

# Newcastle Way Trail Marathon

## 2017 Race Instructions

Thank you for your entry into the 2017 Newcastle Way Trail Marathon. This document gives you all of the information you require to complete the event successfully.

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1. Pre-Race Day  
To make sure that your race is successful, you need to be prepared. So, please take 5 minutes to read and understand this section.
- 1.1 Training  
Please don't just wake up having never run and think 'I fancy running a marathon'. This is a hard challenge, but due to the generous cut off time, it is possible to complete without much training for somebody who has a base fitness from running. Endurance runs are the most appropriate training for this run.  
You should practice on different surfaces, as this race has a bit of everything.
- 1.2 Food  
On the days prior to the race, it is advised to eat carbohydrate high foods. You do not need to over-eat as your body will feel bloated. I recommend either speaking to an experienced marathon runner or doing further research on this matter.
- 1.3 Hydration  
Please ensure that your body is fully hydrated in the days leading up to the race. Try to drink approximately 2 litres of water per day. Please note it can be dangerous to over drink.
- 1.4 Kit & Clothing  
Ensure that you have the correct kit for raceday. The kit-list below is NOT mandatory as we will be running through villages and towns as well as numerous checkpoints. However I would still consider these items for your own comfort on the race day:
  - Trail Trainers
  - Waterproof Jacket
  - Water
  - Food Supplies
  - Whistle
  - Mobile Phone/Camera
  - Compass
  - Map
  - Hat
  - Sun Cream
  - Spare clothes and towel for the finish
- 1.5 Route Preparation  
Research and understand the route before the race. If possible recce the route. Make sure you either have a map, route instructions or GPX file ready for the race day.
- 1.6 Please see our website ([www.gold-events.co.uk](http://www.gold-events.co.uk)), Facebook page ([/goldeventsuk](https://www.facebook.com/goldeventsuk)) and Twitter feed ([@goldeventsuk](https://twitter.com/goldeventsuk)) for updates in the days leading up to the race.

## 2. Race Day: Pre-Race

Welcome to the big day..... Here's what you need to know to get to the start line.

### 2.1 Breakfast

The most important meal of the day right? Well it could be your only meal for a while, so make sure that you have a good one. Try not to eat large amounts within one hour of the start.

### 2.2 Meeting Points and Parking

The start of the race is the Ash Inn, Mow Cop at 8am (Flexible for coach arrival). If you are meeting in Mow Cop, please consider how you are going to get back to the start once you have finished. Limited parking is available. If you are parking on the roads, please be considerate, there is many places a short walk from the Ash Inn.

If you are meeting at Market Drayton, please head for the leisure centre car park (approx. 500 yards from the finish). For those that have booked transport, it will pick up from here, leaving at 7am.

Postcodes:      Ash Inn, Mow Cop                      ST7 4NE  
                         Market Drayton Leisure Centre      TF9 1JT

### 2.3 Prepaid Transport

If you have booked the prepaid transport option, this will entitle you to a seat on the bus from Market Drayton to Mow Cop **before** the race.

Please meet at Market Drayton leisure centre, for departure at 7am.

You will be able to leave a coat, hoody or small carrier bag, at the start line for transport back to the finish. This is due to the finish being a short walk to the car park.

Please note: The organiser accepts no responsibility for lost/missing items.

### 2.4 Registration

Registration will be at the Ash Inn car park from 7:30am. You will be given a number, pins, clip card and a timing chip. Please make sure that your number is visible as this will be used at the checkpoints to ensure you are all accounted for.

If you are using the transport from Market Drayton, you will complete registration on the bus.

During registration you will be required to sign a waiver, declaration of health and acceptance of a lost/damaged chip replacement fee of £10.00.

3. Race Day: The Race  
So you've done all of the hard work. The only thing you have got to do is run the race, and remember a few rules.

3.1 The Start

The start is at the Ash Inn, 8am on the 15th April. It will be a mass start, so please position yourself on the start line responsibly.

3.2 The Course

The course follows the Newcastle Way public footpath along a linear route to Market Drayton. Please follow the below waymark, whichever way the arrow is pointing is the way you should run:



It is a multi-terrain race (Trail, fields, tarmac, woodland etc.).

All landowners have been contacted, so are aware that you will be coming.

3.3 Road Safety

The course crosses numerous busy roads, so please take care. It is better to get to the finish in a slower time, than not get there at all.

We will endeavour to have a marshal helping at the most dangerous points. Please always follow their advice.

Anybody seen acting dangerously on roads will be disqualified for their own safety and that of others.

