



THE  
ICONIC FOUR DAY  
**ULTIMATE  
RUNNING  
CHALLENGE!**

**RUNNER'S HANDBOOK**





**THURSDAY 18<sup>TH</sup> JUNE**



**7.15PM**



**OLDHAM**

**A WARM UP WILL TAKE PLACE 10 MINUTES BEFORE THE RACE STARTS.**

**NB:** Please give yourself enough time to park and get to the start which is located in Park Bridge Country Park. It will take 15 minutes to walk to the start.

**RACE HQ**

Oldham RUFC, Manor Park, Byrth Road, Oldham,  
Greater Manchester OL8 2TJ.

**PARKING**

Is at Oldham Rugby Club. There is NO PARKING at Park Bridge or Daisy Nook Country Parks. Please do not park in these areas.

**CHANGING**

Is available at Oldham Rugby Club.  
Property is left at your own risk.

**BAGGAGE DROP**

There will be a baggage drop within Oldham Rugby Club.

**RACE START**

You will make your way, following the signs from Oldham Rugby Club to the start line ready for the 7.05pm warm up.

**SPECTATORS**

Please park at Oldham Rugby Club and then walk down to the Country Parks which are situated either side of Ashton Road.

**TOILETS**

Temporary toilets will be provided for runners at the start and finish as well as within Oldham Rugby Club.

**WATER**

Will be placed at the finish and out on the course.

**ENVIRONMENT**

Please use the dedicated Recycling Zones on each route. Help us to help the environment.

**REFRESHMENTS**

Available to purchase in Oldham Rugby Club.

**PRIZE GIVING**

Medals are given at finish and the daily winners trophy ceremony will take place at Oldham Rugby Club.

**FIRST AID**

Will be located at the start and finish and also out on the course.

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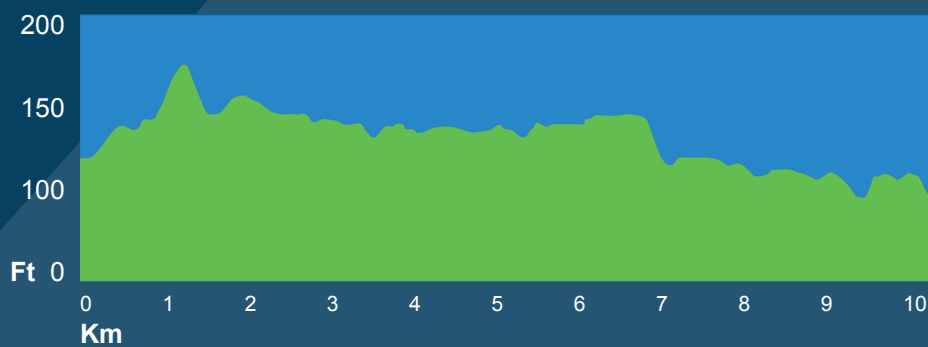


