN PARK STAFF & GUESTS!



RUNNER SAFETY & WELLBEING

Hydration

- Water station available inside the marquee
- Crew to Refill bottles between loops where possible – stay hydrated throughout

Corral Area / Corral Pitches

- Runners only inside the corral.
- Maximum size tent 2 man / **NO GAZEBOS**

Crew Etiquette

- Crew and runners are only allowed in the area surrounding the corral
- Crews must be respectful to other athletes, staff, and residents
- No loud noise, blocking paths, or disruptive behaviour
- Please keep tables and marquee area clear for runners and vacate seats if needed (Runners take priority at all times.)

General Conduct

- Maintain a calm, focused environment for all athletes
- Follow any safety directions given by race staff or medics
- No alcohol allowed on the course.
- No smoking inside the corral or the marquee.
- Maximum two crew member in the marquee at any time.

KIT LIST & BYU RULES

COMPULSORY KIT LIST

- Either a head-torch, chest-torch, backup batteries/charged
- Please bring your own cup for tea/coffee / squash, etc
- You must have a charged phone at all times.

BACK YARD ULTRA RULES

- No leaving the course during a lap
- No visiting your pitch or receiving aid once a lap has started – this includes:
- No hand-offs of bottles, food, or kit - Doing so = disqualification (This includes when you are in the corral.)
- No non-participants allowed in the starting corral (no children to join athletes on the course, including crossing the finish line)
- No personal aid during a lap (only common/shared aid stations allowed)
- Each lap must be completed within the hour to count – e.g., 9:59:59 is OK, 10:00:00 = DNF
- No artificial aids (e.g., no trekking poles)
- Please be mindful of allowing other runners to pass when safe to do so.
- A warning is given at 3, 2, and 1 minute before each lap starts. **NO LATE STARTS.**
- Athletes must not remove their timing chip. (If timing chip is removed, this is a DNF - **BUT PLEASE RETURN IMMEDIATELY AFTER TAPPING OUT**)
- Athletes must not cross the timing map line more than once per lap.
- Emergency information **MUST** be filled in on the back of the race number.
- **IMPORTANT** - No children, family or friends to join any athletes on the course.

FACILITIES FOR RUNNERS & TEAMS

▶ Marquee

The marquee is open only to runners and their crews. It provides a sheltered space for rest, hydration, and essential support between laps. Please keep this area calm and focused to respect those still competing. The following will be available;

- Hot water / Cold water
- Basic snacks/fruit
- Microwave

** Food and snacks are provided only for athletes, not support crews.

▶ Toilets

There are separate toilets available on-site for runners and their crews throughout the event. Please help us keep them clean and accessible by using them responsibly and reporting any issues to staff.

▶ Event Village

The Event Village is open to all visitors, friends, and spectators. Enjoy refreshments, vendor stalls, and a supportive atmosphere while cheering on the athletes. Please keep the corral and course areas clear for competitors.





OUR ONSITE VENDORS

On-site cafe

- The on-site cafe will be serving a full menu of delicious goodies.

Puddings & Prosecco

- Indulgent desserts and sweet treats, with a splash of bubbly

Skinny Guys Pizza (From 12pm onwards Saturday)

- Freshly made wood-fired pizzas with classic and creative toppings

Pure Yorkshire Honey

- Locally produced honey and natural products from Yorkshire bees

Yorkshire Dales Brewing Co.

- Handcrafted ales and beers from a nearby independent brewery

Zen Massage

- On-site sports massage for pre-race prep or post-lap recovery

EXTRA INFORMATION!

- Bone conductor headphones ARE ALLOWED.
- No camping in the parking field allowed.
- Don't forget that hot and cold water is available in the marquee.
- Please remember your ID! This is to make sure you are who you say you are and that you are also unlucky enough to be over 18!
- Please can you bring your own cup!
- GLOW WORM HOUR 11PM - Let's have some fun on this lap and light up the course, we have plenty of glow sticks for everyone! But we are strongly encouraging all things bright and beautiful!
- Please do not forget, we will supply snacks for the athletes, but we DO NOT provide food or snacks for crews. Local delivery orders are available should your crew want to eat!



MEDICAL INFO

We have trained medics located on-site throughout the event. Our medics for The Sting are ***Platinum Medical***.

- Our medics can quickly reach areas along the route to assist with minor injuries.
- In the case of a major injury or medical emergency, please call 999 immediately.
- The medical tent will be located near the corral area, please familiarise yourself with this before the event starting - Or speak to one of our team and we can point you in the right direction!

Your safety is our priority—don't hesitate to ask for help!

EMERGENCY CONTACTS

Hollie – Race Director

- 07940911907

Dionne – Event Organiser

- 07471216301

Rye – Volunteer Coordinator

- 07568140148

Please can pre-race queries still be emailed to

- enquiries@team-caterpillar.com



**THE STING IS BEING BROUGHT TO
YOU BY ...**

