

OFFICIAL RACE PROGRAMME
SUNDAY 6TH OCTOBER 2019



mbna

Good luck

to all runners at the event



mbna.co.uk

Welcome

Thank you for choosing to run with us in 2019!

We're looking forward to welcoming you on the 6th October as runners take part in the MBNA Chester Marathon and Metric Marathon.

This year marks a big milestone for us as we celebrate the **10th MBNA Chester Marathon**.

Our races are organised for runners, by runners who are dedicated to delivering a memorable event. We understand the time and dedication that you have put into your training, 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 **Northern Lights Children's Charity**. Please support this worthy cause and see how you can help them on page 14.

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

Good times!

The 2019 MBNA Chester Marathon and Metric Marathon will be held on Sunday 6th October starting and finishing at Chester Racecourse.

The marathon (26.2 miles) starts at 09:00 and the metric marathon (26.2K) starts at 10:15.

Event Information

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

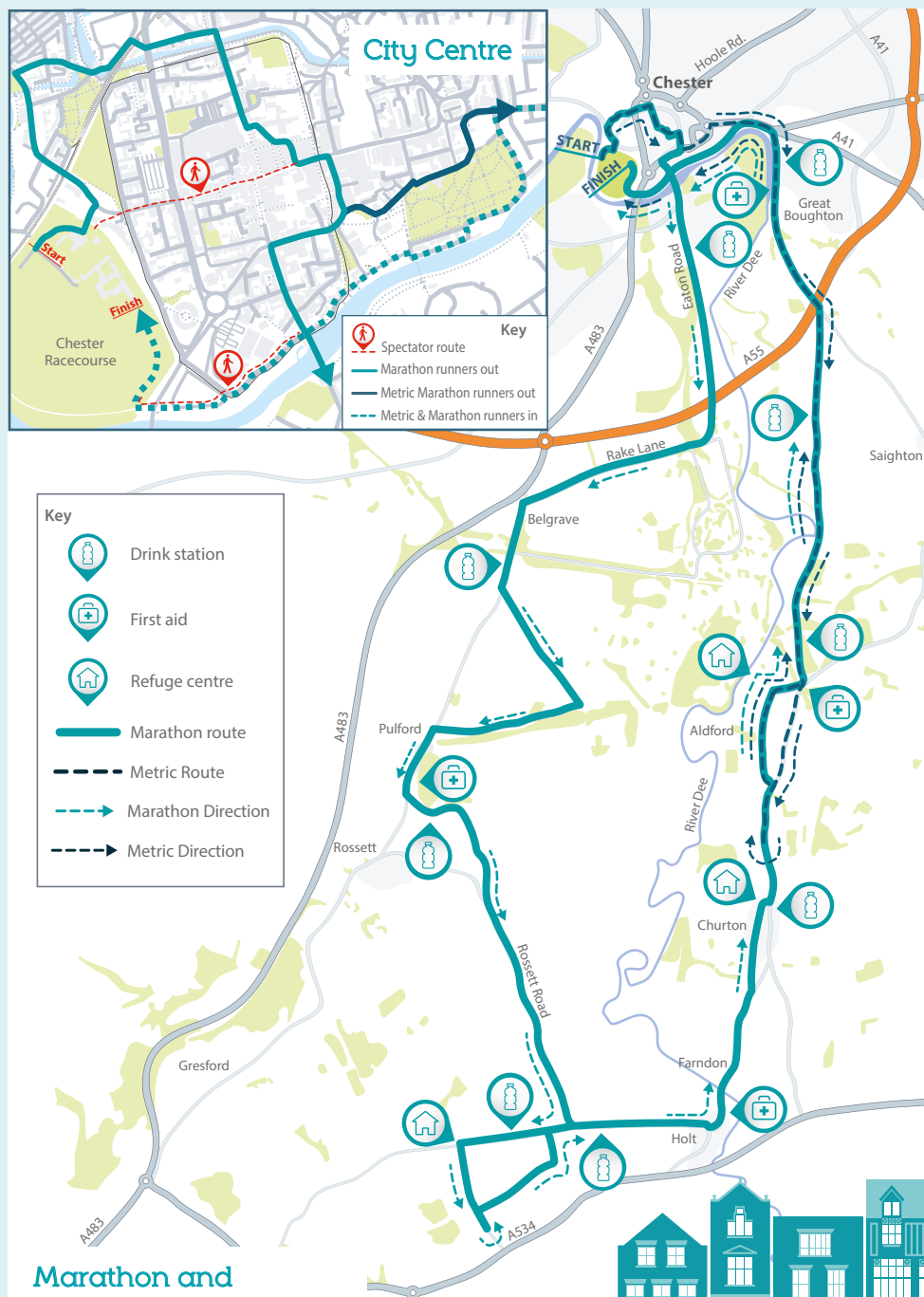
10:30 1 mile MBNA Chester Mini Marathon starts

