

STANZA STONES ULTRA

Take the 51 mile journey through the South Pennines and visit the famous Stanza Stones

CraggRunner
GET OUT THERE



The Route

The Stanza Stones Ultra is a 51 mile/82 km linear route from Marsden to Ilkley, in Yorkshire with over 6600 feet/2020 mtrs of ascent.
You will journey through the delightful South Pennines over its wild moors and market towns. The route has 6 checkpoints for essential refuelling.
Participants have 24 hours to complete the route so is available for walkers as well as runners. Cut off times however, are in place at each indoor checkpoint.

THE HISTORY

The Stanza Stones are the brain child of Poet Laureate, Simon Armitage. Born and raised in Marsden, West Yorkshire, Simon set out to create 6 poems about the theme of water and its different forms that influences life in the area. Snow, Rain, Mist, Dew, Puddle and Beck are poems carved into rocks and placed along the route. Simon was commissioned by the Ilkley Literature Festival in 2010 to write a set of site-specific poems and Pip Hall carved the poems into the stones. Each stone's location was selected with the help of local expert, Tom Lonsdale.

THE STONES

- The Snow Stone, Pule Hill, SE031108
- The Rain Stone, Cow's Mouth Quarry; SD964191
- The Mist Stone, Nab Hill; SE033 327
- The Dew Stone, Rivock Edge; SE074449
- The Puddle Stone, Rombolds Moor; SE111451
- The Beck Stone, Ilkley Moor; SE125468









REGISTRATION

You can choose to register at either Ikley or Marsden. Friday evening is your first chance to register and collect your number and tracker. This will be at Curly Hill Scout Camp. in Ilkley between 5pm and 8pm. The second opportunity is on Saturday morning at the start, at Marsden Cricket Club.

Participants who register on Friday can purchase a coach ticket in advance to take them to the start on Saturday morning. The coach will leave at 6.30am. At registration you will have an opportunity to leave a dropbag for the finish so that you can grab a hot shower and change into fresh clothing.
There is also a limited chance to stay at Curly Hill on The fRiday and Saturday night.

Please note that there are no travel arrangements at the finish to get back to Marsden.

CHECKPOINTS AND FOOD

There are 6 checkpoints with 3 indoor checkpoints serving hot and cold food and drinks to keep you going along the way.
The checkpoints are:
White House Car Park (Outdoor)
Mytholmroyd Community Centre (Indoor)
Cold Edge Road (Outdoor)
Haworth Village Hall (Indoor)
Bingley Little House (Indoor)
Ilkley Moor (Outdoor)
(All locations for the checkpoints are located in the relevant route sections.)

