

HALE VILLAGE 5 MILE RACE

RUNNER INFORMATION - FINAL INSTRUCTIONS

PARTICIPANT INFORMATION

The Hale Village 5 Mile Race will be held on the morning of Sunday March 31st 2024 with the start time 9:30am. The start of the race will be in Hale Park behind the Childe of Hale pub. The postcode is L24 4AX

CLOCKS GO FORWARD

Please remember the clock go forward by one hour the night before the race. Please be mindful of this and set those alarm clocks.

NUMBER PICK UP: FROM 8:00AM HALE PARK (START FINISH LINE)

If you entered after **Friday March 22nd** you will need to pick up your number on the day. Please pick up your number from the timing team who will be based at the Start / Finish Line in Hale Park rather than Hale Village Hall.

If you entered before on or before March 22nd you should have received your number in the post in advance of the event. If it has not arrived before the day please speak to the timing team at the Start/Finish line who can advise regarding a replacement number. If you are advised to pick up a number on the day this will also be available from the timing team at the Start Finish Line in Hale Park.

INFORMATION CENTRE & TOILETS

The information centre will be open from 8:00 in Hale Village Hall opposite the park. There is no need to confirm attendance or register for the race if you have your number already. If you have any general queries or need pins we will have some available.

Any race number queries or number pick up should be from the timers team at the start finish line not at Hale Village Hall.

There will be toilets in Hale Village Hall and portaloos in the park.

DIRECTIONS

Hale Village is only 2.5 miles from Liverpool John Lennon Airport. Initial approach via signage for the airport in all directions will bring you to signage leading to Hale Village.

For Sat Nav users the Race HQ postcode is L24 4AX

If heading to Carr Lane to park sat nav users should use the postcode WA8 8PD

PARKING

Please note parking will be available on Carr Lane near the race site. To maximise use and reduce delay, access to Carr Lane will only be available on race morning at the Halebank Road end. Postcode WA8 8PD.

Those using the road for parking must enter at the Halebank Road end and drive to the Hale Village end as directed by race officials and park appropriately considering other cars.

Please only park on the left hand side of the road to allow access for cars to pass when leaving following the race. Please leave adequate space between cars when parking as well.

Parking is a little way from the start the later you arrive the longer you will need to walk to get to the start.

Further parking: Limited amount in the village is available but likely to fill up very early so don't rely on spaces unless arriving very early. On road parking is available on the approach to Hale Village coming past Liverpool Airport on Hale Road. If parking here please consider residence and local traffic, do not park on lines or block access for residents. The approach to the village will be traffic managed from 8:30 but if you park on Hale Road this is approximately 1 mile from the race start in Hale Park. Please be considerate to local residents when parking, they are so supportive of the event please return their kindness 😊

COURSE

- Departs the park – turns left briefly before turning right in Cockledge Lane, then Pepper Street. Turn Left out of Pepper Street and **then runners should stay on the left hand** side of the road all the way up to the chip shop in Hale Bank where you make the another left turn and stay on the left all the way to Ramsbrook Lane. When leaving Ramsbrook stay on the left until guided across to re-enter the park at the finish
- Grass may be damp to be aware of slipping
- Mind the kerbs and speedbumps on route, particularly as you leave the grass at the start and the speed humps out the park
- Traffic is managed with one lane closed for runners so be aware of your surroundings on route
- Listen to the guidance of the marshals
- The race is run under UKA Rules therefore headphones should not be worn unless bone conducting headphones
- If you need first aid assistance on the course please communicate with a marshal who will be able to contact First Aid and if necessary a mobile response. First aid post is also available at the finish

FINISH

- Upon finishing please cross the timing mats to ensure your chip time is registered.
- Once over the line follow the funnel to the exit, please don't stop in the funnel exit into the open park
- Listen to the marshals in the funnel
- Once finished please be considerate to other runners in the finish area and still on the course, do not cross the running lane or cross the finish line again

