



WRC SPRING 5 MILE RACE INFORMATION

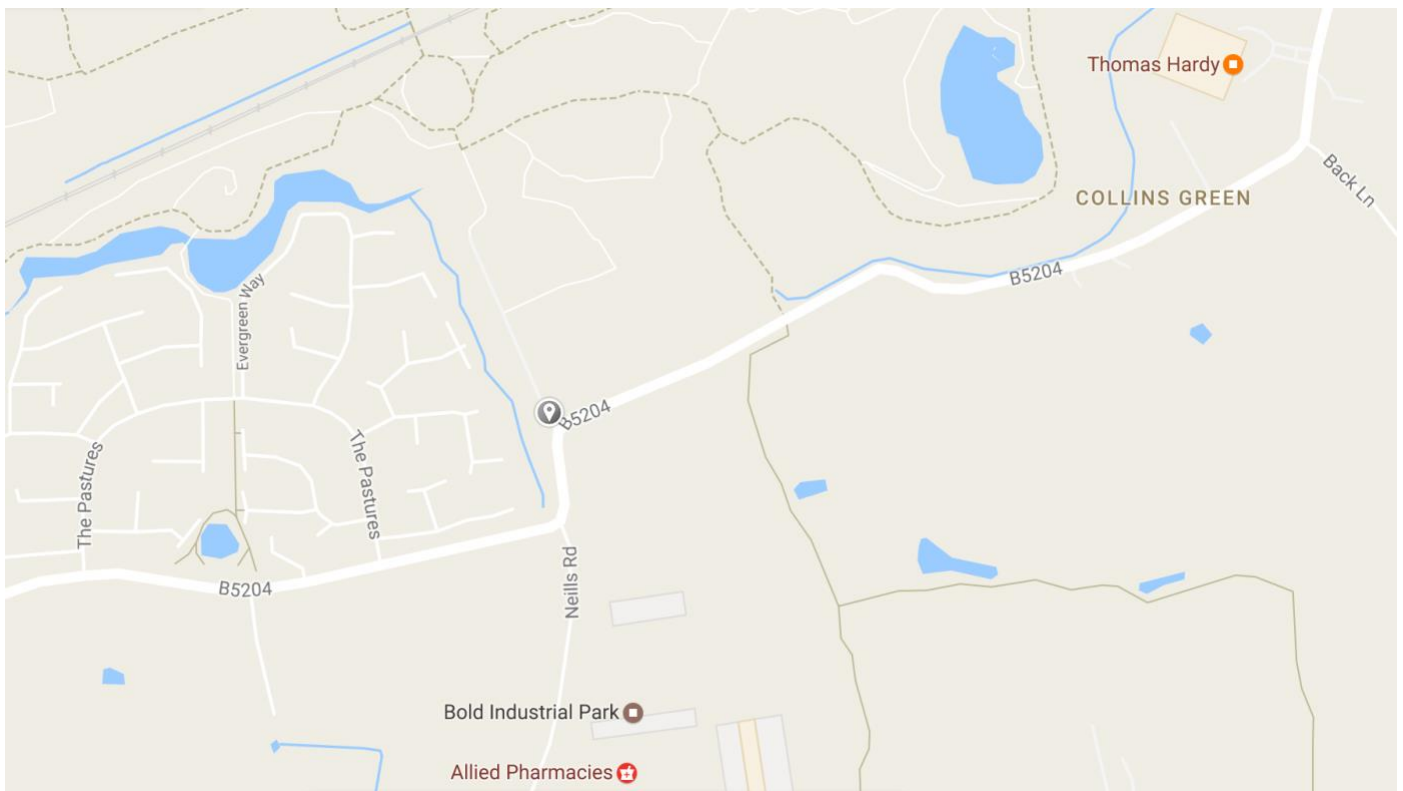
Dear Entrant

Thank you for participating in the WRC 5 SPRING Mile Race on Saturday March 24th.

You have received these instructions have you have entered to attend the event on 24th March – however if you would like to switch to a virtual race please email SBradley@motivsports.com no later than Monday 19th March.

LOCATION

The race start is located on Colliers Moss, off Bold Lane B5204, between Bold and Collins Green. for SATNAV purposes, the postcode is WA9 4TX. The entrance to the site is next to the Bold Business Centre.



