

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

There are also other car parks nearby at the working mens club (Race HQ)

- **Toilets are available at Sowerby and Manchester Start points.**
- **Baggage is stored at The Working Men's club at the back of the stage. Bags for 50km Runners meeting at Manchester are taken to baggage area located at the working men's club.**
- **The leisure Centre can still be used for showers prior to its 6pm closing (You must pay at reception for use of the showers).**
- **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 Working Men's Club.
(13 Bolton Brow, Sowerby Bridge HX6 2AL)

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

Central Retail Park,
(Great Ancoats St, Manchester, Greater Manchester M4 6DJ)

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

Sowerby Bridge Working Men's Club.
(13 Bolton Brow, Sowerby Bridge HX6 2AL)

Finish line address for all race options

Sowerby Bridge Market Car Park.
Tuel Lane, Sowerby Bridge, HX6 2AF

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 who boarding the bus to the start at Manchester) at Sowerby. *Sowerby Bridge Working Men's Club.*

(13 Bolton Brow, Sowerby Bridge HX6 2AL)

7:00am - 8am

The 50km register (who have not registered at Sowerby) register at Manchester. *Central Retail Park,*

(Great Ancoats St, Manchester, Greater Manchester M4 6DJ)

75km runners register at *Sowerby Bridge Working Men's Club.*

(13 Bolton Brow, Sowerby Bridge HX6 2AL)

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.

6:00am – 6:40am

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

Sowerby Bridge Working Men's Club.

(13 Bolton Brow, Sowerby Bridge HX6 2AL)

6:45- 6:55 am

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

7:00am