

A person is running through a field of tall, dry grass. The person is wearing a light blue shirt, dark shorts, and a backpack. The sky is blue with scattered white clouds. In the foreground, there are some green plants with small brown flowers.

# **TRAIL ESCAPE**

## **MANCHESTER 2025 PARTICIPANT GUIDE**

# WELCOME

**We are delighted to welcome you to  
Trail Escape : Manchester 2025!**

We can't wait for you to escape and explore the beautiful trails that surround this amazing city. It will be an unforgettable run or hike.

We are joined this year by partners Mind UK, Runna, Sustrans, Athletic Brewing, MyBibNumber, Dr Funk, Livewell, and thank them for their support.

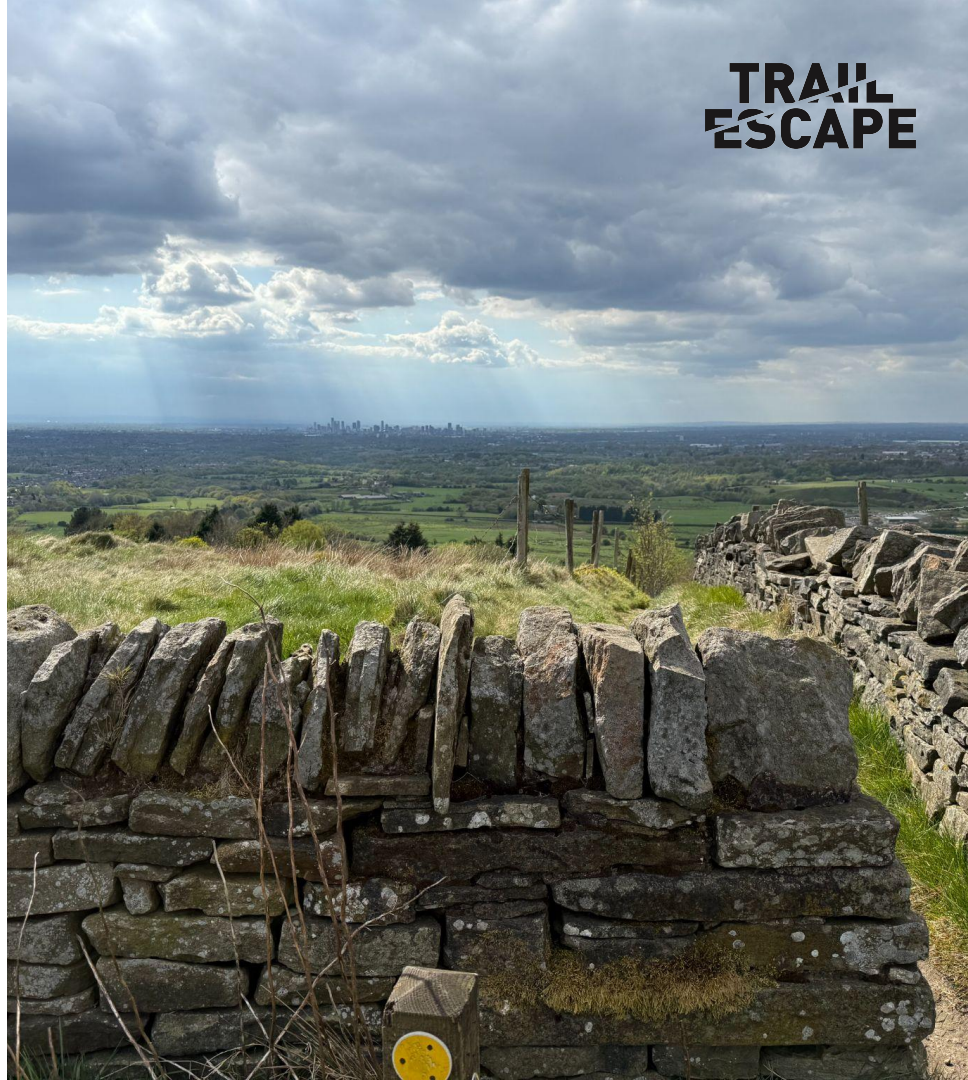
We would like to thank Manchester City Council, Tameside Council and the team at Phillips Park, who have allowed us to use their trails and sites for our event.

