

SOUTHPORT 5K PARK RUN INFORMATION

General Information

The Park Run starts at **9am on Saturday 19th October**.

The course is in **Hesketh Park, Park Crescent, Southport, PR9 9ND**. This is a 5 minute drive from the Convention Centre.

When you register at the BCVA Congress you will be able to collect your Send A Cow t-shirt.

If you have never ran a Park Run before you will need to register before hand. You can do so at <https://www.parkrun.org.uk/register/form/>. Don't forget to bring a printed copy of your barcode. If you forget it, you won't get a time.

All information for the Southport Park Run can be found at <https://www.parkrun.org.uk/southport/>.

The Course

The course is 5000m (5K) long. There is limited on road parking around the Park. The course is run entirely on tarmac paths. Some sections of the course may accumulate mud, leaves and puddles after rain. Dependent on availability, marshals will be at key sections of the course, or signs will be in place.

Please remember that the parkrun uses shared paths. For the continued success of the event, please give way to other park users. This won't hurt your time, it won't stop you from getting a PB and it will make sure everyone continues to enjoy the event.

Please, wherever possible walk, jog, cycle or use public transport when attending the event. If you do have to drive, please consider car-sharing to reduce our impact on both the environment and other park users. Please also watch out for other park users when arriving and leaving. Parking may be limited so try to arrive early.

Course Safety

The Southport parkrun is a fun, free event organised by volunteers for the benefit of everyone. We wish to make the run as safe as possible, so runners, spectators and helpers are asked to take care about the following:

- Please be considerate to the park and other park users at all times.
- Take care near roads and car parks - some vehicles drive very quickly. Please congregate away from the cars.
- When running, take care on uneven surfaces - whether on grass or on tarmac. Watch out for cyclists, other runners, pedestrians, children, dogs, wildlife, park animals, vehicles, park maintenance work, falling branches, bollards, posts and other obstacles around the course.
- Please ensure that you are fit enough to walk, jog, run 5k (3.1 miles) with us. Health advice about running can be found at the excellent Runners' Medical Resource website.
- Remember to warm up before the run.
- If you see a runner with a serious problem, please stop to help them out and get help as soon as possible.

We hope these tips help to ensure that Southport parkrun is fun and safe for everyone.



Course Description

The course is made up of 3 laps.

It starts near the café by the junction of paths behind the play area.

Laps 1 and 2 follow the perimeter path in a clockwise direction until it reaches the access path to the lakeside, it then follows the lakeside path in anti-clockwise direction until it re-joins the perimeter path and continues around.

Lap three follows the perimeter path avoiding the lakeside path, this time the route turns up past the observatory building and then onto the finish next to the Café.

The route is mostly flat with small undulations for laps 1 and 2 and a small hill past the observatory on lap 3.

It is a twisty route around the whole of the park and the path around the lake is slightly narrower than the main paths.