11:00 Car park reopens

11:15 First finisher expected

13:00 Prize presentations for the first 3 male and female finishers

16:00 Baggage reclaim closes



Marathon and Metric Marathon Route

Arriving at Chester Racecourse

The postcode for Chester Racecourse is **CH1 2LY**.

Please allow plenty of extra time for your journey as the city centre will be very congested on race morning. To avoid the worst of the traffic we suggest you approach the racecourse from the west, along Sealand Road (A548).

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

Parking will be available on the centre course at 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 per vehicle 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 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 spaces available in car parks throughout Chester city centre, within easy walking distance of Chester Racecourse. Further details can be found at

www.cheshirewestandchester.gov.uk/residents/transport-and-roads/parking-and-permits/chester-car-parks.aspx

Please note that the Council Park and Ride services do not start until after 9am.

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 that occur during 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

Your Race Number & Timing Chip

You must not let someone else use your race number. It is crucial that we have the correct contact details and medical information for the runner should there be a medical emergency. Transfers are free and can be made up to 08:30 on race morning. To transfer your entry to another person please use the link in your confirmation email, if you need help please contact lindaw@chestermarathon.co.uk or come to the Help Desk on race weekend. Be aware however, if you do not pass your race number to the new runner, they will be charged £7.50 for a replacement number.

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 your race number, please be careful not to damage it. Your number should not be cut down or altered in any way and must be clearly visible throughout the race on the front of your race top.

If your race number has been posted to you and you do not bring it with you, you will be charged £7.50 for a replacement number.

Athlete Tracking

The MBNA Chester Marathon and Metric Marathon Athlete Tracking and Live Results system is now available. Athletes, family and 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.

Sign up using the following links:

Marathon runners

<https://ale.niftyentries.com/chestermarathon/StartList>

Metric runners

<https://ale.niftyentries.com/chestermetricmarathon/StartList>



Mini Marathon

The mini marathon helps raise funds for the official race charity, **Northern Lights Children's Charity**. It is approximately 1 mile and is primarily aimed at children and toddlers. Parents, grandparents and carers are welcome to run too but must also enter. The mini marathon starts at 10:30 and will be conducted wholly within the racecourse.

The mini marathon entry fee is £4.00, or £5.00 including a £1 donation to our race charity. Entry is available online at: www.activeleisureevents.co.uk/marathon/mini-marathon

Any remaining places will be available at the mini marathon registration desk on Saturday 5th October 14:00 to 18:00 and on race morning 07:30 to 10:00. This is a fun-run, everyone is a winner and there are no official timings or prizes. Our aim is to involve as many people as possible. Each Mini Marathon runner will receive a race shirt, a bespoke medal, drink and treat.

Toilets

There are toilets at the start venue and on the course - portable toilets will be provided at the side of the road at each drinks station.

Please use the toilet facilities provided and do not relieve yourself elsewhere. We rely upon the goodwill and support of those who live and work along the race route for the future of the race. It is an offence to relieve yourself in public, runners observed breaching this rule will be disqualified and your details passed on to the council. Disabled toilets are available at Chester Racecourse and close to the finish.

