



mbna

**CHESTER 2016
METRIC MARATHON**



Official Race Programme

Sunday 2nd October 2016

mbna

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Chester

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GOOD LUCK
TO ALL RUNNERS
AT THE EVENT



Thank you
for your support of this
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chestermarathon.co.uk

WELCOME



Thank you for choosing to run the unique MBNA Chester Metric Marathon.

We look forward to welcoming you to the international, historic destination city of Chester. With no changes to the race route, you will run past all Chester's iconic landmarks (Roman Walls, Cathedral, Medieval Rows, Eastgate Clock, Amphitheatre) before heading out to the stunning Cheshire countryside and villages; returning alongside the River Dee for an unforgettable finish at the Racecourse.

It's been great to meet and chat to so many of you at the training runs and seminars.

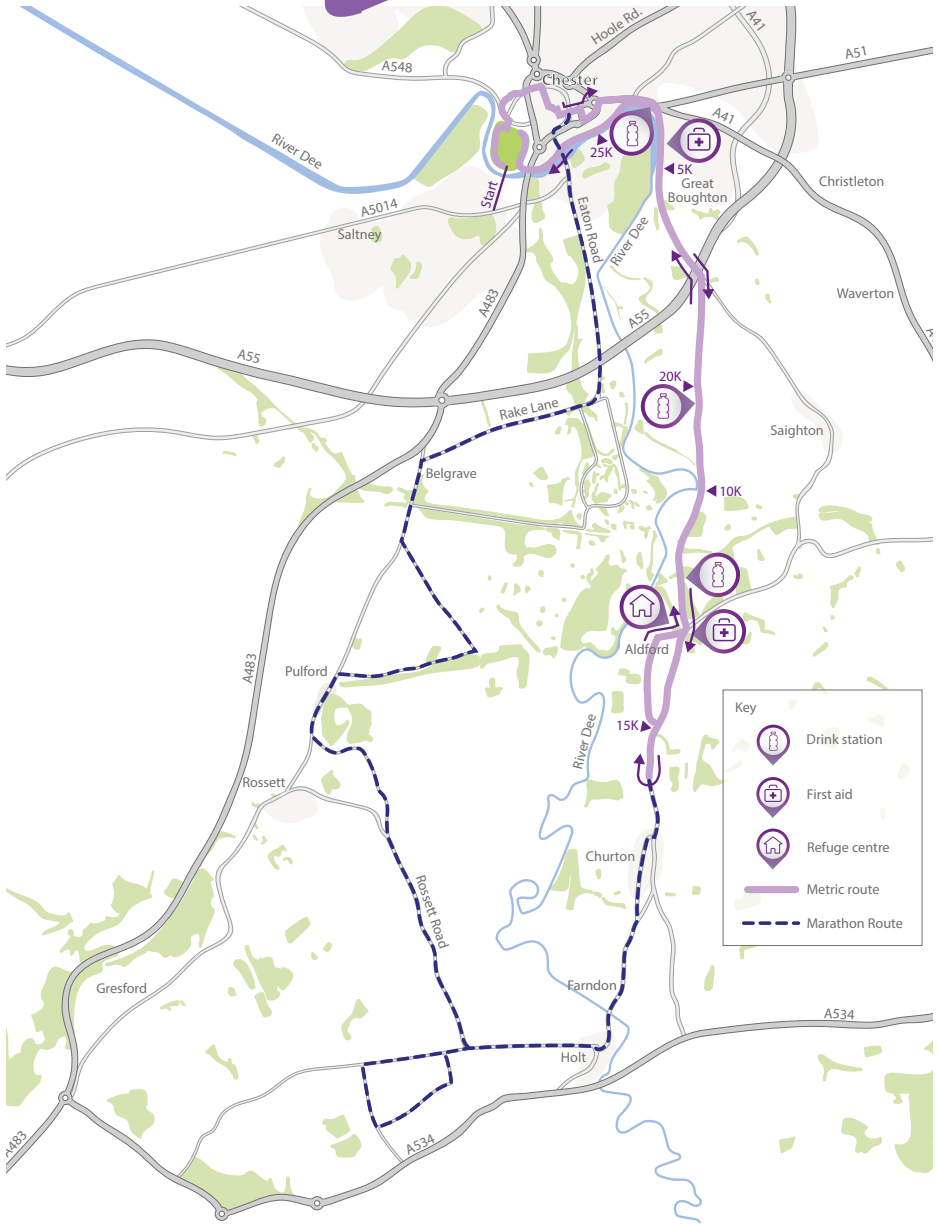
Many thanks to all those who help and support us to deliver first class mass participation races for our City.