Our thanks also goes out to our fantastic volunteers and marshals who will help bring the event to life and will ensure you have an enjoyable and safe experience.

Finally, from all of us at Trail Escape, thank YOU for joining us for the inaugural event. We look forward to welcoming you on Saturday 21 June!

**MANCHESTER 2025**

**TRAIL  
ESCAPE**





# BEFORE THE EVENT / MEDICAL ADVICE



It is important to be fit and healthy before taking on a marathon or 25km. If you are ill or injured in the run up to the event, it is not advisable to take part and you should withdraw from the event. You can [defer entry](#) on the website.

If you have a family history of heart disease or sudden death or a high risk from high cholesterol or high blood pressure, and particularly if you have symptoms of heart disease (such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations), then you should see your GP before you take part. They can then arrange for you to have a proper cardiac assessment.

## UPDATE YOUR MEDICAL DETAILS

If your medical details have changed since you signed up, **please ensure that these are updated via your EASOL account prior to Tuesday 17th June 2025**. In the event of a medical emergency on event day, these details will support our medical teams in treating any patient who may become unwell during the event.

Please also complete the medical details form on the back of your running number.

Whilst we understand that withdrawing from the event is disappointing after so much training, it is not worth the risk to you and your health. Severe exertion and physical activity during or soon after an illness or injury can be dangerous.

# MEDICAL ADVICE



## PAINKILLERS

Anti-inflammatory gel or oral painkillers like paracetamol can be helpful if you experience muscular pain during or after the marathon or 25km run.

If you are running the 25km or marathon, please avoid taking oral anti-inflammatories such as ibuprofen or naproxen as these can have a negative impact on the kidneys and stomach, and therefore should be avoided within 48 hours before, during, and after the marathon or 25km run.

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## HYDRATION

Drink only to thirst while you are running the 25km or marathon. You need to replace some of the fluid you lose but you do not need to drink large amounts. Drinking too much during or after you finish can be dangerous as it can cause hyponatremia (water intoxication) which can lead to seizures, fits and even death. Rehydrate gradually in the 24 to 48 hours after you finish. Eat some salty food and stagger your drinks.

## OVERHEATING

If you have ever collapsed due to heatstroke (rather than from exhaustion and recovered within minutes), we advise that you do not take part in the marathon run and should consult your GP prior to any runs longer than a few miles.

# KIT REQUIRED

## MANDATORY KIT

**Personal drinking vessel:** e.g. collapsible cup / water bottle / running bladder / hydration system

500ML minimum which must be full upon arrival at the event. **We are a cupless event and will not provide cups at Aid Stations.**

**Smartphone (fully charged) :** The participant must be reachable at any time before, during and after the race. This is also advisable for your own safety and ability to contact us.

## RECOMMENDED KIT

**Waterproof jacket:** In case of bad weather we recommend a waterproof and breathable jacket with hood for bad weather.

**Footwear:** Trail running shoes or hiking/walking boots are recommended to ensure your safety, stability and comfort on a variety of terrains throughout the event.

**Food / nutrition:** we suggest carrying your preferred energy gels and a snack bar / banana. There will be items at Aid Stations but it's ideal to have a reserve.



