



Spectrum Striders Running Club 35th Birchwood 10K Road Race

And 2Km Fun Run
Supported by ABBA Cars
and assisted by Birchwood Shopping Centre

Sunday 19th August 2018
Race start time: 10:00 am
Fun run at 9:15 am

Venue:
Birchwood Shopping Centre
(Opposite Birchwood rail station)
Dewhurst Road, Birchwood
Warrington WA3 7PG



Race Information

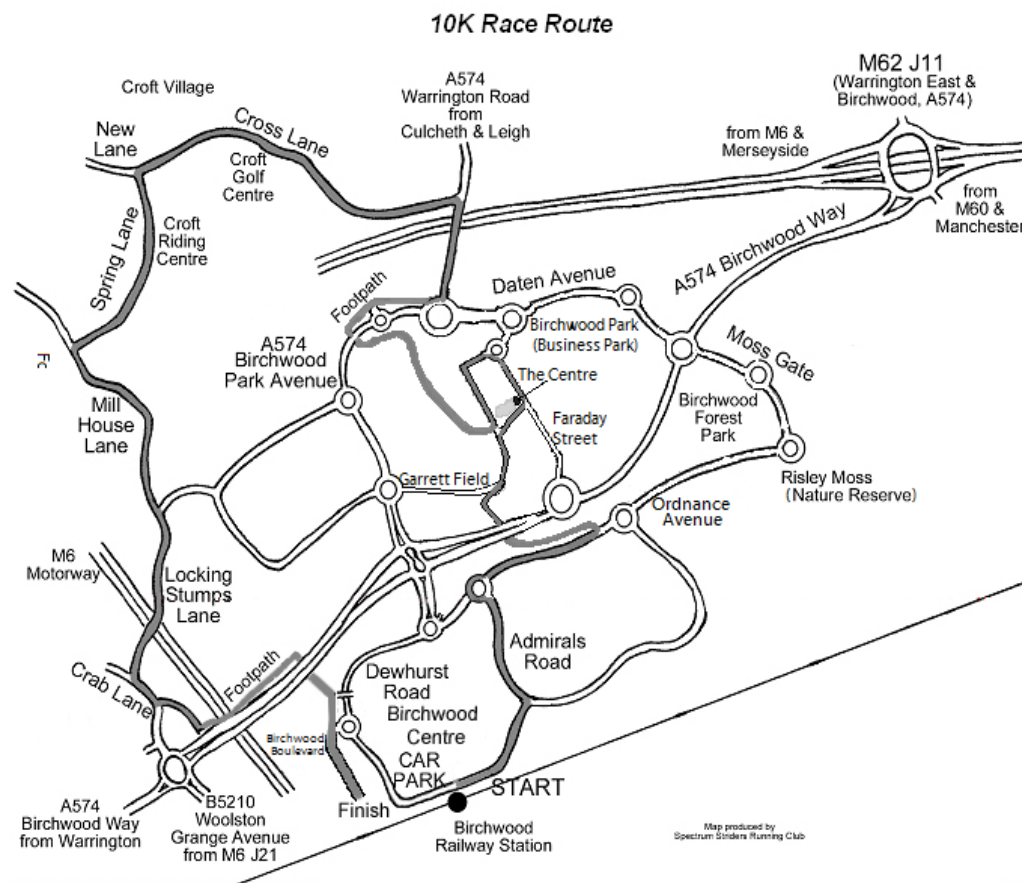
Driving directions and parking	The race venue is Birchwood Shopping Centre Car Park 4, off Dewhurst Road, across the road from Birchwood Railway Station. Nearest motorway junctions: M62 J11 (follow signs to Birchwood Centre and Rail Station along A574) M6 J21 (follow B5210 to A574, then as above) There is ample free parking space, using Birchwood Shopping Centre Car Parks 3, 4 and 5 (Please see the map) and Car Parks 1 & 2 on the other side of the Shopping Centre. Please plan to arrive before 9.15am as some access roads will start to be closed and car park access may not be possible. Remember that this is a regular shopping day at the Birchwood Shopping Centre, so please treat shoppers with every courtesy. Local bus services stop at Birchwood Railway Station and the Birchwood Shopping Centre.
Facilities	Race Headquarters will be in Spencer House, which is adjacent to Car Park 4 (between the Railway Station & the Shopping Centre). Facilities include: Fun Run entries, 10k entry queries & transfers, race information and race results (available to view on the day) Portable toilets are available in Car Park 4. Additional toilets can be found just inside the Birchwood Shopping Centre, after 10am. Please only use proper toilets rather than any nearby walls or bushes – doing this will jeopardize our ability to hold future races. An official race photographer will be present.
Timing Chips	The race is chip timed. Your timing chip is attached to the back of the race number. Do not remove any part of the chip or foam protection.
10K Race	The 10k Race will start at 10:00am in the service road between Car Parks 3 & 4. The route is mostly flat, on roads through Birchwood and Croft with the finish in Birchwood Boulevard. The course is certified as accurately measured. Each Km is marked. Water in cups will be available just before 5km and at the finish.
Prizes	All finishers in the 10k Race will receive a medal and T-shirt. There is also an award for all finishers in the Fun Run. The prize giving will be as soon as possible after 12 noon at Race HQ near Car Park 4. Listen out for announcements on the PA. Prizes include: • 1st 5 men, plus male veteran categories; • 1st 5 women, plus female veteran categories; • 1st men's and 1st women's club team (4 men & 3 women to count) • 1st man and woman based on WAVA age-related results One individual prize per runner (excluding WAVA age-related prizes). If a veteran qualifies for a prize in a younger or open age group, the prize of higher value will be awarded.