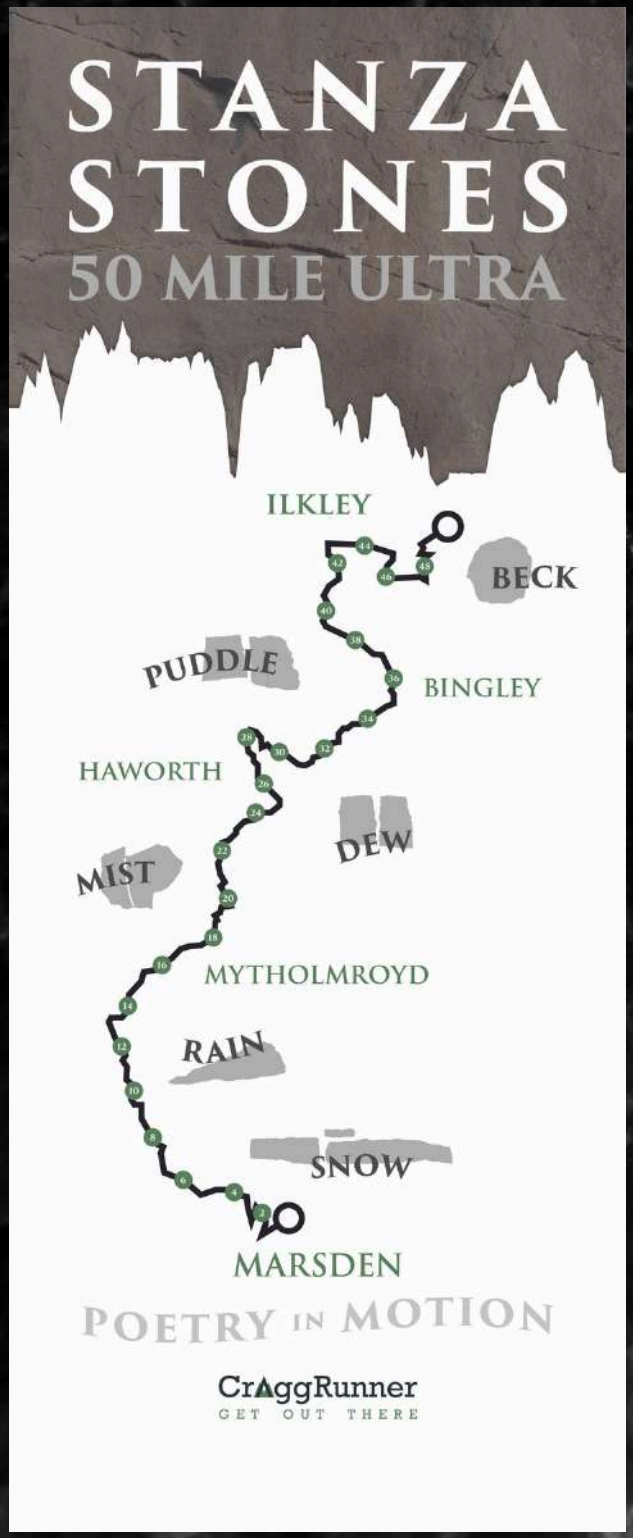
Once you have finished, you can look forward to a hot meal (vegan option available).

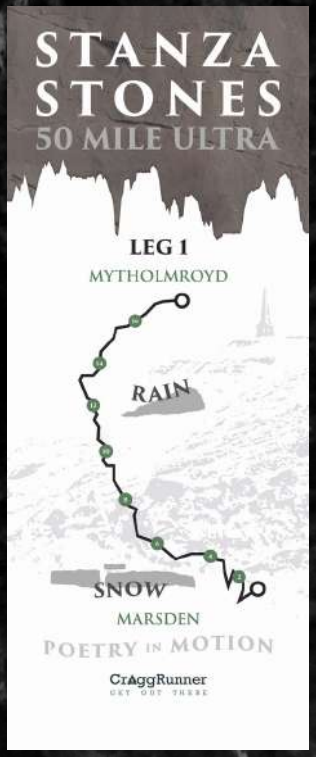
OPEN TRACKING

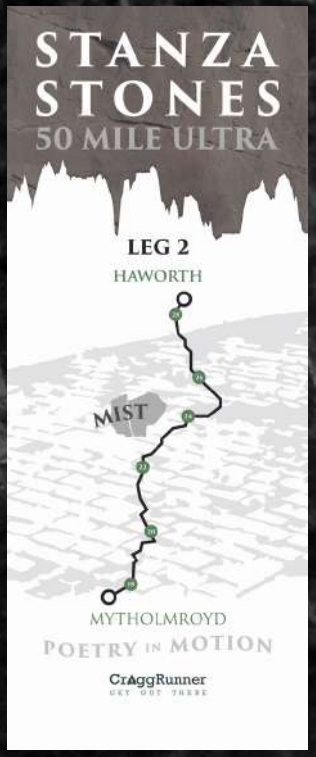
We are delighted to be using the UK's number one leading live GPS tracking company, Open Tracking.

