



Aldi Chester 10K Race Information

Welcome to Chester and thank you for choosing to run the 2019 Aldi Chester 10K.

EVENT INFORMATION

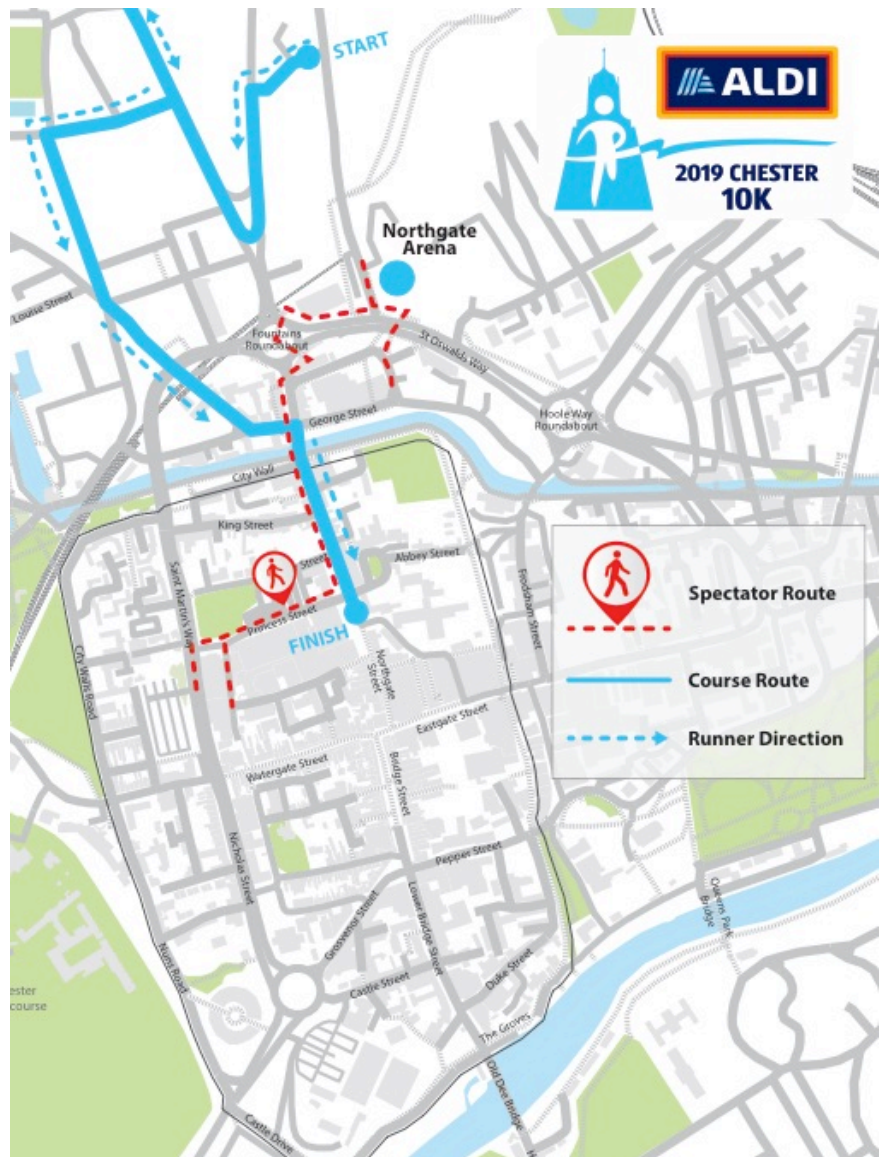
The Aldi Chester 10K will be held on Sunday 10th March 2019, starting at 09:30 on Victoria Crescent, near to [Northgate Arena](#) (CH2 2AU) and finishing in Chester city centre outside the [Town Hall](#). The race route can be seen [here](#).

Getting to the start

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.

There is no race parking at Northgate Arena. There are lots of car parks available within easy walking distance of the start and finish of the race. Further details on the locations of the car parks and the fees charged can be found at [Parkopedia](#).

It is a short walk from the city centre and finish to the start.



Race day timetable

07:30	Help desk opens
08:30	Baggage store opens
09:30	Race starts
10:00	First finisher expected
10:30	Prize presentations at the finish area for 1st 3 male & female finishers
11:30	Baggage store closes

Your running number & timing chip

Please bring your race number with you. If you need to pick up a replacement number there will be a charge of £7.50 to cover our costs and admin associated with this.

You must not let someone else use your number. Imagine the anxiety caused to either set of relatives and friends in the event of mis-identification should there be a medical emergency. If you wish to transfer your entry to another person please use the link in your confirmation email to transfer before 9am on 10th March. If you need help please email linda@chestermarathon.co.uk or come to the Help Desk on race weekend. We do not charge for this transfer service, however please ensure that you pass the race number to the new runner, or they will need to pay the replacement number charge of £7.50.

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, folded or altered in any way and must be clearly visible throughout the race. You won't be able to race if you don't have a number.

Your health on race day

Running places a strain on your body. If you are ill or have not been well leading up to the race you should consider withdrawing. Most medical emergencies 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.