# EVENT PACKS

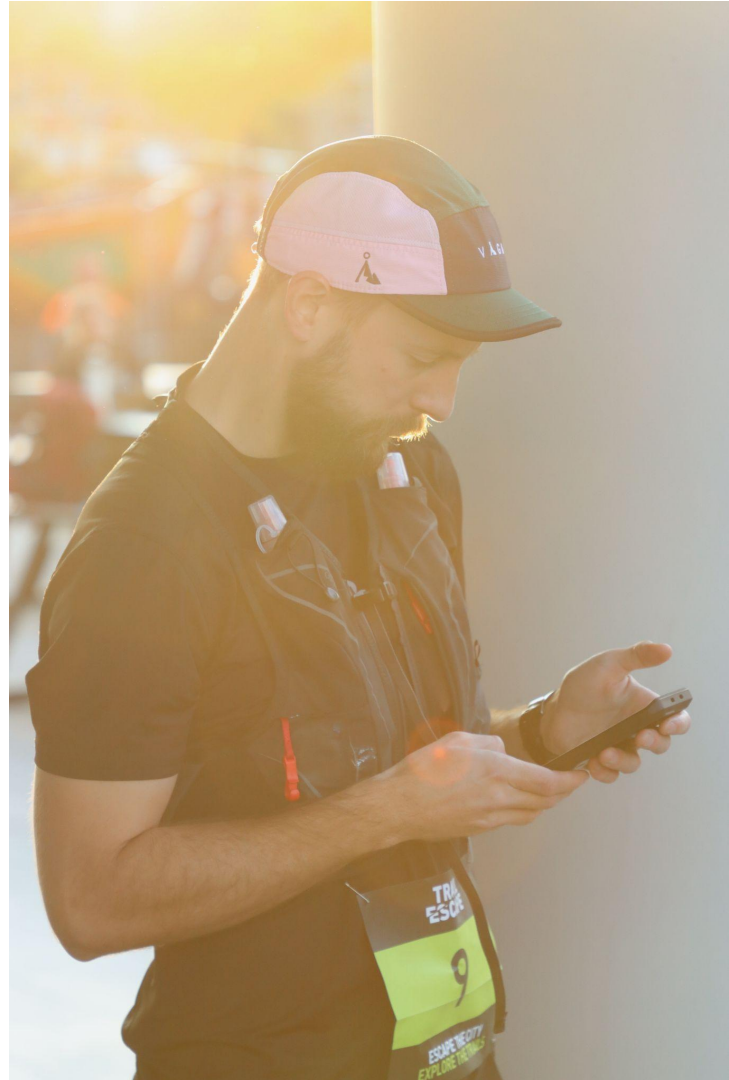
## YOUR EVENT PACK WILL CONTAIN:

- Your bib number
- Your baggage tag (attached to the bottom of your running number)
- Safety pins

**Your 'shipping address' in your Guest Details (the participant is the guest) needed to be filled in at point of entry and this is the address we will send race packs to.**

**Race packs will be sent from 2nd June; if you enter after this date your race number will be ready for collection on the day at the info desk at the start.**

If you did / do not provide us with a shipping address, have moved house since you entered, or if your pack does not arrive one week before the event, please contact us on [support@trailescape.zendesk.com](mailto:support@trailescape.zendesk.com) so that we can arrange for one to be waiting for you at the info desk at the start.



# BIB NUMBER

**Please look after your bib number.** On the reverse of your bib, you will find a medical information form.

Make sure you fill out the medical information form on the back of your bib – this could save your life in an emergency.

We will need to see your bib number on the day to ensure your time is accurately recorded. On event morning, **please pin this to the front of your top where marshals will be able to see it.** Pinning to your shorts or back, may mean we can't take your result at the finish.

Your baggage label will be attached to the bottom of your bib number. Please detach it carefully and attach it to the bag you wish to place in bag drop.

**Name:** \_\_\_\_\_  
Nom / Nombre / Name / Nome / Naam / Nome

**Address:** \_\_\_\_\_  
Adresse / Dirección / Adresse / Indirizzo / Adres / Endereça

**Emergency Contact Name:** \_\_\_\_\_  
Nom à contacter en cas d'urgence / Nombre del contacto de emergencia / Notfall kontaktnome / Nominativo per contatto di emergenza / Contactpersoon in geval van nood / Nome do contato de emergência

**Emergency Contact Number:** +  Prefix: Number:  
Número de contact en cas d'urgence / Número de contacto de emergencia / Notfall kontakt nummer / Numero di emergenza / Contactnummer voor noodgevalen / Número de contato de emergência

**Health Risk Factors:** \_\_\_\_\_  
Prohibition  
**Current** \_\_\_\_\_  
Medical  
**Allergy** \_\_\_\_\_  
Allergy

**TRAIL  
ESCAPE**

**10000**

**ESCAPE THE CITY  
EXPLORE THE TRAILS**

**BAGGAGE LABEL**

**10000**

PULL OTHER END THROUGH SLOT

# GETTING TO THE START



## START TIMES & LOCATIONS

Please note that the run and hike have different start times.

### **MARATHON & 25KM RUN:**

Phillips Park, Manchester  
08:00

### **MARATHON & 25KM HIKE:**

Phillips Park, Manchester  
08:30

## WHEN TO ARRIVE

Please arrive at least 45 minutes ahead of your start time.

This will allow you plenty of time to use the toilets and use the bag drop if you require it.

