



GILLIONS

WATERLOO 15K RACE

Fitness Connection 3K FUN RUN

5K FUN RUN in Aid Of MARIE CURIE CANCER CARE

Southport Waterloo Athletic Club welcomes you to the **25th** Waterloo 15K Race and associated events. Many athletes will be familiar with the old course but to avoid all traffic the route was revised in 2006 (see map). For those that are competing for the first time the 15K race covers an interesting one lap traffic free multi-terrain course, crossing playing fields, open pasture, country lanes, an army camp and well maintained farm roadways. There is about a half K of relaid pasture grass, after leaving the playing fields, which may be a little muddy if there is heavy rain beforehand. But despite this, the course is quite flat so fast times are possible and road shoes are recommended.

The 15K race will start at **11.30am** and prizes will be awarded to the first 3 men, first 3 women and first vet in each category. (**over £800** worth of prizes plus **spot prizes**, but only one individual prize per person). Team trophies will be awarded to the first men's and first women's teams (4 to count). All finishers will receive a commemorative medal and tee shirt.

The 3K Fun Run is not only for children from school year three upwards but also for parents, an event where the whole family can take part. This event is an ideal opportunity for those not yet ready for the 5K Fun Run, to get involved.

The course stays completely within the playing fields and starts at **10.40 am**.

All finishers of the Fun Run will receive a commemorative medal with **spot prizes** on offer to some lucky finishers!

The 5K Fun Run in aid of Marie Curie Cancer Care will start in the grounds at **11.40am** and has a minimum age limit of 15 years. This flat course follows the 15K part way through the pasture before turning right to re-join the last 3.5K of the 15K at the start of the farm pathways returning to the race ground along a quiet pavement.

All finishers will receive a commemorative medal and tee shirt plus a **goody bag**.

If you require Marie Curie Cancer Care sponsorship forms for any of the runs contact Colette on tel: 0151 801 1405 or email colette.byrne@mariecurie.org.uk

Maps of each course are displayed on the web site.

Race Marshals will be situated at strategic points and you should always obey their instructions.

The venue for the event will once again be **Merchant Tailors School Playing Field, Hall Road, Crosby**.

Ample changing rooms are available in the Pavilion for both male and female competitors, but showers are only available in the male changing rooms. Refreshments will also be available in the Pavilion and at the *'boar roast'*.

The well appointed **Merchant Taylors ground** is accessed via Spinney Crescent which is only 150 metres from Hall Road Railway Station, and 200 metres from the West Lancs Golf Club which is sign-posted from Crosby Village. Full directions are given below for those travelling by road..

There are limited free parking facilities in the grounds but you can park easily on one side of all surrounding roads.

Good luck and we hope you enjoy the race but remember the common sense rules of running; you should not compete if you are feeling unwell.

Directions from M6 to Merchant Taylors Playing Fields, Hall Road.

From South take M6, M62, M57 (Ormskirk) to end. **From North** take M6, M58 (Ormskirk) to end.

At end of M57 take second exit at roundabout = A5036 - to Bootle and docks. (M58 = same roundabout)

At first set of traffic lights turn right = A5207 - to Formby (Police Station on Right).

A5207 bears right after Police Station - to Sefton and Thornton.

Follow road to traffic lights (1.5 miles) and continue straight across.

Follow road past cemetery and 'Nags Head' to traffic lights, turn left = A565 - Crosby, Bootle.

Straight through four sets of traffic lights to roundabout.

At roundabout take the forth exit which is Oaklands Avenue. Watch for signs to West Lancs Golf Club.

At end turn left then immediately right into St. Michael's Road.

After 400 yards take third exit of roundabout into Manor Road.

Continue some 350 yards to the end of the road then turn left into Hall Road East,

Merchant Taylors Playing Field is third on the left at the bottom of Spinney Crescent.

By Train - Merseyrail Northern Line to Hall Road station.