

Mobberley “Round The Runway” Race – Tuesday May 7th 7.30pm Start

RUNNER’S GUIDE

The Race

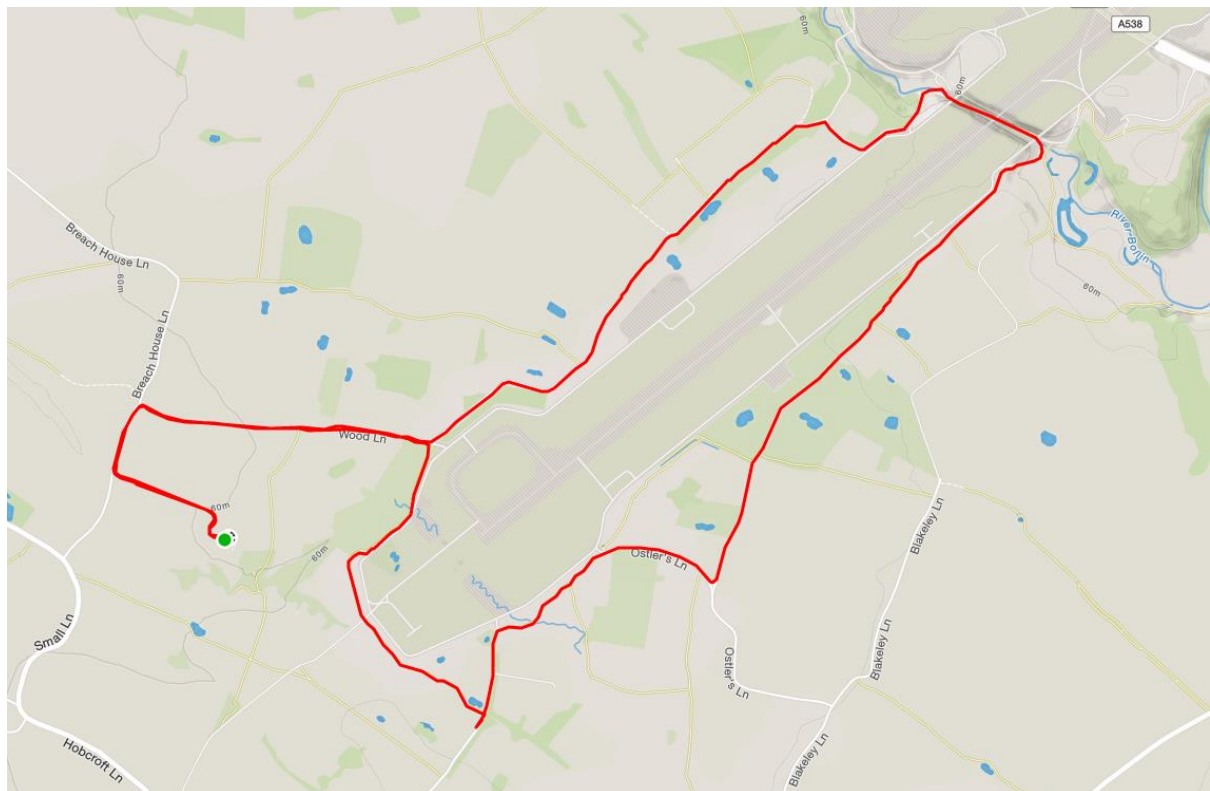
A 5 mile multi-terrain race on the quiet lanes, tracks and trails surrounding Manchester Airport runway 2. The terrain varies from grassy and muddy path to hard tarmac but is mostly good going on quiet roads and surfaced trail. The route includes the iconic Bollin River Tunnel. The race distance is approximately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

After rain there will be muddy puddles and some slippery sections so please take care to avoid crash landings.

The route will be marked with tape and signs and marshals will direct you at key junctions.

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

The race is organised by Wilmslow Running Club with all the proceeds going directly to local charities – this year PSU and Thomas They Foundation.

