

Mobberley “Round The Runway” Race – Tuesday May 2nd 7.30pm Start

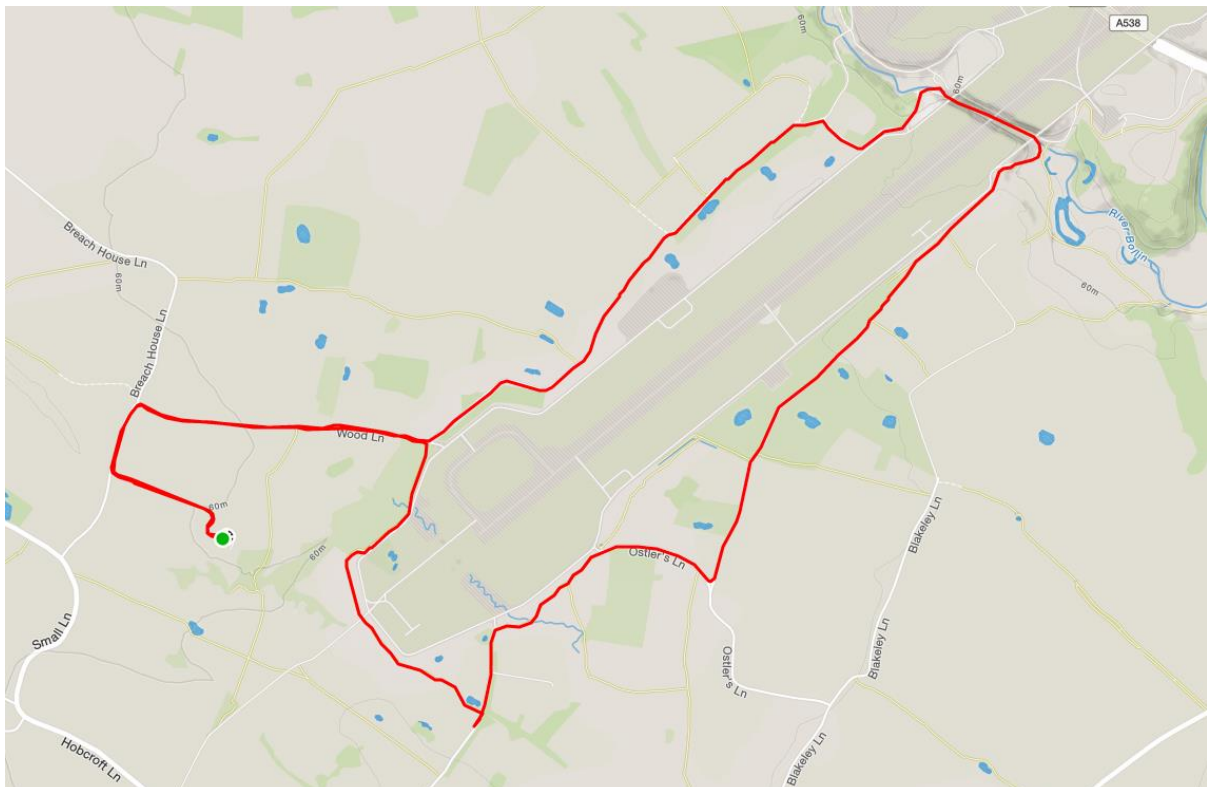
RUNNER’S GUIDE

The Race

A 5 mile multi-terrain race on the quiet lanes, tracks and trails surrounding Manchester Airport runway 2. The terrain varies from grassy and muddy path to hard tarmac but is mostly good going on quiet roads and surfaced trail. The route includes the iconic Bollin River Tunnel. The race distance is approximately 5 miles but the terrain does not permit the accurate measurement required for a UKA distance certificate.

After rain there will likely be muddy puddles and some slippery sections so please take care. The route will be marked with tape and signs and marshals will direct you at junctions.

The race is organised by Wilmslow Running Club with all the proceeds going directly to local charities – this year Alan Lumley’s fund for C-R-Y and Foodbank.