## CAR PARKING

**There is limited car parking at the start sites. You will need to pre-book a parking pass and then present this on arrival at the car park.**

Car parks open at 06:00.

Your car must be removed on 21st June (it cannot be parked overnight).

## UWE Bristol car park location:

[View on Google maps](#)

### **National Cycling Centre**

**Stuart street**

**M11 4DQ**

Please follow directions to the car park.

Tickets will be issued to you digitally to show attendants on your phone.



# GETTING TO THE START



## PUBLIC TRANSPORT

Our aim is to make Trail Escape as accessible as we can, starting from city based locations that are close by to public transport but still within good reach of stunning countryside.

The start/finish of Manchester Trail Escape in Phillips Park has great access to public transport.

## BY BUS

Stagecoach 216/230/231/76/76A, Go North West 703/710, Go Godwins 217, Orbits 53.

## BY TRAM

Blue line Velopark stop on Ashton New Road. Please plan your journey using [Bee Network](#).

## ON FOOT

From the Velopark tram stop, walk west to Bank Street, then follow north towards the bridge and entrance is through green gates. The west entrance on Stuart Street is accessible by the Ashton Canal at the intersection of Alan Turing Way.

## BY ROAD

The park is adjacent to Alan Turing Way (A6010) and in between Oldham Road (A62) and Ashton New Road (A662). Entrances are off Briscoe Lane, Alan Turing Way, Stuart Street, Fairclough Street, Bank Bridge Road and Riverpark Road.

## BY BIKE

The Ashton Canal provides a traffic-free route for cyclists from Manchester City Centre and Ashton to the start.