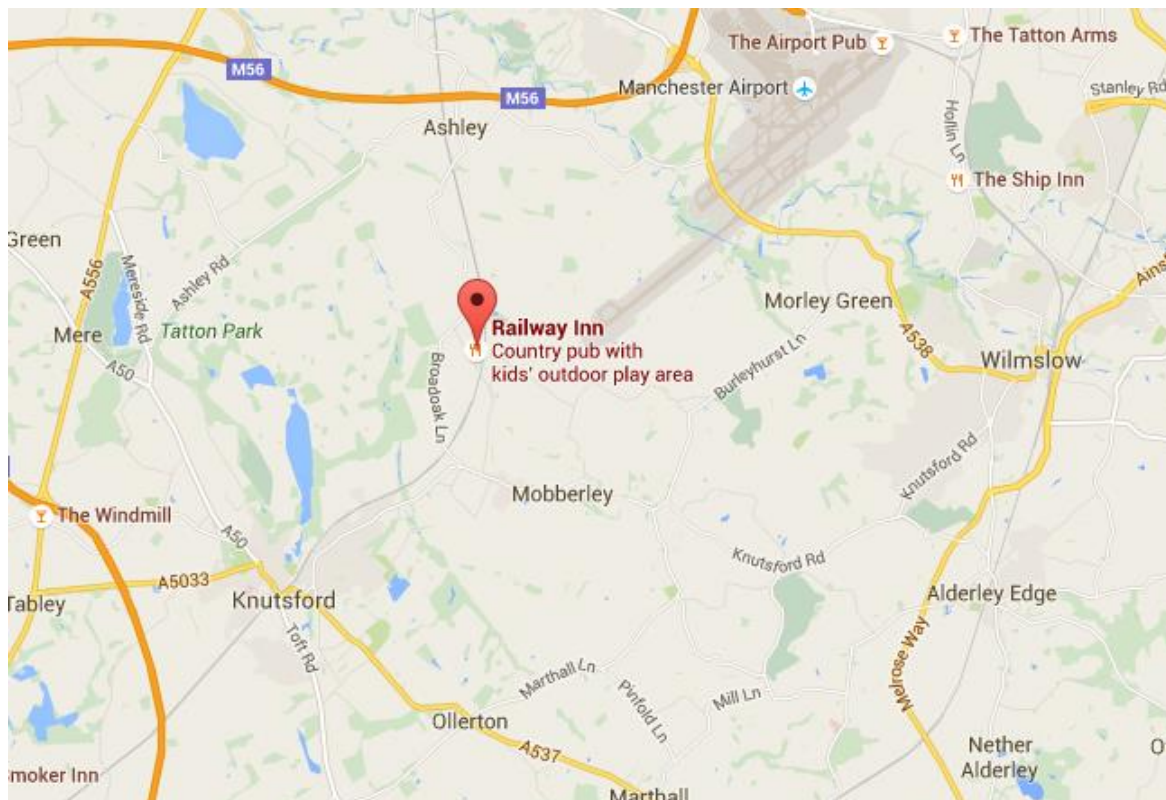


THE RACE IS FULL – NO ENTRY ON THE NIGHT

Transfer or Cancel Your Entry

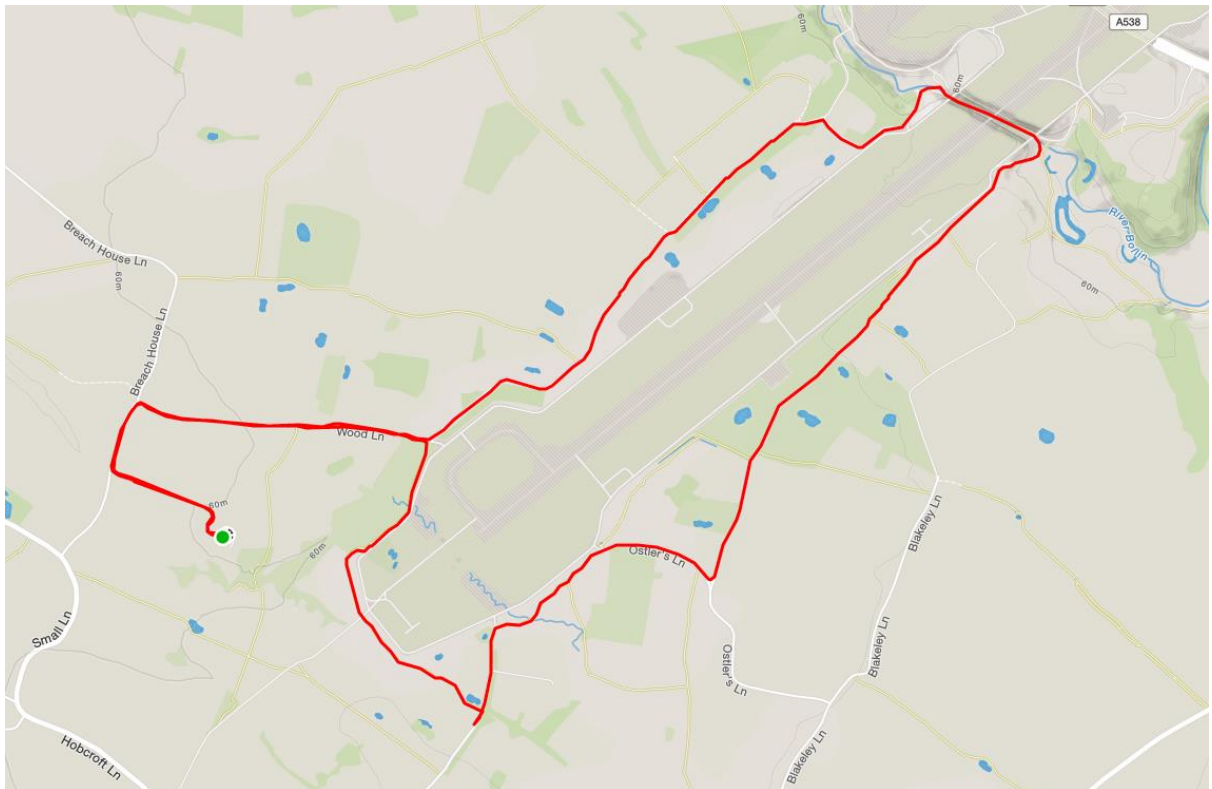
If you can no longer run and wish to transfer your entry to a friend then you should use the entry system at <https://www.niftyentries.com/>. Transfers are free and available until 2 days before the race. The website will also allow you to cancel your entry and receive an 80% refund until 7 days before 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 3 parking areas provided (marked [P] on map above):

1. 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.
2. 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
3. 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. Use of the field might be restricted in wet conditions.

Note that the field near the pub and the pub car park not be available this year.

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

We recommend that you use the marked footpath (see plan photo above) to transit between the pub/railway station and start area. If you choose to walk along Small Lane be very careful of traffic as there is no pavement.

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 Briefing

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!

Check-in

You must collect your race number from REGISTRATION in the START AREA which is open from 6.00pm. Your number should be pinned to the front of your vest and will identify you at the finish. Please complete the medical and ICE info on the back of your number.

Hold Baggage

You may leave kit bags near the start but please be aware that we can't be responsible for your kit or valuables.

Take Off

The start is at 7.30pm on the farm road off Wood Lane (see map). You should allow for a 10 minute walk from the Station Rd area. 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.

No Frills

