



ESSAR

CHESTER 2016 HALF MARATHON

THE
35TH
CHESTER
HALF
MARATHON



Sunday 15 May

Official Race Programme



**Good
Luck
to all the
runners.**

We're proud to sponsor this award winning event
and thank you for your support.



WELCOME

Welcome and thank you for choosing to run the 35th Essar Chester Half Marathon.

Our races are friendly and full of personal touches, organised for runners, by runners who are dedicated to delivering a memorable event for you.

Many thanks to our sponsors and those at West Cheshire Athletic Club who continue to work closely with us to host a great race for you.

The route is shown on page 4. After listening to your feedback last year, we have altered the route out of Chester to give you more opportunity to see our beautiful and historic city. We hope that you enjoy the entertainment and support along the course.

As runners ourselves we understand the time and dedication that you have put into your training; it has been a privilege to meet and chat to so many of you at the monthly training runs and we hope to see many of you at the finish.

Many of us run for special reasons and raise money for charities at the same time. This year our race charity is The Babygrow Appeal – raising money to build a new Neonatal Unit at the Countess of Chester Hospital. Please support this worthy cause and read more about their work on page 15.

Many thanks to the countless number of people who have tirelessly helped and supported us to enable us to organise a first class race for you.

*Good times!
Chris & Andy*





EVENT INFORMATION

The Essar Chester 2016 Half Marathon will be held on Sunday 15 May 2016, starting at The Chester Racecourse at 09:00 and finishing in Chester city centre outside the Town Hall.

Before you leave home

Don't forget your running shoes, race kit and running number.

Travelling by car

For satellite navigation use postcode CH1 2LY. If you plan to park at the racecourse you need to be parked by 07:30. Please allow plenty of extra time for your journey as the city centre will be very congested on race morning.

Be green and save money – we encourage you to car share if you can.

To avoid the worst of the traffic we suggest you approach the racecourse from the west, along Sealand Road (A548).

Parking at The Chester Racecourse

Parking will be available on the grass at the centre of The Chester Racecourse. The car park will open at 06:30 and will close at 07:30 to allow for the start of the races. There will be a fee of £3.00 for parking. Please have the correct money ready when you arrive. The car park will re-open at approximately 10:00 and will remain open until approximately 18:00. Disabled parking will be available closer to the main buildings of the racecourse or in the centre of the racecourse.

After the race there may be queues at busy times, please be patient whilst we work to help everybody leave as quickly and smoothly as possible.



Racecourse parking is on grass and, in the event of extreme weather conditions, may not be available. In such case, if possible, we will notify all runners in advance of race day suggesting alternative parking.

City centre parking

There are lots of car parking places available in car parks within easy walking distance of the racecourse in Chester city centre. Further details on the locations of the car parks and the fees charged can be found at www.cheshirewestandchester.gov.uk/residents/transport-and-roads/parking-and-permits/car-parks-in-west-cheshire.aspx - Note that the Council Park and Ride service does not start until 9am.

Drop off point

A drop off point has been arranged on the car park in front of the Castle on Grosvenor Street, Chester, CH1 2AN. The racecourse is within a short walk of this drop off point. Drop off is free, but if you park you will be required to pay their parking fee.

Your running number & timing chip

You must not let someone else use your number. If you wish to transfer your entry to another person please use the link in your confirmation email or email lindaw@chestermarathon.co.uk prior to midnight on Wednesday 11th May. Any late transfers please come to the Help Desk on race weekend.

We do not charge for this service. Imagine the anxiety caused to either set of relatives and friends in the event of mis-identification should there be a medical emergency.

When you receive your running number, please fill in the personal and medical information section on the back. Your timing chip will be pre-attached to the back of your running number, please be careful not to damage it by folding the chip or putting a pin through it. Securely attach your number at all four corners to the **front** of your race top.