Safety & Personal Audio

We strongly recommend that you do not run whilst using headphones or 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.

The start

The MBNA Chester Marathon will start at 09:00 and the MBNA Chester Metric Marathon will start at 10:15. Please start in the correct start pen for your realistic expected finish time. Clothing left at the start will be collected for recycling. After the last runner has crossed the start line the timing mats will stop recording.

Distance Markers & Timing Mats

There will be mile markers every mile along the marathon course and kilometre 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 split timing mats at 10k, 20k, 30k and 40k for marathon runners and at 14K and 24K on the metric marathon course.

Pace runners (marathon only)

To help you achieve your target time, we are offering marathon runners the option to run alongside an experienced Pace Runner. There will be two Pace Runners for every 15-minute time slot from 3 hours to 5 hours, and 3 Pace Runners for the busy 4 hour target!

Get to know your pace runners here:

www.activeleisureevents.co.uk/marathon/pace-runners

Slower Runners

To complete a marathon, you do have to do a significant amount of training prior to the event. Our races only have priority over the roads for the time it takes a 6-hour marathon runner and 4-hour metric marathon runner to reach the finish. It is important that you maintain this pace for each race, or you may be withdrawn from the race. Please see our website for more guidance:

Marathon runners - www.activeleisureevents.co.uk/marathon/slower-runners

Metric runners - www.activeleisureevents.co.uk/metric-marathon/slower-runners





ENERGY | HYDRATION | RECOVERY

PUNISH LUNGS NOT TONGUES

HIGHFIVE.CO.UK

Energy Gel Aqua is a refreshing gel that delivers carbohydrate energy straight to your muscles during your run. It has a consistency more like a sports drink so you don't need to drink extra water with it.



ON-COURSE NUTRITION

Venue facilities at the Racecourse

Baggage storage - This will be near to the start and will be open on race day from 07:30 for bag drop off and from 11:15 until 16:00 for collection. Drop your bag off early to avoid the last-minute rush. If you would like to leave a bag (maximum one bag per runner) please make sure that the official baggage label included with your race number is securely attached to your bag.

To retrieve your bag, you must have your race number.

Please don't leave any valuable or breakable items in baggage storage. Although baggage will be kept secure during the race and manned at all times, you leave items at your own risk. The organisers will not be held responsible for any damage or loss.

Bags not reclaimed will be recycled or donated to charity after 2 weeks.

Children's Activity Zone - Fun activities for youngsters based in The Pavilion.

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. The help desk will be open between 14:00 and 18:00 on Saturday 5th October and between 06:30 to 16:00 on race day.

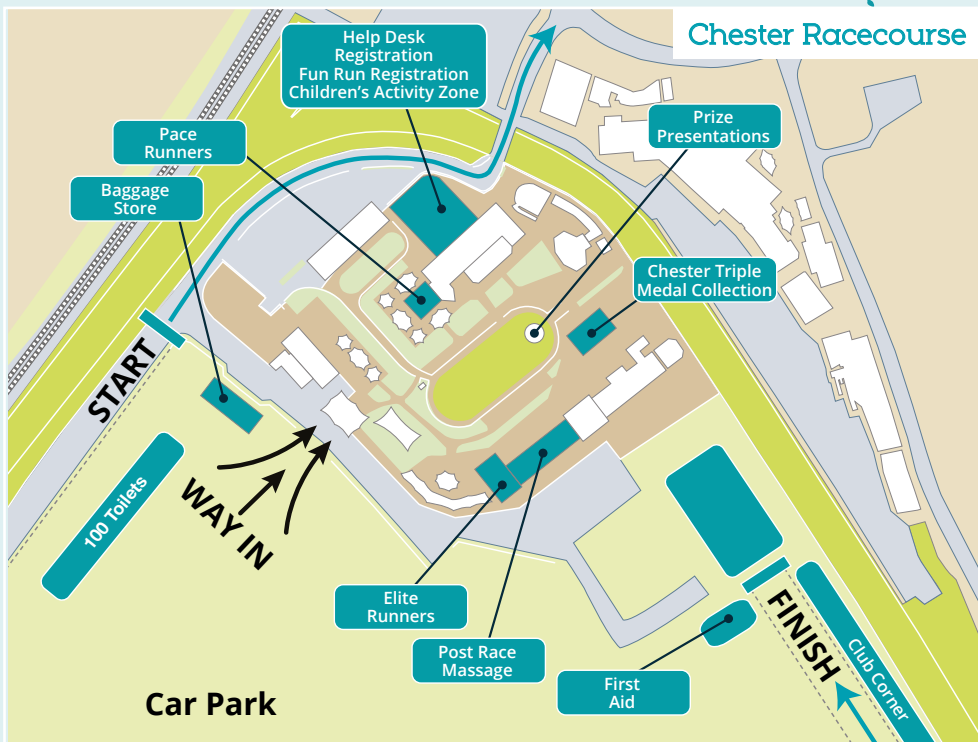
Chester Triple Medal - Eligible runners will be able to collect their medal after they have finished from the Chester Marathon gazebo.

