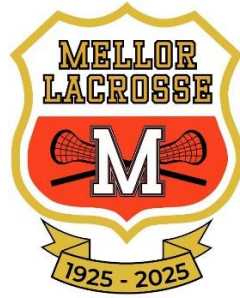


Mellor 10k Trail Run

In Aid of:



Kindly Supported by:



EVENT GUIDE

Thank you for entering the Mellor 10k Trail Run!

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

Date: Sunday 16th 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

IMPORTANT UPDATE: We have had notification that Longhurst Lane will be closed to traffic from the Sports Club to the Devonshire Arms for several weeks from 10th March for gas-main replacement. There will be no access to the venue for vehicles from the east (New Mills/Moor End Road) direction. If you are travelling through New Mills/Thornsett, please come via Strines/Marple/Marple Bridge as the lanes around Mill Brow are likely to be very congested and are best avoided! Please allow extra time for your journey.

If you are travelling up Longhurst Lane from Marple Bridge, the road will be open as far as Mellor Sports Club – Please park on surrounding roads or use the car parks in Marple Bridge and walk up. There will be marshals out on the road... if in doubt, ask one of them!

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.

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

By Bike: If you are arriving by bike, you can use the bike store at Mellor Primary School on Knowle Road - just a 2 min walk from registration. The bike store is located through the playground and to the left of the main building.

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 and port-a-loos are available at the Sports Club.

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

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

Food will be available to purchase at Race HQ from Woodstock Pizza and Matt's Fish & Chip Van as well as coffee from Coffee Bean Dream!

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.

First Aid

St John's Ambulance first aiders will be on site at The Sports Club and out on the course near New Mills Golf Club at approx 5.5k.

If you require urgent 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.

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 if the weather is cold/wet.

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

There is a generous cut-off time of 2hrs for this 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 well within 2 hours.

Course Profile



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

Prizes

There will be a pair of INOV8 running shoes for our 1st place Man and 1st place Lady – kindly donated by INOV8 Bakewell Store. The prizes are to be collected from Inov8 Bakewell store in person and chosen from stock available in store on the day.

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

Overall podium positions for the run and for age categories will be posted in our Facebook Group following the event.

As this is Mellor Lacrosse Club's centenary year, we also have a special spot prize of 'Solstice Night at Mellor Cross' from [Clare Allan Art](#)... you should recognise the view when you're out on the course!



A big 'Thank You' to THP Law and INOV8 Bakewell Store for sponsoring the prizes and medals 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 the top of the climb on Mellor Moor) 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

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

HAVE A GREAT RUN &
ENJOY THE VIEWS!

