

Transport locations and Event itinerary

Please note the competitor is responsible for organising his or her **own return transport following the race.**

Runners must book on through Sentries to confirm their seats during the online registration process. You can also add this feature should you realize you need it at a later stage. JUST LOGIN AND EDIT.

Sowerby Bridge (where all the events finish and the 100/75km starts) has excellent links to trains heading towards Manchester and Leeds etc.

There is also parking available for free at the finish (where I recommend parking for the 100/75km runners) and its very accessible by car.

- **Toilets are available at Sowerby and Manchester Start points.**
- **Baggage is stored at the camping village at the finish. Bags for 50km Runners meeting at Manchester are taken to baggage area located at the camping village.**
- **Showers are available for all competitors at the camping village.**
- **100/75km Starts from Sowerby Bridge:**
Runners make their own way to the start/registration.
- **50km starts from Manchester**
 - See pick ups available from Sowerby Bridge.

Address for Sowerby Pick up to the Start Venue in Manchester for 50km runners only.

Sowerby Bridge Cricket Club.

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

For people making their own way to the start of the 50/75km the address of registration is:

New Islington Free School.

(10 Hugh Oldham Way, New Islington, Greater Manchester M4 6EY)

Start Venue/Registration in Sowerby for 100/75km runners.

Sowerby Bridge Cricket Club.

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

Finish line address for all race options

Sowerby Bridge Cricket Club.

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

Please don't change your transport method if you have booked onto the coach. This will result in your number being at the wrong location and will lead to a delay and may result in you being unable to be timed in the event.

I have colour coded this to make it easier for you to see the correct option.

50KM/75KM RUNNER EVENT TIMINGS

50 km runners meeting in Sowerby to board the coach.

50km runners meeting in Manchester to Register.

75km runners meeting in Sowerby to Register.

6:30 – 7:10am. Bus Leaves at 7:15 at the latest.

50km register (those boarding the bus to the start at Manchester) at Sowerby.

Sowerby Bridge Cricket Club.

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

7:00am - 8am

The 50km register (who have not registered at Sowerby) register at Manchester. *New Islington Free School.*

(10 Hugh Oldham Way, New Islington, Greater Manchester M4 6EY)

75km runners register at *Sowerby Bridge Cricket Club.*

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

7:15 – 8:10 am.

The **50km travel from Sowerby to the start in Manchester.**

8:15am – 8:25am:

Safety briefing and final instructions *for all 50km/75km runners.*

8:30am

Start the 50km (Manchester) and 75km (Sowerby) race off.

100KM RUNNER EVENT TIMINGS

6:00am – 6:40am

Registration begins for **100km runners** meeting at Sowerby Bridge at:

Sowerby Bridge Cricket Club.

(Turntable Works, Walton Street, Sowerby Bridge HX6 1AN)

6:45- 6:55 am

Safety briefing and final instructions *for all 100km runners.*

7:00am

START 100KM RACE.