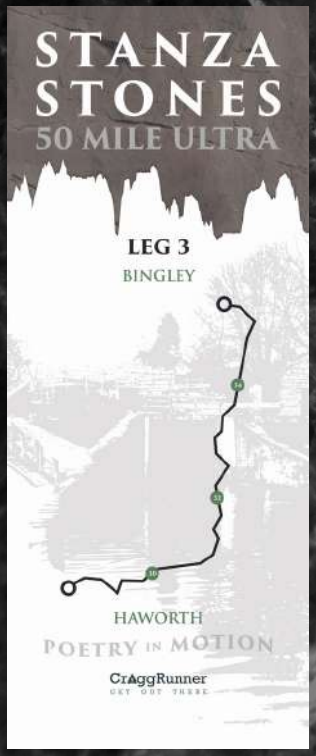
You will be given a tracker at registration. Don't forget to tell your friends and family that they will be able to keep an eye on your progress along the route.

We will pass on the link to the tracker page a few days before the event.











The following pages will explain the whole route, broken down into 4 legs.

Leg 1 is from Marsden to Mytholmroyd

Leg 2 is from Mytholmroyd to Haworth

Leg 3 is from Haworth to Bingley

Leg 4 is from Bingley to Ilkley

STANZA STONES

50 MILE ULTRA

LEG 1

MYTHOLMROYD



MARSDEN

POETRY IN MOTION

CrAggRunner
GET OUT THERE











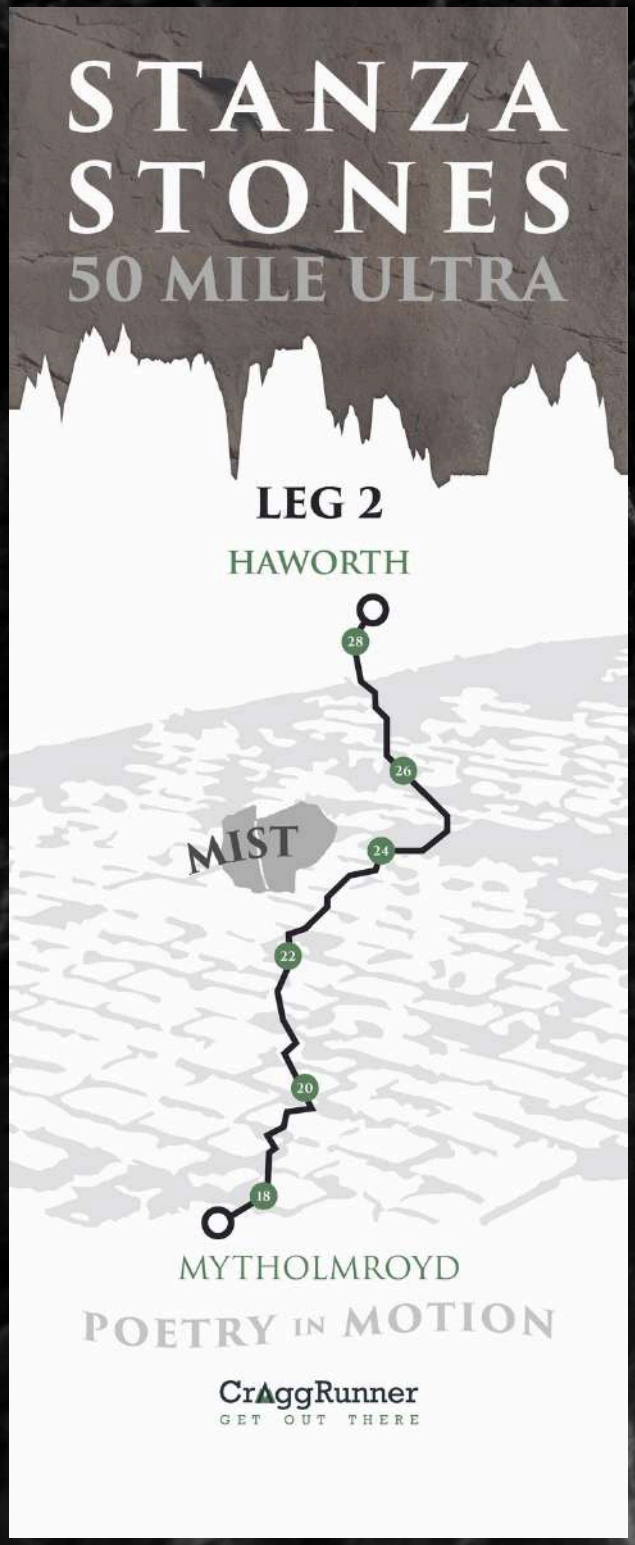




Leg One

Marsden - Mytholmroyd
17 miles/27 km 2194ft/669mtrs
Cut off time - 16:00

The first leg between Marsden and Mytholmroyd takes in 17 miles of the route visiting two Stanza Stones, Snow and Rain. Snow is the first stone after the climb to the top of Pule Hill (SE 031 108). Joining the Pennine Way, you will follow north, passing iconic points such as Blackstone Edge, Stoodley Pike and the Pennine Way Bridge. The second Stanza Stone, Rain, is visited (SD 964 191). Once you reach Stoodley Pike, you will head down towards Mytholmroyd to the Community Centre (SE 011 259) for a well earned break.



Leg Two

Mytholmroyd - Haworth
11 miles/18 km 1827/556mtrs
Cut off time - 20:00

Leaving the comforts of the checkpoint in Mytholmroyd, you are faced with a steep climb back out of the valley before topping out onto Midgley Moor. Crossing wild moorlands, you head towards Nab Hill and the third Stanza Stone, MIST (SE 033 327). Here you will hopefully soak up the splended views out towards Haworth, your next checkpoint.

Getting there, you will drop down to Oxenhope and cross the Keighley and Worth Valley railway line, made famous by the film The Railway Children. You may be lucky and spot a steam train heading along the valley.

When the train track is crossed its uphill towards Haworth, entering the famous Bronte Sisters village via the Church grave yard and heading down the famous cobbled street before turning off towards the village hall, next to Central Park (SE 033 371).