EGGS & MEDALS

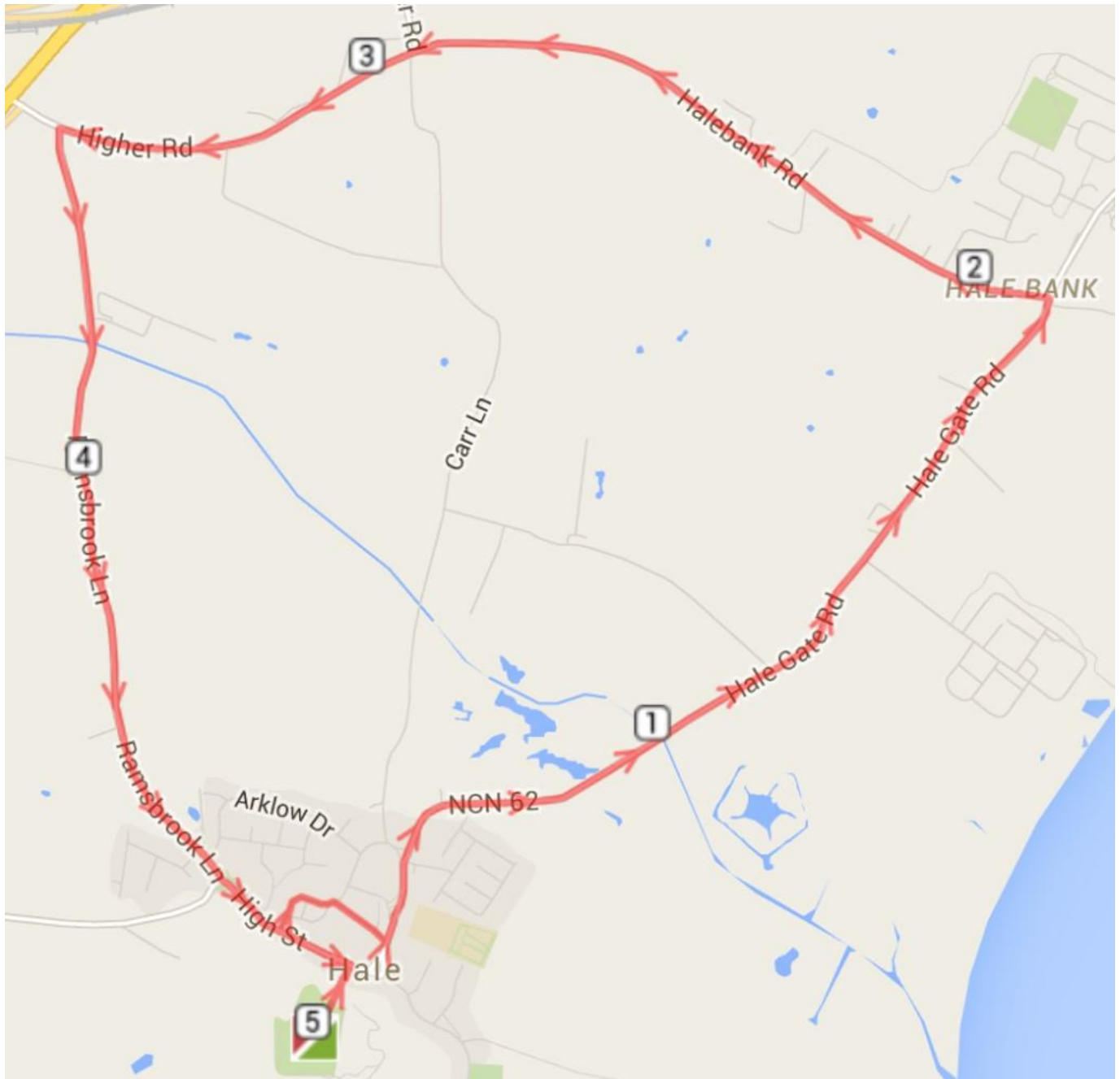
- Medals, Easter Eggs & Water can be collected at the finish gazebos
- Only one per runner, think of your fellow runners yet to finish 😊

PRIZE GIVING

- Approx 11:30 in the park.

- Prizes 1,2,3 Open Male & Female
- Category Winners V40,V45,V50,V55, V60,V65, V70 Male & Female

COURSE MAP



QUERIES

If you have any queries prior to the event please contact the race director Guy Roberts via email guy@intervalraces.co.uk

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