

mbna



CHESTER 2018 METRIC MARATHON

OFFICIAL RACE PROGRAMME
SUNDAY 7 OCTOBER



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SPORT

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It's our people who make the difference

high 5

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UP & RUNNING
EST. 1992
HERE & NOW



Good luck

to all runners at the event



Join the
conversation
#OurCommunity

mbna.co.uk    @mbna

Welcome

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

Our races are organised for runners, by runners who are dedicated to delivering a memorable event for you. We are renowned for our supportive and friendly approach, where every runner matters.

The race route will take you past 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 a unforgettable finish at Chester Racecourse.

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 lots 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 Claire House Children's Hospice who help seriously and terminally ill children live life to the full. Please support this worthy cause and read more about their work on page 17.

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

Good times!



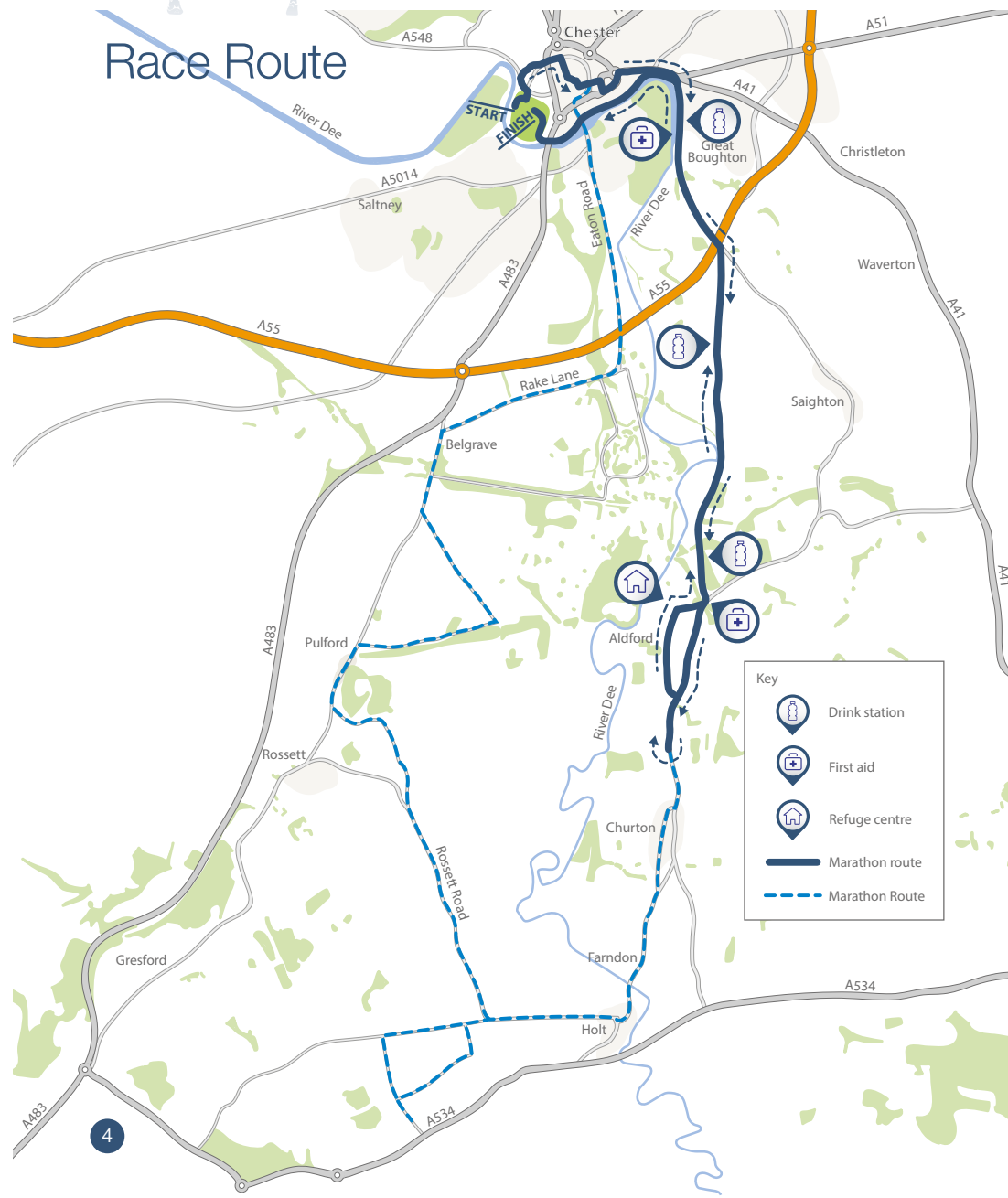
Chris



Andy



Race Route



Information

The 2018 MBNA Chester Marathon and Metric Marathon will be held on Sunday 7th 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

Travelling by car

For satellite navigation use postcode CH1 2LY. If you plan to park at the racecourse you need to be parked by 08:00. Please allow plenty of extra time for your journey as the city centre will be very busy 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).