Marketplace - Will be based in the race village with retail, charity and information stalls.

Food & Drink - Will be available here and in the city centre cafes, pubs and restaurants.

Changing & Shower facilities - There are no changing or shower facilities at the racecourse.

Toilets at the Start Area - There will be plenty of toilets provided near the start line and within the race village.



Drink stations

There will be 9 drinks stations situated on the marathon course and 6 along the metric course.

All our Radnor water will be in 51% recycled plastic 330ml sports cap bottles and are 100% recyclable.

Our Isotonic drinks, Lucozade Sports Orange, will be in 380ml bottles made from 100% recycled plastic. All on course drinks bottles are collected and recycled.

High5 will be supplying their High5 Energy Gel Aqua for on course nutrition. Runners should avoid trying anything new on race day.

The location (in mile/km), drinks and facilities provided are detailed below:

Marathon		
Mile	Drinks and Facilities	
1	2.7	Water, toilets
2	5.8	Lucozade, water, toilets
3	8.9	High5 gels, water, toilets, first aid
4	12.1	Lucozade, water, toilets
5	15.0	High5 gels, water, toilets
6	18.0	Lucozade , water, toilets
7	20.3	High5 gels, water, toilets
8	22.0	Lucozade, water, toilets
9	24.2	High5 gels, water, toilets, first aid

Metric		
KM	Drinks and Facilities	
1	4.5	Water, toilets, first aid
2	8	Lucozade, water, toilets
3	11	High5 gels, water, toilets
4	17	High5 gels, water, toilets
5	20	Lucozade, water, toilets
6	23.5	High5 gels, water, toilets, first aid

First Aid, Sweep Bus & Refuge Centres

There will be mobile first aiders on bicycles, as well as four first aid posts along both routes.

For marathon runners these will be at Lavister (9 miles), Holt (16 miles), Aldford (20 miles) and Sandy Lane (24 miles).

For metric marathon runners these will be at Sandy Lane (4.6K & 23.5K) and Aldford (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 posts.

The sweep bus will travel at the back of the field picking up runners who have dropped out. If you want to pull out of the race, but do not have any major injuries or illnesses, please make your way to one of the Refuge Centres (see map on page 4) where you will be able to take cover and get a tea or coffee as you wait to be collected by the sweep bus.

When You Finish

Throw your arms in the air, smile and celebrate! We will be there to congratulate you!

Please keep walking through the Finish Area to collect some water and Lucozade, be presented with your finisher's medal, collect your finisher's race shirt and goody bag. When you exit the finish area, make your way into the Race Village to join your friends, family and supporters and celebrate in the bar or cheer on other finishers.

St John Ambulance will be near the finish to offer medical help if you need it.

Results & Prizes

Prize presentations for the 1st, 2nd and 3rd male and female finishers in each race 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 evening.

