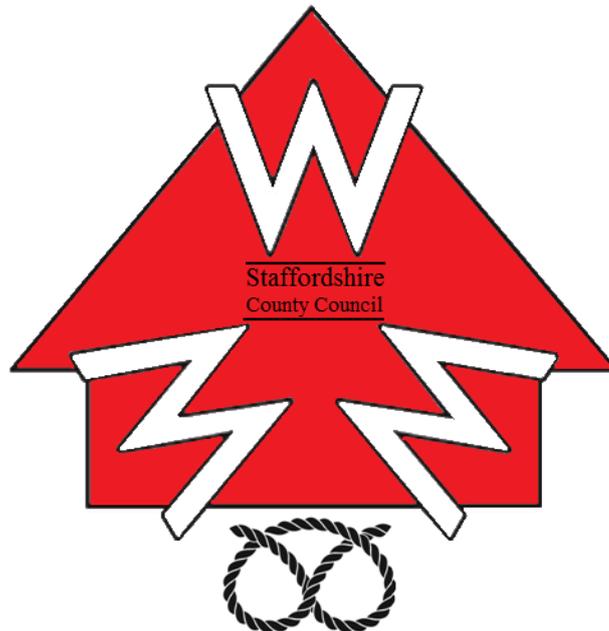


Beyond *Marathon*



The Millennium Way Ultramarathon Participant Guide v1.8

Newport to Burton on Trent

41 miles: 12 hours

March 3rd 2019

www.beyondmarathon.com

As featured in the

www.ultramarathoncalendar.co.uk



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1. Introduction

Welcome to all participants. This is the 6th edition of the Millennium Way ultra. We had a very successful event for the last five years.

The purpose of this event is an accessible, low key event without bells or whistles. We wanted to keep the cost down and the satisfaction level high. The 12-hour cut off is generous, but strict as the Sports Centre closes at 8:30pm. The route is very flat, so a typical finish time could be anytime between 5.5 and 12 hours. Because the route is so flat, people can set out too fast and suffer later. Pace yourself!

The event takes place on a national trail to make navigation as straightforward as possible. You will still be expected to use the route description and bring maps, but you may find that for much of the course you can keep your eyes peeled and stay sharp for the Millennium Way waymarks. We have replaced broken and missing waymarks at our own expense after the local county council had no budget to do it themselves.

2. Arrival and parking

The event HQ is at Shobnall Leisure Complex. The address is: Shobnall Rd, Burton upon Trent, Staffordshire DE14 2BB ([Google Map link](#))

There are lots of car park spaces at the Leisure Centre. We have no responsibility for car parks or vehicle security, so ensure your car is locked and no contains no valuables. You can leave a bag inside the centre if you wish, but it may be safer in your car as we are not manning the HQ and finish line until after 12pm.

3. Registration

You can register from 6:15am to 7:00 on the morning of the event at the Leisure Centre. You will register and almost immediately board the coach. You can use the toilets at Shobnall. We will not kit-check you, but we recommend this kit:

- **Trail shoes. Not road shoes. The first 11.5 miles might work for road shoes, the rest won't!**
- Route Description – Very important to print this out and bring it. See later in this guide
- Maps for the route are:
 - 1:50k – OS Landranger: 127, 128 or
 - 1:25k – OS Explorer: 242, 243, 244, 245 (only small sections of 2 of those maps)
- A fully charged mobile phone
- **Head torch (Don't forget this!)**
- Full body cover. Full length tights recommended
- Waterproof jacket
- Cup for juice / Pepsi at CPs (we don't provide plastic cups)
- Additional warm layer
- [Blister Care pack](#), first aid kit
- Hat and gloves
- Space blanket, & whistle
- Drinks bottle / camelback / hydration vest
- Mug for tea/coffee at the finish
- Food for the course to supplement checkpoint refreshments
- Any personal medication

4. Race Timing

We will supply you with a race number and an electronic RFID chip at registration. You can store the RFID chip in your bag if you wish.

There will be a timing mat across the finish line, that you must cross to “stop the clock”. Results will be published live, and after the event you will be emailed an electronic copy of your personalised event certificate that will have your name, finish time, overall rank, rank for age, and rank for male/female.

