

The Dunham Massey Park 5km Races

Under UKA Rules, race licence applied for

presented by **ALTRINCHAM & DISTRICT ATHLETIC CLUB**

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

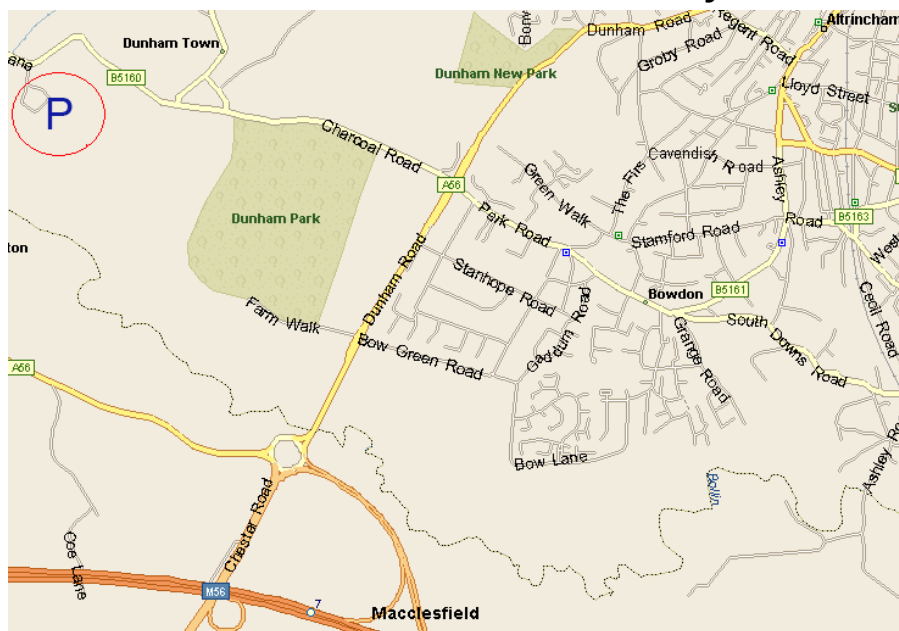
Thu 23-May-2019 and Thu 13-Jun-2019 at 7:15pm

Venue: Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, Cheshire, WA14 4SJ

Race 1 and race 4 (of 5) in the North Cheshire 5k Grand Prix Series

Thanks to The National Trust for allowing us to hold the event.

Directions to Dunham Massey



RACE INFORMATION

Dear runner

Thank you for your entry and welcome to one of the two Dunham 5km multi-terrain races. 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 red stripe you need to keep that number for all the subsequent races.]

Directions & Parking	There is free parking in the Dunham Massey National Trust visitor car park and on-day entries (if available) at the stables just to the south of the main house. The nearest motorway junctions are: ➤ M56 J7 at roundabout follow A56 towards Altrincham, at traffic lights turn left for Dunham Massey and follow the road to the main car park. ➤ M60 J7 (follow A56 down through Altrincham until turning right at the traffic lights and follow the road to the main car park.
Facilities	Toilets are available near the house in the old stable block. Late entries (if available), race information, enquiries are at the stables, close to the main house.
Prizes	The main prize presentation will take place at about 8:15pm, just outside the stables near the main house. Awards include: • 1st 3 men plus veteran categories • 1st 3 women plus veteran categories Only one individual prize per runner is allowed.
5km Race	The 5km Race begins at 7:15pm. The route is 2.3 laps on tarmac, grit and grass tracks and is all within the park, so is traffic free. The course has been accurately measured. Kilometre markers will be displayed.
Direction	Race 1 starts in front of the main house and finishes across the other side of the park. Race 2 is run in the reverse direction. It starts across the other side of the park and finishes in front of the main house.
Safety	The race is well marshalled and first aid cover will be available. Please will you observe the following points in the interests of safety: • Please keep dogs on leads. • Please obey the instructions of marshals at all times. • Remember there are lots of other users in the park • Please do not wear headphones as you will not hear safety instructions from marshals.