



mbna



# Chester Marathon & Metric Marathon

**OFFICIAL RACE PROGRAMME**  
Sunday 6th October 2024



mbna



# Chester Marathon & Metric Marathon

GOOD LUCK  
TO ALL RUNNERS



[mbna.co.uk](http://mbna.co.uk)



**BOSE**

## Supercharge your run.

Never miss a beat with earbuds that combine complete openness to your surroundings with rich, private sound only you can hear.

Designed for all-day wear with light-as-air-grip that won't slip, water and sweat resistance and up to 7 hours of play time.\*



**Bose Ultra  
Open Earbuds**

\* Testing conducted by Bose with audio playback at a loudness of 75 dBA.  
Battery life varies based on settings and usage.

# Welcome

Thank you for choosing to run with us at the 2024 MBNA Chester Marathon & Metric Marathon.

2024 will be our biggest EVER Marathon & Metric Marathon weekend where we will also be celebrating 10 years of the Metric Marathon!

Will you be a lucky winner of one of our 10 Metric Marathon Golden Goody Bags filled with extra prizes?

We're looking forward to welcoming you on the 6th October for our final event of the year and the conclusion of the 2024 Chester Triple Medal Series. We are hosting the England Athletics & Welsh Athletics Age Group Masters Marathon Championship this year and we're a qualifying race for the Abbott WMM Age Group World Championships.

We hope you enjoy your day and visit to our stunning City of Chester.

Your hard work and dedication to your training will soon pay off! Everything you need to know about the event can be found here, please take time to read through the booklet carefully.

Many of us run for special reasons and raise money for charities at the same time. This year our race charity is [the West Cheshire Foodbank](#). Please support this worthy cause and see how you can help them on page 18. We wish all those running for charity this year all the very best with their fundraising. If you are fundraising for our race charity or another charity, you can set up a fundraising page with [GoFundMe here](#), it's super quick and easy.

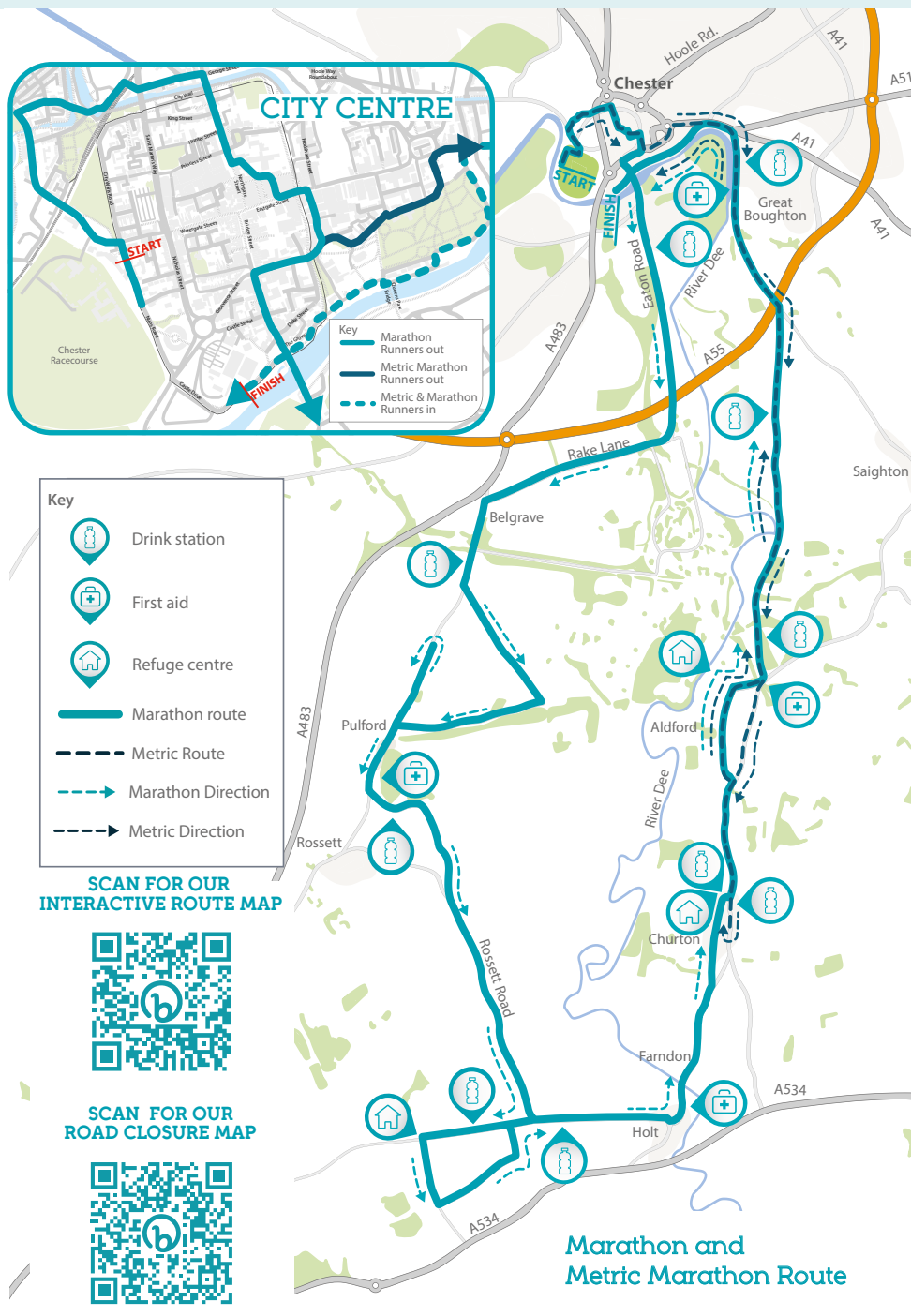
We hope you'll bring your friends and family along to cheer runners on and soak up the atmosphere.

