

12 JULY 2025 **THE  
STING**

**Backyard Ultra North**

Information  
Pack



# MEET THE STING CORE TEAM



**Hollie Jones**

**The Sting Race  
Director!**



**Dionne Torkington-Craven**

**Event Organiser  
& Team Caterpillar  
Founder**



**Rye Greenhalgh**

**Volunteer  
Coordinator**



**Mandy Swift**

**Event Vendor  
Coordinator**



**Richard Vart**

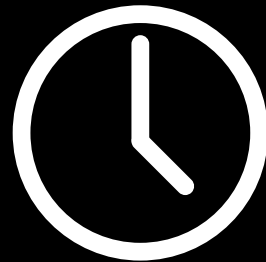
**Route  
Coordinator**



# WHEN & WHERE



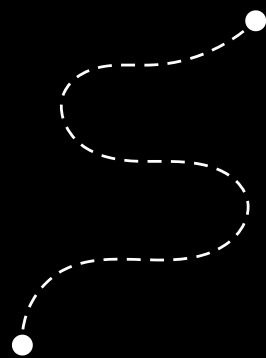
July 12<sup>th</sup> till “*Last Man Standing*”



12pm the whistle will be blown!



Brompton Holiday  
Park, Richmond,  
North Yorkshire  
DL10 7EZ



4.16 mile beautiful  
mixed terrain loops!





# RUNNER & SUPPORT GUIDE



Event Dates & Times

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Event Location / Parking

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Event Route / Description

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Runners Registration

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Camping & Site Rules

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Runners Safety & Wellbeing

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Kit List / Back Yard Ultra Rules!

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Facilities For Runners & Teams

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Our On-site Vendors

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Contacts On The Day

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# EVENT DATES & TIMES

*July 12th - Last Man Standing!*

## Friday 11<sup>th</sup> July

- Arrival for athletes booked to camp at Brompton Holiday Park can arrive. (Please follow campsite check-in guidelines)
- Richmond has a wide range of restaurants and bars, and alternatively, takeaways do deliver to the holiday park for food Friday night!

## Saturday 12<sup>th</sup> July

- 8am - The campsite opens for athletes to arrive.
- 9am - 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! \*\*PLEASE NOTE PARKING IS IN A FIELD\*\*

## ► **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 4.17 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 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.

- **Start/Finish Zone:**

- Begins at the event hub by Brompton-on-Swale Caravan Park, your basecamp with aid, shelter, and crew.

- **Farmland Section:**

- The first stretch weaves through farmers' fields, with gentle rolling hills that build early rhythm.

- **Short Road Section:**

- You will then come out onto a short road section, which is not a busy road!

- **Old Rail-Track:**

- Mid-loop, the course follows a converted rail-trail, flat and fast, affording scenic glimpses of Easby Abbey ruins and the surrounding countryside