Whether you're running for fitness, as a challenge or raising money for a cause that's close to your heart, we look forward congratulating you on the finish line.

*Good times!
Chris & Andy*



RACE ROUTE



The 2016 MBNA Chester Marathon and Metric Marathon will be held on Sunday 2nd October with the start and finish of the race at Chester Racecourse, New Crane Street, Chester, CH1 2LY.

06:30	Car park opens
06:30	Help desk opens
07:30	Baggage store opens
08:00	Car park closes and road outside racecourse closes
09:00	MBNA Chester Marathon starts
10:15	MBNA Chester Metric Marathon starts
10:30	One mile MBNA Chester Mini Marathon starts
11:00	Car park reopens
11:15	First runner expected
13:00	Prize presentations for the first 3 male and female finishers
16:00	Baggage reclaim closes

Before you leave home

Don't forget your running shoes, race kit and running number. Your race number contains your timing chip, so don't bend or fold it as this can cause damage.

Your health on race day

Distance running 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. It is not worth the risk of running; we will be here next year to welcome you back to run when you are fully fit and healthy. 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

Racecourse Parking

Parking will be available at the Chester Racecourse (CH1 2LY). The car park will open at 06:30 and will close at 08:00 to allow for the start of the races. After this time limited parking will be available in the Linenhall car park (CH1 2BD). Please have £3.00 ready for parking.

The car park will re-open at 11:00. After the race there may be queues at busy times. Disabled parking will be available closer to the main buildings of the racecourse or in the centre of the racecourse.

City Centre Parking

There are over 3,600 car parking places available in car parks within easy walking distance of the racecourse in Chester city centre which charge a variety of fees.

Your running number & timing chip

You must not let someone else use your number unless you do a transfer, which is free. Log into www.niftyentries.com or email lindaw@chestermarathon.co.uk. Imagine the anxiety caused to relatives in the event of mis-identification in a medical emergency.

Your timing chip will be pre-attached to the back of your running number, be careful not to damage it by folding the chip or putting a pin through it when attaching to the front of your top.

Your number should not be cut down or altered in any way and must be clearly visible throughout the race. Please remember to ensure that your personal and medical details are entered on the back of your number.

It is a condition of the event that you cross all timing mats provided, and that you are recorded passing any timing or recording points on the route.

Mini Marathon

This year's Mini Marathon is raising funds for St John Ambulance. The run will be approximately one mile, will start at 10:30 and will be conducted wholly within the racecourse, finishing at the main race finish.

The Mini Marathon is open to anyone wanting to run but is primarily aimed at children. Parents, guardians and grandparents are also welcome to enter and accompany the children. All runners will be given a technical race t shirt and all finishers will receive a commemorative medal, a bottle of water and a treat.