Your number should not be cut down or altered in any way and must be clearly visible throughout the race. Please note that if you don't wear your number with attached timing chip you won't be able to get an official finishing time.



These chips are disposable and are not collected in at the end.

Your health on race day

Running a half marathon places significant strain on your body. If you are ill or have not been well in the week running up to the race you should seriously consider withdrawing from the race.

Most medical emergencies at the race happen to people who are not well enough to run but try to continue.

Don't feel pressured to run because you've been building up to it or have collected sponsorship money – your health is far more important.

More useful information can be found on www.runnersmedicalresource.com

Athlete tracking

The Essar Chester 2016 Half Marathon Athlete Tracking and Live Results system is now available for you to sign up. Athletes, family & friends can all use this free system to share race progress posted directly to your Facebook or Twitter feeds! On race day, spectators can get details such as time, pace, and estimated finish in real-time.

Scan the following QR Code or go to <http://niftytiming.com/2q> to sign up.



Fun Run

There will be a one mile Fun Run aimed at children and toddlers. Accompanying parents and grandparents are welcome. The Fun Run is raising funds for our race charity The Babygrow Appeal. It will start at 09:15 and will be conducted wholly within the racecourse. Entry is available online at www.activeleisureevents.co.uk/half-marathon/fun-run. If any places remain, these will be available from the Fun Run registration on Saturday 14th May 16:30 to 18:30 and on race morning 07:30 to 09:00. This is for **fun** only and so there will be no times taken nor results published and no prizes awarded.

Each Fun Run participant will receive a technical race shirt and all finishers will receive a bespoke medal, drink and treat. Thanks to The Blackhouse Grill in Chester for their support and providing the fun run treat bags.

Safety & personal audio

More and more frequently we hear of accidents and near misses caused by participants running whilst wearing earphones and personal audio players. We strongly recommend that you do not run whilst using in-ear personal audio equipment. You need to be alert at all times to the directions given to you by marshals and police, to any traffic on the course and to the presence of your fellow runners. This is for your safety and the safety of those around you.

Venue facilities

The start is at the The Chester Racecourse with the finish in Chester city centre.

- **Help Desk** - This will be near the start. In addition to providing information about the event, last minute number transfers can be arranged at the Help Desk. It will be open from **16:30 to 18:30 on Saturday 14 May** and between **06:30 to 08:30 on Sunday 15 May**.
- **Baggage Storage** - This will be next to the Help Desk and will be open between 07:30 and 09:00 on Sunday 15 May. This facility will close at 13:00. **To retrieve your bag you must have your race number.**
- Your race number includes your baggage label. If you would like to leave a bag (maximum one piece of baggage per runner) please make sure that the official baggage label is securely attached to your bag.

Drop your bag off early to avoid the last minute rush.


- Please don't leave any valuable or breakable items in baggage storage. Although baggage will be kept secure during the race and manned at other times, you leave items at your own risk and on the understanding that the organisers will not be held responsible for any damage or loss, however caused.
- Unclaimed baggage will be donated to a local charity shop. **Clothing left at the start will be collected for recycling** and will not be where you left it.
- **Toilets** - Toilet facilities will be available at the start of the race.
- **Food & Drink** - Hot and cold food and drink will be available at the racecourse at the start and in the great choice of city centre cafes, pubs and restaurants at the finish.
- **Changing & Shower facilities** - There are no changing and shower facilities at the racecourse. We have arranged for free use of the changing rooms and showers at Total Fitness, Liverpool Road, Chester CH2 1AQ. You just need to show your race number to gain entry. Total Fitness are one of our race sponsors, so why not take the opportunity to have a look round the club and relax your aching legs in the hydrotherapy pool?

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HEAR THE CROWD

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- Post Race Massage and physiotherapy will be situated at the racecourse.

The start

There will be plenty of portable toilets at the start area so please make use of them and resist the temptation to have a last minute wee on the open course! Please start in the correct start pen for **your realistic expected finish time.** After the start any discarded clothing will be collected for re-cycling.



