

Route Map:

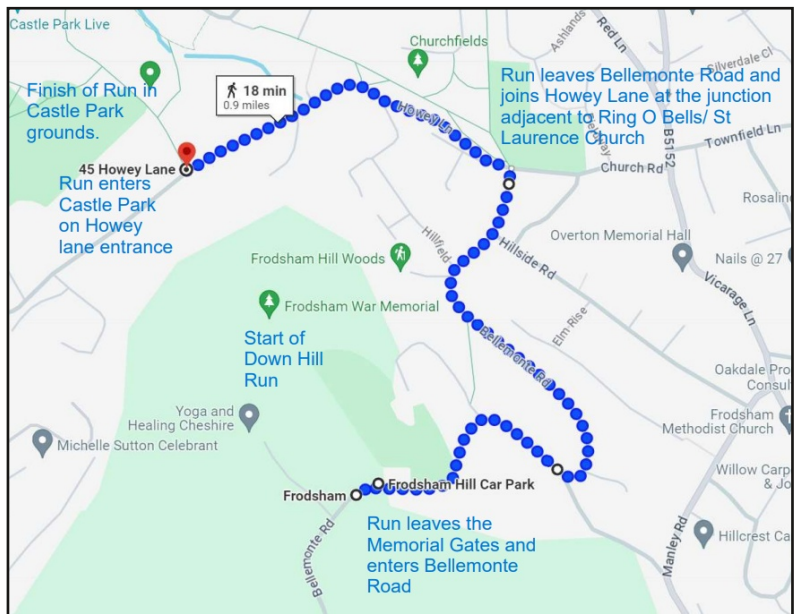
Start at Frodsham Memorial after warm-up and briefing at Forest Hills Leisure Club

Route: Memorial Field, BelleMonte Road, Howey Lane

Finish: Castle Park

Distance:

1.3 miles (Approx)



Thanks to:

Best Western Forest Hills Leisure Club, Helsby Running Club, Rotary in Frodsham & Helsby, Frodsham Scouts, and the many FCA friends and volunteers who help us run the event.

Every year, usually the first week in July, we organise the Frodsham Downhill Run. This is a popular event and we approach local businesses and other charitable organisations to help with the costs.

In return we offer a place on the runners' T-shirts for the major sponsors' logos and publicity space at the run start and finish. Our major sponsors this year are the Marshes Community Benefit Fund for the T-shirts and the necessary road closure and Mike Garvey, Cheshire West and Chester Councillor, for the medical cover.



*After the Downhill Run why not stay in Castle Park for the
"Festival in the Park" starting at 1.00 pm with
free entertainment on the stage and on the field.*

*"Something for everyone in the beautiful
surroundings of Castle Park."*

Awards for the Downhill Run will be presented at 2.00pm from the Stage

Frodsham Downhill Run 2025

ENTRY FORM

Please complete BOTH SIDES of this form in BLOCK CAPITALS

Enclose a SAE or email address if you wish confirmation of your entry.

Runners under 16 years old on the day of the run must have parental consent.

RUN CATEGORIES

(JM) Junior Male (under 11 years old - please give age)

(JF) Junior Female (under 11 years old - please give age)

(YM) Youth Male (11-15 years)

(YF) Youth Female (11-15 years)

(AM) Adult Male (16-60 years)

(AF) Adult Female (16-60 years)

(Vet) Veteran (over 60 years)

	Names of Entrants (Group Leader First)	Run Category	Age if < 11	Male/ Female	T-Shirt size
1					
2					
3					
4					
5					

T-Shirts are available in the following sizes:

Children: Age/Chest size 3 - 4/26", 5 - 6/28", 7 - 8/30", 9 - 11/32"

Children grow at different rates at different ages. Please take care to request the correct chest size for your child. We may not have sufficient 'spare' t-shirts to change your child's t-shirt for a different size.

Adults: Small, Medium, Large, XLarge, XXLlarge

The same applies for Adults. If in doubt request a slightly larger size.

**You can also enter and pay online by visiting
our web site: <https://centre.frodcomm.org.uk>**

DECLARATION:

By registering for the run and paying the entry fee you are declaring in respect of each entrant that they are medically fit to run and they understand that they enter at their own risk and that the organisers shall not be responsible for any injury or accident caused to or by a runner during this event.

Covid-19 regulations have been relaxed but we still ask that runners and their family do not to attend if they feel unwell or have tested positive for the virus. Full refunds will be given in such circumstances.

Furthermore in respect of any runner aged 16 years or younger on the day of the event you are declaring that the runner has the consent of their parent or guardian to take part in this event. Junior runners (under 11 years old) must run with a responsible adult.

Entry fees:

Adults and Veterans - £10 each

Junior and Youth - £8 each

Family or group entry - £34 (Maximum of 2 Adult/Veterans and 3 Youth/Juniors)

Entry Fee Enclosed: £_____ (cheque made out to FCA)

Group Leader Contact Details:

Your Name	
Address 1	
Address 2	
Town	
County	
Post Code	
eMail	
Telephone	
Mobile	

I am happy to receive emails from FCA about forthcoming events Yes/No
Signature:

The finish of the Downhill Run may be digitally recorded
to assist with timings and the finish order.

Photographs taken on the course may be used in publicity for future events.



frodsham community association

Sunday, 6th July 2025

Start: The Memorial on Frodsham Hill, 12.30pm

Finish: Castle Park House

Registration: 11.00am to 12.15pm

at Forest Hills Hotel Car Park, Bellemonte Road, Frodsham

Forest Hills Leisure Club Trainers will lead a warm up session at 12.00 noon and provide water at the finish

Entry includes T-Shirt and Certificates for all participants and Medals for the First Home in each run category.

Entry closes at noon on Saturday 28th June

or when entry reaches permitted limits

Book and Pay online at <https://centre.frodcomm.org.uk> or send the completed form and entry fee cheque to Christine Reeves, The Community Centre, Fluin Lane, Frodsham WA6 7QN