

RACE INSTRUCTIONS

Sefton Park || Sunday 1st September 2024 || **RACE START TIME 11.00AM**



Thank you for taking part in the Men's 10K, Liverpool. Please take a moment to read through the event information which will assist you with the planning of your day.

VENUE

The entire event will be within Sefton Park, Liverpool

RACE INFORMATION

This is a new event this year to complement the Women's 10K race which is taking place in Sefton Park on the same day.

The original 1980's Women's 10K event was always hosted in Sefton Park so it seems only fitting that the same venue is the backdrop for the return of this fantastic event in 2024 which now includes the men's race over the same distance.

START TIME - 11.00AM.

The race will begin at 11.00am with the start and finish area situated alongside the main park pathway which begins at the very top of the park by the needle monument at the junction of Aigburth Drive and Croxteth Drive.

PARKING

The entire race is contained in and around Sefton Park so there are no road closures on Aigburth Drive, Croxteth Drive or Mossley Hill Drive so parking will be available at these locations.

There is no parking on the main review field.

RACE NUMBERS

There will be an information tent close to the start and finish line and you can collect your race number on the morning of the event.

All you need to do is to give your name in and your number will be made available to you.

Race numbers will not be posted out.

TOILETS

There will be toilets situated in the start and finish area on the day.

BAGGAGE

There will be limited storage for baggage in one of the event vehicles at the start / finish line. As there is ample car parking close to the main Review Field please try to leave the baggage facility for those who may be traveling by public transport or bike.

COURSE

If you look at the course map you will see it comprises two laps of the park mainly on the Aigburth Drive side and also park pathways.

The first lap heads out and takes in the main wide pavement area along Aigburth Drive down to the bottom area at Mossley Hill Drive where it comes back into the park.

On the second lap the course comes inside the park and uses the smaller park pathway parallel to Aigburth Drive.

The full course will be stewarded throughout with the help of volunteers from local running clubs.

WATER

There will be water at the 5K location which is just after the cafe in the centre of the park on the second lap. It will also be available at the finish line.

TIMING

The event will be timed by Sports Timing and all results will be shown on their web site which is www.sportstiming.plus

An SMS will be sent to the mobile phone number you used when you entered the race.

EVENT PRIZES

There will be a presentation for 1st, 2nd and 3rd places on the day once all results have been confirmed.

All age category trophies will be sent out by post during the week following the event once the full results have been scrutinised and confirmed as final.

All results will be set against gun time. Your personal time (chip time) for completing the 10K will also be provided.

FINISH LINE

The finish line will be part way along the main park pathway and once you finish the race you will be awarded a commemorative medal, t shirt and race snacks.

T SHIRTS

Will be available in small, medium, large, XL and XXL.

MEDICAL PROVISION

There will be first aid available in the start and finish area and also along the course. If you feel you need first aid please alert any member of the event staff who will take appropriate action to contact the nearest member of the first aid team.

Please do not run if you are feeling unwell prior to the race or have an existing injury.

