

The Bowdon 5km Road Race

Under UKA Rules, race licence applied for

presented by **ALTRINCHAM & DISTRICT ATHLETIC CLUB**

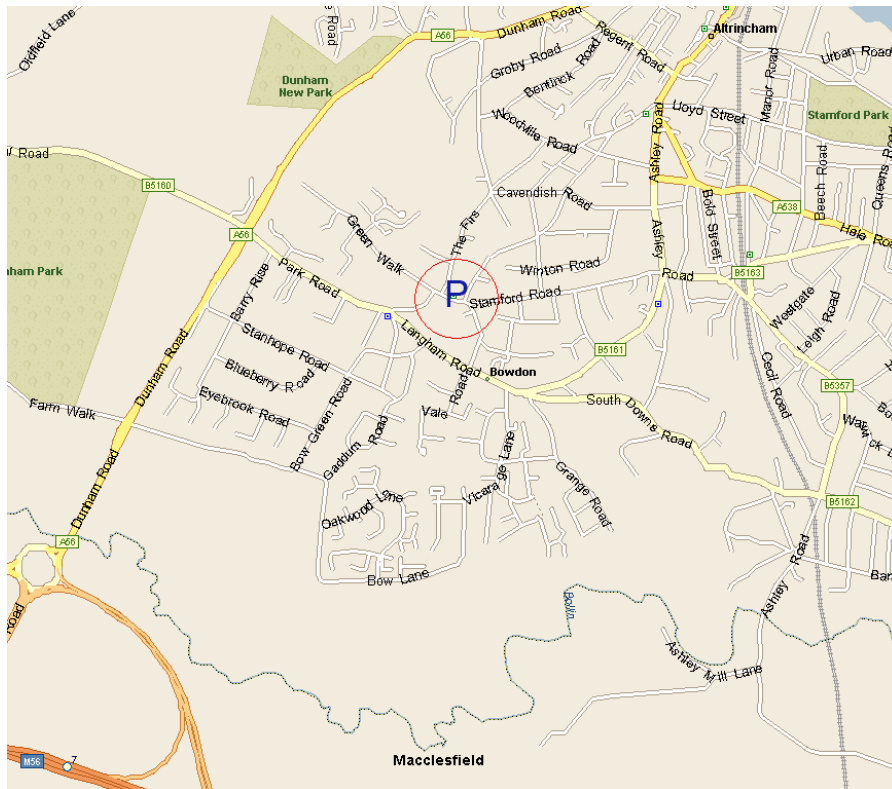
Sponsored by *Westbrook Carpets & Laminates (01925 244784)*

Thursday 6-Jun-2019 at 7:15pm

**Venue: Jubilee Rooms, The Firs, Bowdon, Altrincham,
WA14 2TQ, Cheshire**

This is race 3 of 5 in the North Cheshire 5k Grand Prix Series

Directions to the Bowdon 5k



RACE INFORMATION

Dear runner

Thank you for your entry and welcome to the Bowdon 5km road race. Your race number is enclosed. Please pin it securely to the **front** of your kit. [N.B. If you have a special North Cheshire 5k Grand Prix number with the red stripe, you need to keep that number for all the subsequent races.]

Directions & Parking	The race venue is the Jubilee Rooms, Bowdon, with on-day entries (if available) and free parking. This is in the car park just behind the old venue. Nearest motorway junctions are: ➔ M60 J7 (at roundabout follow A56 towards Altrincham. Keep on this road through Altrincham and turn left into St Margaret's Road (opposite St Margaret's church at top of the hill). Turn right into The Firs, the Jubilee Rooms are on the left. ➔ M56 J7 (follow A56 through 1st set of lights, continue for approx 1 mile, turn right into St Margaret's Road then as above.
Facilities	Toilets are available at the Jubilee Rooms (but no changing). Other facilities are: late entries (if available), race information, enquiries and computer results.
Prizes	The main prize presentation will take place at about 8:15pm in the Jubilee Rooms. Awards include: • 1st 3 men plus veteran categories • 1st 3 women plus veteran categories Only one individual prize per runner is allowed.
5km Road Race	The 5km Race begins at 7:15pm at the end of Green Walk, 800yds from the Jubilee Rooms. The route is flat, mostly on residential roads through Bowdon and some parkland. The course has been accurately measured.
Safety	The race is fully marshalled and first aid cover will be available at the finish. Please will you observe the following points in the interests of safety: • Always keep to the left side of the road, as traffic may approach you from behind. • Take particular care at road junctions. • Observe normal road safety precautions. • Please obey the instructions of marshals and police at all times. • Please do not wear headphones as you will not hear safety instructions from marshals.