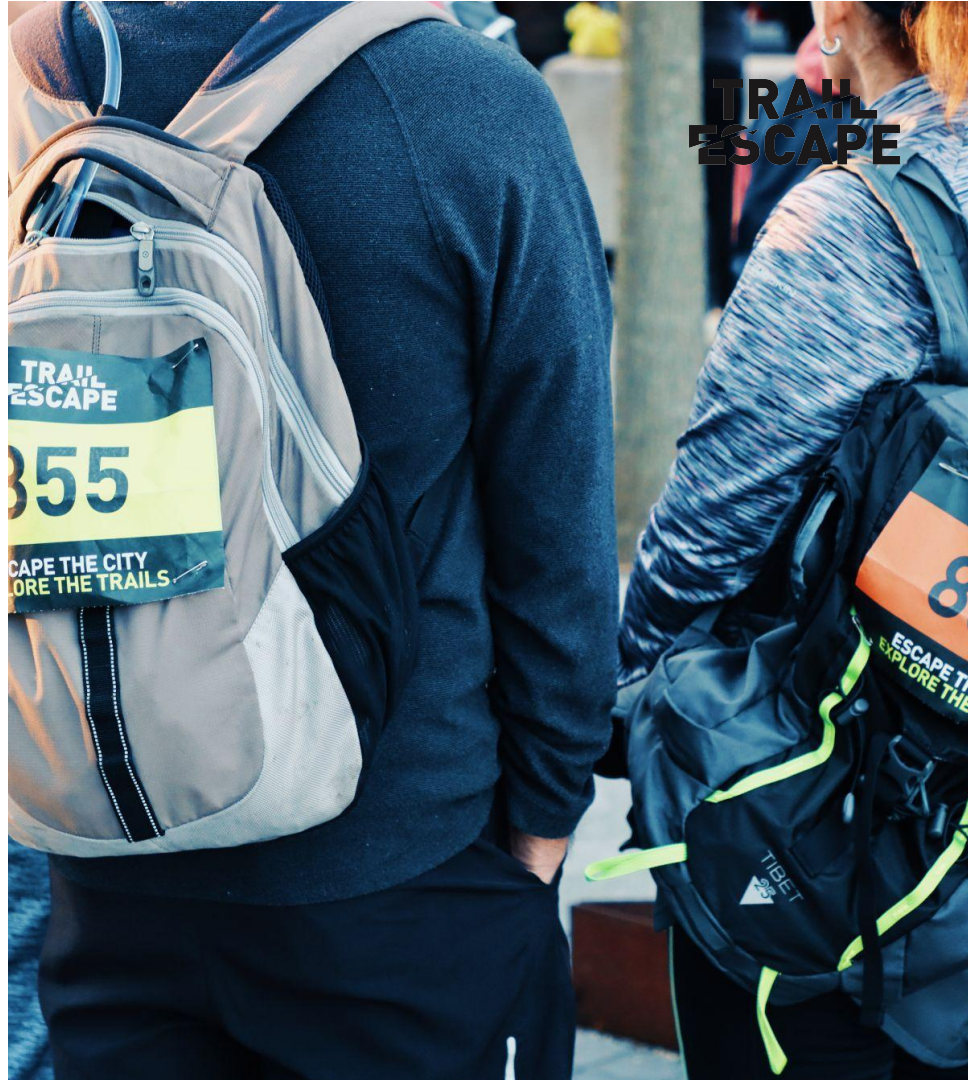
# BAG DROP

**The bag drop will open at 07:00 at the start.**

Please ensure you have attached your baggage tag to your bag before handing it over to the baggage team - this can be found on the bottom of your running bib and is perforated to allow you to easily detach it.

Please note that you will need to show your bib number to the baggage team after the event to collect your bag.

**Please do not try to give our team anything more than one standard size rucksack or similar as they may not take it.**



# AT THE START



## TOILETS

Portaloos will be in place at the start.

## WATER

**We are a cupless event.**

There is limited access to drinking water at the start. Please ensure you bring your own drinks bottle / running bladder, full, ready for your start.

There will be refill points along the route at Aid Stations.

## KEEPING WARM

If you choose to wear old clothes before the start to keep warm, please discard these items before the start line. Please do so by leaving them either side of the start pens.

Please do not use bin bags to keep warm - they cannot be recycled and are slippery and dangerous when wet.

## START PENS

We will have separate start times for runners and hikers. The start chute will be divided into different pens.

We will not be allocating you a start pen.

We ask you to choose the appropriate pen based on your aims / fitness.

For example, if you are looking to run for a time and you are a confident, competent trail runner we suggest you start near the front. If this is your first trail event and you are looking to run/jog/walk, we suggest you start further back in the pens.

Due to the nature of the route we will be pulsing participants out ten at a time to avoid congestion. Please follow the start managers directions.

# ON THE ROUTE



## AID STATIONS

Aid Stations will provide a variety of hydration, snacks and fuel.

Sandwiches\* will be available to marathon hikers only.

There will be toilets at each Aid Station 1, 2, 4 and 5.

### AID STATION 1

(Mile 4 / 6.5km of Marathon and 25KM)

- HYDRATION ONLY - WATER & SQUASH

### AID STATION 2

(Mile 7 of Marathon Route and 12km of the 25KM)

- HYDRATION - WATER & ELECTROLYTE

\* If you have any allergies and are a marathon hiker that plans on taking the sandwich option, please contact us: [support@traileescape.zendesk.com](mailto:support@traileescape.zendesk.com)

### AID STATION 3

(Mile 14 / 22km of marathon route only)

- HYDRATION - WATER & ELECTROLYTE
- OATOPIA FLAPJACKS
- SIMPLY ROASTED CRISPS
- DR FUNK (flavoured sparkling water)
- SANDWICHES\* (*marathon hikers only*)

### AID STATION 4

(Mile 19 / 30km of marathon route only)

- HYDRATION ONLY - WATER & SQUASH

### AID STATION 5

(Mile 22 of marathon route, 19km of 25KM route)

- HYDRATION - WATER & ELECTROLYTE
- OATOPIA FLAPJACKS
- SIMPLY ROASTED CRISPS
- DR FUNK (flavoured sparkling water)

## ENERGY GELS

Please note we will **not** be providing **energy gels** and you will need to bring your own if you wish to consume gels on the route. Please dispose of wrappers in bins or take them away with you.

## IMPORTANT: CUPLESS EVENT

We will **not be providing cups** to drink from. Please ensure you bring your own drinks bottle / running bladder to refill and drink from.

**Marathon runners / hikers must leave Aid Station 2 with a full water bottle ahead of the Alphin Pike climb.**



# ON THE ROUTE



## COURSE CUT-OFF TIMES

We aim to support every participant to the finish line, whatever their pace is. As part of our agreement with the local council, there is a course cut-off time of 10hrs, which is less than 3 miles per hour. The routes will be clearly marked and marshalled to ensure participants don't get lost.