5. Schedule

6:30am - 7:00am: Register at Shobnall Leisure Centre. **Don't be late, the coach departs at 7 exactly!**

7am - 8:00am: Coach travel to the start of the Millennium Way footpath.

8:30 - Race Start (flexible start time to allow for coach travel variance)

8:30pm Cut Off. Race ends and the leisure complex closes. (Usually 6:30pm, but we have arranged for late access)

6. Left bags

You can leave a bag at the leisure centre to collect when you finish, but do not leave anything valuable as we can't be held responsible for any loss. We will not be there all day, so you may be better leaving a bag in your car.

7. Coach Travel / toilets

There are 3 x 53 seat coach (no toilets on board) which will transport you to Newport Town Centre, where we will start the Millennium Way event. You can't leave anything on the coach, as it is not going back to Burton, and you won't be able to leave anything at the start line itself. There is no guarantee the public toilets will be open at the start, though we have asked the council. We suggest using the toilets at the leisure Centre at Shobnall before you leave. There are toilets at times along the route; Stafford town centre, and at pubs if you ask nicely.

8. Start line assembly and start

The start line is near to the public car park in Newport, that's Audley Rd, Newport TF10 7DL

9. Checkpoints

There are 3 manned checkpoints. These will have a vehicle with race volunteers at each.

Number	Location	Description	Grid Ref	Distance	Cut-Off Time
Start	Newport	Car Park	SJ 748 191		
1	Castletown	Car Park	SJ 910 233	11.5 miles	11:30
2	Wolesley Bridge	Riverside	SK 020 203	21 miles	14:00
3	Yoxall	Playing Fields	SK 139 188	31 miles	17:20
Finish	Shobnall Leisure Centre		SK 232 235	41 miles	20:30

10. Manned Checkpoints (CPs)

There are 3 manned checkpoints around 10-11 miles apart. These are staffed by volunteers who are giving up their free time to help you! In the event that you decide to retire at one of these points, we will do our best to arrange transport back to the finish, but expect to wait until that checkpoint closes. Our priority will be to put you somewhere warm, such as in a vehicle. Beyond that, we will transport you back when possible, so please be patient. You can of course arrange your own transport as long as you notify us that you have retired.

If you arrive after the closing time of the CP we will transport you back to HQ. The finish venue closes at 20:30, which is 12 hours after the race start.

1.1.1 Checkpoint refreshments

Below is the table of food which covers more or else everything you might find at any of the CPs. Please check the foods against any allergies that you may have.

Remember to bring a cup/mug if you want juice/Pepsi at CPs, and tea/coffee and the end because we no longer provide disposable cups.

Item (click hyperlink to see each item and full ingredients)	Allergy Advice
Drinks	
Pepsi	
Orange juice	Contains: Sulphur Dioxide/Sulphites.
Blackcurrant Juice	Contains: Sulphur Dioxide/Sulphites.
Hot chocolate	Contains: Milk
Yorkshire Tea bags	
Coffee	
Cold Food:	
Oranges	
Bananas	
Grapes	
Watermelon	
Flapjack bites	Contains: Oats, Milk. May Contain: Nuts.
Brownies	Contains: Wheat, Eggs, Soya. May Contain: Nuts.
Caramel Shortcake Bites	Contains: Wheat, Milk, Nuts, Soya.
Milk Chocolate Digestives	Contains: Wheat, Milk, Soya.
Bourbon Biscuits	Contains: Wheat. May Contain: Nuts, Sesame. Not suitable for milk allergy sufferers. May also contain traces of nuts and sesame seeds.
Plain Hob Nobs	Contains: Oats, Wheat. May Contain: Milk, Nuts, Soya.
Ginger Nuts	Contains: Wheat. May Contain: Nuts, Sesame.
Custard Creams	Contains: Milk. May also contain traces of nuts and sesame seeds.
Assorted crisps	Contains: Celery, Barley, Wheat, Milk.
Maynards Jelly Babies	May Contain Wheat
Cherry Cola Bottles	
Cherry Jellies	
Foam Bananas	
Dolly Mixtures	
Jelly beans	
Jelly Ice Cream Sundae	
Pick n Mix	
Mr Kipling Apple pies	Contains: Wheat, Milk, Sulphur Dioxide/Sulphites, May Contain: Nuts.
Apple and blackcurrant pies	Contains: Wheat, Sulphur Dioxide/Sulphites, May Contain: Nuts.