This is a fun run and not a race, with the aim being to involve as many people as possible. With this in mind, everyone is a winner and there are no official timings or prizes. The Mini Marathon entry fee will be £4.00, or £5.00 including a £1.00 donation to our Race Charity, St John



Ambulance. Entry is online at **www.activeleisureevents.co.uk/marathon/mini-marathon**. If any places remain, these will be available from the Mini Marathon Registration on Saturday 1st October from 16:30 until 18:30 and on race day from 07:00 until 10:00

Venue Facilities

The start and finish will be held at Chester Racecourse. Competitors and spectators will find a wide range of facilities available at the Racecourse including:

- **Help Desk** will be situated in the Tented Village. In addition to providing information about the event, late entrants and non-uk entrants can collect their race number from the Help Desk. It will be open between 16:30-18:30 on Saturday 1st and 06:30-16:00 on Sunday 2nd.
- **Children's Activity Zone** - Fun activities for youngsters.
- **Baggage Storage** will be in the Tented Village and will be open for drop off from 07:30 on Sunday 2nd. On finishing the race, you will need your race number to collect your bag. This facility will close for reclaim at 16:00.
- If you would like to leave a bag (maximum one piece of baggage per runner) with baggage storage please make sure that the official baggage label is securely attached to your bag. Please drop your bag off early to avoid the last minute rush.
- Please do not leave any valuable or breakable items with 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, howsoever caused.
- Uncollected baggage will be kept for 2 weeks after the race, after which time it will be disposed of.
- **Toilet facilities** will be available throughout the day at the racecourse.
- **Post Race Massage** and physiotherapy will be situated in the Tented Village.
- **Bars & Food** - Hot and cold food and drinks will be available throughout the event.
- **Marketplace** with retail, charity and information stalls in the Tented Village.

The Start

There will be plenty of portable toilets at the start area, 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 estimated finish time.

After the start any discarded clothing will be collected for re-cycling.

Kilometre markers

There will be markers every 5k along the metric marathon course. These will generally be on the left hand side of the road and at head height. There will be two split timing mats around 14k and 24k. If you have signed up for Athlete Tracking this will tweet, facebook or email your time when you cross the mats, allowing your supporters to track your progress. You can register for tracking at <https://ale.niftyentries.com/MBNA-Chester-Metric-Marathon-2016/StartList>

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. Disabled toilets will be available at the racecourse.

Safety & Personal Audio

For health and safety reasons, the use of headphones has previously been discouraged while taking part in these events. If you do wish to enjoy your music during the race we recommend you have fun and run safely with AfterShokz open ear sport headphones.

Award winning AfterShokz sit comfortably in front of the ear and utilize bone conduction technology to deliver

stereophonic sound through the listener's cheekbones to the inner ear. This means you can enjoy your music and still hear everything around you including race instructions, emergency vehicles and your fellow competitors.

And even better, we're offering you £10 off and a **FREE SPI** running belt worth £14.99 on the purchase of any pair of AfterShokz. Just use code **CHESTER16** when checking out at aftershokz.co.uk.

First Aid

There will be mobile first aiders on bicycles throughout the course, and four treatment units at Sandy Lane Drink Station (4.6k and 23.5k) and at Aldford Village (11.5k and 16.5k).

There will also be a main first aid post at the racecourse. If you need non-life threatening medical attention, please make your way to one of the static first aid points.

Sweep and Refuge Centre

The sweep bus will travel at the back of the field picking up runners at the back of the race. If you want to pull out of the race, but do not have any major injuries or illnesses please make your way to a Refuge Centre where you will be able to take cover and get a tea or coffee as you wait to be collected by the minibus. Alternatively you can use our phone to contact someone from your party to collect you, to save you waiting until the end of the race.



AFTERSHOKZ

HEAR EACH STEP
HEAR YOUR BEATS
HEAR THE CROWD

HEAR IT ALL.

BONE CONDUCTION HEADPHONES



Openfit DESIGN



HEALTHY APPROVED

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Drink stations

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

	Location (km)	Drinks and facilities
1	4.5	Water, toilets, first aid
2	8	Sports drink, water, toilets
3	11	Energy gels, water, toilets
4	17	Energy gels, water, toilets
5	20	Sports drink, water, toilets
6	23.5	Energy gels, water, toilets, first aid

Water will be in 330ml sports cap bottles. Isotonic drinks will be 500ml Lucozade Sports Orange drink and Energy gels will be High 5 IsoGels (berry flavour). Runners should avoid trying anything new on race day.

