Warrington Way 2026 – race instructions for all runners

Introduction

Thanks for entering the Warrington Way 40-mile trail race on **Saturday 14th November 2026 at 07.30.** We are very excited about running this event, and we want to make it safe and enjoyable for everyone who takes part. Please read these race instructions carefully. They are also available, along with lots of other information about the race, on the Lymm Runners website at https://lymmrunners.org.uk/warrington-way-40m-trail-ultra-race/

Before race day

Please watch for last minute announcements on the event website at https://lymmrunners.org.uk/warrington-way-40m-trail-ultra-race/ or join the Warrington Way Facebook group if you have not already done so at https://www.facebook.com/groups/LymmRunnersWarringtonWay/. If there are any issues – for example concerning the weather forecast or unforeseen circumstances – we will post them on the website and Facebook group and use your email address to notify you. There will also be a video-based race briefing available on the website and from the Facebook group about a week beforehand.

Race HQ, race registration, start and finish

Race HQ is at Maple Lodge, May Queen Field Drive, Lymm, WA13 0JG. What3words: ///wiggles.backdrop.flashback.

Race Registration is at the Village Hall, Pepper St, Lymm, WA13 0JB which is only about 100 yards away from Maple Lodge. What3words: ///shadows.reporters.lined. **All runners should go first to the Village Hall and after registering a go straight to Race HQ at Maple Lodge.** There are no facilities or areas to wait indoors at Race Registration. Race start is on Pepper St outside the Village Hall, and race finish is at Race HQ, Maple Lodge.

The Race HQ will open at 06.00 on Saturday 14 November 2026 and will close around 19.30, when the event is over. Race HQ has male/female toilets inside and temporary toilets outside, and two large halls where complimentary tea/coffee are available before the start, and where food/drinks are served at the finish. There are no shower facilities.

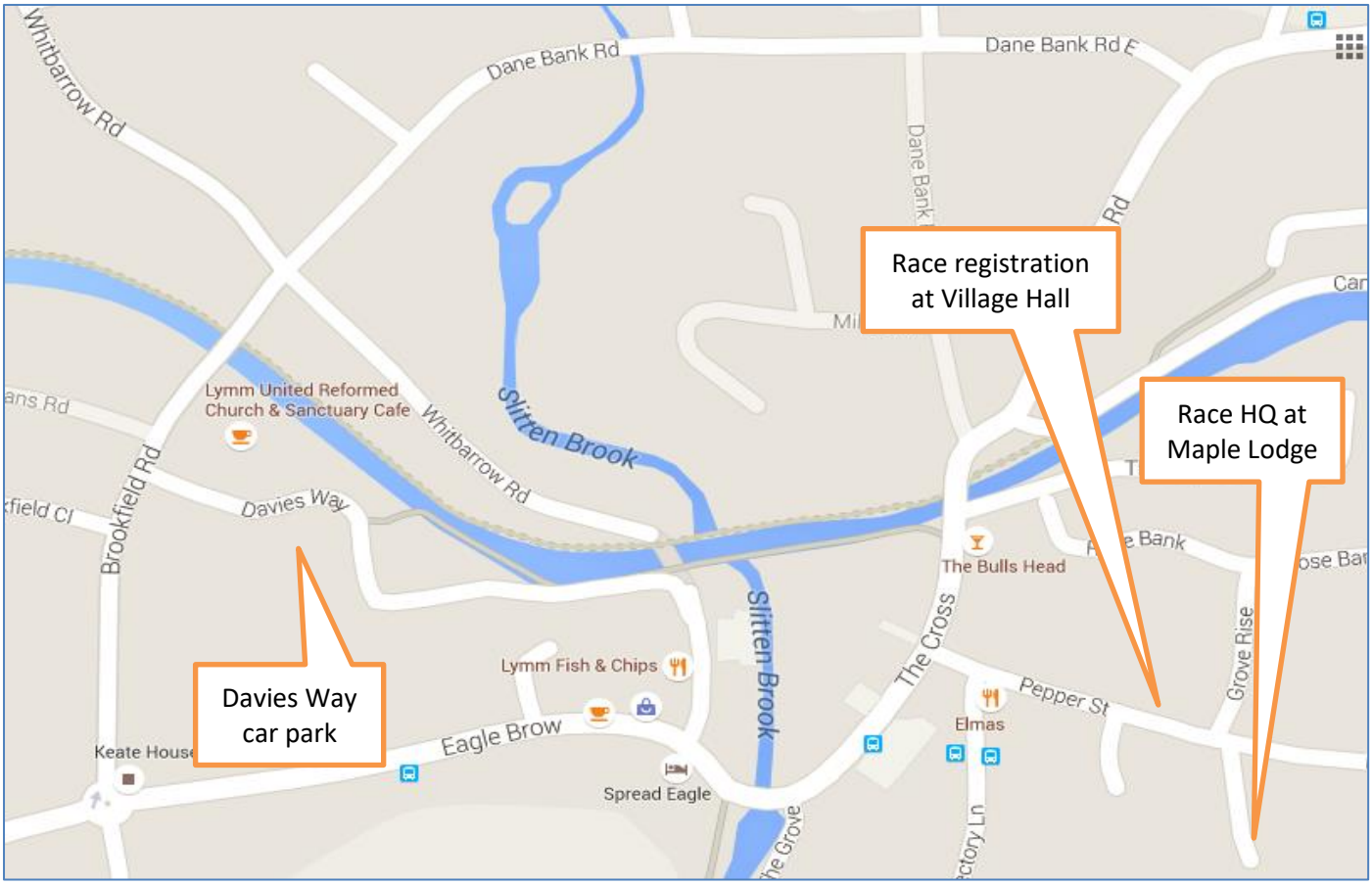
There are no bag drop facilities at Race HQ – please leave any bags etc in your car or with supporters. We cannot guarantee the safety of any bags left in Race HQ during the race. The race start is on Pepper Street and the race finish line will be just outside race HQ itself.