Big Let Pace Runners

To help you achieve your target time, with support from The Big Let Company, we are offering the option to run alongside an experienced Pace Runner. There will be two Big Let Pace Runners for every 10 minute time slot from 1 hour 30 minutes to 2 hours 30 minutes. New for 2016 we are deploying 3 pace runners for the busy 2 hour target!

Read more on www.activeleisureevents.co.uk/half-marathon/pace-runners

Mile markers

There will be red mile marker signs at each mile along the course. These will generally be on the left hand side of the road and at head height. There will be split timing mats at 10k, halfway, 10 miles and 20k.



Drink stations

There will be 6 drink stations situated on the course. The location, drinks and facilities provided are detailed below:

	Location (mile)	Drinks and facilities
1	2	Water, toilets
2	3.5	Water, toilets
3	6	Energy gels, water, toilets
4	9	Water, toilets
5	10.5	Sports drink, water, toilets
6	12.5	Water, toilets

Toilets on the route

Portable toilets will be provided at the side of the road close to each drinks station. To maintain good relations with our race neighbours please refrain from having a wee against buildings or garden walls. We rely upon the goodwill and support of those who live and work along the race route for the future of the race. Runners observed breaching this rule may be disqualified. Disabled toilets are available at the racecourse and close to the finish.

First Aid

There will be mobile first aiders on bicycles throughout the course, as well as first aid posts on the course and a main first aid post at the finish.



Slower runners

Our half marathon only has priority over the roads for the time it takes a three hour runner to reach the finish. After this roads have to be cleared of race signs, cones and litter. Drink stations will be closing and marshals gradually stood down.

Withdrawing from the race

If you have to withdraw from the event after starting, please report to the team leader at any of the drink stations. If you can't make your way to a drinks station then inform the nearest available marshal and ask them to contact race control.

Race photography

Our official race photographers Marathon-Photos.com will be taking photos of individual runners on the course. If you see them on your way round, don't forget to smile! They will also be there to take a photo of you crossing the finishing line and after you have received your finisher's medal. Between 24 and 48 hours after the race you will be able to view and purchase photos online. You will be sent an email with a web link when your photographs are available to view and buy.

Volunteers

There will be many volunteers who have generously given their time to assist along the course and at the start and finish. They are there to help you and help make the race safe. If you have some spare energy please don't forget to give them the odd wave or "thank you".

If you or your family and friends would like to volunteer at one of our events, please contact Pauline (paulinec@chestermarathon.co.uk).

Spectator locations

The course for the Essar Chester 2016 Half Marathon is wholly within closed roads to provide the best experience for competitors and to maximise their safety. This does mean that some parts of the course will be difficult to access by spectators who will have to park in a convenient and safe place and walk to the course. If you're parking a car near to the course please do so in a responsible and considerate manner.

Because of the road closures it will be difficult to move around once the race starts. Why not watch the start and the fun run at Chester Racecourse and then take a short walk up to the finish outside Chester Town Hall?

Please don't cycle on the course, it is against UK Athletics Rules as well as the rules of the road, and threatens the safety of the runners. Only race vehicles are allowed on the closed roads, and marshals will remove you from the course.

When you finish

- Throw your arms in the air and celebrate!
- Please keep walking to collect water, be presented with your finisher's medal, have your photograph taken, collect your finisher's technical race shirt and goody bag before exiting the athletes only area.
- Please keep moving in the finish area – thousands of runners need to pass through as smoothly as possible.

Recommended Spectator Locations		
Location	Post Code	Information
The Wheatsheaf Inn	CH1 6JS	near Mollington (access via the A41 and then Station Road/Well Lane, right onto Townfield Lane and left onto Overwood Lane). Access is only available until 9am, and you won't be able to leave until the last runner passes Overwood Lane on the return to Chester. There is free parking at The Wheatsheaf, with food and drink available, and it's a great place to settle in and see the runners on their way out and then as they return to Chester.
The Yacht Inn	CH1 6EY	near Two Mills (access via the A550 and then Shotwick Lane) is close to the turnround point and drinks station. Plenty of free parking is available at The Yacht, where there will be food and drinks. It's close to the turnround point, so the runners will pass you twice.