Slow Runners

To complete a marathon you do have to do a significant amount of training prior to the event. This is a running event and has a cut-off time of 4 hours.

Race photography

Our official race photographers, Marathon-Photos.com, will be at various points on the course to take photos of individual runners. If you see them don't forget to smile! They will also take a photo of you crossing the finishing line and after you

have received your finisher's medal. 24 to 48 hours after the race, you will be able to view and purchase photos online at www.marathon-photos.com. You will be sent an email with a web link when your photographs are available to view and buy.

Chester Photographic Society will be capturing the overall atmosphere and story of the day. You can see their photos at www.chesterphotographicsociety.org/

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", especially if the weather is less than perfect!



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Recommended Spectator Locations			
Location	Post Code	Expected Time	Information
Start at Chester Racecourse	CH1 2LY	10:00	Vehicle Access prior to 08:00. The car park closes at 08:00 and will reopen about 11:00.
City Centre	see map	10:00 to 10:35	Walk from the racecourse. Lots of food and drink available nearby.
Aldford	CH3 6JG	10:45 to 13:45	Access at all times via the A41 and then through the village of Saughton. There is parking on Chapel Lane and refreshments available in Aldford Village Hall.
Groves, Chester	CH1 1SD see map	11:00 to 14:00	Within a short walk of the finish. Good viewing close to city centre. Lots of food and drink available.
Finish at Chester Racecourse	CH1 2LY	11:20 to 15:00	Vehicle Access prior to 08:00. The car park closes at 08:00 and will reopen about 11:00.

Spectator Locations

The course for the MBNA Chester Marathon is wholly within closed roads to provide the best experience for competitors and to maximise their safety. This means 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. Anyone parking a car near to the course, please do so in a responsible and considerate manner.

When you Finish

- Smile! We will be there to congratulate you!
- Keep walking through the Athletes Finish Area, where you will be presented

with your finisher's medal, have your medal photo taken, collect your goody bag, drinks and your commemorative technical race shirt, before exiting the athletes only area and heading to the Tented Village to collect your baggage

- Please try to keep moving in the finish area to avoid congestion.
- Join your friends, family and supporters at the meeting point in the centre of the Tented Village before celebrating in the bar and cheering other finishers.
- St John Ambulance will be near the finish to offer medical help if you need it.

Results & Prizes

Provisional results will be available online on race day evening.

If you registered for athlete tracking, your provisional finish time will be posted on your facebook and/or twitter feeds. You can register for athlete tracking at

<https://ale.niftyentries.com/MBNA-Chester-Metric-Marathon-2016/StartList>

Prize presentations for the overall 1st, 2nd and 3rd male and female finishers will be made at 13:00 on race day in the Tented Village near the baggage store.

All other prize winners will be notified by post approximately two weeks after the race.

Massage

Post-race massage and physiotherapy will be situated in the Tented Village after the race between 11:30 and 15:00.

Treatments will be provided for a £5 donation to our main race charity St John Ambulance (see page 17)



Changing & Showers

Limited showers and changing facilities will be available after the race in the jockey's changing rooms.

We have arranged for free use of the changing rooms and showers at Total Fitness, Liverpool Road, Chester CH2 1AQ. You can gain entry using your race number. Total Fitness are one of our race sponsors, so why not take the opportunity to have a look around the club and relax your aching legs in the hydrotherapy pool?



YOUR ADVANCED RUN NUTRITION GUIDE FOR:



If you're tackling the **MBNA Chester Metric Marathon**, you will have put a lot into training, so why not put some effort into a basic nutrition plan that will help you finish strong and enjoy your run?



HIGH5

SPORTS NUTRITION



SCIENTIFICALLY
FORMULATED



AWARD
WINNING



TRUSTED BY
ATHLETES



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 metric 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!

AVAILABLE ON COURSE

For beginner to pro

ISOGEL BERRY

Smooth gels with a dash of real fruit juice for a light taste

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



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



Our Race Charity is St John Ambulance (SJA), the nation's leading first aid charity - join the team that saves lives!