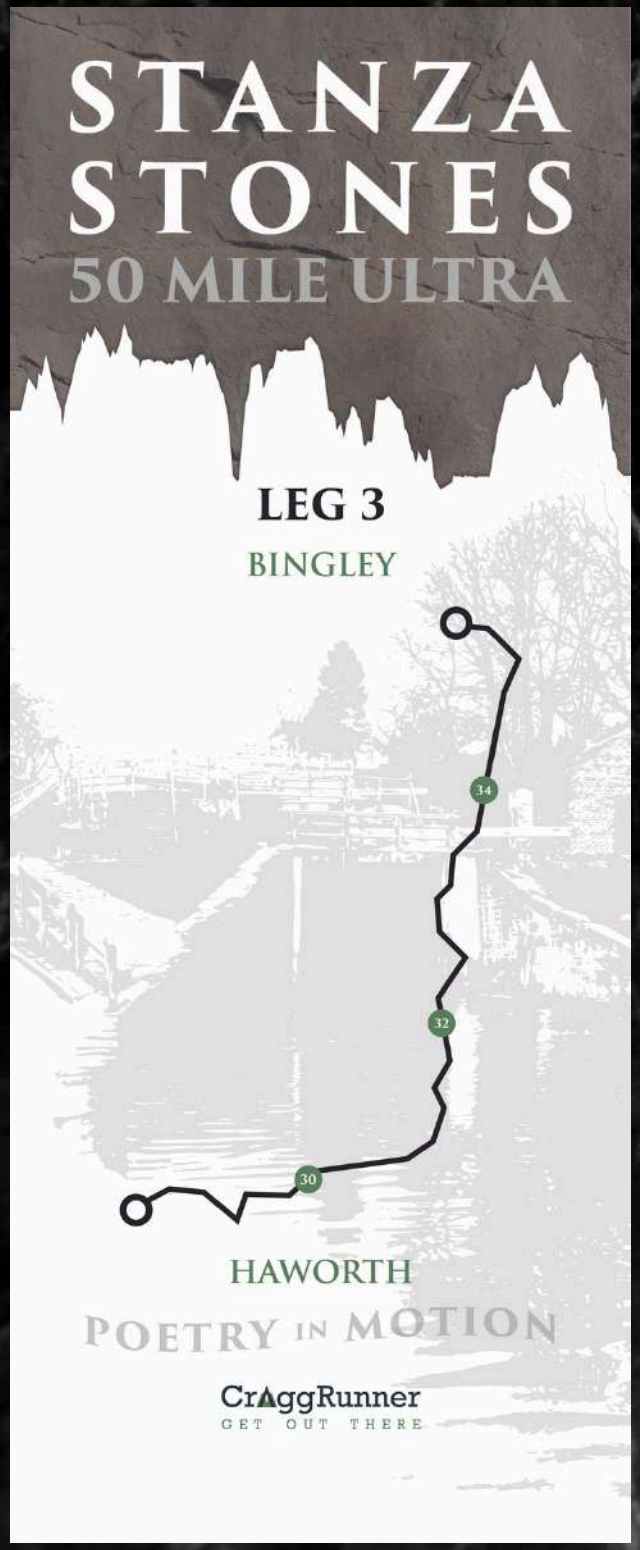
















Leg Three

Haworth - Bingley

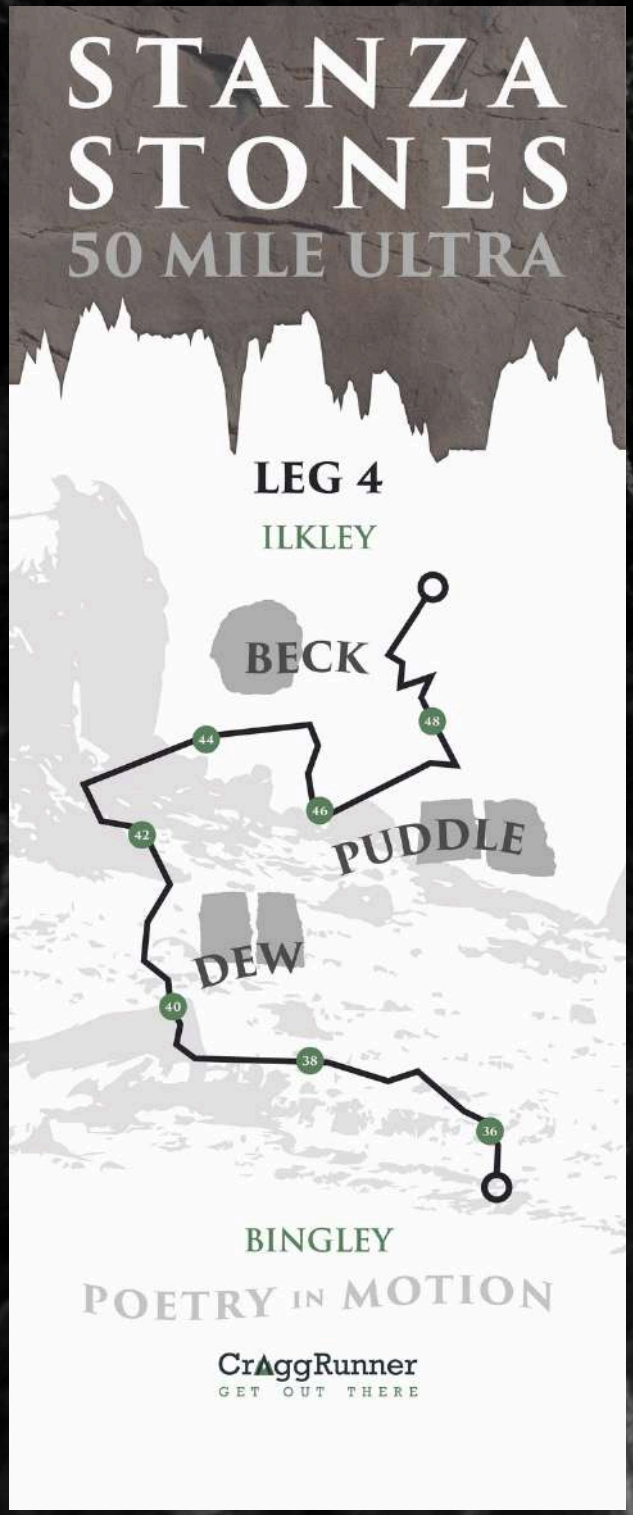
7 miles/11 km 731 feet/222mtrs

Cut off time - 00:00

The third leg from Haworth to Bingley is the shortest leg of the journey. There are no Stanza Stones to visit on this leg, but you will see plenty of stunning open moors and woods as you journey over Black Moor and pass the waterfalls at Goilstock Woods whilst trying to find St Davids Folly in Ruin Bank Woods. Finally you will head through Mrytle Park in Bingley to the checkpoint at Little House. (SE 106 391).









Leg Four

Bingley - Ilkley
16 miles/26 km 2050 feet/625mtrs
Course closes at 09:00 Sunday morning



The final leg is the biggy. Although not the longest, you already have 35 miles in your legs and there is no respite for 16 miles to the finish. So eat well at the Bingley Checkpoint, take on water and if need be, rest for a bit, as the final leg takes you over the last moors before Ilkley..



Be ready for a treat, though, as there are some great views from the moor, especially if you time it right for the sunset or even sunrise.

The first part gets your legs warmed up along the Leeds and Liverpool canal, passing the famous Five Rise locks, the steepest flight of locks in the UK. Leaving the canal, you climb onto the moor to visit your fourth stone, DEW, the most iconic Stanza Stone. You then head to the northern edge of the moor to pass the locally famous Swastika stone, thought to have been carved by Celtic Lingones, a tribe native to Europe in the Roman age. Puddle is the penultimate Stanza Stone before you make a short trip to the Twelve Apostles Stone Circle before you turn north to head to the finish.



Before you leave the moor, the last Stanza Stone, BECK, is visited before you cross Ilkley town centre and climb to the new finish venue at Curly Hill Campsite



Tips on finding the Stones



Snow Stone SE 03157 10767
