

Mellor 10k Trail Run

In Aid of:



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EVENT GUIDE

Thank you for entering the inaugural Mellor 10k Trail Run!

Please take time to read this event guide in full prior to the event.

Date: Sunday 17th March 2024

Start time: 11am Mass Start

Location (start & finish): Mellor Sports Club, 215 Longhurst Lane, Mellor, Stockport, SK6 5PN

Distance: Approx 10k

Surface: Multi-surface Trail Run (tarmac, paths, tracks, bridleways and open fields)

Elevation: Approx 300m

Transport

By Car: We do not have a dedicated car park for this year's run. Please don't try to park in the Sports Club car park as it will be closed for the event. On-street parking is available on the surrounding roads – please park legally and considerately (don't block roads/driveways/pavements or gateways) and be prepared for a short walk to Race HQ. Please allow plenty of time to park!

There are several car parks in Marple Bridge, just a 1k walk up Longhurst Lane to Race HQ (a nice little warm up!).

Please car share if possible.

By Train: Marple train station is on the Manchester to Sheffield (Hope Valley) line and is approx. 1.5k from Race HQ. **Due to scheduled engineering works on the Hope Valley Line, a bus replacement service may be operating for journeys from the Sheffield direction. Journeys from New Mills and Manchester Piccadilly appear to be unaffected but please check before you travel.**

By Bus: Marple Bridge is served by the 383 & 384 services from Stockport with bus stops approx. 1km from Race HQ.

On foot: We encourage all local runners to arrive on foot.

Registration

Race numbers are to be collected in person on the day from the registration desk located in the main Sports Club building. Registration will be open from 9am until approx. 10.30am. Local runners, please consider popping into the Sports club to collect your number early before returning for the start 😊 Safety pins will be available at registration.

Race HQ Facilities

Toilets are available in the Sports Club.

There will be bag storage available at registration. Please note that items are left at your own risk.

The Sports Club bar will be open throughout the event serving hot and cold drinks – why not treat yourself to a Guinness after the run... it's St Patrick's Day after all! 😊

Food will be available to purchase at Race HQ from Woodstock Pizza and Matt's Fish & Chip Van!

Spectators are welcome to wait for you in the Sports Club grounds and make the most of the food stalls and bar. We ask that dogs are kept on a short lead and on the car park area rather than on the sports field and all poop must be scooped! Sorry, no dogs in the Sports Club building/bar.

Why not bring the family along and give tennis or lacrosse a try while you're here? Our sports club sections will be running taster sessions (weather permitting) and will be happy to discuss our facilities, coaching and memberships!

First Aid

St John's Ambulance first aiders will be on site at The Sports Club and there will be a basic first aid kit (with a limited supply of plasters, blister plasters and antiseptic wipes for your own use) with the marshal located near The Fox Inn.

If you need first aid whilst out on the course, please speak to a marshal or ask another runner to inform a marshal.

Out on the Course

No dogs on the course.

Your race number must be worn on your front and clearly visible to marshals. Runners without a clearly visible number will not be allowed into the finish area resulting in a DNF.

The course will be clearly marked with direction arrows and/or marshals at all major turns and regular course marker flags along the whole route. There will be no need to self-navigate.

Please listen to directions from the course marshals, they are there for your safety!

Please respect other trail users – this is a popular walking/running/horse-riding/mountain-biking area and there are likely to be other people using the trails.

Please respect other runners – let them know if you wish to pass on narrow sections of the course and be mindful of where your snot-rockets/spit ends up!!!

There are several stiles and steps on the latter half of the course. We do not expect 'bunching' to be a problem, but if there are a couple of runners in front of you, please don't be tempted to scramble over walls and fences (we need to keep the landowners on side) and take care/slow down for steps.

If you wish to retire, please report your race number to the nearest marshal and report to the registration desk on your return to Race HQ. Do not cross the finish line or enter the finish funnel. Retired runners are expected to make their own way back to Race HQ (if you decide to retire near The Fox Inn at Brookbottom, there will be marked short-cut to the latter part of the course, avoiding the need to return via Mellor Moor – please ask the marshal for details when reporting your retirement).