When you reach the end of the finish area please keep moving onto Eastgate Street to avoid blocking the exit.

- Join your friends, family and supporters at the meeting point on Upper Bridge Street before having a well earned coffee or beer in one of Chester's many cafes and bars, and cheering other runners as they finish.
- St John Ambulance will be near the finish line to offer medical help if you need it.
- You will need to show your race number to collect your baggage from baggage storage at the racecourse.

Meeting up with friends and family

The meeting area is on Upper Bridge Street (see map on page 14) – turn right as you exit the athletes' only area. This area will be signposted alphabetically so you can arrange to meet at the first letter of your surname.

Massage and physiotherapy

Post race massage and physiotherapy will be organised by Chester Physiotherapy Centre. Both of these will be situated back at the racecourse at the Help Desk between 10:15 and 12:00. Treatments will be provided for a £5 donation to The Babygrow Appeal, our race charity.

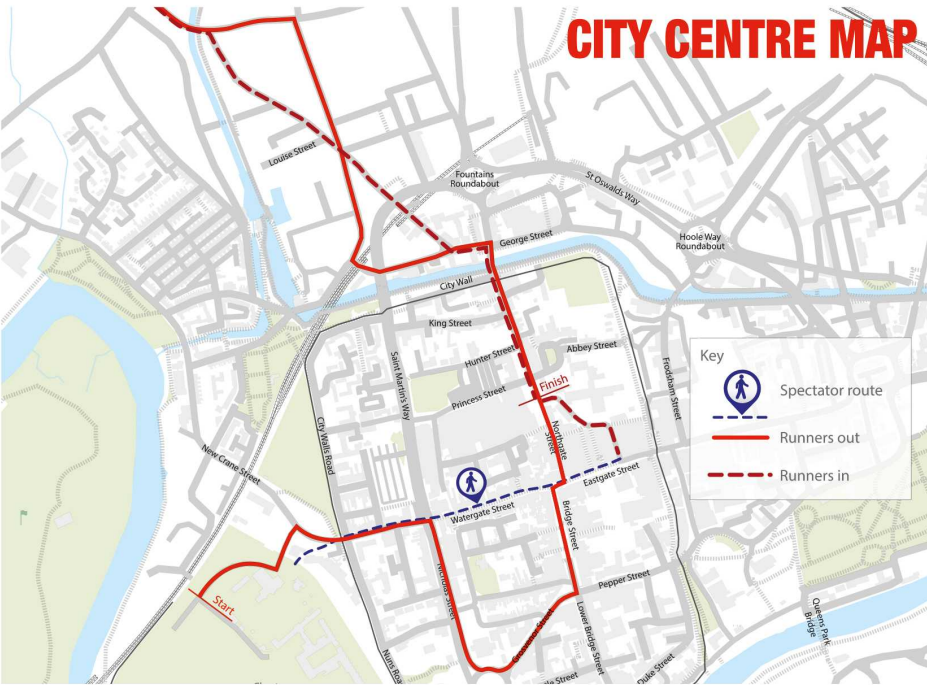
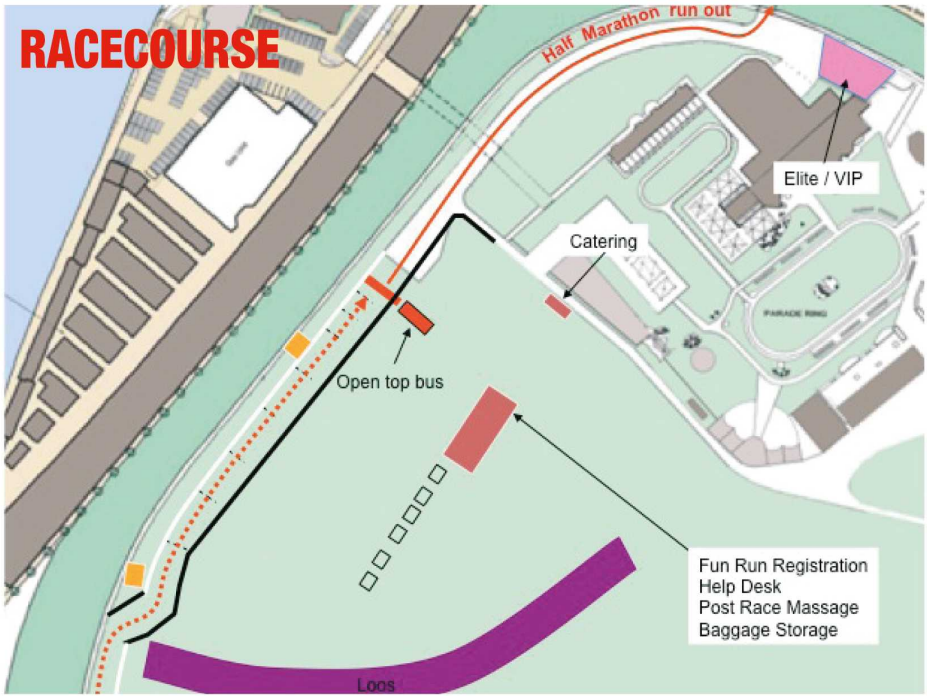
Results & prizes