Route map trace at: <https://www.strava.com/activities/536849976>

THE RACE IS FULL – NO ENTRY ON THE NIGHT

Transfer or Cancel Your Entry

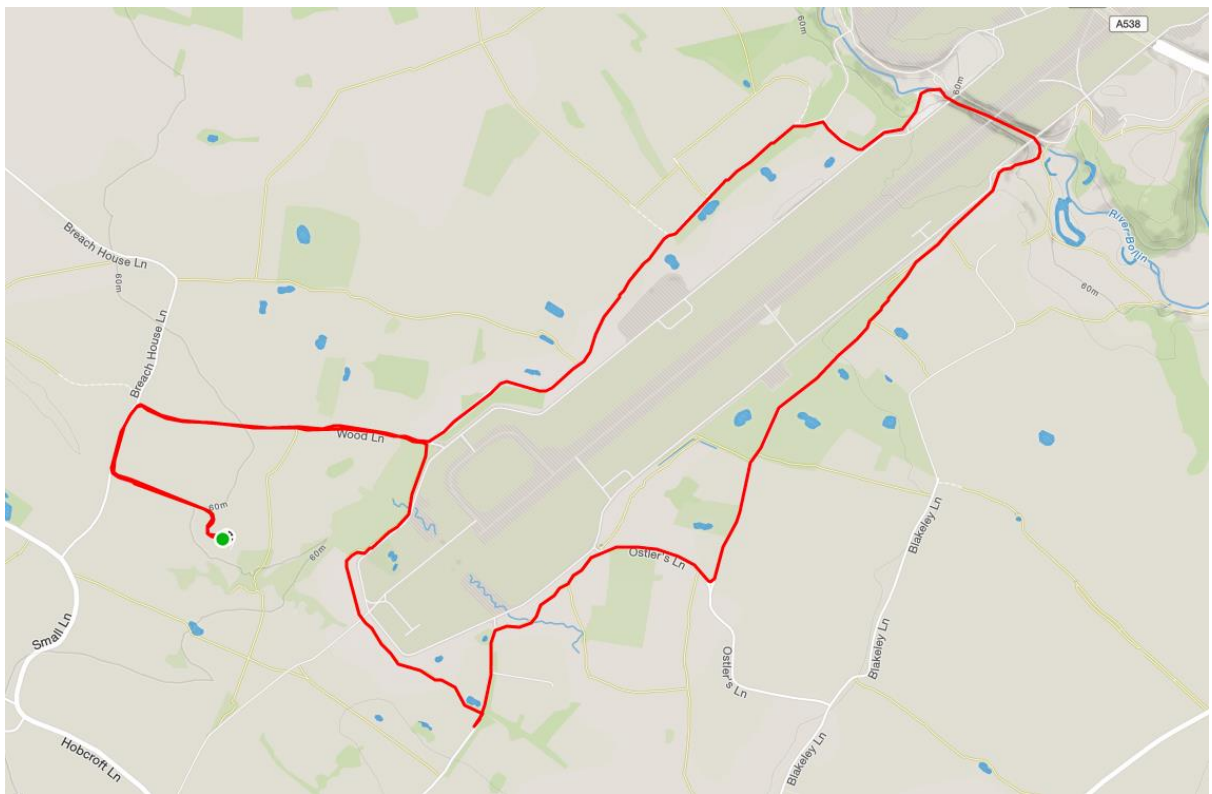
If you can no longer run and wish to transfer your entry to a friend then you should use the entry system at <https://www.niftyentries.com/>. Transfers are free and available until 2 days before the race. The website will also allow you to cancel your entry and receive an 80% refund until 7 days before the race.

Race HQ, Parking and Start Area Maps



THIS YEAR REGISTRATION AND NUMBER COLLECTION IS AT THE START AREA ON THE FARM TRACK OF WOOD LANE.

As in previous years the presentations and post-race social will be at the Railway Inn Mobberley. There are parking areas near the start and alternatively near the pub. There is a signed off-road footpath between the start area and the pub that avoids walking along Small Lane which has no pavement.



Getting Here

Number collection is from the Start Area off Wood Lane, Mobberley WA16 7NY.

Train

There is a decent evening train service direct to Mobberley Station (from Manchester / Stockport / Altrincham / Chester). See <http://www.nationalrail.co.uk/>. The station is next to the Railway Inn and there is a footpath marked across fields to the start.

