

WELCOME TO THE 2017 MEERBROOK 15K

First of all apologies to everyone for the change of date totally out of our hands and rest assured back to normal for 2019 entries go live next week!!

So onto this years is on September 22nd the 15k will start at 10.00am from the normal start this will be signposted and marshalled please allow at least 15 mins to get to the start so we can start on time please.

It only seems like a couple of months since we were had last years race but here we are again welcome to all the runners be you a regular meerbrooker or running for your first time. This year in a survey in runners world the race was voted the third hilliest race in the uk so you know you're not in for a easy morning!! but as regular runners to the race will tell you the views and scenery more than make up for a few hills!

Before I give you your directions and instructions a few thankyou's first of all to all the marshalls and helpers without the race could not go ahead to the first aid and all the timekeepers and all the kitchen staff a real big thankyou to Ken Rushton a very good friend of mine and race director master whos help and guidance over the years has been fantastic. And finally to all our sponsors who have helped us a very big thankyou.

This year we are doing collect numbers on the day only! Postage has gone up a lot the last few years and do not want to increase entry fee if I can so pick up on the day please guys at the village hall and pay if you need to!

This year we have in excess of 300 runners so please follow parking intructions this is very important

Will all runners **please** use the car parking at Tittersworth reservoir please this year we have been unable to obtain this for free but they are doing a discout price of £3.00 per car intsead of £5.00 but please use this and try and avoid parking by the village hall **the race goes past here after 1k so we need to keep roads clear please.** Also no parking at the start please the start is on a local track and verges onto local farmland so please be respectful of the local community. **Also please avoid using the fields and property as a toilet in previous years we have had promblem's with this remember the race in only able to start here with the goodwill of everyone who lives here please don't spoil it for the rest of the runners. There is toliets at the village hall and the parking areas.**

When the race starts keep to the left hand side unless instructed if you feel unwell or are unable to continue please inform a marshall who will assist you in getting back to the finish. Medics will also be out on the course. At the finish please ensure you keep the finish clear for all the other runners and keep the road clear as the road is still open!

postcode for the event is St13 8sn

Meerbrook is between Leek and Buxton turn at the Three horse shoes inn at Blackshaw moor apx two and a half miles outside leek.

The race headquarters are at Meerbrook village Hall please allow 15 mins to get to the start the finish of the race is at the village hall

We hope you enjoy your day if you did please tell your running friends and come back if you have any suggestions please e-mail mickhallphotos@me.com

www.meerbrook15k.org

Meerbrook 15k coursemap and profile