RACE DAY PARKING

We would appreciate that you “car share”, if possible, as parking is limited. There are parking spaces available close to the start of the race, following the lane into the site. Please follow directions from the marshals and do not park so as to block access for others.

Race organisers will not be responsible for any parking fines or damage caused to parked cars whether in the car park or at the roadside.

THE COURSE

We expect that you will love this course as much as we do. It is a real multi terrain route that can be mostly classed as trail. The route uses paths around the Colliers Moss site some of which could be muddy depending on the weather. It is for this reason that we would recommend trail shoes if possible.

RACE NUMBERS

Your timing tag is attached to your number. Official time begins as you cross the start line and stops when you cross the finish line. You will use the MYLAPS BibTag for the electronic registration of your time. On the back of your race number you can find a chip (the tag) and a foam pad.

Please read the following instructions to receive your correct time after the race.

- Place the race number on the centre of the chest so everyone can see your number. Don't
- cover this number with a jacket or with your hands/arms when you run over the timing mats.
- Please pay attention when you use a (stop)watch on the start and finish mats.
- Never fold or damage this number. Especially on the location of the BibTag.
- Use four (4) safety pins on the corners of the number. Do not damage or perforate the BibTag.
- Do not remove the foam pad on the BibTag.

It is important that you also complete the medical information on the rear of your race number. Numbers will be posted to you and you will receive it by Wednesday 21st March. If you have not received your number by then, please contact Motiv Running on 01925 875083.

TIMINGS

The WRC 5 Mile Race begins at 10.30am but all runners should ensure they are located at the start for 10.20am to hear the pre run briefing. **There is also a strict policy of there being no dogs allowed on the course.**

RULES

Headphones are not permitted and should not be worn. This assists both you and the event organisers to adhere to all necessary health and safety procedures.

BAGGAGE AREA

Due to the large open space we do not have a secure baggage area, although the car park is very close by. Please ensure any valuables are either left at home or secured in your vehicle out of sight as we cannot be held responsible for any losses

RACE RESULTS

Race results will be posted online shortly after the last finisher has crossed the finish line. Be sure to like our Race Series facebook page to be the first to know when results are available - <https://www.facebook.com/warringtonrc5miler>

PRIZE PRESENTATION

Prizes will be awarded within the following categories:

1st, 2nd, 3rd Male
1st, 2nd, 3rd Female
1st Male Vet 40+
1st Female Vet 35+

The presentation will take place at Race HQ as soon as is practical, post run.

TOILETS

Portaloos will be located near the start of the race.

RACE MEMENTO

Medals and a goody bag will be presented to every 5 mile race finisher and photographs will be taken by our official photographer, Mick Hall, which will be free to download.

REFRESHMENTS

There will be no water stations on the course or at the finish of the 5 mile race;
There will be refreshments available before and after the race, courtesy of Lions Den Catering who will be in attendance near to the start / finish area.

THE COURSE

Please be aware that the 'Multi-Terrain' course will take you across paths, tracks and fields. Dependent upon the weather conditions prior and during the race you may find it to be muddy and/or slippery in places so please consider this beforehand and wear the appropriate footwear.

Additionally, there are sections of the course that are "single-track" so please be courteous to other runners, should they be seeking to overtake.

Finally, the course is open to the general public so please be vigilant for both pedestrians and cyclists. Marshals will be stationed around the course, all of whom will be easily identifiable as they will be wearing hi-vis jackets. They will be happy to assist should the need arise.

LEGAL DISCLAIMER

This course could be tricky in places and cannot be classed as 'risk-free'. The race is run over land to which the public has free access and over which the race organisers have no overall control.

Furthermore, it may be subject to standard 'hazards' that could be typically expected on a course of this nature, such as partially or fully exposed tree roots, overhanging branches, coupled with dogs that belong to non-participants.. You are responsible for your own safety and well-being during the race and that beforehand, you are physically able to start and complete the race.

In competing, you accept that you have entered this event at your own risk and that the event organisers are not liable for any loss, damage claim, expense, injury or accident that could arise as a consequence of participating in this event.

CONTACT DETAILS

Please email warringtonrunningclub@gmail.com for any issues or questions, or consult www.warringtonrc5miler.co.uk where any last minute changes or alterations will be posted.