Parking on race day

There is **NO PARKING** at Maple Lodge for runners or spectators – parking is limited and is reserved for First Aid providers and race officials only.

The map below shows available parking near to the Race HQ. **We advise runners to park in Davies Way car park**, which is a pay and display car park only 5 mins walk from the Race HQ. The ticket machines do not operate until 07.30. You can only pay via the **RingGo** phone app (or their website at https://myringgo.co.uk/). The location number is 18155 and the all day parking fee is £5.00. The route from the car park to the race HQ/start will be signposted. If you park in the car park without paying via RingGo, you will get fined!

There is also plenty of on street parking in Lymm, but please be mindful of residents and do not park blocking driveways, gates, garages or other access. Referring to the map below, there is on street parking on Brookfield Road, and on Danebank Road and Danebank Road East (though not the greyed out private road section of Danebank Rd) and further down Pepper St. Roads in the centre of the village (Eagle Brow, The Cross, New Rd etc) have no parking and are double yellow lined.



Race kit

Our first concern is your safety, and for that reason solo runners are <u>required</u> to carry the following items of race kit. For pairs and relay teams, this race kit is advisory.

- 500ml or more drink container
- Cup or beaker if you want drinks at checkpoints – **no plastic disposable cups will be available**
- Windproof and waterproof jacket - full sleeved and with hood (or carry separate hat)
- Emergency nutrition (gel, energy bar, sweets, etc)
- Head covering (hat, multi-use covering, hood) and gloves
- Head torch, fully charged
- Mobile phone, charged (the phone must be programmed with the Race HQ number which is **07745 718925**)
- Foil blanket or emergency bivvy bag, and emergency whistle and compass
- Basic first aid kit, including tape (micropore, zinc oxide, flexible, or similar) and plasters

Registration, race numbers and timing chip

You should register at **Race Registration in the Village Hall.** Registration opens at 06.00 and you must register by 07.10 at the latest. You will be asked for your date of birth and to confirm your surname. You will then be issued with your race number and timing chip which attaches to your wrist via a Velcro strap. Your race number **MUST BE ATTACHED TO YOUR FRONT, NOT FOLDED OR OBSCURED, AND CLEARLY VISIBLE AT ALL TIMES**. **After registration please go straight to Race HQ at Maple Lodge** where you can complete the reverse side with your emergency contact details, get safety pins, and collect route maps.

Please note that the timing chip MUST be returned at the finish or earlier if you withdraw from the race. The chip costs £50 to replace and if you do not return it, you WILL be charged the cost of replacement.

