

Adlington Winter Warmer 2022

Race HQ: The Miners Arms
Wood Ln North, Adlington, Cheshire, SK10 4PF

Date: Tuesday 27th December 2022

In aid of: Stockport Foodbank

We've had a bit of a curveball thrown our way and have very recently been informed that the Miner's Arms has now closed down.

We have been given permission to still use the car park but unfortunately no longer have access to the indoor space – please bear this in mind and wrap up warm before the start.

Registration will be outside the pub. We're opening registration slightly later to reduce the time that you'll be waiting outside before the race and we've ordered some extra port-a-loos.

Foodbank

Thank you for entering the Winter Warmer where all profits will be donated to Stockport Foodbank this year. We are not expecting you to bring items to donate but if you do have any spare capacity to bring a little something, these are the items that Foodbank are running short of at the moment:

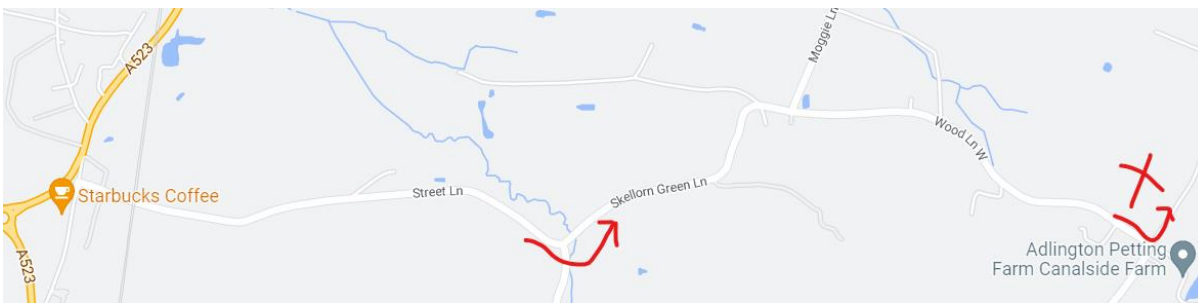
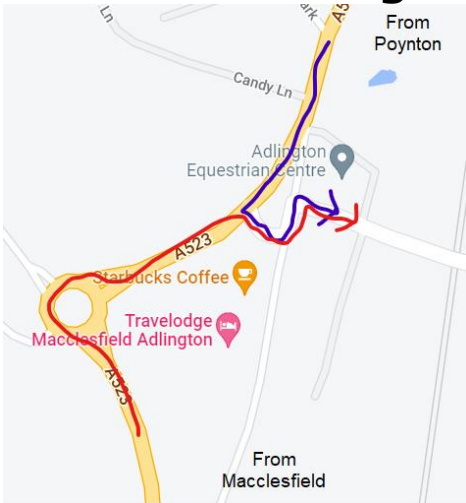
- Tinned veg – carrots, peas and sweetcorn
- Tinned fruit
- Tinned tomatoes
- UHT milk
- Long life fruit juice
- Tinned meats e.g. ham, corned beef etc

Information:

- Registration is open on race day from 08.30 a.m. at race HQ
- Collect your race number before the start of the race
- Unless the race entry is at capacity, there will be **NO** 'Entries on the day'.
- As all the crew have several jobs to do and need to be in position for the race to start
Registration will close at 09:45 PROMPT.
- Race entries are transferable via the online entry system up until **Mon 26 Dec 2022 13:00**
PLEASE NOTE: As this is a charity race the person transferring in will be expected to pay the donation and there will be no refunds.
- Anyone in contravention of UKA rules and running in someone else's race number will be disqualified and banned from future events.

Directions – New road layout at Adlington/Poynton since 2021 event.

The simplest route is to use Street Lane, off the A523 London Rd – take the left turn just before the Starbucks and the new roundabout and Starbucks if coming from the Poynton side – take the next right into Street Lane. If coming from Macclesfield, go round the roundabout and take the first on right, then right again. Follow the road to the junction, taking the left into Skellhorn Green Ln. This in turn becomes Wood Ln West and the pub is at the top of lane on the left.



Parking

This is a small village with limited parking so please consider car sharing or alternative forms of transport where possible.

- We have parking at the Miners Arms and overflow parking at Lyme Breeze. Once these are full, you'll need to find a suitable place to park locally – please be considerate. There will be parking marshals to direct you to the car parks until they are full, please follow their directions. The gates at Lyme Breeze will be locked from 12:30, all cars parked there MUST have left by then or risk being locked in.
- Road parking is very limited around Race HQ, you should only do this as a last resort.
- If you do park on the road, please ensure you do not block any drives or park inconsiderately and ensure you adhere to all the local warning and information road signs.
- Parking your car on the race route will not be helpful.
- The Coppice car park on Shrigley Road North in Higher Poynton is just under a mile away on the Middlewood Way. There is also the option of Nelson's pit car park and some street parking on Shrigley Road North just over a mile walk to the Start along the Middlewood Way towards Bollington, exiting at bridge 12.

Facilities

- All outdoors
- Port-a-loos will be positioned in the car park.
- There is plenty of room on the Middlewood Way and side roads to warm up and stretch.
- We will have a small, unsupervised space to leave bags but please try and leave them in your car if possible.

- It is possible that Lyme Breeze will be open for hot/cold takeaway drinks but they are not able to confirm at this stage. If we hear that they can do it, we will post on social media before the race to confirm.