Prize presentations for the overall 1st, 2nd and 3rd male and female finishers will be made in front of the Town Hall at 11:00 on race day. All other prize winners will be notified by post approximately two weeks after the race.

Provisional results will be available online on race day evening on <http://www.niftytiming.com/2q>

If you registered for athlete tracking, your provisional finish time will be posted on your Facebook and/or Twitter feeds.







Help us raise £3 million

We are delighted to be the official charity for Chester Half Marathon 2016 and wish all charity runners a great race

Our volunteers will be at the finish with medals and pictures of children cared for at The Countess of Chester Hospital neonatal unit are around the course to motivate you!

We are raising money to improve facilities in the unit and create much needed space.

We are raising money to improve facilities in the unit and create much needed space.

Kate Merrick mum of twin boys Alexander and Oliver will be running this year's Chester Half Marathon for Team Babygrow. She has never done anything like this before so let's show her some support!

The boys were born at the Countess in April 2014 by emergency c section weighing 3lb and 4lb. Kate said 'from the moment my boys were delivered in theatre a neonatal nurse was by my side. My husband went in to see the boys and the nurses brought me pictures.'

'Every day was made easier as the support we were given was unreal. We will never forget one nurse rocking and singing to my

boys my heart melted this was not just a job but a caring passion. My boys spent 3 weeks in the unit and met the most caring nurses I could imagine. So come on let's do it for the babies'

Go Kate and all the Babygrow runners!!!

You can support the appeal by donating by text – text BABY£5 – to donate £5 – thank you.

For more information please call 01244366240

Like our facebook page and share race photos – COCHFundraisingTeam

Thank you to all our runners and volunteers!





YOUR ADVANCED NUTRITION GUIDE FOR:

ESSAR

**CHESTER 2016
HALF MARATHON**

Nutrition is often overlooked for a half marathon. You will have put a lot into training, so why not put some effort into a basic half marathon nutrition plan that could make your next half the best ever?



HIGH5
SPORTS NUTRITION



SCIENTIFICALLY
FORMULATED



AWARD
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TRUSTED BY
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RESEARCH
PROVEN



NATURAL
FLAVOURS

CARBOHYDRATE

Carbohydrate is your high energy fuel. Depleting your reserves will mean that your performance drops towards the end of a longer event. You will have felt this for yourself. For a PB or to make your event more enjoyable, you should ensure that you:

- Start a race with a full fuel tank by carbo-loading
- Consume carbohydrate as you run to top up your carbohydrate stores.