Salted peanuts	Contains: Peanuts. May Contain: Nuts, Sesame Seeds. May also contain traces of nuts and sesame seeds.
Screen Malt loaf	Contains: Barley, Wheat, Milk.
Item (click hyperlink to see each item and full ingredients)	Allergy Advice
Twix bars	Contains: Wheat, Milk, Soya. May Contain: Barley, Gluten, Oats, Almonds, Hazelnuts.
Mars bars	Contains: Barley, Eggs, Milk, Soya. May Contain: Peanuts.
Mini Pork Pies	Contains: Wheat, Eggs.
Savoury mini eggs	Contains: Wheat, Eggs.
Grated cheddar cheese	Contains Milk
Bitesize cheese and onion Rolls	Contains: Wheat, Eggs, Milk, Mustard.
Milk	Contains Milk
Sugar	

As you can see above, every CP will have food suitable for vegans and veggies. If you have any other specific dietary requirement or a food allergy then let us know, and we will usually do some specific shopping, and have a separate box of labelled foods. You can of course dip in and out of your drop bags for extra food too.

11. Your Own Crew and Volunteers

You are welcome to have your own crew or friends and family meet en-route, and resupply you if you wish. Please ensure they park respectfully to any nearby residents. We would love to have extra volunteers, so please let us know if one of your supporters can help out. We can find them a role at the HQ or out on the course. We give away a free place on a later event if you supply a volunteer!

CP1 has the best access for supporters

CP2 has very limited parking in the lane opposite, and you have to cross a very busy road to get down to the canal.

CP3 supporters cannot park within 100m of the CP, as it is a cul-de-sac. It is very narrow too. Please ensure they park further back in the estate.

12. GPS and electronic mapping files

You are allowed to use GPS. GPS reception is good on the entire course.

If you don't have a dedicated GPS device, we highly recommend downloading a free GPS application if you own a smartphone, and importing our GPX file onto it for backup navigation.

[GPX file original route download](#)

[GPX file drier route \(1km\) longer after Stafford download](#) – See 6B in Route Description- If the weather has been wet it is better to use this route.

13. Pacing

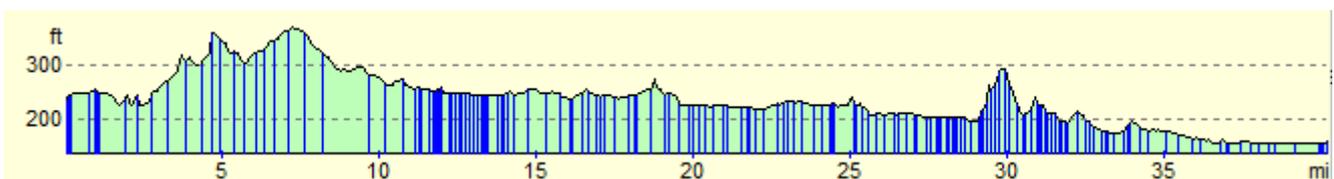
The minimum speed required to complete the 41-mile course is 3.4mph. It is very difficult walk the entire course whilst maintaining that average speed, factoring in stops at checkpoints.

14. Risks

A full risk assessment has been carried out and updated for the event; a copy can be [downloaded here](#). We encourage you to read it. The Canal and River trust has highlighted some risks included in our risk assessment. Although very rare in some cases, you should be aware of; the danger of the falling into waterways or locks alongside the path, tripping over angling poles and fishing equipment, danger of infection from cuts and scratches caused by discarded needles, blackthorn and Weils disease. Familiarise yourself measures to take to reduce these risks by reading the risk assessment. As always when in the outdoors other risks include - falling on uneven terrain, danger of road crossings, cold/wet weather effects (hyperthermia), and becoming lost, or a combination of any of these.