This stone is well hidden far into a deep quarry which will be below you on the left. You need to go in as far as you can to where a jumble of rocks almost fall against it.



Rain Stone SD 96333 19258
Remember to cross the tiny stone bridge at 96431911 otherwise you will find yourself on the wrong side of the conduit.



Mist Stone SE 03469 32750
Cross Cold Edge Rd then access the moor at the finger post. Follow the contour path until you come to a Stanza Stones marker. Follow for a short distance to the large cairn. The Stone is just below the lip of the slope to the left of the cairn.



Dew Stone SE 07381 44954
As the path curves towards the wall, you will see the Dew Stone straight ahead taking pride of place in the wall.



Puddle Stone SE 11163 45186
Take the slabbed path that heads due east towards the trig point. After about 200m you will come to a jumble of large rocks on your right. The Puddle Stones are laying flat in the ground.



Beck Stone SE 12550 46815
After where the main paths cross, continue NW, keeping the stream to your left. Continue, keeping left until you find the Stanza Stones marker post. Head SW for a short distance down to the stream and there is the Beck Stone. Hit the bridge and you've gone too far!

Kit List



The list right below is the MINIMUM kit to bring on the event. We cannot stress enough that carrying the correct kit is important!

The MINIMUM kit must consist of the following.....

Waterproof Jacket with attached hood & taped seams
(Paramo jacket is acceptable)
Waterproof Trousers with taped seams
Insulated Jacket
Hat and Gloves
Head/body torch PLUS spare batteries or second torch
Spare long sleeve layer
Physical map of the route (printed PDFs in colour from our web page are acceptable)
Traditional compass and whistle
Fully charged phone
Food and 1 litre of water
Survival bag
Mug and spork

ADDITIONAL RECOMMENDED POOR WEATHER CLOTHING AND EQUIPMENT (HIGHLEY RECOMMENDED FOR THE WINTER EDITION)