Massage & Physiotherapy

Chester Physiotherapy Centre organise our post-race massage and physiotherapy. Both of these will be situated in The Paddock after the race between 11:30 and 15:00. Treatments will be provided for a £5 donation to **Northern Lights Children's Charity**.

ARE YOU LOOKING FORWARD TO RUNNING IN ONE OF THE MBNA CHESTER MARATHON EVENTS?



Then join the Lucozade Sport Strava community where you can interact with fellow athletes to keep you inspired, keep updated with great training advice and be in with a chance of winning race places and other goodies!

There's still time to get 20% off all Lucozade Sport products via the online shop - just use discount code **CM1920**





SAVE 20%

**ON YOUR RACE DAY ESSENTIALS
WITH YOUR RACE NUMBER**

THURSDAY 3rd - SATURDAY 5th OCTOBER

25 BRIDGE STREET ROW | CHESTER | CH1 1NW



UPANDRUNNING.CO.UK

NOT IN CONJUNCTION WITH ANY OTHER OFFERS. 10% OFF ELECTRONICS

Race photography

AWOL are our official race photographers. **Pre-order your entire bundle of digital photos for a 50% saving** if you purchase before midnight Saturday 5th October via this link

<https://www.awoladventure.com/events/activeleisure>

Photos will be available to view and purchase online 24 to 48 hours after the race.

Volunteers

Our volunteers have generously given their time to make your day special. They are there to help you and make the race safe. 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 our volunteer team on volunteers@chestermarathon.co.uk

Spectator Information

The MBNA Chester Marathon & Metric Marathon courses are wholly within closed roads to provide the best experience for competitors and to maximise your safety. It will be difficult to move around once the race starts and does mean that some parts of the course will be difficult to access by spectators. If you're parking a car near to the course, please do so in a safe and considerate manner.

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 our runners.

Location Information



Chester Racecourse CH1 2LY	Make sure to catch the main race starts at 09:00 for the marathon, 10:15 for the metric marathon and the mini marathon at 10:30. This is the best place to be if you want to be where all the action is pre-race and as all the runners finish. The finish straight with Club Corner is a particular highlight! First finishers expected from 11:15.
City Centre See Map	Just a short walk from the racecourse and you will reach the City Centre. Both routes will pass through here between 09:00 and 10:40. Chester is famous for its vast selection of restaurants, cafes and bars that you can relax in during or after the race.
Holt village LL13 9DJ (marathon only)	Holt is an idyllic Welsh village perfect for spectators. Access is available at all times via A543, with on street parking available. Local cafes are open for food and drink throughout the day. Marathon runners will be passing through here between 10:20 and 13:00.
Farndon village CH3 6PU (marathon only)	Farndon lies on the border of England & Wales. Access is available at all times via A543 with on street parking available locally. Local cafes will be open for food and drink throughout the day. Marathon runners will be coming through between 10:20 and 13:00.
Aldford CH3 6JG	This is a great place to catch both races. Access available at all times via the A41 and then through the village of Saighton. Refreshments will be available in Aldford Village Hall. The Grosvenor Arms is a great traditional pub to visit. Runners will be coming through between 10:45 and 13:45.
Groves, Chester CH1 1SD	Another great place to catch both races and to give runners the last bit of encouragement needed before they finish. It's a short walk from the finish and situated next to the river. There is lots of food and drink available in the cafes and pubs along this stretch. Runners will be through between 11:00 and 15:00

OFFICIAL PHOTOS HALF PRICE WHEN YOU PRE-ORDER!



- Min. 3 photos GUARANTEED or your money back*
- Bundle price rises after the event.
- Buy BEFORE Race Day to get the deal.



Here's the Deal:

- You will get ALL of your Tagged Digital Images from the event (a minimum of 3 - guaranteed or your money back, no questions asked).
- You must complete the race to qualify for the refund.
- This offer is only available before the race. On race day, the bundle price increases so we recommend you get in early and save - this is the best deal you'll get, full stop.