You can collect a set of race directions and maps printed on standard A4 paper (we no longer use waterproof paper as it is not recyclable) at Maple Lodge, Race HQ. To keep them dry you will need a map cover/folder. The narrative route description is printed alongside excerpts from the colour Ordnance Survey map for each of the four 10-mile stages of the race. These maps and the route description are all available on the event website at so you can just print them out yourself.

Registration for pairs and relay teams

Only ONE member of each pair or relay team should register at the Village Hall for your team. You will be asked for the date of birth and name of the team lead (member 1, usually the person who made the booking). Pairs will be issued with 2 identical race numbers with A or B after them (eg 101A, 101B). Relay teams will be issued with 4 identical numbers (eg 201A, 201B, 201C, 201D). Allocate your numbers to runners in the correct order (eg A for first stage runner, B for second stage runner and so on).

Pairs and relay teams will be issued with a single timing chip (to be worn via a Velcro strap on the wrist) which must be transferred between members at checkpoints as described below. If for any reason, one member of the relay team does not turn up on race day, you should inform race registration, and at our discretion we will usually allow the relay team to proceed with one member running two stages of the race.

Pairs and relay teams will be given two sets of race maps if they want them, as described above. For pairs we suggest each of you has a full set of maps for the stages. For relay teams, we suggest that each team member has the map page(s) for their stage, and any spares are kept in your team car – or you can print your own so each team member has a complete set. These maps and the route description are all available on the event website at www.lymmrunners.org.uk/warrington-way so you can just print them out yourselves.

Race briefing and race start

The video race briefing from the Race Directors will be posted on www.lymmrunners.org.uk/warrington-way and the Facebook group and the link mailed to all entrants before the race. You **must** watch it as any details of late route changes, diversions or safety issues will be in the briefing. There will be no face-to-face race briefing before the race at Race HQ.

At about 07.20, runners will move out of Race Hq towards the start on Pepper St by race marshals, please listen for instructions as the roads are live. At 07.30 the race will start. There will be race marshals stationed on the roads in the centre of Lymm to ensure runners can pass safely through the village, and runners **must** obey their instructions. Note there are no road closures for the start, and runners must watch for traffic and follow the normal rules for pedestrians. DO NOT wear any headphones for the start as instructions from marshals may include traffic warnings.

The route and checkpoints

The Warrington Way route is described in detail in the narrative route description and maps and the accompanying Ordnance Survey maps. In addition, the route will be waymarked in places with pink race waymarkers. A GPX/TCX file suitable for downloading into most GPS devices is also available on the website. However, you are reminded that this is a **self-navigated trail race** and runners are expected to be able to follow the route using the map and description and the GPX file on their phone/watch. If you get lost, you can phone Race HQ (**07745 718925**) for assistance. This is not a point-to-point race, and **runners are required to follow the prescribed route**. If you find yourself off route, you should go back to re-join the route as soon as possible.

There are no road closures, and while we put “Caution runner” signs at major road crossings, you MUST take responsibility for your own safety in crossing roads. You MUST follow the highway code and the countryside code. Please do NOT climb over gates or fences – use stiles or gates and leave them closed. Landowners know about the race and have asked that when passing through stables or farmyards you **WALK, not RUN** to avoid startling horses or other livestock.

There are three checkpoints at:

- The Plough, Houghton Green - W3W:///graceful.steams.reclaimed (10.2 miles – closes at 10.30)
- Cuerdley Rd, Penketh - W3W: ///epic.rocked.skewing (21.4 miles – closes at 13.30)
- Pillmoss Lane/Hatton Lane, Hatton - W3W:///hint.trails.seated (30.8 miles – closes at 16.30)

You MUST check in with marshals at each checkpoint via the taped **TIMING FUNNEL** who will record your race number. Your time will be automatically logged with Race HQ through your timing chip. You can then get food & drinks (water, squash, cola – with tea/coffee at checkpoints 2 and 3).

If you have ANY form of food allergy, you must notify volunteers at the checkpoints and at the finish before accessing any food or drink. They will be able to help you check ingredients for any food/drink we serve for the key allergens - celery, cereals containing gluten (such as barley and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (at a concentration of more than ten parts per million) and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts) – or any other food allergen.