A proper heavy-weight mountaineering style waterproof jacket (especially if you are likely to be walking)
An additional long-sleeve base layer
A waterproof cap
A second waterproof jacket (layering two waterproofs is an old trick that keeps you drier whilst adding warmth)
Full-length or three-quarter length tights
Windproof pants
Spare gloves & hat

ADDITIONAL RECOMMENDED HOT WEATHER CLOTHING AND EQUIPMENT

Additional water carrying capacity (we would suggest that you have the capacity to carry up to 1.5L in very hot weather)
Sun hat
Sunblock (factor 50 and waterproof)
Loose-fitting and lightweight long sleeve top
Sunglasses
Very thin socks (in hot weather your feet will swell, and swapping for thinner socks helps with comfort)

Key Locations - MARSDEN

The adventure starts here!

WHAT TO EXPECT HERE

Marsden Cricket Club is the Saturday morning registration point. The venue will open up from 7am ready for the 9am start.

SATURDAY MORNING

Excitement and anticipation
Registration
Kit check
Hot drinks and toast
Race number and tracker
Bag drop for the finish
Food bag drops for special diets



How to get to the clubhouse

Trains and Buses run from Huddersfield town Centre, see www.wymetro.com for more details.
If driving, the address for Sat Nav is
Hemplow, Mount Road
Marsden, Huddersfield
Yorkshire HD7 6NN

Key Locations - ILKLEY

Feel that sense of achievement!

WHAT TO EXPECT HERE

You can register at the campsite on Friday night 5 - 8pm if you prefer, then catch the coach at 6.30am Saturday morning to the start. The venue will be open all night to use the toilet and leave your dropbags for when you finish.

FRIDAY NIGHT

Excitement and anticipation
Registration
Kit check
Hot drinks and toast
Race number and tracker
Bag Drop option
Sleeping dorms (requires booking)Camping available (Summer only)

SATURDAY

The satisfaction of finishing
Quality finisher's t-shirt
A hot meal and drinks
Changing rooms and showers
Sleeping dorms (requires booking)
Camping available (summer only)



How to get to Curly Hill Scout Camp

Curly Hill Scout Camp is to the north of the town. There is no parking in the centre but there is plenty of on street parking. Please be considerate to local residents if leaving your car parked up all day.

If driving, the address for Sat Nav is
Curly Hill Scout Camp
114 Curly Hill, Middleton, Ilkley LS29 0DT
https://maps.app.goo.gl/i8EVD6ukqzRTG7jq9

EVENT NAVIGATION

The route is **not flagged on the ground in any way** and participants must use map reading skills (aided by their GPS device if necessary) to follow the route when required. The exception to this is the last bit off Ilkley Moor where reflective flags will bring you down to the road. We will also flag through the woods leading to the finish. There will also be signage to each checkpoint. Each checkpoint will also have the CraggRunner flag (wind permitting)

The organisers (and friends, family, members of the public and landowners) will be tracking participants' GPS trackers in real time. We expect participants to stay within 200m of our advised route at all times. In practical terms, for the majority of the time this is very easy as our route generally follows the only path or track on the ground: it is the only logical way. At other times, where there is no visible path on the ground, you will have flexibility to range within 200m of the route so that you should feel little pressure to follow our route precisely at all times and can enjoy the journey to the full.

We would only time-penalise or disqualify a participant for not following the route if we believe that they have gained an unfair advantage, and/or endangered themselves or others, and/or clearly passed through private property. Remember that the GPS track of each participant will be public and we will retrospectively review the route of all participants.

Participants are reminded that they are ultimately responsible for judging the safety of the route. In exceptional circumstances (due to bad weather) participants may need to deviate from the route, making their best judgement of the safest way. In these circumstances we would not penalise a participant.

ALL GPX FILES and MAP PDFs ARE AVAILABLE ON OUR WEBPAGE

https://craggrunner.com/stanza-stones-50-mile-ultra/

Food and drink

We have a fantastic reputation for providing quality food and drinks from the start to the end of our events.

Vegetarian and vegan food will be freely available throughout the event, and will be clearly labelled. However, if you have special dietary needs (e.g. coeliac) we can arrange for your bagged food to be delivered to checkpoints.