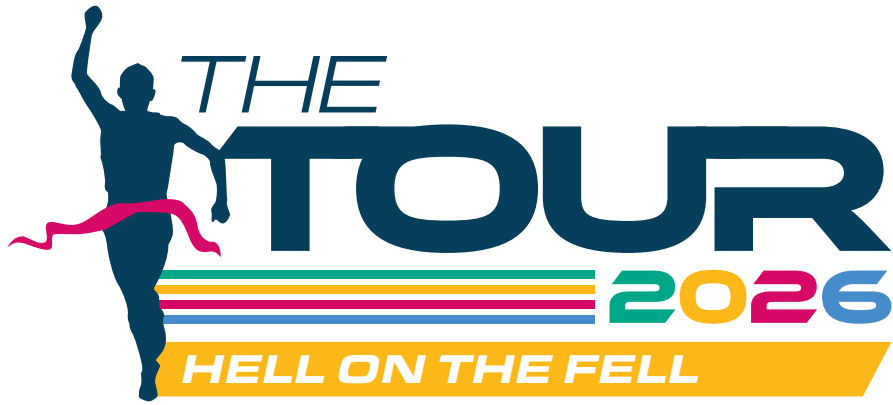
# X-TRAIL 10K

## ROUTE MAP



## ELEVATION PROFILE





**FRIDAY 19<sup>TH</sup> JUNE**



**7.15PM**



**STALYBRIDGE**

**A WARM UP WILL TAKE PLACE 10 MINUTES BEFORE THE RACE STARTS.**

**NB:** Please give yourself enough time to park and get to the start which is located at Walkerwood Reservoir, top of Brushes Road. It will take 15 minutes to walk to the start.

**RACE HQ**

Situated in Copley Leisure Centre, Huddersfield Road, Stalybridge, SK15 3ET.

**PARKING**

Additional parking to the rear of the leisure centre. Please note that there is limited parking at Copley Leisure Centre.

**CHANGING**

Inside of Copley Leisure Centre.

**BAGGAGE DROP**

Limited number of lockers within Copley Leisure Centre.

**SPECTATORS**

You will be able to see the runners climbing up to Hobson Moor.

**Please note:** that close to the finish the runners go past some farms. Whilst the owners have given permission for the run to take place they ask that people respect the animals as they are frightened easily.

**TOILETS**

Inside Copley Leisure Centre.

**ENVIRONMENT**

Please use the dedicated Recycling Zones on each route. Help us to help the environment.

**REFRESHMENTS**

Available to purchase in Copley Leisure Centre café.

**PRIZE GIVING**

The daily awards ceremony will take place in Copley Leisure Centre commencing at approx 8.45pm.

**FIRST AID**

Will be located at the start and finish and also out on the course.

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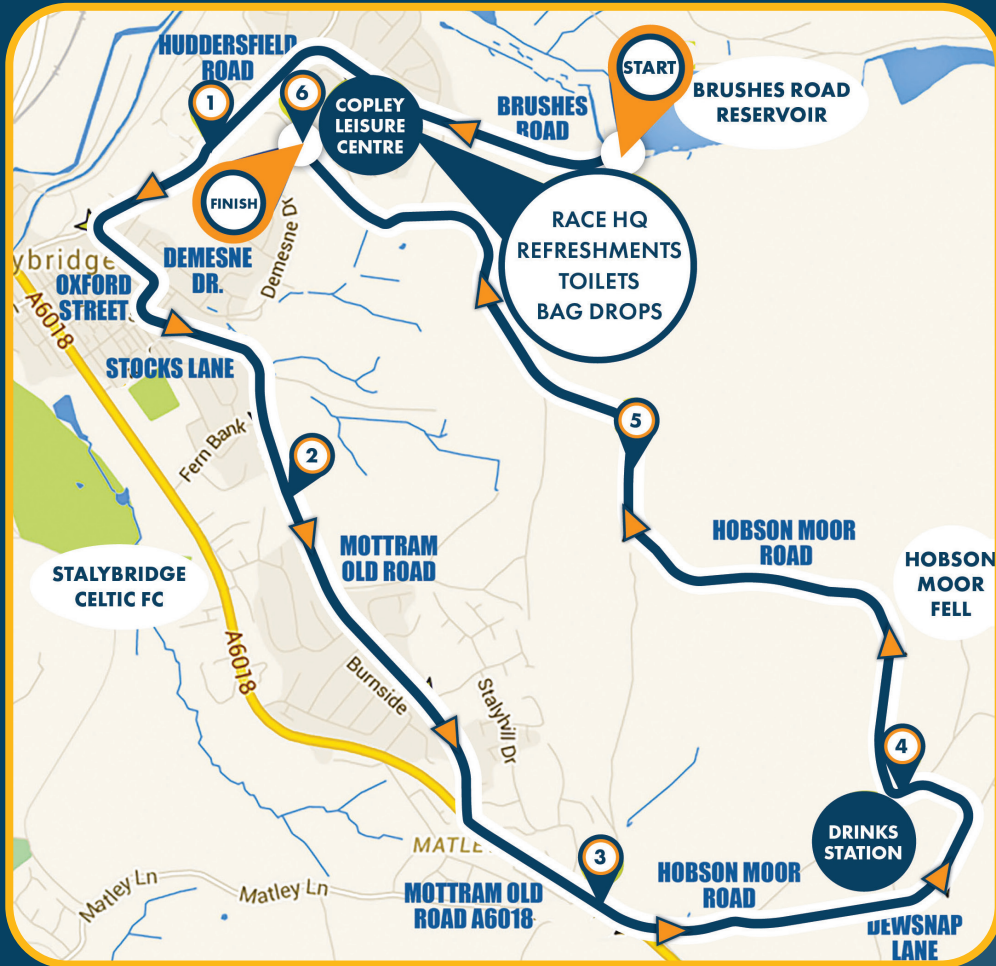