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

- Help Desk – This will be inside Northgate Arena. In addition to providing information about the event, last minute number transfers can be arranged at the Help Desk. It will be open from 14:00 to 17:00 on Saturday 9th March and from 07:30 on race day.
- Changing & Showers - There will be changing and showering facilities at Northgate Arena.
- Baggage Storage - This will be in the sports hall at Northgate Arena and will be open on race day from 08:30 for bag drop off and from 10:15 until 11:30 for collection. 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. To retrieve your bag you must have your race number. Please drop your bag off early to avoid any last minute rush.
- Food and Drink - Hot and cold food and drink will be available at Northgate Arena at the start and in the great choice of city centre cafes, pubs and restaurants at the finish.
- Post Race Massage and physiotherapy will be organised by Chester Physiotherapy Centre and will be available in the sports hall at Northgate Arena between 10:15 and 12:00. Treatments will be provided for a £5 donation to [Teenage Cancer Trust](#), our race charity.

Toilets

Toilet facilities will be available at the start of the race, on course and at the finish.

- In Northgate Arena car park there will be ample portable toilets, as well as standard and disabled toilets within Northgate Arena.
- There will be toilets at the drink station, just after halfway.
- There are public toilets, including disabled toilets, in Chester City Centre.

Please make use of the toilets provided and resist the temptation to have a last minute wee on the open course! Anybody caught urinating on the course will be disqualified.

The start

The start is on Victoria Crescent, near to Northgate Arena. Please start in the correct start pen for your realistic expected finish time. After the start any discarded clothing will be collected for recycling and will not be there when you get back.

Kilometre markers

There will be kilometre marker signs at each kilometre along the course.

Drink station

There will be a drink station at 5.8K with water and toilets.

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 10K only has priority over the roads for the time it takes a 90 minute runner to reach the finish. After this, roads have to be cleared of race signs, cones and litter. Therefore, if you are a slower runner please be aware that our teams will be working around you to clear up the course. The drink station will be closing and marshals gradually standing down.

Withdrawing from the race

If you have to withdraw from the event after starting, please report to the nearest available marshal and ask them to contact race control.

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 future events, please contact Pauline paulinec@chestermarathon.co.uk.

Spectator locations

The course for the Chester 10K is wholly within closed roads to provide the best experience for competitors and to maximise their safety and the safety of the volunteers. Therefore, there is limited access out on the course. 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.

We suggest that spectators watch the start and then make the short walk to the finish.

When you finish

- Throw your arms in the air and celebrate!
- Please keep walking to collect water, be presented with your finisher's medal, collect your finisher's technical race shirt and your 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. When you reach the end of the finish area please keep moving onto Eastgate Street to avoid blocking the exit.
- St John Ambulance will be near the finish line to offer medical help if you need it.
- Have a well earned coffee and cake in one of Chester's many cafes and bars, and cheer the other runners as they finish.
- You will need to show your race number to collect your baggage from baggage storage at Northgate Arena.
- Have a post race massage. This will be available in the sports hall at Northgate Arena between 10:15 and 12:00. Treatments will be provided for a £5 donation to [Teenage Cancer Trust](#), our race charity.

Race photography

Our official race photographers [AWOL Adventure](#) will be taking photos of individual runners on the course and at the finish. If you see them on your way round, don't forget to smile!

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 10:30 on race day. Prizes for the male and female age group category winners will be sent by post approximately two weeks after the race.

Provisional results will be available [here](#) on race day evening.

Thanks to

- You the runners for choosing to run the 2019 Aldi Chester 10K.
- Your family and friends for coming along to support you and the other runners and generating such a great atmosphere for all.
- Our volunteers without whose enthusiasm the race would not be possible. Too many to name all, but including: 18th Chester Beaver Scout Group, Aldi employees, Chester and Ellesmere Port Lourdes Group, Claire House Children's Hospice, Chester Road Runners, Chester Physiotherapy Centre, Teenage Cancer Trust, Upton High School, Wirral Metropolitan College, Wolf Explorer Scout Group.
- The residents and businesses on the route for their patience, support, enthusiasm and co-operation.
- Our Title Sponsors Aldi for their support.
- Mitchell Group Chester for providing race vehicles.
- High 5 for goody bag content.
- Lucozade Sport for finish line drink.
- Allan Morris Transport for their continued support for drinks logistics.
- The team at Brio Leisure for hosting the race village.

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!

If you're looking for your next challenge, why not join us for the [Essar Chester 2019 Half Marathon](#) on Sunday 19th May 2019 and the [MBNA 2019 Chester Marathon](#), or the UK's only [Metric Marathon](#) (26.2km), both on Sunday 6th October 2019. Finish all our three events (Chester 10K, Chester Half Marathon & Chester Metric Marathon or Marathon) to receive an extra [Chester Triple Medal!](#)

Next year's [Aldi Chester 10K](#) will be on Sunday 8th March 2020 and we will open for entries on 10th March 2019 – after the race! We hope to see you again in 2020.

Thank you

Good Times!

Chris, Andy & the team