Should you fall behind this pace, our team will be stopping participants at Aid Station 4 who will not meet the cut-off time and will provide shuttles to the finish in Manchester.

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## DOGS

You can run with one well-behaved dog. **Control of your dog is required at all times.** Please use a short lead or canicross harness not an extendable lead.

At busy areas, please refrain from overtaking unless it is safe for you AND YOUR DOG to do so. Consider other runners BEFORE any competitiveness. The rightful owner of a dog is required to have liability insurance (or family insurance) for any damages that their dog may commit, or injuries that the dog may cause. **Please see our rules in the [FAQs](#) under 'General' for more info.**

## WHEELED DEVICES

No wheeled vehicles/devices, including wheelchairs and buggies/ strollers. The terrain is not suitable or safe.

## FIRST AID & DROPPING OUT

Should you require medical attention, there will be medics at each Aid Station. If you feel unable to complete the event, inform a member of the event team or medical team of your decision to drop out. If you need assistance back to the finish line, please call 07396 844693. **In case of an emergency, always call 999 first.**

# ON THE ROUTE



## DISTANCE MARKERS & WAYFINDING

For both routes there will be 5km markers.

The routes will be clearly signposted to ensure you do not get lost.

**If you get lost**, please stop and call **07396 844693\*** or trace your steps back to the nearest marshall or Aid Station and ask for help.

*\*Please note this is not a customer service number, if you have general queries email [support@trailescape.zendesk.com](mailto:support@trailescape.zendesk.com)*

## LIVE ROADS & CROSSINGS

**There will be traffic management operatives at all key road crossings with stop/go boards to stop traffic to ensure you a swift road crossing.**

**PLEASE NOTE:** There will be a number of smaller road crossings e.g. cul-de-sac style areas that you will need to cross safely. **PLEASE STOP AT ALL ROAD CROSSINGS AS YOU WOULD NORMALLY TO CHECK FOR CARS YOURSELF, EVEN IF A MARSHALL / SIGN IS PRESENT.**

Cars can still ignore advance caution signs, so please don't take the risk.

There will also be points where you will be running or walking along live country lanes. These will be marshalled and will also have directional signage to instruct both participants and drivers to help ensure your safety. Please make sure you follow these instructions and take care at all times.

## LEAVE NO TRACE

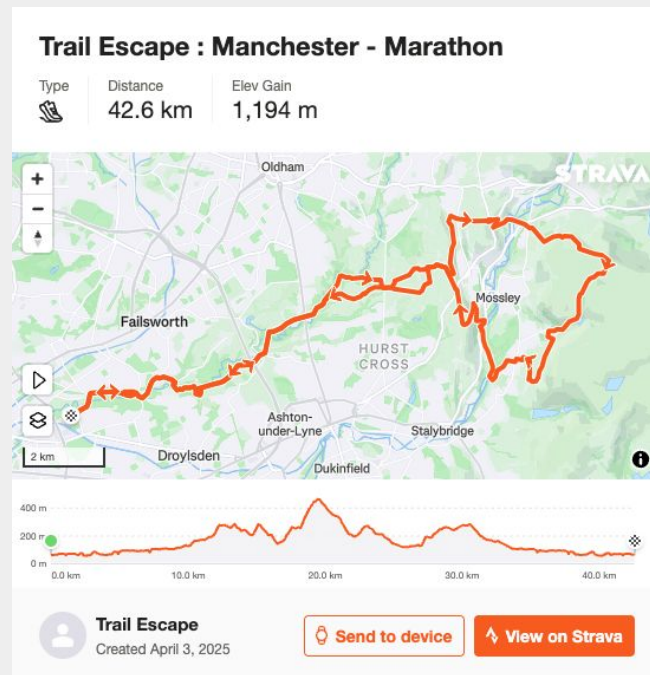
Please ensure you dispose of waste responsibly. If you cannot find a bin, please take your wrappers or waste with you until you do.

# ROUTE MAP: MARATHON

This event will start and finish in Philips Park close to the Etihad Campus (Man City ground), which has access to the Metro.

Follow a traffic-free route along tranquil green corridors out of the city to easily reach the stunning western edge of the Peak District National Park.