Parking

Please, please share lifts. Parking is the main restriction on our numbers and is particularly limited after wet weather. It will be more relaxed if you arrive earlier than 6.30pm. If you are part of a team then please arrange to share lifts between you and/or use the train.

There are 4 parking areas provided (marked [P] on map above):

1. The parking field adjacent to the Railway Inn WA16 6LA is available in dry conditions only and is convenient for the pub. Note that you can't park in the pub car park (reserved for customers). It is a 10 minute walk to the start following the footpath across the fields.
2. Station Rd (after the level crossing) – there is space for a line of cars tight on the left hand side only – please don't block the road. If you choose to walk along Small Lane be very careful of traffic.
3. Owen House Farm Wedding Barn have kindly allowed us use of their parking area. This is near the start/finish area and thus a 10 minute walk from the pub. Small Lane, Mobberley WA16 7NY
4. The field adjacent to the start / finish has spaces alongside the finish straight. Please be aware that you won't be able to drive out until after the last runners have completed the course.

Marshals in hi-viz will direct you to the nearest available parking.

Most of the surrounding roads are unrestricted but too narrow for safe parking. Please ensure that you don't block any roads, gates or driveways or park in a manner that is likely to annoy local residents (who are supportive of our event). Don't park on the race route and remember that emergency services need an access route.

Safety

Be aware that the roads are open to traffic. Most are quiet lanes but there may be some local traffic. Run on the left hand side of the road as far as possible. A lead bike will guide you on the initial road section. UKA rules stipulate that headphones must not be used on races where roads are open to traffic. Please take care on slippery sections, over stiles and through narrow gaps.

First Aid is provided by Event Medical Team who will be primarily available in the start / finish area. If you encounter an ill or injured runner then please report to the nearest marshal. Please obey all marshals' instructions and report any incidents to them. If you pull out of the race, please inform a marshal - give them your name and race number – so that we do not send out a search party.

Before The Race

Number Collection (from 6.00pm)

You must collect your race number from REGISTRATION in the START AREA. Your number should be pinned to the front of your vest and will identify you at the finish.

The Start (7.30pm)

The start is on a farm road off Wood Lane (see map). You should allow for a 10 minute walk from the Railway Inn or Station. Cross the railway line then it is best to follow the footpath (marked with tape) across the fields to Small Lane then right to Wood Lane. It is also possible to walk down Small Lane but there is traffic and no pavement on this road.

There are portaloos at the start / finish.

You may leave bags and lock bikes close to the start area. There will be marshals in this area during the race but we can't be responsible for valuables or keeping your stuff dry should it rain.

The start / finish straight is a private road and is ideal for your warm up strides.

The Finish

Easy - the same place as the start.

There will be water – one bottle each and possibly bananas – but nothing else so please bring your own snacks.

After getting your breath back, you will probably want to head back to the Railway Inn where we will present prizes while enjoying the late evening sunshine and a well-earned drink in the beer garden.

All Proceeds To Charity

All the proceeds of the race go direct to local charities who provide many of the marshals for the race.

This year our charity partners are Foodbank <https://www.trusselltrust.org/what-we-do/> and Alan Lumley's fund for C-R-Y <http://www.c-r-y.org.uk/memorial-funds/alan-lumley/>. Alan died tragically while taking part in Wilmslow Half Marathon 2016 and his fund supports C-R-Y's research into sudden cardiac death in young people.

We expect to raise about £1000 each for the two charities. Members of the charity team will be pleased to tell you more about their valuable work. Cheques will be presented after the race.

Photos

Dave Marshall and JP Kearns will be taking photos out on the course. Remember to smile!

A Big Thanks To

Owen House Farm & Wedding Barn – use of private road and parking facilities

The Railway Inn – use of parking field, garden and facilities

Running Bear – donated the race numbers.

Chelford Mobile Services – donated toilet hire

Run North West – donated team prizes and other goodies.

And of course all the marshals out of the course.

Finally ...

We hope that you have a great run and enjoy the evening.

Rob Downs

Race Director

Wilmslow Running Club

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