Many thanks to our sponsors and the countless number of people who have tirelessly helped and supported us to organise a first-class race, including our 700 strong volunteer crew. We couldn't do this without them.

Good luck with the rest of your training and we will see you on race day. **Good Times!**

## Event Key Timings

06:30	Help desk opens
07:30	Baggage store opens (In the Pavilion at Chester Racecourse)
09:00	<b>MBNA Chester Marathon (26.2 miles) starts at Chester Racecourse</b>
10:10	<b>MBNA Chester Metric Marathon (26.2 km) starts at Chester Racecourse</b>
10:20	<b>1 mile MBNA Chester Mini Marathon starts at Chester Racecourse</b>
11:15	First runner expected to finish on Castle Drive
13:00	Prize presentations for the first 3 male and female finishers, at the finish
16:00	Baggage reclaim closes (at Chester Racecourse)





## Arriving At Chester Racecourse

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

**Please allow plenty of time for your journey on race morning.**

As with all major events, roads will be extremely busy in and around Chester, with some additional road works on the roads leading into the city. The top of the B1530 Sandy Lane will be closed North & Southbound.

**There is NO PARKING this year at Chester Racecourse.**

## 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 [here](#).

Please car share or use public transport where possible, the Council Park and Ride services do not start until after 9am.

## Road Closures

Road closures will affect some areas before the race starts and around the route once the race is underway. Click [here](#) for our interactive closure map. You and your supporters can use it to plan your trip to Chester.

## Your Race Number & Timing Chip

**Please take a moment to fill out the runner and medical details on the back of you race number, this will help us in the case of an emergency.**

It's important you don't let anyone else use your race number, to prevent misidentification in an emergency.

Your race number must be attached to your front and be clearly visible throughout the race. Take care not to damage the pre-attached timing chip.

If your race number has been posted to you and you do not bring it with you, there is a £7.50 charge for a replacement number.

## Green Runners

**If you chose to be a Green Runner and not receive a medal, T-shirt, or goody bag, we will donate the cost of those to our race charity. Your race number will also have a green background.**

## Transfers

If you wish to transfer your entry to another person, please use the link in your confirmation email prior to 23:59 on 5th October. If you need any help, please contact: [info@activeleisureevents.co.uk](mailto:info@activeleisureevents.co.uk) or visit the Help Desk on race weekend.

Transfers are free. However, if you do not pass your race number to the new runner, there will be a £7.50 charge for a new number.