Racecourse parking

Parking will be available on the grass at the centre of Chester Racecourse. The car park will open at 06:30 and will close at 08:00 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 11:00 and will remain open until 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 parking places available in car parks within easy walking distance of Chester Racecourse. Further details on the locations of the car parks and the fees charged can be found [here](#).

Please note that the Council Park and Ride service does not start until 9am.

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 contact: lindaw@chestermarathon.co.uk.

We offer this as a free service; it is important for your safety that we know who is racing, and we want the results to be accurate.



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.

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

Your health on race day

Distance running places significant strain on your body. If you are ill or have not been well 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 [here](#).

Athlete tracking

The MBNA Chester Metric Marathon 2018 Athlete Tracking and Live Results system is now available for you to sign up. Athletes, family and friends can all use this free system to share race progress directly to Facebook, Twitter or SMS.

To sign up please follow [this link](#).

On race day, spectators can get details such as time, pace, and estimated finish in real-time from [here](#).

Mini Marathon

This year's Mini Marathon is raising funds for Claire House Children's Hospice. The run will be conducted wholly within Chester Racecourse, starting at the main race start at 10:30 and finishing at the main race finish.

The Mini Marathon is open to anyone wanting to run but is primarily aimed at children. Parents, grandparents and carers are welcome to enter and accompany the children.

Each Mini Marathon participant will receive a technical race 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 is £4.00, or £5.00 including a £1 donation to our Race Charity, Claire House Children's Hospice. Entry is available online [here](#). If any places remain, these will be available from the Mini Marathon registration on Saturday 6th October from 14:00 to 18:00 and on race morning from 07:30 until 10:00.

Venue facilities

Help Desk - In addition to providing information about the event, late entrants and non-UK entrants can collect their race numbers from here and any last minute transfers can be arranged. Help desk will be open between 14:00 and 18:00 on Saturday 6th October and 06:30 to 16:00 on race day.

Children's Activity Zone – Fun activities for youngsters.

Baggage storage will open on race day from 07:30 for bag drop off and from 11:15 until 16:00 for baggage reclaim. To retrieve your bag you must have your race number. Your race number includes your baggage label.

GOOD LUCK EVERYONE

15%

OFF AT UP & RUNNING CHESTER

UNTIL OCTOBER 30TH WITH THIS ADVERT
25 BRIDGE STREET ROW, CHESTER, CH1 1NW



mbna

CHESTER 2018
METRIC MARATHON



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. Please drop off your bag 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.

Bags not reclaimed will be kept for 2 weeks after the race, after which time they will be disposed of. Items will be recycled or donated to a charity shop.

Clothing left at the start of the race will be collected for recycling and will not be where you left it.

Toilet facilities will be available throughout the day with 100 toilets close to the start.

Post race massage and physiotherapy will be available.

Bars & Food - Hot and cold food and drinks will be available throughout the event.

Marketplace with retail, charity and information stalls.

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 last runner has crossed the start line the timing mats will stop recording.

After the start any discarded clothing will be collected for recycling.

Kilometer 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.

Toilets on the route

Portable toilets will be provided at the side of the road close to each drink 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

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.

First Aid

There will be mobile first aiders on bicycles throughout the course, and four treatment units at Sandy Lane drink station (4.6k & 23.5k) and at Aldford village (11.5k & 16.5k). There will also be a main first aid post at Chester Racecourse. If you need non-life threatening medical attention, please make your way to one of the static first aid points.



Sweep & Refuge Centres

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 (see page 4) 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.

Drink stations

There will be 6 drink 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 380ml Lucozade Sports Orange drink and Energy gels will be High5 Energy Gel Aqua. Runners should avoid trying anything new on race day.

Slower 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 cutoff time of 6 hours. It is important that you maintain this pace or you may be withdrawn from the race. If you are a slower runner, please see our website guidance [here](#).

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. 24 to 48 hours after the race, you will be able to view and purchase photos online [here](#).

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!

