



The Rob McHarry Memorial Birchwood Park 5 km Race

Under UKA rules, race licence 2024-47768

Sponsored by Westbrook Carpets & Laminates (01925 244784)

Thursday 30th May 2024 at 7:30pm

**Venue: Birchwood Community High School, Brock Road,
Birchwood, Warrington, Cheshire, WA3 7PT.**

This is Race 2 of 4 in the North Cheshire 5k Grand Prix Series



Start and Finish are the same place on Warrington Road

RACE INFORMATION

Thank you for your entry and welcome to the Rob McHarry Memorial Birchwood Park 5k race. Your race number is to be collected from race HQ, unless you have entered the North Cheshire 5k Grand Prix Series, for which you should have retained your number (with the red strip) from the earlier races. Please pin it securely to the **front** of your kit.

Directions & Parking	The race venue is Birchwood Community High School, WA3 7PT, with on-the-day entries and parking. Grid reference of the school is 648913. ➤ The nearest motorway junction from the south is M6 J21. Follow signs for Birchwood along the B5210, then follow the A574 & signs for Birchwood Shopping Centre. Turn left immediately after the ASDA petrol station. ➤ The nearest junction from the north is M62 J11. Go towards Warrington, then follow signs for Birchwood Shopping Centre. Turn left immediately after the ASDA petrol station. <i>There is limited parking at the school as there are often events on when we arrive. 3 hours free parking is available at Birchwood Shopping Centre car park 1 (near The Peacock pub) or in car park 2 (near ALDI). Please park only in marked spaces, not on the road, on pavements or on any access road. The road to the school is a bus route. Thank you for your cooperation!</i>
Facilities	Sorry, there are no changing facilities. Toilets & other facilities are available at the Birchwood Community High School. These include: on-the-day entries, race information, enquiries and computer results (available to view on the day, by post or free to download from our website).
Prizes	The main prize presentation will take place after the race in the High School. Awards include: • 1st 3 men plus veteran categories (if there are 2+ entrants/category). • 1st 3 women plus veteran categories (if there are 2+ entrants/category). Only one individual prize per runner is allowed.
5km Road Race	The race begins at 7:30pm on Warrington Road. The route has a mix of tarmac paths and parkland trails. The course has been accurately measured. Kilometre markers will be displayed. Drinks will be available at the High School. Results will be published on www.spectrumstriders.org.uk. ASAP afterwards.
Start & finish	The start is on Warrington Road, which is about 1000 m away from the Race HQ, and close to Postcode WA3 6AF. The finish is exactly where you start from. what3words location of the start & finish is (webcams.latest.slimming).
Safety	The race is fully marshalled & first aid cover will be available at the finish. Please will you observe the following in the interests of safety: • Take care particularly going to the start and returning from the finish as you will cross a busy road. • Observe normal road safety precautions. • Please obey the instructions of marshals at all times. • Please do not wear headphones as you will not hear safety instructions from marshals. • Please complete the medical declaration on the back of the entry.
Junior athlete safety	It is assumed that any under 18 athletes will attend the event with a parent, guardian or DBS qualified coach who is aware of any medical issues (e.g. asthma) of their runners. The athlete is responsible for completing the medical disclaimer.