



BORDERS LEAGUE RACE #2 WCAC CHESTER

6TH NOVEMBER 2016 10:00AM

Cheshire County Sports Club, Upton, Chester
Under UK Athletics Rules: UKA 2016- 26967 / Course measurement Certificate #12/017

Parking

Parking for runners and spectators is at Upton High School, St James Avenue, Upton, Postcode **CH2 1NN** (overflow parking in Cheshire County Sports Club off Plas Newton Lane postcode CH2 1PR).

- Please follow marshals' instructions/signs.

Exit A41 at the lights (indicated by green triangle) and proceed to carpark (indicated by the red square).



The start is a 5 minute walk from the car park, over the footbridge on the A41. Accessed readily from the Sports Club grounds and/or the verge of the A41 roadway.

USE THE FOOTBRIDGE TO CROSS THE A41. DO NOT ATTEMPT TO WALK ACROSS THE ROADWAY ITSELF!

The Start/Finish area is off Mannings Lane however there is NO parking for runners at this location. (This is reserved for the other sports club users) Mannings Lane is a narrow road and also part of the course therefore parking in this area will impede the start and finish of the race and create a safety hazard.

Changing

Male and female changing, showers and toilets are in the Sports Club adjacent to the car parking area and in the Pavilion building near the Finish on the playing field.

The Course

The route starts on Mannings Lane heading north then into Picton Gorse Lane before commencing an anti-clockwise loop towards the east on Salters Lane then The Street, circling north on Picton Lane before returning south on Ash Hey Lane and completing the course at the sport ground. These are country lanes with traffic control in place as appropriate during the race.



During the Race

Obey marshals' instructions and keep to the left on open roads unless instructed otherwise. **This is a UKA licensed event, therefore headphones are not permitted to be worn during the race.**

Doing so could put you and others in danger as they may hinder awareness!

The course will be marshalled and roads reopened shortly after the competitors clear the course. Water will be at the finish area and Medical cover will be provided by St John Ambulance.

Acknowledgements

We wish to thank all those who support us in staging this race. These include:

- Marshals and many others helping to stage the race predominantly but not exclusively from West Cheshire Athletic Club.
- Cheshire County Sports Club for the use of their facilities and assistance with car parking arrangements
- Upton High School for the use of the school facilities for car parking
- Dee Communications for the provision of radios
- St John Ambulance for provision of medical cover on the course and at the finish
- Cheshire West and Chester Council Safety Advisory Group for their help with road closures