Running coach **Nick Anderson** from **Running With Us** says: "I often used to run 64-65 minute half marathons and would take a couple of mouthfuls of gel at about 40 minutes to help with the final push, especially caffeine gels. For the recreational runner who is out on course for longer, gels will definitely make their run more enjoyable".

CARBO-LOADING THE SIMPLE WAY

Carbo-loading can increase your body's store by 30% or more. Follow this three-step plan to make sure your fuel tank is full to the brim.

1. Reduce your mileage 4 to 5 days before your event.
2. Two days before your event, increase your carbohydrate intake to 10 grams per kg of body weight. For a 70kg runner that would be 700 grams each day. If that's too much, then try to get as close as you can to that amount.
3. Most runners often don't reach the required intake, as carbohydrate rich foods are normally bulky. To avoid the bulk, drink 500ml of HIGH5 [EnergySource](#) every 2 to 3 hours during the day and snack on 2 or 3 [EnergyBars](#). This will provide around 350g of carbohydrate, your normal diet should provide the rest.

Follow our half marathon nutrition plan to finish strong and with a smile on your face.

RACE DAY BREAKFAST

1. Keep it light and high in carbs, but low in fat and protein. Cereals, toast and porridge are all good.

2. The maximum amount of carbohydrate you can absorb into your blood stream is about 60g per hour. So if you eat breakfast one hour before your run, it should contain around 60g of carbohydrate. If your breakfast is two hours before your run, then increase that to 120 grams, and so on. Much more than this can cause stomach upset.

3. You can drink 500ml of HIGH5 **EnergySource** to provide 45g of these carbs – hydrating you at the same time.

4. If you have to travel any distance to your race, take a HIGH5 **EnergyBar** to eat on the way. It provides 43g of carbohydrate in an easily digestible form.



10-15 MINS BEFORE THE START

Consume 200ml of water if possible to start the hydration process. Take one **EnergyGel** OR **IsoGel** sachet. These two products have virtually the same formulation and carbohydrate content. The difference is that **IsoGel** is bigger and slightly heavier, as it contains additional water. This makes it's consistency more like a drink than a gel and it's easier to get-down.

DURING THE RACE

Sub 1:15 runners: Take one **EnergyGel** or **IsoGel** sachet around the 45-minute mark.

Sub 1:45 runners: Take one **EnergyGel** or **IsoGel** sachet around the 45-minute mark and another at 75 minutes.

2 hour plus runners: After 40 minutes, start taking **EnergyGel** or **IsoGel** sachet and then take another sachet every 30 minutes throughout.



Use a HIGH5 **Gel Belt** to carry your Gels.

FLUIDS

Your fluid needs will vary depending on how warm the weather is on race day and how much you sweat. Take on water or the on-course drink regularly, especially if you are running for more than 90 minutes. Drink as much as you comfortably can.

AT THE FINISH



Drink 400ml of HIGH5

Protein Recovery as soon as you finish. Eat a balanced meal one to two hours later.

Good luck!



ON COURSE PRODUCT: ISO GEL

**The gel that's more like a drink than a gel.
Real juice flavours for a light refreshing taste**

- 23g of carbohydrate energy
- Caffeine Free
- Race proven in the World's toughest competitions
- Suitable for vegetarians and vegans



For beginner to pro

For more information visit: www.highfive.co.uk

Thanks to

You the runners for choosing to run the Essar Chester 2016 Half Marathon.

Your family and friends for coming along to support you and the other runners and generate such a great atmosphere for all.