Every year, more than 400,000 people learn how to save a life through its training programmes, including hundreds of thousands of young people.

SJA's volunteers provide first aid in their communities, keeping people safe at events, and working alongside the NHS in response to 999 calls. The charity also campaigns to raise awareness of first aid and directly educate the public.

Event services – SJA provides medical cover for events – from major sporting fixtures and music festivals to public gatherings.

Ambulance services – SJA plays a crucial role in supporting the emergency services, responding to local incidents and major accidents.

Volunteering – SJA volunteers provide first aid in their communities, keeping people safe at events, and working with the NHS when lives are on the line.

Workplace training – SJA is the leading provider of workplace training, reaching over 250,000 people a year.

Young people and schools – Over half of the people trained by SJA are under 18.

Teaching in the community – SJA gives people access to important skills they wouldn't otherwise get the chance to learn.

First aid is such a simple skill, but it has an incredible impact. SJA wants everyone to learn it, so that they can be the difference between a life lost and a life saved.

The SJA website has lots of free first aid advice, including a page dedicated to first aid tips for runners, visit sja.org.uk and search 'runners'.

Thanks to...

You, the runners, for choosing to run the MBNA Chester Metric Marathon. Your family and friends for coming along to support you and the other runners.

Our volunteers without whose help and enthusiasm the race would not be possible. Too many to name all of them but including:

MBNA staff, 2 Mercian Regiment, 610 Squadron ATC , Blackhouse Grill , Blacon Primary Schools , Cheshire Army Cadet Force, Chester & Ellesmere Port SVP and Lourdes Groups, Chester Nomads FC, Chester Tri Club, Darland High School, Eccleston and Aldford Parishes for marshalling the route, Ellesmere Port Running Club, Farndon Brass Band, Katie Copeland Physiotherapy, Lady Taverners, Mark Wakefield Demolition, Race Angels, Renegade Explorer Scout Group, Tattenhall Running Club, Upton High School, West Cheshire AC, Wirral Metropolitan College, Wolf Explorer Scout Group, residents along the course especially those of Pulford and Churton who will be manning drinks stations and marshalling the route and volunteers from our associated charities.

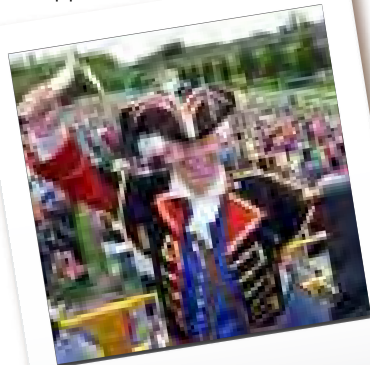
The residents along the race route for their support, enthusiasm and cooperation.

Our sponsors:

- **MBNA** for their backing of the marathon from its inception and their huge input into the development, promotion and delivery of the race
- **Lexus (Chester)** for providing the race vehicles
- **Total Fitness (Chester)** for training run support and post race showers
- **Lucozade**
- **High-5**
- **Aftershokz**

Thanks also to:

Allan Morris Transport for arranging drink logistics **Chester Racecourse** for hosting the event **Mornflake Oats** for donating products for the goody bags which will be topped up with the extra goodies that have been bought in and **Cheshire West & Chester Council** for their support.



We hope that you enjoy running with us. We would welcome your thoughts and recommendations to help us in planning for future races, and we will be sending you an email to invite you to complete a post race survey. Please take time to let us have your feedback.

Please come back and run with us again next year:
Essar Chester Half Marathon –
Sunday 21st May 2017 – Entries now open
www.chesterhalfmarathon.co.uk

MBNA Chester Marathon and Metric
Marathon – Sunday 8th October 2017 –
Entries open Monday 2nd October
www.chestermarathon.co.uk



See you next year

Mitchell Group

Miles and miles of more...



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