After enjoying breathtaking views back towards the city, the route will then cross moorland and rolling hills, and pass through picturesque villages before rejoining the green corridor to return back into the city and the well earned finish line.



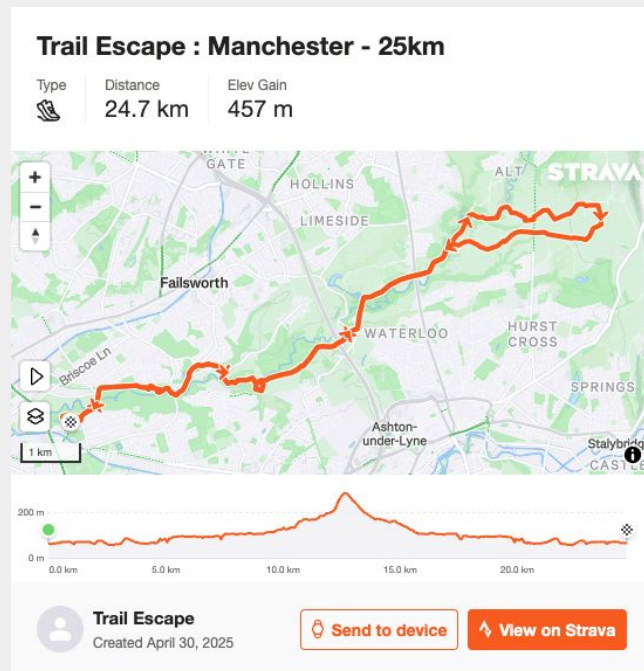
**STRAVA ROUTE →**

# ROUTE MAP: 25KM

The 25KM route starts and finishes at the same location as the marathon at Philips Park, close to the Etihad Campus (Man City ground), which has access to the Metro.

You will follow the same route as the marathon out of Manchester to Hartshead Pike, which has amazing views of Manchester.

After enjoying breathtaking views back towards the city, the route will take you back toward Daisy Nook and rejoining the green corridor to return back into the city and the well earned finish line.



**STRAVA 25KM ROUTE →**



# AT THE FINISH

## FINISH AREA

The finish area is located back at Philips Park. Once you cross the finish line please keep moving to create space for anyone finishing behind you.

## FIRST AID

Should you feel unwell, please make yourself known to a member of the medical team immediately.

## MEDALS AND T-SHIRTS

You will be able to collect a finisher medal and t-shirt if you choose to take one. T-shirts will be available in men's and women's sizes.

## FREE MEDAL PHOTO FROM MYBIBNUMBER

Stop by the finishers board for your medal photo taken by MyBibNumber, which is available for FREE after the event! Galleries will be available no later than 48 HOURS after the event.

Sign up [here](#) to receive an email notifying you when the galleries go live, be notified when your event images are available plus 10 % discount on Your Event Photos. Two great reasons to sign up!



# AT THE FINISH

## BAG COLLECTION

If you dropped a bag with us, this will ready for you to collect from the same location.

Please show your bib number to the baggage team to collect your bag.

## MEET & GREET

There is plenty of space to arrange to meet with friends and family.

Short-term parking is available at the Asda near to Philips Park - although you may be required to make a purchase in order to receive short-term parking

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## FOOD & DRINK

Enjoy an alcohol-free beer provided by our partner Athletic Brewing as well as flavoured, sparkling water from Dr Funk. We will also provide more delicious Oatopia flapjack bars and Simply Roasted crisps at the finish. Water will be available for refills.

## LIVEWELL RECOVERY HUB

The LIVE | RECOVER Recovery Hub will be at the finish line of Manchester Trail Escape. A team of highly qualified sports therapists and physiotherapists will provide our finishers with a range of treatments to aid your recovery post 25km or marathon. [Book in advance](#) or pay on the day.



# POST-FINISH

## RESULTS

Results will be available as runners / hikers finish on the Trail Escape website.

## PHOTOS

Galleries will be available no later than 48 HOURS after the event but they are often available even sooner.

## ENTER 2026!

The provisional date for 2026 Manchester is Saturday 20 June 2026.

Look out for your exclusive finisher discount code after the event.



TO ALL OF OUR EVENT PARTNERS **THANK YOU!**  
WITHOUT YOU TRAIL ESCAPE COULD NOT TAKE PLACE