Our volunteers without whose help and enthusiasm the race would not be possible. Too many to name all, but including: 610 Squadron ATC, Blacon schools, Cheshire Army Cadet Force, Chester and Ellesmere Port Lourdes Group, Chester Photographic Society, Claire House Children's Hospice, Countess of Chester Babygrow Appeal, Ellesmere Port Running Club, Mark Wakefield Demolition, Race Angels, Renegades Explorers Scout Group, Saughall Neighbourhood, Upton High School, West Cheshire AC, Wirral Metropolitan College, Wolf Explorer Scout Group, and residents along the course who will be manning drinks stations.

The residents and businesses on the route for their patience, support, enthusiasm and co-operation.

Our Sponsors:

- **ESSAR** as title sponsor of the race
- **Capital FM** for their media support
- **Lexus Chester** for providing race vehicles
- **Total Fitness Chester** who provide the venue for our training runs, seminars and post race changing and shower facilities
- **High 5** for providing IsoGels
- **Aftershokz**
- **Redrow**

Thanks also to:

The Big Let Company for sponsoring our pace runners, **Allan Morris Transport** for arranging drinks logistics and the team at **Chester Racecourse** for hosting the race start.





Thank you

We hope that you enjoy running with us and look forward to meeting as many runners as possible on race day.

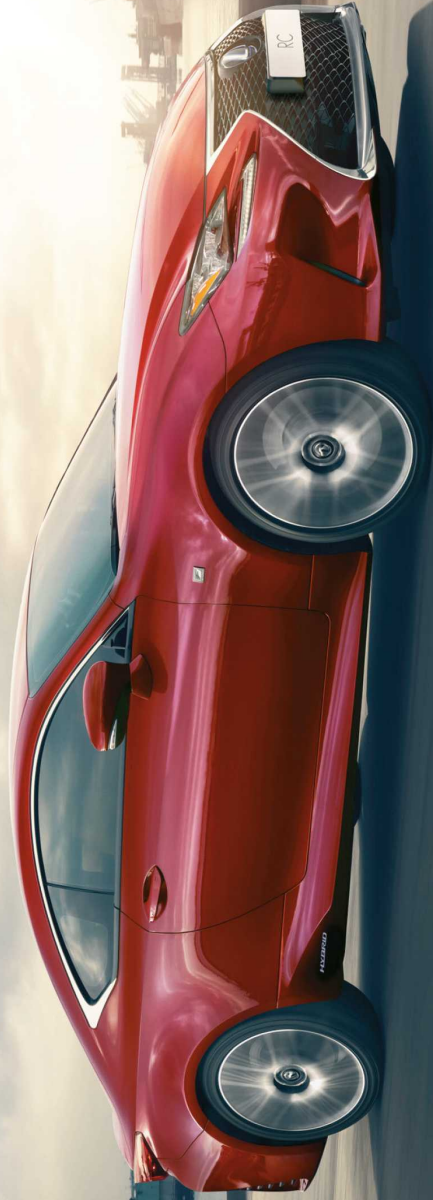
After the race we will send you an email to invite you to complete a post race survey. We welcome your thoughts and recommendations to help us plan for future races.

If you're looking for your ideal next event, why not try our MBNA Chester Marathon, or the UK's only Metric Marathon (26.2km) both on 2 October.

Entries for the Essar Chester 2017 Half Marathon will open at midday on Monday 16 May 2016.

*Good Times!
Chris, Andy &
the Team*

ALL NEW LEXUS RC 300h



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AMAZING IN MOTION

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www.chester.lexus.co.uk

RC Prices start from £34,995. Model shown is an RC 300h F-Sport £38,120 inc metallic paint at £625.

The MPG Figures quoted are sourced from official EU-regulated test results. They are provided for comparability purposes, and may not reflect actual driving experience. RC 300h fuel consumption and CO2 figures - Urban 57.6 mpg (4.9) per 100km) Extra Urban 57.6 mpg (4.9) per 100km) and Combined 57.6 mpg (4.9) per 100km). CO2 combined 113 g/km, 19% BIK