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

BE REWARDED FOR YOUR EXERCISE.

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YOU'RE ENTERED INTO A PRIZE DRAW.

AMAZING PRIZES AVAILABLE
EVERY DAY, WEEK AND
WEEKEND!

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Recommended Spectator Locations			
Location	Post Code	Expected Time	Information
Start at Chester Racecourse	CH1 2LY	10:15	Vehicle Access prior to 08:00. The car park closes at 08:00 and will reopen about 11:00.
City Centre	see map	10:15 to 10:40	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 Saighton. Refreshments will be 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 MBNA Chester Metric Marathon course 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.

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 medal, collect your goody bag, drinks and your commemorative race shirt, before exiting the athletes only area and heading 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 Paddock 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

Prize presentations for the overall 1st, 2nd and 3rd male and female finishers will be made in The Paddock at 13:00 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 [here](#).



Dates For Your Race Diary



10th March 2019

www.activeleisureevents.co.uk/chester-10k



19th May 2019

www.activeleisureevents.co.uk/half-marathon



6th October 2019

www.activeleisureevents.co.uk/marathon



Massage

Post-race massage and physiotherapy will be situated in the The Paddock after the race between 11:30 and 15:00. Treatments will be provided for a £5 donation to our main race charity Claire House Children's Hospice (see page 17)

Changing & shower facilities

There are no changing and shower facilities at Chester 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.





HIGH 5

YOUR ADVANCED NUTRITION GUIDE



Nutrition is often overlooked for a metric marathon. You will have put a lot into training, so we've put together a simple nutrition plan that could make your next one the best ever.

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.

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 Energy Drink to provide 45g of these carbs — hydrating you at the same time.
4. If you have to travel any distance to your race, take an HIGH5 Energy Bar to eat on the way. It provides 43g of carbohydrate in an easily digestible form.



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



AVAILABLE ON COURSE

10-15 MINS BEFORE THE START

Take one HIGH5 Energy Gel Aqua sachet and drink 200 to 300ml of water or HIGH5 ZERO.

DURING THE RACE

Sub 1:15 runners: Take one Energy Gel Aqua sachet around the 45-minute mark.

Sub 1:45 runners: Take one Energy Gel Aqua sachet around the 45-minute mark and another at 75 minutes.

2 hour plus runners: After 40 minutes, start taking Energy Gel Aqua sachet and then take another sachet every 30 minutes throughout.

Use a HIGH5 Race Belt to carry your Gels.



ENERGY GEL AQUA

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.

IN YOUR GOODIE-BAG:



ZERO

A refreshing, great tasting sugar free electrolyte drink with zero calories for during exercise and throughout the day.