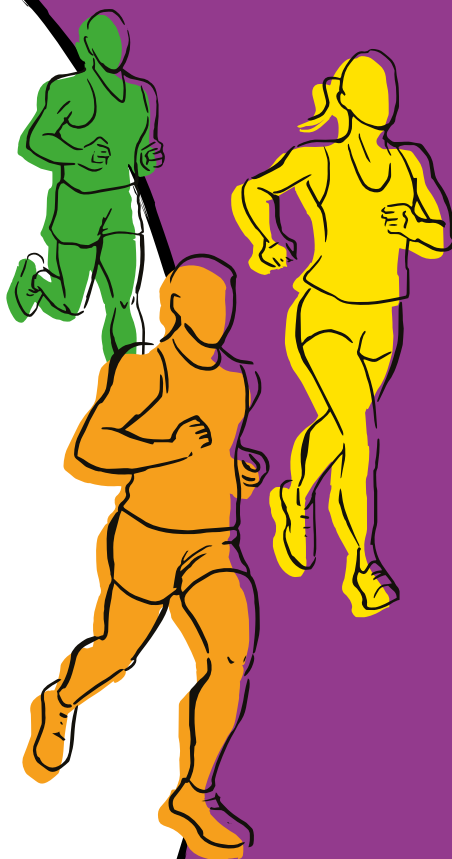
awoladventure.com



Fancy another challenge?

CHESTER HALF MARATHON

MAY 17TH 2020



OPTION 1

Nominated Charity Entry

You can select Northern Lights as your nominated charity! All we ask is that you raise £50 on top of your entry fee.

OPTION 2

Charity Place Entry

You can run for FREE! All we ask is that you pledge to raise the minimum sponsorship of £250!

northernlightscharity.org.uk/chester-half-marathon

Nominated Charity for the
Chester Marathons



A charity providing holidays of a lifetime to
Lapland to meet Father Christmas for children
with life limiting illnesses

Thank You!

Thanks to...

You the runners, for choosing to run with us at the 2019 MBNA Chester Marathon and Metric Marathon.

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

Our volunteers without whose help and enthusiasm the race would not be possible, including: MBNA staff, 18th Chester Scouts, 610 Squadron ATC, Cheshire Army Cadet Force, Chester & Ellesmere Port SVP and Lourdes Groups, Chester Nomads FC, Chester Road Runners, 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, volunteers from our associated charities, and the bands, musicians and choirs on route.

The residents and businesses around the route for their support, enthusiasm and co-operation, especially those of Eccleston, Pulford, Rossett, Holt, Farndon, Churton, Aldford & Huntington.

Our sponsors:

MBNA as title sponsors of the race and for their backing of the marathon from its inception

Mitchell Group Chester for providing the race vehicles

Lucozade Sport for providing energy drinks

High5 for providing Aqua Gels

Up & Running our official race retailer

Chester FC who provide the venue for our training runs and seminars

Thanks also to: **Allan Morris Transport** and **Mark Wakefield Demolition** for supporting drinks logistics, **Chester Racecourse** for hosting the event, and **Cheshire West & Chester Council** for their support.

We hope that you enjoy running with us. We look forward to meeting you on race day, especially at the finish line!

Chester Triple

Please come back and run with us again next year, don't forget the Chester Triple is back for 2020 and starts with the sell-out Aldi Chester 10K.

Enter and finish the 10K, Half and either the Marathon or Metric races to get your hands on our extra special medal.

See you again in 2020

Entries for the
2020 Aldi Chester 10K
are open now!

Sunday 8th March 2020
www.chester10K.co.uk

Entries for the
**2020 Essar Chester
Half Marathon**
are open now!

Sunday 17th May 2020
www.chesterhalfmarathon.co.uk

Entries for the
**2020 MBNA
Chester Marathon &
Metric Marathon**

will open with a special offer at
3pm Sunday 6th October 2019
Sunday 4th October 2020
www.chestermarathon.co.uk

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