Terrain

The course is a mix of trail, river, canal tow path for the first 26 miles. This is generally hard packed solid ground. There are a few muddy fields just after Stafford; be careful not to lose a shoe (it happened last year - gone forever!). After CP2 you leave the river/canal for 9 miles the route, over farmland and minor roads alongside the River Swarbourn. Some parts of this section are more difficult to navigate but we have added extra waymarks, so it is relatively straightforward. The fields around Nethertown (mile 28), Bancroft Farm (mile 29), and the fields after Yoxall (mile 32) are prone to being very wet and very muddy. You will likely get muddy and you will get wet feet. At Wynchor bridge (mile 35) the footpath re-joins the Trent and Mersey Canal, so it's back onto hard packed ground all the way into Burton. There is only 242m of positive elevation gain on the course. There is 267m of elevation loss, so it's practically downhill. The elevation profile is shown below, in feet. As you can see from the hill profile (in ft) the course is essentially flat.



Weather

The weather has the potential to be very cold still in March. There could be snow and ice. Check conditions on the day; dress and pack accordingly. Full body cover, waterproofs, hat and gloves and extra warm clothes are all advised.

Getting Lost or injured

If you are lost, then use a map to try and assess where you are or ask someone nearby. Try to identify local landmarks, or roads. If you are unable to assist yourself and there is no one around to ask, then you are permitted to dial the organisation phone numbers to ask for help (if you have signal!) Richard (07880 966722). Wendy (07941 039065) Obviously we can't give blow by blow directions to every participant, but neither do we want you wandering around lost all day! If you carefully follow The Way for The Millennium markers, you should never stray too far from the correct route.

15. Participant GPS Tracking



[Race Drone](#) is widely used, all over the World. The British team at Spartathlon carry our trackers every year, timing them through 73 checkpoints! Drone has tracked participants at many ultra's in the UK and abroad, on John O' Groats to Land's Ends challenges, Kilimanjaro expeditions cycle races and more. You can be tracked in any event or personal challenge, 24x7 for safety while training.

People who want to track/view your progress from home or support crews just click the tracking link

[The Millennium Way Tracking](#)

16. Medical Support

www.TrailMed.co.uk will be looking after you throughout the event. If you have any pre-event medical queries, please contact them via their website.



17. Sky Ocean Rescue



From 2017, Beyond Marathon made a commitment to reducing our use of single-use plastics and so have joined the [Sky Ocean Rescue](#) initiative. Every minute, the equivalent of a rubbish truck load of plastic goes in to our oceans, it never decomposes and will remain there forever. If nothing changes, by 2050 all the plastic in the ocean could weigh more than all the fish. Plastic impacts on an entire ecosystem, marine life get caught up in it, eat it and live in it. It also has a direct impact on our health, acting as a sponge for toxins which can end up in our food. Big issues for our ocean health such as this affect us all. They're also something we all have a role to play in. If we all work together, we can help to protect our oceans.

The most important change as far as you are concerned on this event, is that we will no longer provide plastic cups, or thermal cups, at checkpoints or the finish line.

You will have to bring your own cup for water, juice, Pepsi at CPs, and something suitable for hot tea at the finish line. This is a simple change for you as a runner.

Outside of this event, even though I recycle, I have made active efforts to reducing my plastic use. Anything that I can buy in a non-plastic container, I do. That's even resulted in going back to using a milk man. Seeing a couple of glass

bottles on my doorstep again actually makes me smile. We'd encourage you to make your own commitment at home to reducing your plastic use too, and help save the oceans.

18. What else?

Beyond Marathon try to increase awareness of Malignant Melanoma, which is the most dangerous form of skin cancer, caused primarily by sun damage. It is the most common form of cancer in people aged 15-34. Each year, approximately 2,000 people die in England and Wales due to melanoma and more than 10,400 people are diagnosed with it. Runners spend a lot of time outdoors, and don't always slap on the sunblock. If you're worried about a mole, please get it checked at your doctor as soon as you can. Malignant Melanoma is very aggressive, and early diagnosis is vital. The prognosis of a 1mm depth melanoma versus a 2mm melanoma can be starkly different. That growth can be very quick.