Other than at the start of the run, marshals will not have the authority to stop traffic. Please take care at road crossings and on the short stretches of public roads.

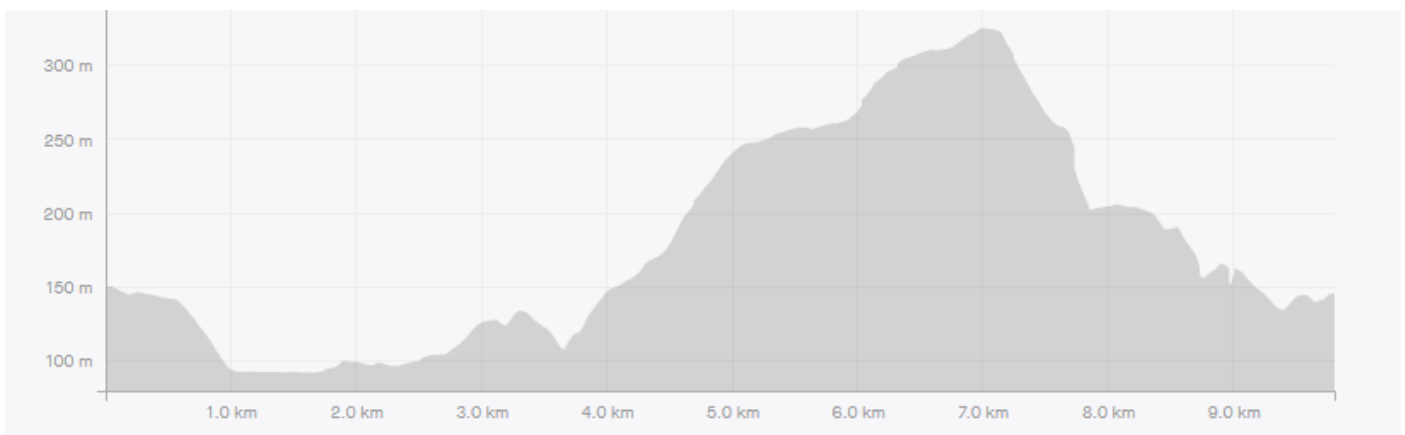
The course is mostly on tracks/footpaths/bridlepaths and across open farmland with some steep ascent/descents - we strongly recommend wearing trail running shoes as road running shoes are unlikely to provide you with enough grip! Slow down or walk if you are finding a particular section a bit tricky!

There is no mandatory kit list for this run but with the highest part of the course being over 1000ft please consider carrying a wind/waterproof layer, hat and gloves.

There are no water stations out on the course. If you think you will need water, please carry your own. Water will be available at the finish.

We have not set a cut-off time for this year's event but please be mindful that this is a run rather than a walk! We appreciate that the course is hilly, and some runners will need to walk some sections, but we would expect all competitors to have a reasonable level of fitness and to complete the course within approx. 2 hours.

Course Profile



A map of the course can be found [HERE](#)

Prizes

There will be a [Clare Allan Art](#) print for the 1st male and the 1st female. These prints both feature parts of our beautiful course!

The presentation will take place at 12:30pm on the Sports Club steps.



A big 'Thank You' to THP Law for sponsoring the prizes for this year's event!



Results

Results will be available shortly after the event from [RESULTS](#) – or scan the QR codes at the finish.

We do not have chip timing so all times will be 'gun' times.

Event Photos

We will have a sports photographer, from Mick Hall Photography, out on the course (near to Mellor Cross at the top of the long climb) to capture competitors in all their glory! With race number and face recognition searches, it should be easy to find your snaps after the event. Remember to smile and share on social media #mellor10k

[EVENT PHOTOS WILL BE UPLOADED HERE SHORTLY AFTER THE EVNT.](#)

Join our [Facebook Group](#) for up-to-date information or follow #mellor10k on Instagram!

Cancellations

If you are unable to attend, we would ask that you please cancel you place via the [Nifty Entries Event Page](#). As this is a fund-raising event, we are unable to offer refunds (you entry fee would be treated as a kind donation 😊). Cancelled places will automatically be offered to the next person on the waiting list.

HAVE A GREAT RUN & ENJOY THE VIEWS!