The race is relatively cheap to enter and all the proceeds go the charities. We keep costs to a minimum so there is no goodie bag, medal etc. just the warm glow of having taken part in a great little race.

Landing

Easy - the finish is in the same place as the start.

There will be water – one bottle each – 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.

We recommend that you use the marked footpath (see plan photo above) to transit between the pub/railway station and start area. If you choose to walk along Small Lane be very careful of traffic as there is no pavement.

Crash Landing

Hopefully not required but first aid is provided by Cheshire Search and Rescue in the start area.

Holiday Snaps

Jan-Christof Telford will be taking photos out on the course. The photos will be online a couple of days later – check our Facebook page for a link. Remember to smile!

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:

Thomas Theyer Foundation <https://thomastheyerfoundation.org.uk/>

and PSU Manchester <https://www.thepsu.org/about-us/difference-we-make/>

Please take a moment to read about the valuable community work that will be supported by your entry fee.

We expect to raise about £1300 each for the two charities. Members of the charity team will be around after the race to tell you more. Cheques will be presented after the race.

A Big Thanks To

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

The Railway Inn – for welcoming us afterwards.

Chelford Mobile Services – subsidised toilet hire <http://www.portabletoilethirecheshire.com/>

Run North West – sponsored the race numbers, donated vouchers and other goodies.

Cheshire Search and Rescue Team.

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

RunningBob@gmail.com

2018 Results here: <https://drive.google.com/open?id=1MrxEGEsHyapeBJjesWbzqbS3tVeo8Lmx>

2018 Accounts here: https://drive.google.com/open?id=1pVB_aFszCSAEef9UL4a0st1L87fOS11H