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# HELL ON THE FELL

## ROUTE MAP



## ELEVATION PROFILE





**SATURDAY 20<sup>TH</sup> JUNE**



**10.15AM**



**GLOSSOP**

**A WARM UP WILL TAKE PLACE 10 MINUTES BEFORE THE RACE STARTS.**

#### **RACE HQ**

Rough Fields, Padfield Main Road, SK13 1HE.

#### **PARKING**

Rough Fields, Padfield Main Road. Please note the road closures will take effect from 9.30 -10.30 am so please arrive in plenty of time. **Please note there is £1 charge to park in this area. Please have your money ready for collection at the entrance to avoid congestion. Funds will go to Padfield Residents Society.**

#### **CHANGING**

Please note there are no changing facilities.

#### **BAGGAGE DROP**

There will be a Baggage Drop Gazebo at Rough Fields, Padfield Main Road. Pay a £1 donation which goes directly to Padfield Residents Society

#### **TOILETS**

Portable toilets will be available on Rough Fields.

#### **WATER**

Water will be available along the Longdendale Trail as well as at the finish. Please ensure you hydrate before the race starts.

#### **SPECTATORS**

The start and finish is on ROUGH FIELDS, Padfield Main Road. You will be able to see the runners at the start and go through Hadfield Town Centre before joining the Longdendale Trail. Along the trail there are two recommended viewing points: near Torside Reservoir and also Woodhead Reservoir. As this is an out and back course the runners will pass these points twice. Whilst we have been given permission for the run to take place along the trail please respect the kennels located close to the crossing point at Torside Reservoir. Athlete village entertainment provided throughout.

#### **ENVIRONMENT**

Please use the dedicated Recycling Zones on each route. Help us to help the environment.

#### **REFRESHMENTS**

There will be hot and cold refreshments available to purchase on Rough Fields, Padfield Main Road.

#### **PRIZE GIVING**

The daily awards ceremony will take place at Rough Fields, Padfield Main Road at 12.30pm.

#### **FIRST AID**

Will be located at the start and finish as well as out on the course.

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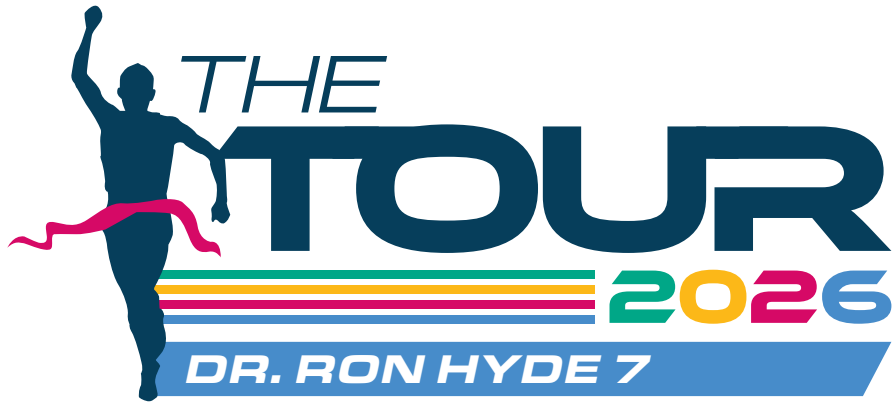
# HERO HALF MARATHON