There will be a toilet at each checkpoint (two at CP2). There may be some flying marshal checks at intervening points in addition to these checkpoints. If you do not arrive at a checkpoint by the closing time, you will be withdrawn from the race by the marshals and offered transport back to Race HQ. Please obey the instructions of marshals at all times.

Special instructions for pairs and relay teams

Pairs and relay teams are responsible for transporting themselves to checkpoints for the pair or relay changeover. Most pairs or teams will have a car and those not running will be driving. Pair or relay team members not running in a stage are welcome to find places on the route to support their team member and other runners taking part, but please park carefully, safely and with consideration to other road users. Pairs and relay team members should make sure they all have each other's mobile phone numbers for communication during the race. You may choose to download a GPS tracking app on your phones to enable you to follow the location of your pair or relay runners throughout the race.

When a relay or pair runner comes into any checkpoint, they **MUST** check in with marshals who will record their race number. The relay runner for the next stage of the race **MUST** also be present, waiting at the checkpoint, and the marshals need to see **BOTH** runners at the same time to record the changeover. The same applies for pairs at Checkpoint 2 (21.4 miles) where pairs change over.

Injury, first aid and withdrawal

Our First Aid providers will be at Race HQ and out on the route throughout the day. If you are not well, or need assistance, please make this known to the checkpoint marshals at one of the checkpoints. They can contact Race HQ, and if necessary, arrange for the first aiders to attend. If you or another runner is unwell or needs assistance between checkpoints, call Race HQ. In the event of a serious medical emergency, you should dial 999 first and then contact Race HQ (**07745 718925**).

If you decide to withdraw from the race, you should do so at one of the three checkpoints. Inform the marshals and they will record your withdrawal, take your timing chip from you and arrange transport for you back to Race HQ. You might have to wait for transport to arrive. If you withdraw from the race between checkpoints, you **MUST** contact Race HQ to notify them of your withdrawal and to make arrangements to return your timing chip. If they can, they will try to get transport to pick you up from an agreed point, but we cannot guarantee this**. IF YOU WITHDRAW AND DO NOT INFORM MARSHALS OR RACE HQ, WE WILL END UP SEARCHING FOR YOU, PHONING YOU AND POTENTIALLY CONTACTING YOUR NEXT OF KIN!** We won't allow you to enter the race in future years if this happens.

Race finish, refreshments, results and prize giving

The race finish will be just outside Maple Lodge at race HQ. When you finish, your time will be recorded, and you will return your timing chip. You will receive your medal and a round of applause from spectators! You will be asked to take off muddy footwear before going into the main hall, where runners will be provided with a hot meal and hot/cold drinks and the opportunity to recover and talk to fellow runners. We hope you will stay around for a while to see other runners come in. There will be a prize-giving ceremony at 14.30 in the main hall to award the trophies for:

- First, second and third male and female
- First, second and third pair teams
- First, second and third relay teams

Race t-shirts, hoodies and other goodies

There will be a merchandise stand at Race HQ open from 12.00 to 19.00, where you can get race T-shirts, hoodies, buffs and other souvenirs! We take cash but prefer card payments. T-shirts and hoodies come in sizes S, M, L and XL and you can try them for size before buying – but stocks are limited and we cannot guarantee to have all sizes available. When they're gone, they're gone!

Race photography

Our photographers will be at the start, finish and at various points around the route. All pictures will be posted on MyRun.eu which can be searched either by your bib number or by uploading a selfie! You will find it at https://myrun.eu/share/event/01a1549a-cdaa-7aa2-91c7-bb12cd2599c1?lang=en but around 5,000 photos are uploaded after the event – this may take a couple of days so please be patient – and we will email you to let you know when they are available. They will be free to download for non-commercial use, but please acknowledge their source.

Spectators and supporters

We welcome spectators and supporters and encourage you to get friends to see you on the route, but we do ask all spectators and supporters to be mindful of other runners and people, houses and businesses on the route. Always park carefully and legally, and do not block driveways or access.

Thanks

Please be appreciative of the work of all our volunteers at Race HQ and marshals at the checkpoints. They are all members of our local running community and are there to ensure your safety and enjoyment of the race. We are very grateful to everyone who has helped make the Warrington Way ultramarathon possible.

KW – 6/11/2026.