

Yorkshire Three Peaks Rules

Team composition:

- Teams must be a size of 3-5 people.
- Animals are welcome but they are the sole responsibility of the owner and must be kept on leads at all times.
- Any members under 18 must have a legal guardian in their team.



Race:

- Each team is timed at each checkpoint.
- The overall fastest team wins.
- You must pass all checkpoints in order with all your members at once.



Event:

- Registration starts at 0600 and ends at 0730
- You will receive a coloured numbered tally so that we can identify you.
 - Don't swap your tally once handed to you.
 - Don't lose your tally.



Safety:

- No one member can be left alone.
- Retirements:
 - If one of your team members can no longer continue it is the teams responsibility to help their member get to one of the two checkpoints where they can retire - Ribbleshead (before the second peak) or Hill inn (after the second peak) - the team can then continue if the team still has at least 3 members.
 - If multiple teams are in this situation they can work among themselves to create a makeshift team - the organiser must be notified and agree to the new teams.
 - Teams will be forced to retire if they do not reach the retirement checkpoint by their cutoff time - Ribbleshead (1230) - Hill inn (1530).
 - All retirees will be driven back to HQ via provided transportation.



Conduct:

- Follow the [Countryside Code](#).
- Whilst walking through the village keep noise to the absolute minimum as to not disturb the locals.



Equipment:

Per Person:

Walking boots - if you are running it you are allowed running shoes

Whistle

Emergency rations

Bottle/mug minimum 500ml (capable of hot drinks as they are provided at some checkpoints)

Rucksack

Food for 12 hours

Clothes:

- Prepare for all weathers

- Variations of these clothes are allowed but must pass inspection

- If hot:

- Sun hat

- T-shirt

- Shorts

- If cold/wet:

- Water proof jacket

- Warm jumper with hood

- Trousers

- Water proof trousers



Per Team:

1 First aid kit

2 [Ordnance Survey maps](#)

2 Compasses

1 Survival bag (large plastic or foil bag)



Generic

- All teams must pass an equipment inspection before starting.
- All participants take part in this event at their own risk.
- Organisers can change the rules of the event with due notice.
- If you are in violation of these rules you will be forced to retire and you will no longer be part of the event!

