

Welcome to 2021/22 Border League Race Capenhurst

Please take time to read this information for your awareness so that you can enjoy this great race.

Parking

Is at URENCO, just off Capenhurst Lane, CH1 6ER. Easy access to the club both from A41 Chester, & Birkenhead directions and A540, if your travelling from North Wales & M56.

As you approach, Marshals will direct you to the **REAR car park**. Please follow their directions.

Race HQ: Is at Capenhurst Sports Club pavilion and is open from 9:30am. This is about a 5 minute walk from the car park. Toilets, changing are located here.

Start: The start is about a 5 minute walk from the pavilion on Rectory Lane. We will observe a 2 minute silence as a mark of respect for Armistice Day. **THE RACE WILL START AT 11.05am PROMPT.**

Please use the pavilion grounds to warm up and this is where all runners will be asked to go to before the start as its important we keep the roads clear for your safety.

The course is the same as 2018 and is a measured 5 mile route which consists of 2 laps along the country lanes of Capenhurst. The **second lap is a shorter loop** of the first lap (See map on separate attachment). There is a small section of footpath as you approach A540 where you need to take care. Apart from the start where a small section of the road is closed, it is an open public road so please keep to the left at all times. Marshals will give you instructions and directions to ensure your safety whilst out on the route.

First Aid: We will be using Bike Marshals who are First Aid qualified. They will be on the route at all times. If you feel unwell or see someone that needs helps then please inform them or the nearest marshal who will contact Race HQ.

Finish: The finish is approx 80mtrs as you turn into Capenhurst Sports Club. Water will be provided at the finish.

From all of EPRC, we hope you have a great race.

See you all Sunday