We run the company for the love of the sport and mainly to raise money for a cancer charity. We have never taken any profits out of the business. We have tried to keep the race entry fee as low as we can. Any small profit this race may make will help us to subsidise Beyond Marathon Ltd company operating expenses (accountancy, website, insurance and countless other expenses etc), to allow us to the giveaway profits from our flagship race - Dusk 'til Dawn - to Macmillan Cancer Support. We raised over £7,500 pounds to date.



19. Official Rules of the event

We don't want to list a billion things that you can and can't do, so other than these few essentials just use your common sense, don't take the piss, and we're all happy! Most importantly, **follow the country code**, leave gates as you find them, but if you think someone in front has forgotten to close it, ensure you close it. Please don't drop litter on the trails, as this will make landowners (and us!) very angry. Alongside the advice in this handbook, this is the rule book below:

1. **Stay safe and have a good time.**

20. The Finish

As a low key, low cost event, with a focus on running, in an aim to keep down costs we are not handing out prizes. You are running for the personal challenge. If you ordered a medal and a t-shirt we will hand you those. You will all get an emailed certificate and our congratulations of course. The leisure complex doesn't have kitchen facilities like the ones we usually use, but we will give you some food in the form of hot pie/pasties (veggie and meat) warmed up in a micro. We will have a selection of cake and snacks too. You won't go hungry! There will also be tea and coffee. We will publish the event results on the website and on Facebook.

If you wish, you can pay the Leisure complex £1.25 to have use of their changing and shower facilities. This is payable on the day, direct to the reception of leisure complex, not us. If you arrive after 6:30pm you won't be able to pay to have a shower. There is some incentive to run faster!

21. Navigation Tips - YOU MUST print a copy of the route description

The Millennium Way is well marked, but we have added more permanent waymarkers in to help you.

In general, you should follow the **direction of the arrow on the waymarks** at field boundaries. The waymark will usually be tilted to face the next waymark or direction of travel. All major changes in direction are signposted, but sometimes you need to look around to see them - when you emerge from a footpath remember to **look behind you**, as sometimes you have just run past one. You should carry a map and keep an eye on your location at all times. In thick mist or fog some waymarks would be difficult to see as you would expect!

Types of waymark: This is the waymark that you will be following for the entire route. Not all are as bright red as they used to be; many faded but the symbol is clearly visible.



22. Route Advice

The following route description has been quite heavily modified from the [original that was created by Staffordshire County Council](#). Following course reces we have added in a lot of extra instructions to make it easier to follow. Thank you for Wendy Weremiuk and to Anne Wade for updating the route description. Look out for the waymark symbol (above) while out on the route, and importantly remember:

Head in the direction the waymark arrow is tilted

- The first 12 miles are easy to follow, it's mostly abandoned train line, now cycle path maintained by <http://www.staffordsustransvolunteerrangers.wordpress.com/>
- The navigation through Stafford town centre is little tricky with no red/white waymarks. Follow the route description carefully.
- A mile and a half after Stafford centre you will likely get your first taste of wet and muddy ground for a short section before you join the better ground of the canal to Rugeley
- At mile 26 you leave the canal for 9 miles of farmland. If the weather has been wet, this very flat ground has the potential to be wet and muddy in places. Do not wear road shoes. This whole 9-mile section has been re-waymarked by us. Watch your navigation on this section even though it is actually easy to follow by just keeping your eyes open, and using the route description
- There may be one or two 'unmarked' farmer's electric fences in this section, so watch where you are going, as you will need to step over or pass under them. The farms have been reported numerous times to the authorities. The farms have been written to by me, and they have ignored the letters.
- At mile 35 it's back to nice canal path all the way home - Don't forget to get off the tow path in Burton!