Start / Finish

- The start is located just outside the pub at the road junction.
- There will be a safety brief two minutes before the race start.
- Any runner caught competing in a number other than their own with agreement from the organiser or registration team beforehand will be disqualified and will not be eligible for prizes or appear in the results.
- The finish is on the canal at bridge 18, a short walk away from the Miners.
- **PLEASE INFORM THE RACE ORGANISER VIA A MARSHAL IF YOU WITHDRAW FROM THE RACE.**

Prizes

- Will be awarded for the runners who get closest to their 'predicted' finish times.
- PLEASE NOTE: NO GPS DEVICES OR WATCHES TO BE WORN DURING THE RUN.
If you absolutely MUST take one with you, please declare it at Registration so we can mark you down as not eligible for a prize (*something about having one giving you an unfair advantage.....*)
- As the pub is closed and it's likely to be cold waiting outside. We'll assess the weather and either do a presentation as normal in the pub car park or send out prizes after the race. We won't be able to confirm who's won until everyone has finished and there can be up to an hour's wait between the 1st runner and last runner
- Please feel free to stick around and support your mates and have a chat if you can though!

Course – NOTE the changes at Coppice

- Mostly flat, 2 flights of stairs (getting on and getting off the MWW).
 - From the crossroads on Wood Lane South 8 (A), follow the lane 600mtrs, turning left into Schoolfold Lane. Stay on this road stay aware of any traffic as you cross over the Middlewood way then following it round to the left before heading slightly uphill to the marshal. Get onto the towpath and go right. With the canal water on your left, you have around a mile on the towpath.
 - Just before Bridge 25, look for the (arrow / marshal) directing you off the canal into the small car park at Hole House Ln.
 - Leave the car park and prepare to cross over the road – this road will be open to traffic, head down the hill to the arrow/marshal on the left, directing you down the steps to the Middlewood Way (MWW).
Turn left at the bottom of the steps. Follow the MWW, keep going past the water station and past Coppice car park (do not leave the trail here!)
- This part of the route is slightly different to previous years.**
- There is no longer a road crossing at Coppice. Continue on the MWW past Coppice car park to the next bridge (14). Use the steps next to the bridge to leave the MWW. From there it's straight on up Elm Beds Road.
- Going up this gentle incline, take the track between number 15 & 17 (on your left) and head through the gap in the wall back onto the canal Towpath. Turn right and stay on the towpath all the way to the finish.

- Turn right onto the canal, once again the water will be on your left, and you have 2 km to the finish on the canal just before bridge 18(B)

HINT: Whenever you are running along the canal, the water will ALWAYS be on your LEFT!

A link to the new course can be seen here: <https://www.plotaroute.com/route/2109068>

Marshal Spots

- There are marshals along the route positioned at places where you will need directing. There are some long sections on the MWW with no marshals.
 - The turn into Schoolfold Lane to head up to the canal towpath
 - Getting onto the canal towpath on Schoolfold Lane
 - Coming off the canal towpath at Holehouse car park
 - The road crossing at Holehouse, then onto the MWW
 - The course water station (this is 30m away from the Finish, approx. half way through the run)
 - Coming off the MWW at bridge 14 (the one after Coppice car park)
 - Getting back onto the canal towpath at Elm Beds
- If we get more volunteers before the race, we will deploy them in between the above spots.

Safety

- **ROAD CROSSINGS:**
All roads will be open for this race. Marshals do not have the authority to stop traffic on Wood Lane East or Holehouse. They can indicate that your way is clear or not, but ultimately you are responsible for crossing when it is safe to do so. Traffic has increased and drivers have been increasingly nazy at Holehouse year on year so please follow any marshal instructions at any road crossings.
- The MWW is a bridleway –run on the walkers/runner’s pathway rather than the horses/cycles pathway to minimise the chances of an unfortunate encounter with horses and riders. We have attempted to inform all the local stables of the race but should you encounter horses, give them a wide berth. **PLEASE! PLEASE! PLEASE! DO NOT** shout at or touch any horse or rider. This can be dangerous for both parties and may lead to disqualification and being banned from future races.
- The canal is also used regularly by fishermen but as there are no official angling clubs for this stretch, they may not be aware you are coming. Watch out for any fishing rods and remember that the towpath is for everybody to use not just us.
- When running along the canal do so in single file and stay over to the left as best you can, except when overtaking. Warn the person you are passing them and pass at a suitable point. Please review the Shared Space code: <https://canalrivertrust.org.uk/about-us/our-campaigns/share-the-space-our-towpath-code> There are a few areas where the towpath is degrading along the water’s edge so be aware that the path is narrower in some parts than others.
- As soon as you have crossed the finish line leave the towpath immediately to help us keep it clear for other users.
- Be courteous to everyone on the route, both competitors and the general public. We don’t have exclusive right to use these pathways and any incident may result in permissions to use the paths and canal being withdrawn and the cancellation of future events.

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- If you witness someone falling into the canal, offer assistance and if required call the emergency services, as soon as possible. Please report this to the nearest marshal or First Aider. Information on Weils Disease can be found here: <https://www.healthline.com/health/weils-disease>

Spectators

- There are several bridges on the MWW and canal where spectators can view the runners as they pass underneath.
- The bridge on Wood Ln East going over the MWW is approx. half way point and a good place to spectate from.
- Bridge 18 over the canal is an ideal place to watch the runners come in and cheer the finishers.

Acknowledgements

This event wouldn't have been possible without help of Star Pubs & Bars, Lyme Breeze, our first aiders and all the helpers and marshals who have contributed. We are also grateful for the permission of the Canal & River Authority, Local Council(s), UK Athletics and the Police. However, the biggest thanks go to you for supporting the event. We hope you have a great day out and enjoy the atmosphere of a truly friendly race. Good luck!