3.4 Marshals

Our marshals will be the people in High Viz vests, generally holding their arm out in a direction. They are giving up their own time for the safety of you, the runners.

Please always follow the marshals' instructions and be friendly as you pass.

The marshals' will have the power to disqualify anybody or suspend/cancel the race on the grounds of safety. Therefore, if this does happen, please be considerate as there will be a well thought out reason behind it.

3.5 Littering

Anybody seen littering will be disqualified. Please keep your litter until the next bin or checkpoint.

3.6 Animals

All farmers have been advised of the race and asked to keep animals away from the race route. Although we have asked, I can't guarantee this will be the case.

As it is a public footpath there should not be any dangerous animals in the field, however, if you feel unsafe, you have permission to take a small diversion from the route to overcome the obstacle.

Please also ensure that you follow the countryside code and close all gates after you, so the animals don't follow you to the finish.

### 3.7 Checkpoints

There will be numerous checkpoints on the route to a) ensure your safety, and b) ensure that all runners are following the correct route.

Manned checkpoints will be located at feedstations.

Self Clip will be to ensure you pass a certain point on the course. Punch the provided card using a small red stapler style puncher. The punchers will be highlighted by an arrow pointing down. All will be in an obvious place on the course.

The checkpoints are located at:

Bathpool Park (North Car Park)	Self Clip
Red Street	Manned
Wedgwood Monument	Self Clip
Leycett Cricket Club	Manned
Madeley (Horse Fields)	Self Clip
Maer Hills (Camp Hill)	Manned
Barbour Shop	Self Clip
Loggerheads Pub	Manned
Almington	Self Clip

### 3.8 Feed stations

Feed stations will be located at the manned checkpoints. They will generally contain water and juice to drink. Food will consist of high energy snacks like sweets, chocolate, biscuits and nuts. Some feed stations may contain the odd cake and savoury nibble.

If you have any dietary requirements, it is advisable to bring your own food.

### 3.9 Cut Off Times

As the race is aimed at both experienced trail runners and beginners, the cut off times are generous. We will also be flexible for short periods, but need to consider the welfare of the marshals so there will be a point where we say enough is enough.

Please use the following as a guide:

Leycett Cricket Club	4 hours 15 minutes from the start
Maer Hills (Camp Hill)	5 hours 30 minutes from the start
Loggerheads Pub	6 hours 45 minutes from the start

### 3.10 Retirement

Please ensure you make it known to a race official either by telephone or at a checkpoint of your intention to retire. Otherwise, we could be searching for you into the night.

You could also be retired by a race official or the paramedics on the grounds of safety.

Please store my number (Andrew – 07725125502) into your telephone in case you need to contact me.

### 3.11 The finish

The finish area is at the Lord Hill pub, by the main entrance. Your number and time will be recorded for the official results. **Please return your timing chip.**

- 4 Race Day: Post Race  
Congratulations!! You have completed Staffordshire's finest trail marathon, now bask in the glory.
- 4.1 The Lord Hill  
Joules Brewery have kindly donated their Lord Hill pub as a post-race HQ. In here you will collect your t-shirt and certificate. The brewery have also kindly agreed to provide a pint of beer to all finishers.
- The Lord Hill will have a DJ at the finish line and will be providing food for purchase.
- 4.2 Showers and Changing  
There is no official shower and changing facilities. The nearest showers are at Market Drayton Leisure Centre which is a short walk from the finish (approx. 500 yards).
- 4.3 Presentation  
The presentation will be held in the Lord Hill at an appropriate time to suit the majority of runners.  
Awards will be given to: 1st, 2nd and 3rd Male 1st, 2nd and 3rd Female  
Spot Prizes: Muddiest Runner. Best selfie posted to Gold Events Facebook or Twitter page.
- 4.4 Race Feedback and Reviews  
We welcome feedback to make the race even better in 2018. There will be some feedback forms at the brewery which we would be grateful if you could complete. As always we welcome reviews on websites, however, if you have any major issues all we ask is for you to contact us first to discuss the complaint.
- 4.5 Race Sign Ups and Incentives  
As a valued customer, we will be offering discounts to our other races at the finish area. If you are considering signing up to our other races this will be a great time to do so. We will also be offering some incentives and a small amount of merchandise.  
We now accept payment by Debit/Credit Card in addition to cash.

