



BORDERS LEAGUE UPTON

11TH NOVEMBER 2018, 9:30AM

from Cheshire County Sports Club, Upton, Chester (satnav postcode CH2 1PR)

Under UK Athletics Rules: UKA **2018-36300**

Course measurement Certificate No. 12/017

Parking

Parking for runners and spectators is at Upton High School, St James Avenue, Upton, **CH2 1NN** with overflow in Cheshire County Sports Club off Plas Newton Lane (CH2 1PR). Please follow marshals' instructions/signs. (See following map)

The start and race HQ are a 5 minute walk from the car park, across the footbridge over the A41.

Access to the footbridge is from the grounds of the Sports Club, between the main building and the A41 roadway.

RUNNERS AND SPECTATORS MUST USE THE FOOTBRIDGE TO CROSS THE A41. PLEASE DO NOT ATTEMPT TO DIRECTLY WALK ACROSS THE VERY BUSY A41!

There is NO parking for runners on Mannings Lane or the playing fields area where the race Start/Finish are. (Parking at the playing fields area is reserved for the other sports club users) Mannings Lane is a narrow road and also part of the course. Parking on it will impede the start and finish of the race and create a safety hazard.

Enquiries

The enquiry desk / Race HQ will be in the pavilion building. **NOTE:** Minimum age 15 years on day of the race.

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 Start in Mannings Lane, the initial half mile and the narrow lanes are all subject to full road closures. The Street, Picton Lane and the return on Mannings Lane are open to traffic. The route follows country lanes, with a downhill section on The Street, gently undulating along Picton Lane, a short climb up Ash Hey Lane then crossing to Picton Gorse Lane before rejoining Mannings Lane. The last two miles to the finish are essentially flat. A course map can be viewed here: www.mapmyrun.com/routes/view/64971602 and also will be displayed near the Enquiries desk in the Pavilion. An interactive map with photos can be found at http://www.westcheshireac.co.uk/wp-content/uploads/2016/12/Chester_Spring_5_Interactive_Map.pdf

During the Race

Obey marshals' instructions and keep to the left on open roads unless instructed otherwise.
Headphones are not permitted under UKA rules on open road races. Anyone wearing headphones will be disqualified from the race.

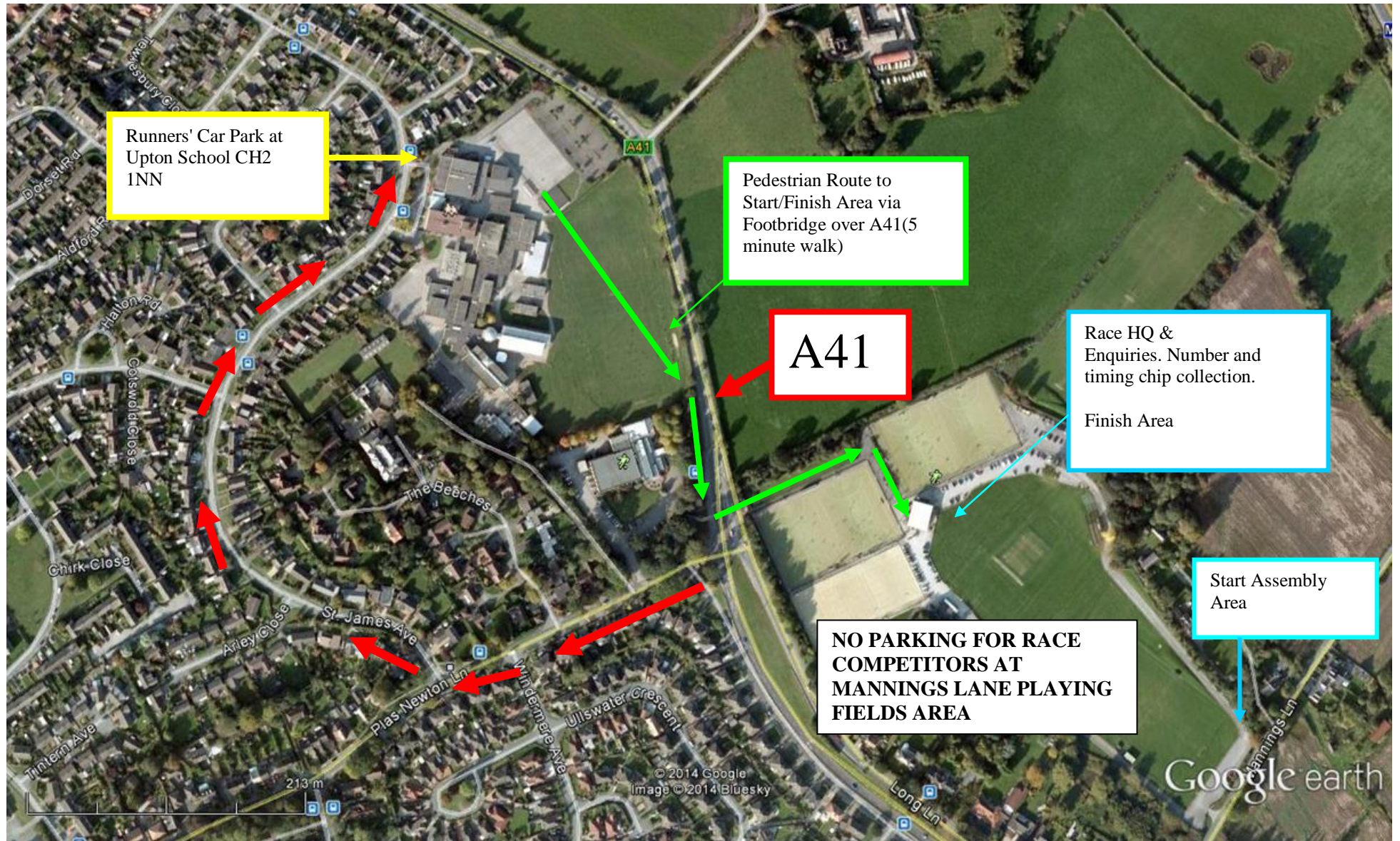
The course will be marshalled and roads reopened in line with the pace of someone finishing with a time of 60 minutes. If you fall behind this pace, you will become a 'prudent pedestrian'.

A water station is situated at the finish line. 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



Runners' Car Park at Upton School CH2 1NN

Pedestrian Route to Start/Finish Area via Footbridge over A41(5 minute walk)

A41

Race HQ & Enquiries. Number and timing chip collection.
Finish Area

Start Assembly Area

NO PARKING FOR RACE COMPETITORS AT MANNINGS LANE PLAYING FIELDS AREA