



**Thank you for signing up for the Chris Lam Memorial 5 Miler!**

**We hope you enjoy a great morning of trail running through three beautiful country parks but please take a few minutes to read through the important race information below.**

Key Race Day Information		
Date of Race	Pre-Race Briefing	Race Start Time
Sunday 11 <sup>th</sup> May 2025	Approximately 08:55 am	09:00 am

### Race Day Parking

Race parking is limited, so we advise car sharing as much as possible.

**There is no parking for runners within Clock Face Country Park car park.**

There is plenty of on street parking in the residential area off Gorsey Lane. The postcode is WA9 4XQ or use the link below. Please be respectful to residents when parking by not blocking any driveways.

Please follow the link below to all suitable parking areas around the race location:

<https://www.google.com/maps/d/u/0/edit?mid=1Sy5wg3k6VUOZfOMnE4srOQJ10lg8IEY&usp=sharing>

### Start/Finish Area and Number Pick Up

The race starts and finishes within Clock Face Country Park which is off Gorsey Lane, WA9 4FU. This is a maximum 10-minute walk from any of the parking locations

Race numbers **must be collected on the morning of the race** from this area. Number collection will be open from 08:00 am. All numbers must be collected by 08:45 am. Runners without a race number will not be allowed to start. It is imperative that you fill in the details on the back of your race number – pens will be provided for you to do this. We will have safety pins to attach your number to your shirt, but please bring your own, if possible.

There will be toilet facilities available within this area.

It is possible for runners to leave bags within this area but Widnes RC, or anyone volunteering for them, will not be held responsible for any damage or loss which occurs whilst they are stored here.

*This race is being run under England Athletics rules under license #27871*

## The Course

The course passes through three country parks, Clock Face Country Park, Maypole Wood and Griffin Wood. It is a multi-terrain course so expect a variety of conditions underfoot. A course check was completed on the 5<sup>th</sup> May 2025 and it was found to be **DRY** on all parts of the course. However, this has made the ground very uneven so please listen out for instructions from marshals as you go around the course. Please wear the appropriate footwear for the conditions underfoot.

We do not have sole use of any part of the course so please take care to listen to all instructions from the marshals. Furthermore, as per the T&Cs when signing up to the race and in accordance with UKA rule T55 S5 UKA supplement, runners must not wear headphones unless medically prescribed. Headphones that work by conducting sound through bones and do not sit in the ears are acceptable.

Please don't drop litter anywhere on the race route.

## After the Race

Each finisher will receive a medal, goody bag, a bottle of water and a choice of alcoholic or non-alcoholic beverage after they cross the finish line.

We will be awarding prizes for first, second and third place females and males on the day at approximately 10:30am near to the start/finish area in Clock Face Country Park.

We are supporting the charity #ANDYSMANCLUB again this year. They are a men's suicide prevention charity by offering free to attend peer-to-peer support groups across the United Kingdom and online. We will have collection buckets going around in the finish area and we would be grateful for any contributions. More information on #ANDYSMANCLUB can be found at the link below:

<https://andysmanclub.co.uk/>

## Keeping up to date

For the most up to date information on the race and to see all the pictures which have been taken during the race, please give our Facebook and Instagram pages a follow

Facebook: [Chris Lam Memorial 5 Miler](#)

Instagram: [@widnesrace](#)

## And Finally...

We would like to thank you for being part of the second Chris Lam Memorial 5 miler. We look forward to seeing you on race day and we hope that you have a great race!

Thank you and Good Luck 🍀

**The Chris Lam Memorial 5 Miler Race Committee**

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