Before the event

Toast, tea and coffee will be available before the event starts on Saturday morning.



During the event

All checkpoints will be well stocked with: Hot and cold drinks - tea, coffee, squash and water

Sweet and savoury foods - egg sandwiches, hummus wraps, cakes, biscuits, sweets, traybakes, nuts, crisps.

SPECIALS BOARD
Hot soup and butties
Pasta at Haworth
Pizza at Bingley

Also look out for a nip of whisky - the famous Craggrunner treat!

After the event

You will be rewarded for all your hard work with pie and peas, along with bottomless tea, coffee and soft drinks.



FAQs

What time is Friday night registration at Ikley?

You can register at the Camp Site building from 17:00 - 20:00pm.

What time is Saturday morning registration at Marsden?

You can register at Marsden Cricket Club between 07:00 and 08.30am.

What time is the coach on Saturday morning from Ilkley to Marsden?

The coach will be leaving from outside the camp site at 6.30am.

Can I still book the coach if I didn't do it when I entered?

Yes, you just need to go to SiEntries and edit your Stanza Stone entry by adding the coach option.

Can I still book a bed in the dorms at the camp site?

Yes. You can book for either Friday or Saturday night or both. Toilets and kitchen facilities will be available throughout the event. You will need to bring bedding along (mattress cover, quilt/sleeping bag, pillow).

I'm a vegan, do I need to bring my own food?

No, there will be plenty of vegan options at the checkpoints and at the end of the race.

I'm a coeliac, do I need to bring my own food?

Although there will very likely be some gluten-free options, if you have any special dietary needs we can arrange for your own foods to be dropped at the checkpoints.

cont/.....

FAQs

Where can I find the gpx files?

Up to date gpx files are available on our website at:
https://craggrunner.com/stanza-stones-50-mile-ultra/

Is there a detailed route description?

There isn't, just the rough guidelines provided above in this document. However detailed maps and gpx files are available on the website.

What maps are acceptable for kit-check?

You must carry a paper map which must be at a scale of at least 1:40 000. The easiest and cheapest option is to print out our PDFs of each leg from the Stanza Stones webpage. If you wish to use OS maps, you will need 3 Explorer maps (288, 297 and OL21) or 4 Landranger maps (103, 104, 109 and 110).

What if I need to drop out of the race?

If possible, please try and drop out at a checkpoint. However, wherever you are we will do our best to arrange transport to bring you to the finish but be prepared to wait a while.

Is a buff a hat?

Yes, but only for the Summer edition. We will NOT accept a buff as a hat for the winter event. See the kit page earlier in this document.

Can I have assistance or a crew during the race?

Within reason yes! It's okay if someone gives you a jellybaby, but not a ride in their car.

cont/.....

FAQs

What are the key timings and cut-offs?

Start - Marsden - 09:00
CP2 - Mytholmroyd - 16:00
CP3 - Haworth - 20:00
CP4 - Bingley - 00:00
Finish - Ilkley - 09:00 Sunday morning

Is there a bag drop so I can access warm, dry clothes at the end?

If you are registering on Friday night, you can leave a drop bag at the Ilkley venue (please state if you are dropping a food bag as well so we know to transport it). If you are catching the coach on Saturday but need to register at Marsden, you can leave your drop bag before catching the coach in Ilkley. Registration at Marsden will take all drop bags back to Ilkley on Saturday morning. Please make sure all your bags are labelled clearly (there will be labels available at the Marsden start).

What is the race cancellation policy?

Summer Event:

- **U**p to 31st March - Full refund (less booking fee)
- Up to 30th April - 50% refund
- After 1st May - No Refund (Please see the Insurance option on SiEntries if you wish to take it out)
- Sorry, no deferrals

Winter Event:

- Up to 31st August - Full refund (less booking fee)
- Up to 31st October - 50% refund
- After 1st November - No Refund (Please see the Insurance option on SiEntries if you wish to take it out)
- Sorry, no deferrals