

SHOOSMITHS

Thank you so much for signing up to the LandAid North West 10K! We are so excited to see so many of you coming together to run to end youth homelessness! In this pack we hope to tell you everything you need to know about running the LandAid North West 10K at Alderley Park to ensure you have a fantastic experience.

Race Venue

Alderley Park Congleton Road Nether Alderley Macclesfield SK10 4TG

Before the run

We'll be opening Race HQ at Glasshouse from 4.30pm. Parking is available in the multistorey carpark at Glasshouse. Both Glasshouse and Race HQ will be signposted from the North Entrance of Alderley Park.

See map here.

On arrival, please collect your number which includes your race chip. Where possible, please leave belongings in your car. There will be an area signposted should you need to leave baggage while you run. Bike storage is available outside Glasshouse.

Toilets and refreshments are available inside Glasshouse.





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During the run

From 5.20pm we'll start calling you all to the start line for the welcome and race briefing, ready for a 5.30pm start. The 10K route is two laps. The first lap includes a short extra loop, through the secret garden. The vast majority of the route is on trail and woodland paths through beautiful woodland, picturesque grounds and around the impressive lake. The course will be well signposted and there will be over 20 marshals on the route to cheer you on and assist if the need arises.

On lap 1 there is a short section through a residential area. Please bear in mind there may be cars and marshals may ask you to run on the pavement.

Along the route your friends, families and colleagues will be cheering you on. There will be a water station manned by our volunteers – we're only providing cups of water to keep waste to a minimum, so please don't forget to bring your own reusable bottle to carry with you while you run.

After the run

Please be sure to cross the timing mats to ensure you get an official finish time. There will be water and t-shirts available next to Glasshouse entrance.

Timing and results will be available via Nifty Timing, as soon as possible after the race has finished, please follow this link <u>Results - niftyEntries.com</u>.

