

# Wizard 5 Race – Tuesday July 9th

## 7.30pm Start

### RUNNER'S GUIDE

#### The Race

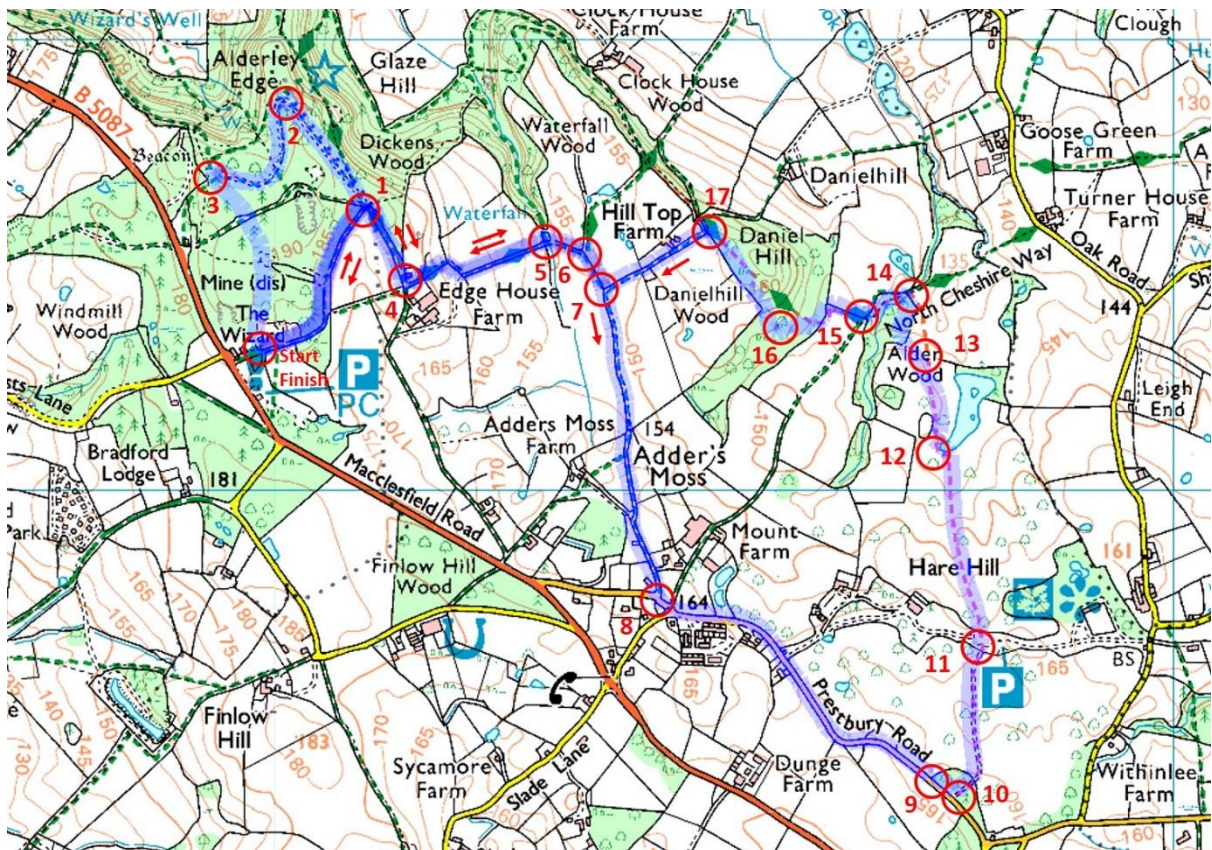
A 5 mile multi-terrain race on the quiet lanes, tracks and trails of Alderley Edge. The terrain varies from grassy and muddy path to hard tarmac but is mostly good going on quiet roads and surfaced trail. The route includes the beautiful woodland and hills of the Alderley Edge and Hare Hill National Trust estate. 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 be muddy puddles and some slippery sections so please take care. On road sections run on the left and follow marshals' instructions.

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/1082105215>

The race is organised by Wilmslow Running Club with all the proceeds going directly to local charities – this year Stockport Cerebral Palsy. <https://www.stockportcp.co.uk/>



# 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

The event is centred on the National Trust car park at Alderley Edge, and uses the NT buildings and facilities adjacent to the car park.

Macclesfield Road, Nether Alderley SK10 4UB

As you drive into the car park the Race HQ, number collection and start is to the left, toilets to the right.

Parking is limited to the NT car park so please car share. It is also possible to cycle or jog from Alderley Edge train station – approximately 2 miles.

No parking at the Wizard Inn or on the main road.

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

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

## 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. 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 Cheshire Search and Rescue 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!

## **Photos**

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:

Stockport Cerebral Palsy. <https://www.stockportcp.co.uk/>

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

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**

The National Trust for permission to run over the estate and use of their facilities

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

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