## ROUTE MAP



## ELEVATION PROFILE





**SUNDAY 21<sup>ST</sup> JUNE**



**9.30AM**



**HYDE**

**A WARM UP WILL TAKE PLACE 10 MINUTES BEFORE THE RACE STARTS.**

**RACE HQ**

Situated inside Hyde Town Hall, Market Street, Hyde SK14 1AL.

**PARKING**

Please use any local pay & display car parks.

**CHANGING**

Please note there are no changing facilities.

**BAGGAGE DROP**

There will be a baggage drop at Hyde Town Hall.

**SPECTATORS**

Please note: Market Street will be closed throughout the race making this a great place to watch your friends and family take part. There will be a selection of stalls and activities in the market area opposite the Town Hall.

**TOILETS**

Available inside Hyde Town Hall. Plus additional portaloos to the side of Hyde Town Hall.

**WATER**

Will be located on the course and at the finish area.

**ENVIRONMENT**

Please use the dedicated Recycling Zones on each route. Help us to help the environment.

**PRIZE GIVING**

See back page for more details.

**FIRST AID**

Will be located at the start and finish and also out on the course.

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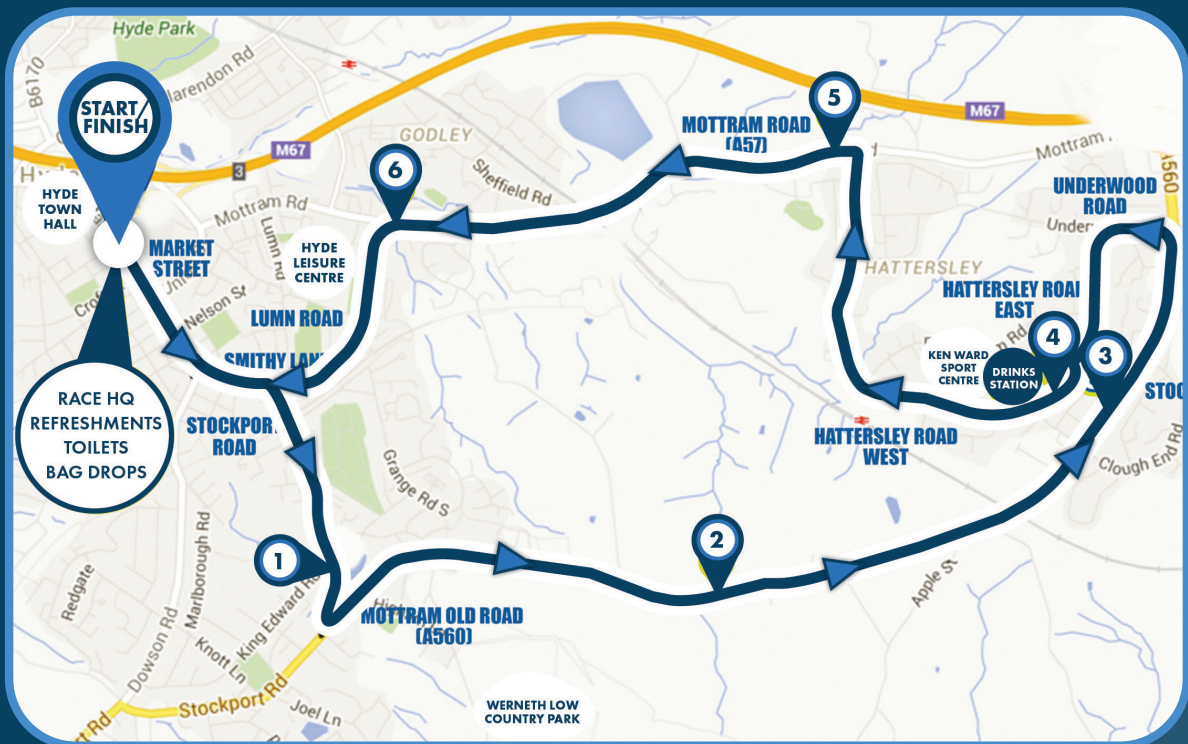


