



# Astley & Tyldesley Road Runners

## Trail Championships 2022



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

Date / Time	Race Details	Dist	Fun Factor Ranking (1 is easiest)	Location	Description
Sun 27-Feb 13:00	RTM - Hoppit Hill <a href="http://www.hoppits.co.uk/">http://www.hoppits.co.uk/</a> Pre = £5, On day = £7	5K	9	Lower Hopton Cricket Club, Woodbottom, Mirfield, WF14 8HG	Great for first-timers on the fells. A fully marked, entry level fell race with no kit requirements, organised by fell running royalty Nicky Spinks.
Wed 30-Mar 19:00	Curley's 5k <a href="https://www.madbullevents.com/events">https://www.madbullevents.com/events</a> Pre-entry £15.50 for 3-race series or £9 for 1. Entry on day £2 extra.	5K	6	Jolley Crofters Public House, Chorley Old Road, BL6 6RE Park on Georges Lane	A well-attended local evening trail race that starts and finishes at Curley's dining rooms and heads up to the lower Rivington trails
Sun 10-Apr 10:00	Rivington 10 mile trail <a href="https://www.madbullevents.com/events">https://www.madbullevents.com/events</a> Pre-entry £18.50, £2 extra on the day Online entries close - Wed 6th April 2022	10M	8	Rivington Bowling Green, Rivington, Bolton BL6 7SE, UK	A beautiful scenic route that starts from the Bowling Green, Rivington Village and usually a sell out. The route follows through White Coppice then Wheelton circling back to Rivington
Thu 02-Jun 19:30	RTM - Leo Pollard Memorial Entry on Day only £5	7M	11	Rivington Upper Barn	Formerly known as Henderson's End, this is a fell race that is mostly on trails, some of which are rough, but also takes in a little bit of bog. A great local race to something a little more interesting underfoot! Kit requirement is usually a waterproof top, map, compass & whistle. No real need to nav though, just follow the train!
Sat 11-Jun 13:00 or 14:00	Lakeland Trails - Coniston 15k <a href="https://www.lakelandtrails.org/coniston">https://www.lakelandtrails.org/coniston</a> Pre-entry online £35 Choose either the Challenge or the Race, depending on your confidence and time expectations.	15K	10	Coniston Old Hall, LA21 8AS	Highly recommend, with 2 different races to all accommodate abilities & experience. I've done a few of the Lakeland Trails routes and they're always scenic, well-organised and a brilliant way to experience off-road running in the Lake District with like-minded people.
Sat 25-Jun 07:30 or 08:30	Lakeland 5 Passes Ultra (32M) <a href="https://www.ascendevents.co.uk">https://www.ascendevents.co.uk</a>	32M	13	Grasmere Sports field, Grasmere	This one has 2 start times to allow for all abilities. I did this last year and it's a tough trail ultra, taking in some amazing Lakes scenery. If you're thinking of entering then I'd be happy to advise and/or take you on a recce run. Starts and finishes in Grasmere, the 5 passes are Garburn, Gatescarth, Nan Bield, Kirkstone and Scandale. But it's not all passes, with ascents of Loughrigg, Wansfell, Harter Fell, Thorneythwaite Beacon, Stoney Cove Pike and Red Screes also included.
Sun 26-Jun	CLGP - Radcliffe 5k	5K	5	Radcliffe	On the trails near Radcliffe, there's not much info yet published. Will update when I can.
Sat 16-Jul 09:00	Pennington Flash parkrun Register for free here <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a>	5K	3	Pennington Flash	Let's celebrate our club and have a sea of blue at our local park run! Unless very wet road shoes are fine.
Sun 24 <sup>th</sup> Jul	Lions Bridge 50k	50k	12	Gin Pit	A fantastic course for the ultra-curious on the trails near Gin Pit. 7 large laps and 1 small lap, so you're never too far away from the checkpoint.
Sun 28-Aug 10:00	CLGP - Pennington Trail 5	5M	4	Leigh Sports Village	A run out on the trails of the Flash, heading out first in the direction of the sailing club, before looping back through the main car park, doing a backwards loop of Parkrun and then coming back to LSV. Road shoes okay, or trail shoes.
Sun 11-Sep 10:00	CLGP - Blackleach 5	5M	2	Blackleach Country Park, John Street, M28 3TD	A CLGP favourite! 2 loops on hard trails in the lovely Blackleach park by the lake. Road shoes fine.

Sun 25-Sep 09:00	CLGP - Swinton Trail 5 <a href="https://swintonrc.weebly.com/worsley-woods-trail-race.html">https://swintonrc.weebly.com/worsley-woods-trail-race.html</a> Pre-entry £11.50, £2 extra on the day	5M	1	Roe Green Cricket Club, Greenleach Lane, Worsley, Manchester M28 2QW	Set on the trails around Worsley Woods, this is a scenic and flat route that is more than suitable for road shoes. There's even a video of the route on the Swinton web site.
Sat October 13:30 / 14:15	Leigh XC (TBC, usually 1st w/end in Oct) <a href="https://redrosecrosscountry.co.uk/">https://redrosecrosscountry.co.uk/</a> Usually £6 for the series	6K/ 10K	7	Leigh Sports Village	A flat course mainly on grass with a couple of trail bits. Very runnable for a cross country and trail shoes are fine. A good intro to XC at a local event.

*\*\* Disclaimer, I've not done all of these races before, but have tried to rank them all based on the ones I have done, local knowledge and the race descriptions!*

We are also affiliated to several local leagues to compete against other clubs in team and individual championships:

The Run the Moors (RTM) fell competition – [www.felljunior.org.uk](http://www.felljunior.org.uk)    The Central Lancs Grand Prix (CLGP) (currently no website that I've been able to find!)

North West Cross Country League (NWCL) – [www.stevesaunders.co.uk](http://www.stevesaunders.co.uk)    Red Rose Cross Country – [www.redrosecrosscountry.co.uk](http://www.redrosecrosscountry.co.uk)

Mid Lancs Cross Country – [www.midlancs.org.uk](http://www.midlancs.org.uk)    South East Lancs Cross Country (SELCC) – [www.selcc.co.uk](http://www.selcc.co.uk)

For ultras I would recommend joining the free to enter [www.runfurther.com](http://www.runfurther.com) which always has a good selection of races and sometimes gets you entry to races that are otherwise full!

