



# CHESTER SPRING 5

## 13TH APRIL 2022 7:00PM

from Cheshire County Sports Club, Upton, Chester

Under UK Athletics Rules: UKA 2022 - 43189 / Course measurement Certificate No. 22/104

### **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 (CH2 4EU) 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. (See map at end of this document)

**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 17:15. 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 new entries on the night. 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](http://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](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](http://www.racephotos.org.uk) These will be free for you to download from his website after the event. We may use these for future publicity purposes.

### **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 Dianne McVey 28:58  
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 1<sup>st</sup> 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, 1<sup>st</sup> U/20, 1<sup>st</sup> & 2<sup>nd</sup> O/40, 1<sup>st</sup> & 2<sup>nd</sup> O/45, 1<sup>st</sup> O/50, 1<sup>st</sup> O/55, 1<sup>st</sup> O/60, 1<sup>st</sup> O/65, 1<sup>st</sup> O/70

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

Teams

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

### **Presentation**

The presentation will take place upstairs in the Pavilion bar at 8:00pm. Prizes will be awarded on the night only for the first 5 male finishers, first 3 female finishers and first male and female teams. No age category prizes will be awarded on the night; these will be sent through the post.

### **Results**

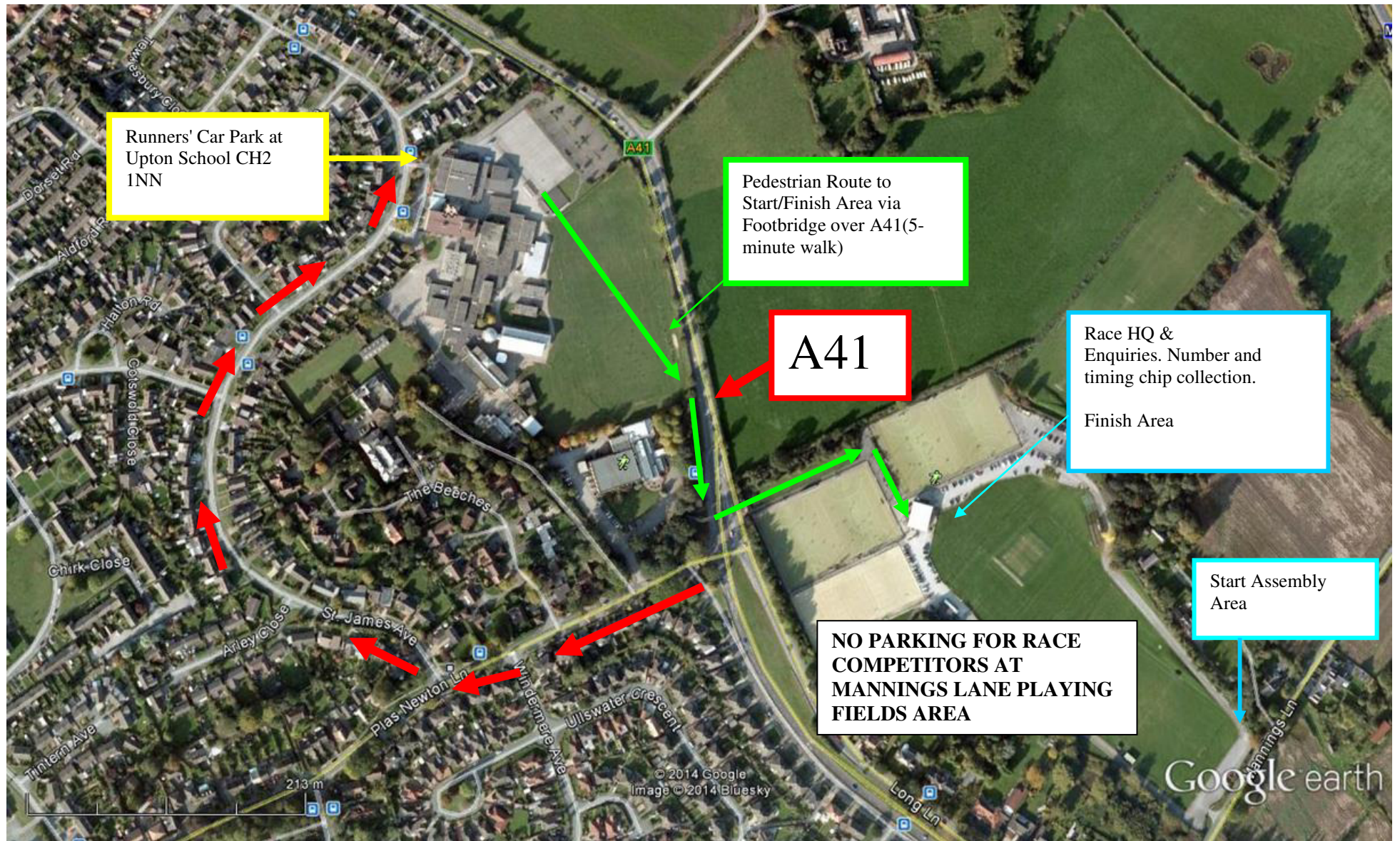
<http://wcac.niftyentries.com/Results>

### **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
- Bryan Dale for his race photos





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**