23. The Way for The Millennium Route Description

1. START (SJ 748 191) Newport Cark Park Audley Road Newport. TF10 7DL. Turn right out of the Car park and follow Audley Road. After 250m turn Right at T-Junction. After 150m Turn Left at T-Junction onto Audley Ave. Follow for 1.1km to end of the road. Turn Left at T-Junction (onto grass verge) onto A518 for 200m to reach Roundabout. Turn Left onto A41. Use Caution as this road is fast and busy. You will need to cross this road soon after turning left, and after 100m turn Right onto Greenway Cycle path 55. Follow Cycle path for 2.6km to reach Outwoods (pre-2016 race start point)
2. Continue on Greenway, towards Gnosall following cycle route 55. After a further 4km, go over Shropshire Union Canal. Pass by sewage works. At wooden barriers bear left on narrow path and go down wooden steps (slippery!) to Station Road in Gnosall. **(SJ 828 205)**
3. Turn Left to cross road at pelican crossing. Turn Right on pavement to wooden kissing gate on left. Climb wooden steps up embankment to return to Greenway. Follow cycle route 55 again. Continue 3.5 km to car park at Haughton. Continue 3 km to Derrington. Pass Crossing Cottage on left. **(SJ 886 226)**
4. Continue 1.8 km along Greenway. Pass Derrington Millennium Green on left, Dudda's Wood on right. Then under M6. After Burleyfields Farm, bear right with cycle track 55 and join tarmac track for 300m until bend right to estate road and car park **to CP1 (mile 11.5). (SJ 910 232)**
5. Go along estate road for 100m and go straight ahead at roundabout along Martin Drive for 400m. Immediately **before next roundabout take Turn Left** (signpost Town Centre and Cycle route 55). After 80m go through four yellow bollards and go straight ahead on road to cross over railway bridge, then ahead and go along Castle Street for another 100m. At road junction Turn Right and after 50 metres take public footpath on right adjacent to pedestrian crossing (*windmill on opposite side of river*). Follow River Sow (on left) through Victoria Park. Turn Left over first footbridge, follow path bearing Right to exit the park. Go along Mill Bank past two pubs to reach crossroads. Greengate Street and Stafford town centre. **(SJ 922 230)**
6. After 500m at next road bridge, climb ramp on left. Turn Right over river, cross road and Turn Left on footpath down to right-hand side of River Sow (river on left) **OR. (if you want to avoid a potentially waterlogged field and add 1km on, use 6B below)!** Keep alongside River Sow eventually reaching high metal footbridge on your right. Cross bridge and bear left towards concrete bridge spanning River Penk. Cross concrete bridge and head left to corner of field. By bridge is a new stile. Cross over road with care, turn right, then immediately fork left to join canal towpath. (canal on right side). After 200m go under St Thomas' Bridge. **(SJ 946 227) (Now skip ahead to 7)**

6B. To avoid waterlogged field. Turn right after crossing road, over bridge, then follow red cycle lane to roundabout. Keep Left at roundabout, Cross road (don't go into GEC) and remain on Cycle Path. Follow cycle path to the canal, turn left and then follow canal for 800m to re-join route at 7 below.
7. Continue 3 km along the towpath to Bridge No.105 at Milford. Cross over 'turnover' Bridge 105. Canal now on left. Continue 400m along towpath. Canal bends sharply to left. Then cross over aqueduct spanning River Sow. Canal bends to right. Continue 3 km along towpath to Great Haywood Junction. On the way pass Tixall Bridge (106). Then cross over aqueduct **(SJ 993 229)** spanning River Trent and past Old Toll House on right.
8. At Great Haywood Junction of the Staffordshire and Worcestershire and the Trent and Mersey Canals, Turn Right to follow towpath. Canal on left. Continue 3+ km along canal towpath passing

villages of Little Haywood (Mile 18). Pass under Bridge No. 72 and by Wolseley Warehouse Cottages on opposite side of canal, continue ahead for 200m to Wolseley Bridge (Bridge No.70) and A51 and **CP2 (Mile 21) (SK 020 205)**

