

## **Silver Lane Lakes 5k**

### **Location**

The race will be held at Silver Lane Lakes near to HMP Risley, with the start / finish at the gate on Silver Lane itself. The course will be clearly marked and is on a closed anti-clockwise loop of wide-open tarmac roads and gravel paths. It's an easier route than Penn Flash parkrun and on better surfaces, so easily done in road shoes, but you could wear trails if you like.

I can issue a gpx for anybody who would like to check it out in advance.

### **Parking**

Park on Silver Lane itself or on Warrington Road in parking bays, but if needed there are other areas nearby on Cross Lane or a short jog away near the Spar at the roundabout towards Birchwood. Be sensible!

There is no exact postcode that works (the one for Biffa seems wrong), but coming from Culceth, it's the first left after HMP Risley, which has postcode WA3 6BP.

### **In advance of race day**

1. **Register** in advance on the club booking system by 20:00 on Wed 14<sup>th</sup> April.
2. **Allocated start times** will then be issued based on your estimated 5k time. Times will start from 9am and will be in 10-15 minutes intervals to avoid large groups at the start/finish area.
3. **Try out the route** if you like by using the gpx that I can supply on request. It's an easy loop that will be well-marked on the day.

### **Race Instructions**

1. **Iron** your A&T vest or t-shirt. Or wear blue if you don't have official A&T merch!
2. **Register.** Make your way to the start/finish no more than 5 minutes before your allocated timeslot and register with the race leader. **A safety briefing** will be given just before your start.
3. **Observe Covid rules** and distancing. Please do not congregate in large groups at the Start/Finish or elsewhere. Feel free to wear a mask if you prefer. Hand gel will be available at the Start/Finish.
4. **Refreshments** will not be supplied. Spar is down the road if you need a Calippo afterwards!
5. **Toilet facilities** are not available.
6. **Race!** Follow the signage on an anti-clockwise loop. It's on lovely wide road and tracks.
7. **Race times** will be recorded, but please also record your own time as a double check and send it to me after the race. The official race time will take precedence unless there's an obvious error!
8. **Prizes are available** and I'll get those to you as soon as possible after the event.

**The results will be published as soon after the race as possible.**

## Silver Lane Lakes 5k - Route Map