- **River Swale Segment:**

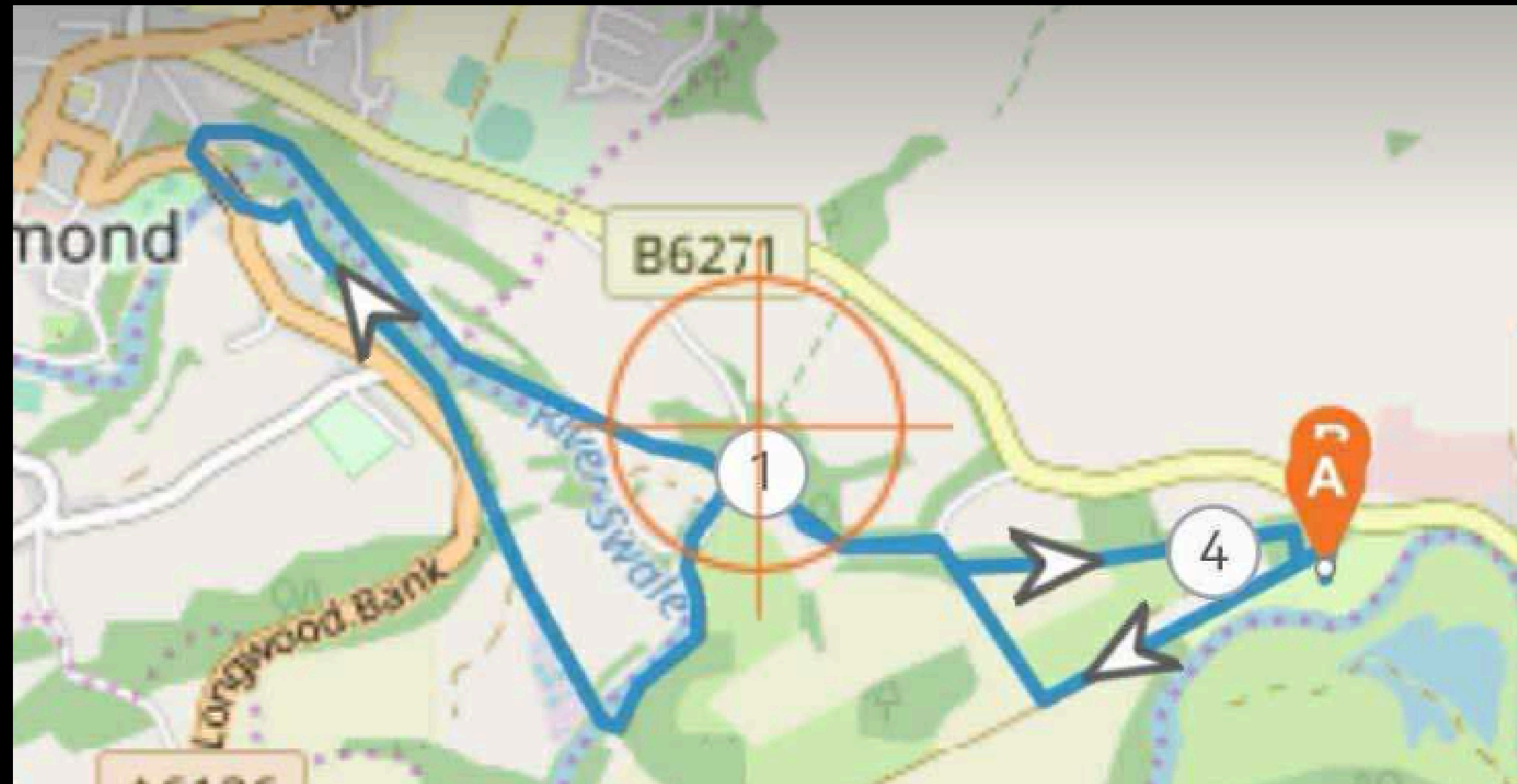
- Sections meander closer to the River Swale, adding an atmospheric riverside element steeped in local folklore, like the spooky “Drummer Boy” tales.

- **Return to Start:**

- The loop brings you back through a mix of trails and parkland, returning to the caravan park hub to regroup before the next bell.



# ROUTE MAP



# RUNNER REGISTRATION



## Registration Opens

Registration opens at 9 am  
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










- Please can all campers (apart from family camping) 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 all camping rules are followed, pitches need 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 space and safety for all campers.

**Thank you for your cooperation!**

# CAMPSITE 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/Shower:** 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.
- Single athlete per pitch – no shared tents / 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

## 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 coral or the marquee.

# KIT LIST & BYU RULES

## COMPULSORY KIT LIST

- Either a head-torch, chest-torch, backup batteries/charged
- High Vis clothing during the day and reflective in the evening
- Please bring your own cup for tea / coffee / squash etc

## 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 (this includes eliminated runners)
-  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
- Athletes must not remove their timing chip. (If timing chip is removed, this is a DNF)
- Athletes must not cross the timing map line more than once per lap.



# FACILITIES FOR RUNNERS & TEAMS

## ▶ Marquee

The marquee is open to runners and their crews only. 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
- Snacks
- Microwave

## ▶ 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



- Speciality coffee van serving fresh brews, teas & light snacks



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



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



- Locally produced honey and natural products from Yorkshire bees



- Handcrafted ales and beers from a nearby independent brewery



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



# EXTRA INFORMATION!

- I'm sorry, but no camping is allowed in the car parking field!
- Don't forget that hot and cold water will be 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!
- As we would like to reduce environmental impact, if you can, we would love it if you could try to car share!
- Please can you bring your own cup!
- GLOW WORM HOUR 11PM - Lets 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!
- Don't forget, if you are planning on running into the night, you will need a head torch!



# 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 Lead**

- 07568140148

**Please can pre-race queries still be emailed to**

- [enquiries@team-caterpillar.com](mailto:enquiries@team-caterpillar.com)



THE STING IS BEING BROUGHT TO  
YOU BY ...