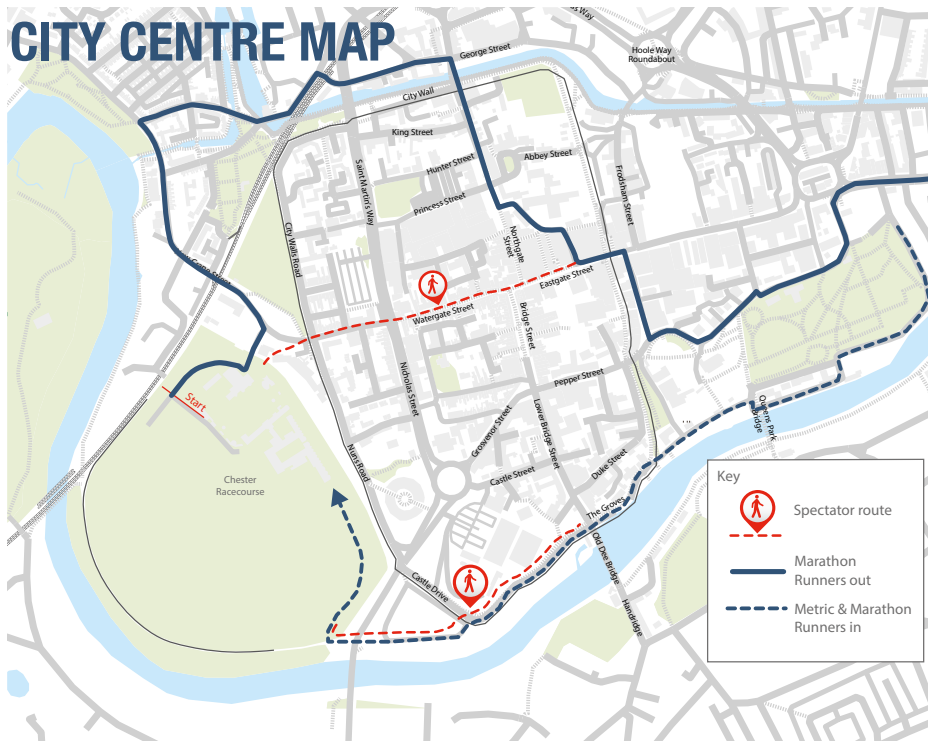
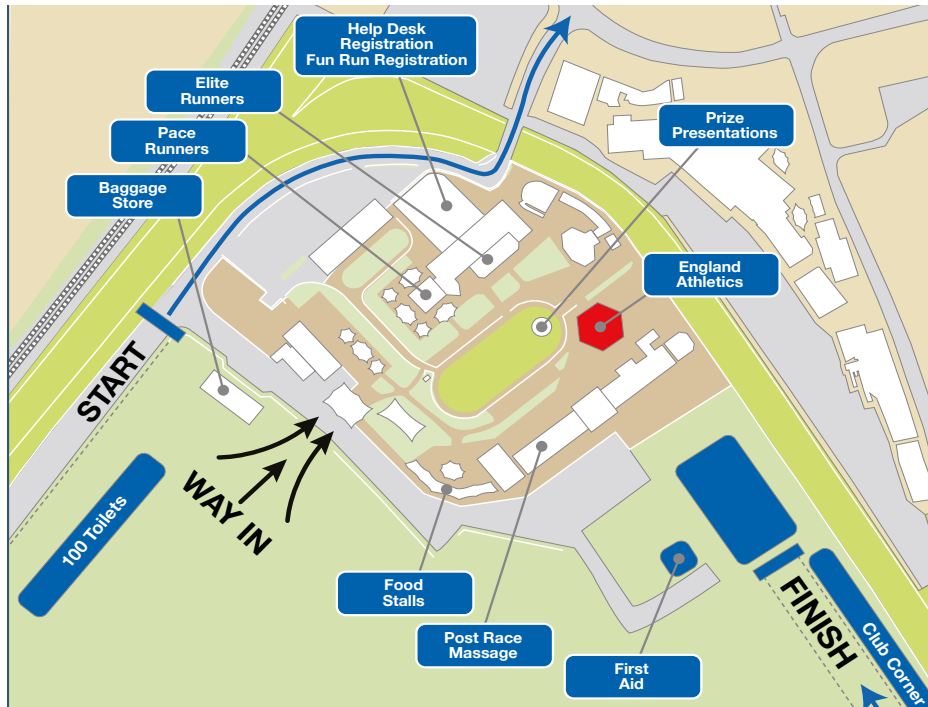
FOR MORE INFORMATION AND TO DISCOVER OUR RANGE, VISIT WWW.HIGHFIVE.CO.UK

Aaron says good luck to all our runners!



By running for Claire House Children's Hospice, you're keeping children like Aaron giggling!

Thank you for your amazing support.





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, 610 Squadron ATC, Blacon Primary Schools, Cheshire Army Cadet Force, Chester & Ellesmere Port SVP and Lourdes Groups, Chester Nomads FC, Chester Road Runners, Chester Scouts, Chester Tri Club, Darland High School, Ellesmere Port Running Club, Explore Learning, 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 Aldford, Churton, Eccleston, Huntington & Pulford 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
- **Mitchell Group Chester** for providing the race vehicles
- **Total Fitness (Chester)** who provide the venue for our training runs, seminars and post race changing and showers.
- **Lucozade**
- **High5**
- **Up & Running**

Thanks also to:

Allan Morris Transport and **Mark Wakefield Demolition** for supporting drinks logistics, **The Big Estate Agency** for sponsoring our pace runners, **Eat Natural** for supplying their delicious bars for the goody bags. **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 look forward to meeting as many of you as possible on race day, especially at the finish line!

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

Please come back and run with us again next year:

2019 Aldi Chester 10K
Sunday 10th March 2019
Entries are now open at
www.chester10K.co.uk

Essar Chester 2019 Half Marathon
Sunday 19th May 2019
Entries are now open at
www.chesterhalfmarathon.co.uk

MBNA Chester 2019 Marathon & Metric Marathon
Sunday 6th October 2019
<http://www.chestermarathon.co.uk>

Entries for the MBNA Chester 2019 Marathon & Metric Marathon will open at 3pm on Sunday 7th October 2018.



See you next year

Mitchell Group

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keep the right company



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