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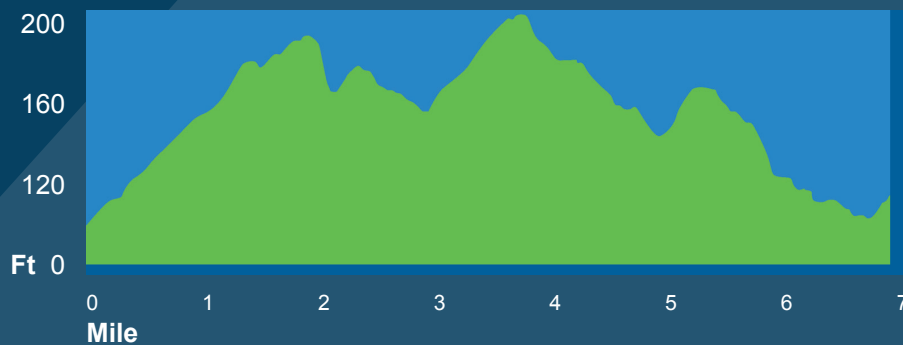


# DR. RON HYDE 7

## ROUTE MAP



## ELEVATION PROFILE



# GENERAL INFORMATION ABOUT THE WHOLE TOUR

## CHIP TIMING

A chip timing strip is attached to the back of your running number - please do not remove it - No chip no time! The chip is disposable and you do not need to remove it once you have completed your race. Timing is taken every time you run over the timing mat which is sited at the start and finish. If you do not run onto the mat, you will not be timed and will not receive a finishing time. PLEASE NOTE THERE ARE CUT OFF TIMES FOR EACH STAGE

**Day 1 - 1 hour 45 minutes**

**Day 2 - 1 hour 45 minutes**

**Day 3 - 3 hours 30 minutes**

**Day 4 - 1 hour 45 minutes**

After this time marshals will be stood down and you will be asked to run on the pavement at your own risk. If you drop out of any race, let the nearest marshal know your number.

## RECYCLING

Please make sure you utilise the recycling zones on each course.

## HYDRATION

Please make sure you are well hydrated before the race. Water will be available to you at the finish. There will be a water station along each route.

## PHOTOGRAPHS & VIDEOGRAPHY

An official event photographer and videographer will cover the event on all four days. Please note no other photographs should be taken without the Race Director's permission.

## RESULTS

The Race Director's decision is final.  
See: [www.niftyentries.com/Results](http://www.niftyentries.com/Results) for results.

## STAGE 4 AND FULL TOUR PRESENTATION

The awards ceremony will commence at 12 noon.

## PRIZES

Please note that this year all prizes will be cash prizes on the day. Prizes will be offered to 1st, 2nd and 3rd fastest male and female, 1st, 2nd and 3rd overall for The Tour, 1st, 2nd and 3rd fastest Juniors, and all the VET categories.



## TOUR MERCH DROP!

Celebrate running The Tour in style with these bespoke hoodies and t-shirts. Featuring The Tour 2026 unique design, it's perfect for showing off your achievements and celebrating how awesome you are!

Choose from the lightweight running top or the soft and cosy hoodie. Wear it to the pub, during future training runs or frame it as a long-lasting reminder of your achievements.

Get yours here: [notreallyheregroup.shop](http://notreallyheregroup.shop)

Visit our website!

[www.thetourevents.co.uk](http://www.thetourevents.co.uk)

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Stay on track

Head over to our social channels for the latest news and even more exciting updates for participating runners. Search for: "THE TOUR 2026"

