

RACE INSTRUCTIONS

Sefton Park | Sunday 14th September 2025 | **RACE START TIME 9.30am**



Thank you for taking part in the Women's 5K, Liverpool. Please take a moment to read through the event information which will assist you with the planning of your day.

VENUE

The entire event will be within Sefton Park, Liverpool.

RACE INFORMATION

2025 sees the launch of the Women's 5K, a brand-new event inspired by the iconic Women's 10K that helped spark women's running in Liverpool in the 1980s.

Both events will take place on the same day in Sefton Park, celebrating the past and future of women's running in the city.

Whether you're a first-time runner or returning to the sport, the Women's 5K is the perfect place to start.

START TIME - 9:30am

The race will begin at 9:30am with the start and finish area situated alongside the main park pathway which begins at the very top of the park by the needle monument at the junction of Aigburth Drive and Croxteth Drive.

PARKING

The entire race is contained in and around Sefton Park so there are no road closures on Aigburth Drive, Croxteth Drive or Mossley Hill Drive so parking will be available at these locations.

There is no parking on the main review field.

RACE NUMBERS

Race numbers will be posted out pre-event. We will have a Race Office to collect your race number from if your race number does not arrive in time for the event. More information will be provided closer to event day.

TOILETS

There will be toilets situated at the start/finish area of the race.

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BAGGAGE

There will be some storage for baggage at the start/finish line. As there is ample car parking close to the main Review Field please leave the baggage facility for those who may be traveling by public transport or bike.

COURSE

If you look at the course map you will see it comprises of a lap of the park mainly on the Aigburth Drive side and also park pathways. Runners head out along the main wide pavement area which is Aigburth Drive, they then head down to the bottom area at Mossley Hill Drive where it comes back into the park.

The full course will be stewarded throughout with the help of volunteers from local running clubs.

WATER

There will be water at the 5K location which is just after the cafe in the centre of the park on the second lap. It will also be available at the finish line.

T-SHIRTS

T-shirts will be a generic size and available at the finish-line when you have finished your race.

EVENT PRIZES

There will be a presentation for 1st, 2nd and 3rd places on the day once all results have been confirmed.

All results will be set against gun time. Your personal time (chip time) for completing the 5K will also be provided.

FINISH LINE

The finish line will be part way along the main park pathway and once you finish the race you will be awarded a commemorative medal, t shirt and race snacks.

MEDICAL PROVISION

There will be first aid available in the start and finish area and also along the course. If you feel you need first aid please alert any member of the event staff who will take appropriate action to contact the nearest member of the first aid team.

Please do not run if you are feeling unwell prior to the race or have an existing injury.

ROUTE MAP