9. Continue 2.2 km on canal towpath. Pass under Bridge No.69 and past Wharf Cottage on opposite side of canal. At Bridge **No. 68. Cross over bridge**, then continue along towpath. Canal now on right. Canal swings right (SW) to Pumping Station and Brindley Bank Canal then swings left (SE). Continue 5 km along towpath, passing through outskirts of Rugeley and Brereton (*power station!!*). Go through former sandstone tunnel (now A51 bridge). The last bridge you pass under on the canal is **bridge 61**. Not long after where canal meets railway line, and immediately before it bends right, Turn Left off the canal towpath. (you leave the canal for 9 miles now. **(SK 078 165)**)
10. Follow enclosed path down and under railway line and then cross metal bridge over River Trent. Continue along field edge and cross over two footbridges. Immediately after crossing second footbridge, Turn Right on track (don't cross stile). Continue past Manor Farm to join minor road into Mavesyn Ridware. Pass St. Nicholas Church on right and Church Cottage on left. After 70m, take track on left by grass triangle and follow track to gates at Keepers Cottage. Turn Right on enclosed path and cross over stile into field. Go across two fields in north-easterly direction under power lines and cross over stile onto lane.
11. Turn Left on lane and after 5m cross over stile on right into field. Again, go ahead in north-easterly direction across field and cross over stile onto main road (B5014). Follow public footpath opposite to stile. Climb over embankment and go over footbridge across Bentley Brook. Then head towards right-hand corner of field and onto Pipe Lane. Follow road for 400m into Pipe Ridware.
12. At sharp left-hand bend (t-junction) in Pipe Ridware **(SK 096 177)**, go ahead onto footpath (beside the holly bush). Go over stile, following path beside church. Go straight ahead, to pass through gate in wall. Go ahead in field for 400m **to far right corner**. Go through 5 bar metal gate, then turn immediate left through 5-bar metal gate to continue to same direction of travel. Head east across next three fields to join track at fingerpost. Turn Left along track and after 50m, Turn Right (Luthburn Cottage on right) and continue to junction with minor road in Nethertown. Take public footpath (Bancroft Lane) immediately opposite junction and continue ahead along field-edge to two stiles. (the next field was very waterlogged in January and February - **(SK 113 179)**)
14. Go across next field (east) to pump house and metal footbridge (River Blithe). Follow elevated sleeper path, cross field and go through wide gap. Follow field edge (hedge on right) towards **Bancroft Farm**. This area was muddy in February Use caution here: *Tricky navigation around Bancroft farm: (SK 116 180)* . (Note There are waymarks leading through middle the farm, **or** you can avoid the farm, and keep farm buildings on your right, as follows:)
- 14 Continued..... **Just Before** farm buildings bear left to hedge gap by large thick tree. Go through, gap and Turn Right and follow field edge with hedge and barn on right. Meet track at end of field. Cross track and go ahead with hedge on right. Cross footbridge (**possible electric fence!**). Continue in easterly direction, crossing wide earth bridge to gap in hedge, next to an old willow tree.

Continue across next field to dog-leg in opposite hedge, and go over stile next to overgrown field gate. Bear left across next field to stile. Go over stile to a lone tree, then bear left towards far left corner of field and over another stile onto track. Turn Left and into field and then go straight ahead into this enclosed path.

