

AUTUMN LEAVES 5K 2024

EVENT INSTRUCTIONS

Arrowe Park, Birkenhead || Sunday 22nd September 2024

RACE START TIME 10:00am



Thank you for taking part in the Autumn Leaves 5K.
Please read the following event information which will help you plan your day.

VENUE

The event will take place in Arrowe Park, Birkenhead and access to the start area is via the traffic lights on Birkenhead Road opposite the Landican Cemetery.

Postcode for this location is CH49 5LW.

There is a car park directly behind the Cherry Tree and the start area is a short walk from there and will be signposted.

RACE NUMBER

Please collect your race number when you arrive.

Numbers will be available from the blue information tent.

THE COURSE

The course is a very enjoyable two lap course mainly in the wooded area of the park. As it is entirely off road it is uneven in parts and could be wet subject to weather conditions on the day. Please be careful at all times during the race.

RACE START

The 5K will commence at 10.00am.

TIMING

Will be managed by TDL Event Services. Your race number will have a timing chip on the reverse and this will give you both your gun time and chip time.

As the event is hosted under UKA license all finishing positions will be against **GUN TIME**.

All results can be found on www.tdleventservices.co.uk

TOILETS

Toilets will be available in the start area.

BAGGAGE

Kit bags may be left in one of the event vans in the start area but please do not leave any valuables in your bag as BTR cannot be held responsible for any loss or damage on the day.

FIRST AID

There will be first aid cover in the start and finish area.

WATER

Water will be provided at the finish.

RACE MEMENTOS

All finishers will receive an Autumn Leaves 5K medal, t shirt and race snacks at the finish.

EVENT PRIZES

Due to the small size of this event it is not possible to provide podium or age category prizes. Sorry!

ONE DOWN, TWO TO GO!

The Autumn Leaves 5K is the first of three races in the Winter Series and next up will be the Bonfire Blast 5K at Hoylake on Sunday 3rd November.

The final 5K is the Winter's Trail at Noretton shore on Sunday 29th December.

Hope to see you there.