



## Race Day Information

Thank you for entering the St Helens Dream Trail Race on Sunday August 28th. For up to the minute news and information, please check that you are following us on [Facebook](#) or [Twitter](#) as this is where any last minute changes will be announced.

### LOCATION

All races start and finish behind the former pub The Smithy Manor which is located on Jubits Lane, St Helens, WA9 4BB. Please see map below for parking information.

**The Race Registration point and base is adjacent to the start this year, again please see maps below.**

Junction 7 of the M62 is only 1 mile from the course. Follow the signposts to Dream along the A57.

The closest train station is Lea Green, approximately 1 mile from Dream. Follow signs towards Widnes after exiting the station.

### RACE NUMBERS

To keep race costs down we don't post out numbers. They can be collected (on production of suitable ID) from:

**Sutton Sports Centre ([WA9 5AU](#)) on**

**Wednesday 25 August** between 6 and 8 p.m.

**Or**

**Friday 27 August** between 6 and 8 p.m.

**Or**

**Sunday 29 August at Race HQ** by the start line between 8.45am and 10.30am.

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## **EVENT PARKING**

Parking can be found at King George Playing fields on Jubits Lane, however spaces are limited.

The Betting shop, William Hill, have kindly offered use of their car park close to the start (just past the Gartons Lane turning on Jubits Lane, by the former Green Dragon pub).

The main off road parking can be found at the Four Acre Shopping Centre car park which is 0.8 miles from the Dream (ideal for warm up purposes!)

Jubits Lane or Gartons Lane have few parking restrictions on a Sunday. However, we would ask you not to park on the road unless car parks are full.

**Please park legally and with consideration to local residents at all times. Please do not park in the residential estate off Jubits Lane.**

Race organisers are not responsible for any parking fines or damage caused to parked cars whether in a car park or on the roadside.

## **TIMINGS**

The 5km Trail Challenge (11+ yrs old) Starts at approximately 10.00am but please have your numbers and be at the start line no later than 9.50am

The 10k Dream Trail (16+ yrs old) Starts at approximately 11.00am but please have your numbers and be at the start line no later than 10.50am.

**Please note:** *All distances for races are approximate and may change slightly due to ground conditions on the day of the event.*

**Please allow plenty of time to collect race numbers from registration. We will not be able to delay the race starts. Thanks**

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## **IMPORTANT RULES**

X - No Dogs are allowed

X - No Headphones are allowed as this is a UKA Registered Race

## **TOILETS**

This year there will be limited toilets near the start line so please arrive in plenty of time.

## **CHANGING**

There are no changing facilities at the race.

## **BAGGAGE AREA**

There is no manned baggage area, please plan to use your cars.

## **WATER STATIONS**

There are no water stations on the course, water will be provided at the finish line.

## **MEDALS & GOODY BAGS**

Medals for both races will be handed out at the finish line.

As advertised, we have purposely tried to keep the cost of the races low so we are not supplying Goody Bags full of tat.

We will be providing a bottle of water at the finish area. Please be considerate to other runners and only take one. Thanks.

## **PRIZE PRESENTATIONS**

Prizes and awards will be provided immediately upon completion of the race.

Results will be available on the website as soon as possible after the race. Please note awards will be provided to the first three males and first three females to finish.

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## **THE COURSE - VERY IMPORTANT, PLEASE READ CAREFULLY!!!**

The Trail course is “off road” and will take you across paths, tracks and fields. Depending upon the weather conditions it may be slippery / muddy so please wear appropriate footwear and look out for hazards as you run. There may also be members of the public on the course so again, look out for them and be aware that not everyone appreciates that they or their bike / dog are a hazard to a runner. If you see any off road bikes on the course please STOP and report them immediately to a Marshall.

There are sections of the course where overtaking will be tricky. Please be courteous to other runners, if someone faster is approaching from behind or if they ask to come through, please move to one side and let them by. Two sections will have runners going in both directions, please listen to the Marshalls and keep left.

There are Marshalls throughout the course and St John’s Ambulance will be in attendance. If you need any assistance or see another runner in difficulty, please do not hesitate to alert the next Marshal that you see.



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## **THANK YOU'S**

The whole event would not be possible without the support of our superb volunteers. Please join me in thanking them for their support as you wind your way around the course.

We would also like to thank our sponsors [Run Geek](#), [Keira's Occasions](#), [Zsa Zsa Flowers](#) for sponsoring the main prizes.

## **LEGAL DISCLAIMER**

This event by its very nature is hazardous and contains certain inherent risks. The race is run over land to which the public has free access and over which the race organisers have no control and which is subject to normal hazards to be expected on such a trail, e.g. partially or fully exposed tree roots, overhanging branches, non-participants, dogs etc. Participants are responsible for their own safety. It is the participant's responsibility to ensure that they are physically capable to start an event of this distance and terrain. Participants should contact their own doctor if they are uncertain on this point. By agreeing to these conditions the participant accepts that they enter this event at their own risk and accept that the event organisers and their employees are not liable for any loss, damage claim, expense, injury or accidents which may arise as a consequence of the participant's negligence in this event.

## **COMING SOON...**

Running is becoming more and more popular in the local area. Please be sure to check out the following forthcoming events...

- [St Helens parkrun](#) is a free, fun and friendly 5km run which takes place every Saturday at Victoria Park. [Follow on Facebook](#) or [Follow on Twitter](#)
- The Steve Prescott Foundation arranging the [St Helens Triathlon](#) on September 25th.
- [Rainford 10K](#) is on 2nd October
- [St Helens Striders](#) are holding a 5 mile trail race on 30<sup>th</sup> October.
- The [GPW Recruitment St Helens 10km](#) race takes place on 5th March 2017.

## **RACE LICENSE**

The Race has been licensed by Run Britain (2016-25953).



## **CONTACT DETAILS**

Please email [info@dreamtrailrace.org.uk](mailto:info@dreamtrailrace.org.uk) if you have any questions.

