



CHESTER SPRING 5

12TH APRIL 2017 7.00PM

from Cheshire County Sports Club, Upton, Chester (satnav postcode CH2 1PR)
Under UK Athletics Rules: UKA 2017- 26273 / 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.

Number & Timing Chip Collection

All numbers (with attached integral timing chips) must be collected on race night. Collection will take place in the pavilion building (Race HQ) from 17:00. Please complete the medical information template on the reverse of the number. Do not fold, cut or otherwise tamper with your number.

Enquiries / Number transfers

The enquiry desk (where number transfers can be arranged for free) will be located upstairs in the pavilion building. If you run in someone else's number without having it transferred, you will be disqualified from the race. There are NO entries on the night this year. 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

Race photos

Race photos will be taken by Bryan Dale www.racephotos.org.uk These will be free for you to download from his website after the event. Remember to look your best as you pass Bryan on the course!

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.

Race Records

Men: Peter Riley 23.23; Women: Jenny Clague 27.18; Vets: Mike Girvan 24.29

All previous results from 1993 onwards are listed at:

<http://www.westcheshireac.co.uk/races/races-results-archive/>

Race Prizes

Prizes are awarded on the basis of 1st over a defined age, not by the classic age group bands e.g. MV40, LV40 etc. This allows for example a 52 year old man to win the 1st O/40 prize if he is faster than the fastest runner in the classic MV40 category.

Individuals - Only one individual prize per runner

Men: At least first 5 plus, 1st U/20, 1st & 2nd O/40, 1st & 2nd O/45, 1st O/50, 1st O/55, 1st O/60, 1st O/65, 1st O/70

Women: At least first 3 plus, 1st U/20, 1st O/35, 1st O/40, 1st O/45, 1st O/50, 1st O/55, 1st O/60

Teams

UKA affiliated Club Teams: 1st male (4 to count) and 1st female (3 to count)

Presentation

The presentation will take place upstairs in the Pavilion bar as soon as possible after the race. Prizes will be awarded on the night only for the first 5 male finishers, first 3 female finishers and first male and female teams. All age category prizes will be sent out to the winners after the race.

Spot Prizes

We will be awarding some spot prizes at the finish line of Asics clothing.

Results

<http://wcac.niftyentries.com/Results>

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
- Essar for their sponsorship of the race
- Bryan Dale for his race photos