## 5 Route Information

Please remember it is ultimately your responsibility to navigate yourself to the finish line. You will therefore either need to know the course inside out or have some kind of help in the form of the following:

### 5.1 Link to Mapping Website

Please find below a link to the official race route, using website [www.mapometer.com](http://www.mapometer.com):

[Newcastle Way Trail Marathon Route](#)

### 5.2 GPX File The GPX file can either be downloaded from the mapping website or below:



newcastle-way-marathon-2017.gpx

### 5.3 OS Map Information

The OS maps that cover the area of the race are 243 & 258

### 5.4 Route Description

A route description of the official Newcastle Way route can be found at Staffs CC: Newcastle Way. Alternatively, you can follow the detailed instructions below:

## Newcastle Way Trail Marathon 2017 – Route Description

Miles	Description
0.0	Start at the Ash Inn, Mow Cop
0.1	South by the football pitch to the bottom right hand corner of the field, following the path right to Fords Lane.
0.1	Turn left onto Fords Lane then next right. Follow footpath over fields.
0.5	Before Dales Green Road, turn left across field before playground and over stile to the <b>left</b> of the farm buildings.
0.6	Go around the right hand side of the next farm buildings. Follow route markers South East down the track and over fields (first uphill). On the uphill follow hedgerow on the right to find footpath between houses.
1.0	Turn right onto Harriseahead Lane then immediately left to the field gate. Follow fields South West towards Kidsgrove.
1.4	At housing estate, go straight ahead onto Lapwing Road, then after 20 yards turn left onto the footpath. Follow the path to the right at the cul-de sac, onto path then follow Wildgoose Avenue to far end, onto footpath for 20 yards. Turn left and head towards the main road.
1.7	At the main road cross over and footpath is slightly to the left. Follow the footpath straight over roads following footpath South until you reach the railway bridge.
2.1	Turn right before the railway bridge and descend East onto the footpath. Follow the footpath until the steps on the left before the tunnel. Up the steps, turn right onto the road until the end.
2.6	Use the crossing to cross the road, onto Stone Bank Road and past the shop.
2.8	At the bend left, take the footpath on the right down some steps. Continue ahead on the footpath until you reach a road junction. Straight ahead to Bathpool Park then left into the car park.
3.2	CHECKPOINT 1 (Clip) – Go straight through the car park and follow the path with the railway on the right.
3.7	Take the second bridge on the right over the railway line, then South West (10 o'clock) into the woods. Follow the path in the woods, taking the left path at junction about half a mile in.
4.4	Up the steps onto main road. <b>Take extra care to cross the road.</b> Follow the footpath which takes you through the car park in front of travel lodge. At the end of the car park, turn right past the end of the building to emerge on Talke Road. Turn left over A500 Bridge and ascend the road to Red Street.
5.0	Straight over at Deans Lane (Pub on corner).
5.1	CHECKPOINT 2 & FEEDSTATION 1 - Turn right at the village green. Follow the footpath back to Deans Road.
5.4	Cross Deans Lane, over stile by field gate and follow the hill towards the monument.
5.7	CHECKPOINT 3 (Clip) Turn left after the 2 white huts, but before the summit and Wedgwood Monument. Follow the path back downhill sticking to the hedgerow/fence on your right.
6.1	At the road, turn right, then after 50 yards turn left onto track before woods. Immediately after turning take the stile on the left across the fields.
6.4	At the field with portaloo/farm machinery etc, turn right after the stile and head South downhill to Springwood Road. From the stile turn right downhill past some houses (Including an old blast furnace covered in leaves on the right). The road turns into a track which descends towards Apedale Country Park.
6.9	Turn left from the track over stile and field. At the next stile, turn right and follow path keeping the lake on your right.
7.1	At the cross junction, turn left uphill and follow the path for ½ mile with a factory on your left. Continue straight over the dirt road and follow path uphill to the right. After the first bend to the right take a left and follow towards the heritage centre/cafe.
7.9	Continue past the heritage centre until the road bends to the left. Turn right and head uphill towards the energy/visitor centre. Cross over Black Bank Road and go up track with the bent gate. At the top of the track turn right through the kissing gate up the hill.