- 15.** Keep hedge on right to field gate next to stables at Glebe Cottage. Turn Right and continue along minor road through village of Morrey. After passing Yew Tree Farm, take public footpath on **left (SK 129 187 - easy to miss) 20m before junction**. Follow path (north) to stiles. Turn Right (hedge on right) and continue ahead (east) for 100m, then bear slightly left to stile in far left-hand corner of field. Emerge onto lane. Turn Left and continue along lane for 200m to the field gate on right. Cross field to go through gap. Turn Left to footbridge and stile. Bear right across playing fields to **CP3 (Mile 31) (SK 139 188)**
- 16.** Go ahead through housing estate (slight right fork) and to follow Ferrers Road ahead to its junction with Bond End (A515). Cross road and Turn Left. Take next turn on Right to Barton-under-Needwood (B5016). After 30m, take public footpath (Brown's Lane) on right. Continue ahead along track and cross over two stiles. Bear left up field with hedge on left and wire fence on right. Go through metal gate. Cross over next stile on **left** and follow field edge ahead across next two fields (these next two fields were very wet and muddy in January) to stile (pond in second field). Bear right in next field to stile. Continue ahead to meet Meadow Lane. Cross over stile in opposite hedge and follow field-edge to electricity pylon **(SK 153 179)**.
- 17.** Under pylon, leave hedge and bear right slightly, to go diagonally across field between oak trees to fingerpost. Then down to footbridge and stiles. Climb hill following obvious path through new plantation and down to track. Turn Right, then soon left **(SK 158 174)**. Follow path to keep wood on left After 200m path veers left into wood and passes barn on right. Emerge from wood and bear left to wood corner ahead. Meet track and Turn Right with wood on right. Continue on track to entrance of Wychnor Park Country Club, passing Wychnor Hall Farm on right.
- If you get to the Country Club after 5pm we strongly recommend you (ignore 18-20 below) & continue on the road to Wychnor Bridges for 1.5 miles, and then Turn left to join the canal, meeting up with the regular event route, and follow the canal to Shobnall. This is because navigation of steps 18-20 is very hard at dusk. People get lost!**
- 18.** On entering Country Club, bear left on track towards corner of low wall. Turn Right with track around edge of golf course and through woodland for 150m. Exit wooded area as you head downhill slightly, then immediately follow the **left** path to footbridge **(SK 164 166)**.
- 19.** Continue ahead in field, keeping River Swarbourn on right. Go 400m through new woodland. Bear diagonally left across field to footbridge. Continue ahead, passing through gap in hedge-line, to footbridge in next field. Turn immediately left and follow field edge to stile at Statfold Lane. Go through gap on opposite side of lane and bear left across field to wooden gate **(SK 172 156)**.
- 20.** Go THROUGH gate and Turn Left along canal towpath (canal on right) for 1.5 km to Bridge No.43 at Wychnor Bridges. Cross over the bridge to continue along the towpath. A38 on right. **Follow canal towpath for 8.5 km** to Shobnall Marina, crossing over Bridges No.36 and 35 en route. Also pass Barton Turns Marina; Wharf House . Then pass Branston Water Park and see Bass Millennium Woodland to west (planted 1996). Then Shobnall Industrial Estate. At Shobnall Marina, take steps on bridge to Shobnall Road. Turn Left along Shobnall Road for 150m. Shobnall Fields Leisure Complex is situated on right. **THE END! 41 miles (SK 232 235)**

24. Credits and links

A special thank you to everyone involved in this event, especially Wendy Weremiuk and Anne Wade, and the volunteers who look after you all on our events. Not all listed below volunteer at all events, but we keep them listed here in gratitude. Thank you everyone!

Thanks to

- The Canal and River Trust England www.canalrivertrust.org.uk
- Stafford Sustrans Volunteer Rangers <https://staffordsustransvolunteerrangers.wordpress.com/>
- Staffordshire County Council. www.staffordshire.gov.uk
- The National Trust www.nationaltrust.org.uk
- All farms, landowners, and angling clubs along The Millennium Way
- Mike Perry - Qualified first aid and search and rescue
- <http://www.1stcontactphysiotherapy.co.uk> - Stoke on Trent



- Can provide urgent treatment. Appointments are available within 24 hours.
 - Postural Problems
 - Workplace Injury
 - Sports Injuries and Sports Massage
 - Back Pain
 - Joint Pain
 - Repetitive Strain Injury

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If you enjoy this event, then remember we organises these other races too. They often sell out, so book early.

[The Millennium Way Ultra 41M](#) – March

[Escape from GB](#) - May

[The 1066 100](#) - July

[Deadwater 225m multi-stage ultra](#) – July (alternate years)

[The Peak Skyline 50k](#) - August

[The Gritstone Grind 35M](#) - September

[King Offa's Dyke 185M / Mercian Challenge 100M](#) – September (alternate years)

[White Horse 100 / 50](#) — September 2020

[Dusk 'til Dawn 50M](#) – October

[Escape From Meriden](#) – November - Autumn Edition

If you have any issues or complaints, then let me know straight away. I mean right away if you wish. You can phone me while on the trail and I'll do everything I can to address your issue right there and then!

Richard
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