Fun Run	The Fun Run follows a 2km route and begins 9:15am. The start will be on the road in front of Race HQ and finishes on Birchwood Boulevard, using the same finish straight as for the 10k Race. The route is mainly along parkland paths. The fun run distance is measured by GPS only and not a certified distance.
Safety	Both the 10k Race and the Fun Run will be fully marshalled and first aid cover is available around the course and at the finish. Roads will be either fully closed to traffic, part closed or with suitable traffic restrictions to ensure runners' safety at all times Raynet communications will be present along the 10k course. Please will you observe the following points in the interests of safety: • Keep to the left side of the road (or use pavement) unless a marshal directs otherwise; • Observe normal road safety precautions; • Obey all instructions from the marshals; • No runner may wear headphones (see below)* • Cyclists may not ride alongside any runner.
Further Enquiries	If you need any further information about the race, there is comprehensive race information on our website: www.spectrumstriders.org.uk . If you cannot find an answer please contact us by e-mail at 10k@spectrumstriders.org.uk or via our Birchwood 10K Facebook page.
Charity fundraising	You are welcome to raise funds for your chosen charity by running the race. The club aim to be able to make a charity donation from a part of the funds raised from the race.

*UK Athletics Rules of competition state:

"The wearing of headphones, or similar devices (other than those medically prescribed), is not permitted in races on any single carriageway that is not wholly closed to traffic. ...Competition Providers of races held entirely on roads closed to traffic may apply this condition where appropriate to local circumstances".

At the Birchwood 10K the above condition will apply throughout for the safety of all and we reserve the right to disqualify runners who choose to ignore this rule.



Spectrum Striders Running Club is a friendly club for all abilities and standards. We take part in road, cross-country and fell running. New members are always welcome.

If you would like more information about joining our club, please come and have a chat to us at race HQ or come along to one of our club running nights. We meet at 6:45pm for a 7pm start at Birchwood High School on Tuesdays and Thursdays. During the summer months (May to September) Tuesday's training is on the track at Victoria Park, Knutsford Road in Warrington. For all club information please see our website: www.spectrumstriders.org.uk