- 9.0 Turn left after the information point and follow through a short section of woodland. Then turn left down a long hill, which has a sign part way down explaining the miners retreat woods.
- 9.4 At the bottom of the hill, continue straight ahead so the angling pool and fence is on your left. Follow the path around to the right under a pylon. At the information point turn left towards the small car park.
- 9.7 Turn right onto Road. **TAKE CARE** as no footpath. Follow road for approx. 100 yards ignoring the stile on the left. Take the left down a track called Hollywood Lane for a further 100 yards. Turn Right over the stile and follow waymarks South West. When you reach the brook ascend the hill towards the big trees at the top.
- 10.7 Go through the gate and turn left. Descend the hill toward the right hand house past the bath onto Hollywood Lane and Agger Hill. After 100 yards turn right where the digger is crossing the fields.
- 11.1 Cross Leycett Lane into Leycett Cricket clubs drive, where you will find CHECKPOINT 4 & FEED STATION 2. Turn left after the checkpoint through a sort section of woods. At the fields turn left, crossing the field with the barn on your left. Continue over the fields and straight on at the estate until you emerge by the swan pub.
- 11.7 Turn left onto the main road, then after 50 yards turn right down a short path to Newcastle Road.
- 12.0 Turn right, under the motorway. 0.1 miles afte the bridge take a stile on the left hidden in a hedgerow. If you see the post office you have gone too far. Cross the fields following the waymarks until you reach Castle Lane CHECKPOINT 5 (Clip).
- 12.8 Turn right and then take second left (opposite The Holborn). Follow the path around to the right over the railway bridge and turn left onto Manor Road for approx. 1 mile.
- 14.1 Turn right at stile 100 yards after the paintball farm entrance. Head South West to the corner of the field, picking up the track South past the Old Madeley Manor ruins and up to the old railway bridge.
- 14.4 After the railway bridge, head for the far right corner of the field (not the track to the left), through a small section of woods. Cross the fields towards the single tree in both fields.
- 14.9 Follow fields until reach track. Farm on right, then straight after the farm turn right and follow hedgerow to stile. Turn left and ascend towards Maer Hills woodland. At the top of the road cross straight over into Maer Hills. CHECKPOINT 6 & FEED STATION 3.
- 15.6 At the footpath junction in Maer Hills turn South West (right, 2pm) and descend through the woods until reach a large track.
- 15.9 Turn right onto the track and follow around to the left downhill. After the crossroads take fork to the right following the path to the house with a tennis court. Turn left and cross two stiles. Continue ahead through an open area with a disused hut to the far path.
- 16.7 After the stile fork right to another stile, follow path over the fields towards the tree. TAKE CARE crossing the road. Over the stile 10 yards to the right. Straight down the field towards the Barbour store. Please be considerate of any crops or livestock in the field.
- 17.0 CHECKPOINT 7 (Clip). Turn right and then left after 50 yards onto Wharmadine Lane (100 yards before Swan with 2 necks).
- 18.8 At the end of Wharmadine Lane turn right, then immediately left onto Eldertree Lane. Follow Eldertree Lane, then Chapel Lane until you reach Ashley.
- 19.3 Continue uphill to Graveley Bank, taking first left onto The Dale which turns into Back Lane.
- 19.9 At the end of Back Lane go straight ahead through a holly bush arch and follow footpath, keeping the hedgerow/fence on your right. At the end of the 3rd field, take the stile on the right and head to the top left corner of the field.
- 20.2 Cross the road and follow the footpath through the estate turning left downhill at the second road. Turn right at the main road and descend into Loggerheads past Hugo Meynall School.
- 20.9 CHECKPOINT 8 & FEEDSTATION 4
- 21.0 Past Fire Station, stay on grass verge. 50 yards after the fire station turn left over stile and head for far right corner of field. Head for far left in the next field. Cross the footbridge and head towards the wooded area. Turn right along path keeping the woods to your left (over gate/stile, usually muddy).

- 21.6 Entering the woodland take the fork to the right. Cross the fields following the waymarks.
- 22.0 Head uphill towards the farm, 100 yards before the farm there is a hidden stile in the hedge to the left. Turn right from the stile and follow the road around to the right by the farm buildings.
- 22.7 At the junction, continue straight ahead into the field keeping the hedge to the left. 50 yards after the rope swing take a left over the stile. Continue over two stiles, then take a right and follow the hedgerow (do not go through farm gate) until you reach a stile.
- 23.4 Continue across fields with Farm on the left until you reach the road. Turn left onto the road for 50 yards until you reach a village square/green. CHECKPOINT 9 (Clip). Turn right onto footpath and pay close attention to waymarks.
- 24.4 Emerging from the woods, turn right through a gap in the hedge (do not go straight ahead through the gate). Cross the first field close to the hedgerow on the left. In the next field head towards the left of the trees at the end of the fields. Follow the footpath around to the right behind the trees.
- 24.9 On the track head left under the canal bridge to the end of Berrisford Road.
- 25.4 Turn left onto Great Hayles Street and head uphill following the road past Joules Brewery on the right. Keep following the road which goes around to the left. Go past another Joules pub (the tap) and continue for approx 1/3 mile.
- 26.2 The finish at the Lord Hill is on the left.