

# Liverpool Spring 10K | 5K

**+Free Kids 1K|2K|3K**

**Places still available at [merseyraces.co.uk](http://merseyraces.co.uk)**

## **DATE:**

Sunday 7th May 2023

## **START / FINISH:**

The 10k, 5k and Kids 1k, 2k and 3k all start and finish at the same place on the Review Field of Sefton Park. At the end of the 5k and 10k you will be given your medal and bottle of water. Finishers in the kids 1k, 2k and 3k will also be given a medal and bottle of water. Please note that kids finishers t-shirts are available to buy on the day for £5 (cash only).

## **START TIMES:**

10k: 9:30am | 5k: 11:30am | Kids 1k: 1pm | Kids 2k: 1:45pm | Kids 3k: 2:30pm

## **TRAVEL:**

Use the postcode L17 1AP.

If you are coming by car please arrive in plenty of time to park and also to warm up. The nearest train station is St. Michael's - about a 15 minute walk to the start. Please check [www.merseytravel.org.uk](http://www.merseytravel.org.uk) for times. If getting the bus from the city centre you can use either the 75 or 80/80a. The bus stop on Croxteth Road is a 4 minute walk to the start.

## **PARKING:**

There is free parking around the perimeter of Sefton Park (outer lane) and the surrounding streets. If coming by car please be aware that you may have to walk up to 15 mins to get to the start area. Please car share if possible and arrive in plenty of time!

## **BAGGAGE:**

The baggage tent will be next to the Race HQ close to the start / finish.

## **FIRST AID:**

First aid will be provided by Spark Medical. There will be first aiders at the finish and at various locations around the route. Please make sure that you complete the medical form on the back of your bib number. Only take part if you are physically fit enough to do so.

## **RACE NUMBER:**

Remember to bring your race number with you! If you are taking part in the 5k or 10k there will be a timing chip attached to the back which will time your run. Attach it to the FRONT of your top with safety pins. The kids numbers don't have timing chips as the 1k, 2k and 3k aren't timed. If you have any problems with your bib number (dog ate it etc) please go to the Race HQ tent close to the start/finish area.

## **TOILETS:**

Toilets will be located close to the start / finish area.

# 10k Route



# 5k Route



### 10k WATER STATION:

There is a water station on the 10k route at approximately 5.2k. This year the caps will remain on the bottles. They are flip caps so hopefully you won't lose too many valuable seconds opening them as you whizz (possibly) around. There will be bins 100m, 200, and 300m after the water station - if possible please throw your water bottle close to a bin to help with the clean up operation.

### HEADPHONES:

If you choose to wear headphones please consider using just one ear and have them low enough to be able to hear marshals' directions. Also remember that emergency vehicles may need to get through from behind you. Please note that to be eligible for a prize in the 10k and 5k (top 3 and age category winners) you must not wear headphones.

### FINISH:

The 10k, 5k and Kids 1k, 2k and 3k all start and finish at the same place on the Review Field of Sefton Park. At the end of the 5k and 10k you will be given your medal and a bottle of water. Finishers in the kids 1k, 2k and 3k will be given a medal and bottle of water. Please note that kids finishers t-shirts will be available to buy on the day for £5 (cash only).

### PRIZES:

The prizes for the top 3 men and women and age category prizes (10k and 5k) will be posted out a week after the event. Please note that there are no individual prizes for the kids events - all kids get a medal at the finish as they're all little legends :)

### CAN ADULTS RUN WITH THE KIDS?:

Yes. Adults can run with kids. Only kids need to be registered.

### ANY QUESTIONS:

We know that many of you will not have taken part in an organised race before and may have questions that we haven't answered here. If you have any questions please email [info@merseyraces.co.uk](mailto:info@merseyraces.co.uk) and Adrienne will be happy to help.



# Run for The Whitechapel Centre and help end homelessness for people in Liverpool City Region

The Whitechapel Centre is the leading homeless and housing charity for the Liverpool region. We work with people who are sleeping rough, living in hostels or struggling to manage their accommodation.

We are committed to help people find and maintain a home and learn the life skills essential for independent living.

We wouldn't be able to do the work we do without your help and support.



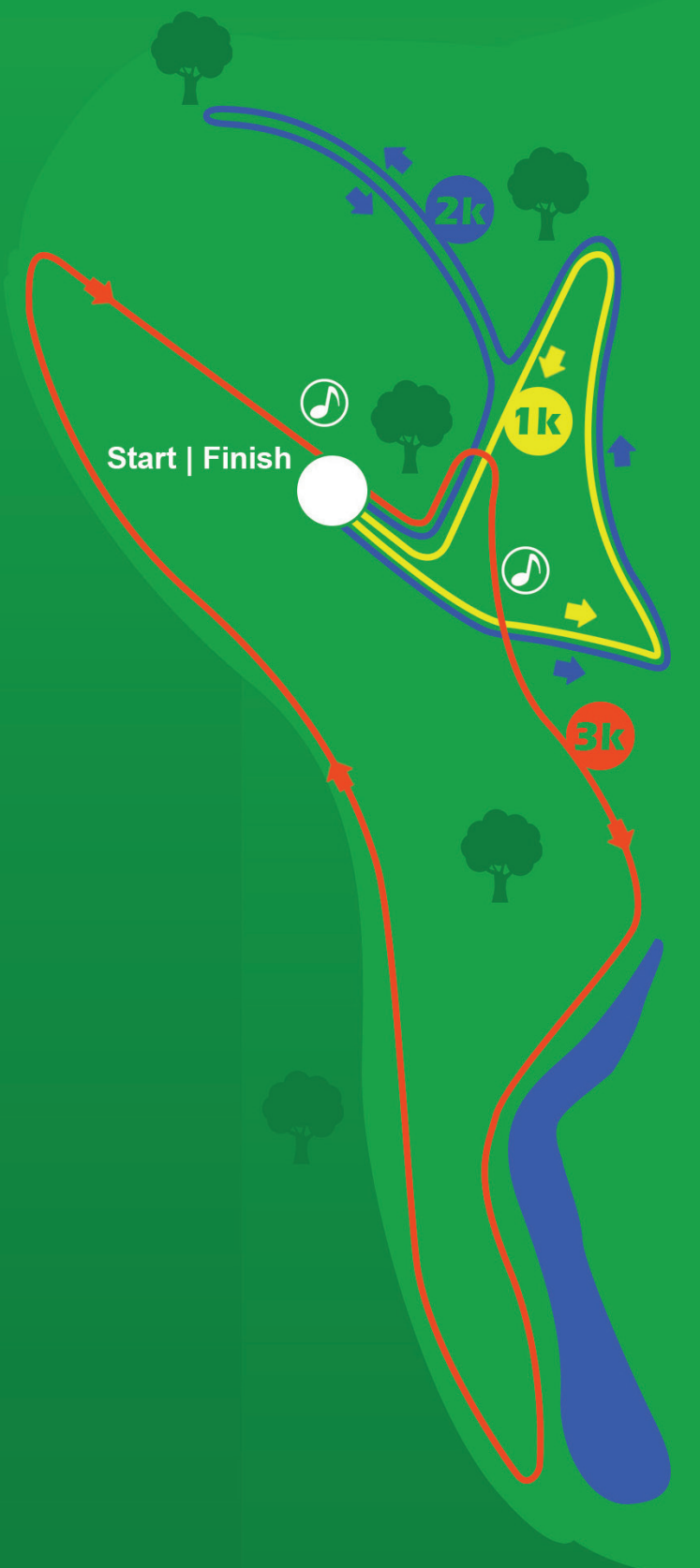
Donate food, clothing & toiletries at our **Donation Station** please visit our website for the full list

Set up your fundraising page & join The Whitechapel Centre running team - [www.justgiving.com/campaign/LiverpoolSpring10K5K](http://www.justgiving.com/campaign/LiverpoolSpring10K5K)

Contact the Fundraising Team - [fundraising@whitechapelcentre.co.uk](mailto:fundraising@whitechapelcentre.co.uk)  
0151 207 7617

[www.whitechapelcentre.co.uk](http://www.whitechapelcentre.co.uk)

# 1k|2k|3k Routes



## DATE:

Sunday 7th May 2023

## START / FINISH:

The Kids 1k, 2k and 3k all start and finish at the same place on the Review Field of Sefton Park. If you're unsure head for the cafe in the middle of the park and you'll see us!

## START TIMES

1k: 1pm | 2k: 1:45pm | 3k: 2:30pm

## TRAVEL:

Use the postcode L17 1AP.  
If you are coming by car please arrive in plenty of time to park and also to warm up. The nearest train station is St. Michael's - about a 15 minute walk to the start. Please check [merseytravel.org.uk](http://merseytravel.org.uk) for times.

## PARKING:

There is free parking around the perimeter of Sefton Park and the surrounding streets. If coming by car please be aware that you may have to walk up to 15 mins to get to the start area.

## TOILETS:

Toilets will be located close to the start / finish area.

## T-SHIRTS:

Kids finishers t-shirts will be available to buy on the day for £5 (cash only) and are available in 3 sizes. The t-shirt sales help to fund this free event :)

## CAN ADULTS TAKE PART?

Yes. Adults can take part and only kids need to be registered.

## MEDALS:

All kids will get a gold medal at the finish and a bottle of water. Please note that the medals are only for the kids.

## FURTHER QUESTIONS:

If you have any further questions you can email Adrienne at [info@merseyraces.co.uk](mailto:info@merseyraces.co.uk)

# Kids FINISHER T-SHIRTS

On the day cash only. 3 sizes available

# £5



**YOU'LL SMASH IT ....**

...And when you're done,  
get round to Our House to celebrate.  
Here is a 25% discount code to use on your  
next visit to the HOUSE for any 60mins  
OPEN BOUNCE SESSION

**USE CODE : ISMASHEDIT**

T & C's: For Online Bookings Only //For use on an Open Bounce Session - 60 Mins  
Can be used on a 4 Person Family Pass //Valid Until 30th June 2023// Cannot be exchanged for Cash or Other.

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Units 1 & 2 Glacier Buildings  
Brunswick Business Park  
Harrington Road  
Liverpool, L3 4BH