## Event Village

The Event Village is under the County Stand at Chester Racecourse. Both runners and spectators are welcome to explore our Event Village.

### Help Desk

Is in the ground floor of the County Stand on **Saturday 5th October 14:00 to 17:00 and on race day from 06:30**. Late entrants and non-UK entrants will need to collect their race numbers from the Help Desk. Replacement numbers and last-minute transfers can be arranged here too.

### Race Merchandise

Is available in the ground floor of the County Stand with other retailers, charity and information stalls. Pre-ordered hoodies can be collected from here.

### Baggage Storage

Baggage storage will be in the Pavilion and will operate a one way system. This will be open at **07:30** for bag drop off **and again at 11:30 - 16:00** for collection. Please tear the baggage strip from your race number and securely attach it to your bag (max one bag per runner). **Your race number is needed to retrieve the bag.**

Please don't put valuable, breakable, sharp or flammable objects in your bag. Although baggage will be kept secure during the race and manned at all times, items are left at your own risk. The organisers will not be held responsible for any damage or loss.

### Chester Triple Medal Collection

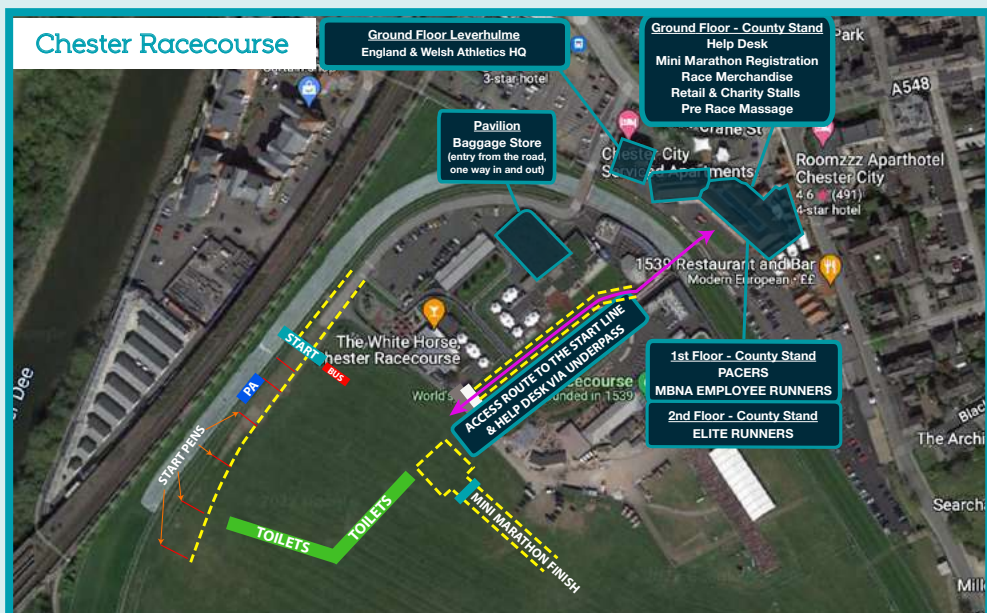
You can collect your fabulous Chester Triple Medal when you have finished your race, from our branded gazebo outside of the main finish marquee. You will need to show your finishers medal & race number to claim the ultimate 2024 running trophy.

### Massage

A team of qualified massage therapists will be on hand for post race massage close to the main finish marquee, from 11:00 for a small donation to the West Cheshire Foodbank.

### England and Welsh Athletics HQ

Is available within the ground floor of the Leverhulme building inside Chester Racecourse and is available to all the England Athletics and Welsh Athletics team. They will have their own baggage storage and massage facilities.





The background of the entire advertisement is a photograph of a marathon. In the foreground, a male runner in a black tank top with "UTS RUN CLUB" and colorful shorts is celebrating with his mouth open and one arm raised. He has a race bib with the number 1625. In the background, another runner in a white tank top with "NWRRRC" and a race bib with the number 4746 is visible. Spectators are lined up behind a blue and white barrier on the left. The scene is set on a street with trees and buildings in the background.

Fundraising  
looks good  
on you

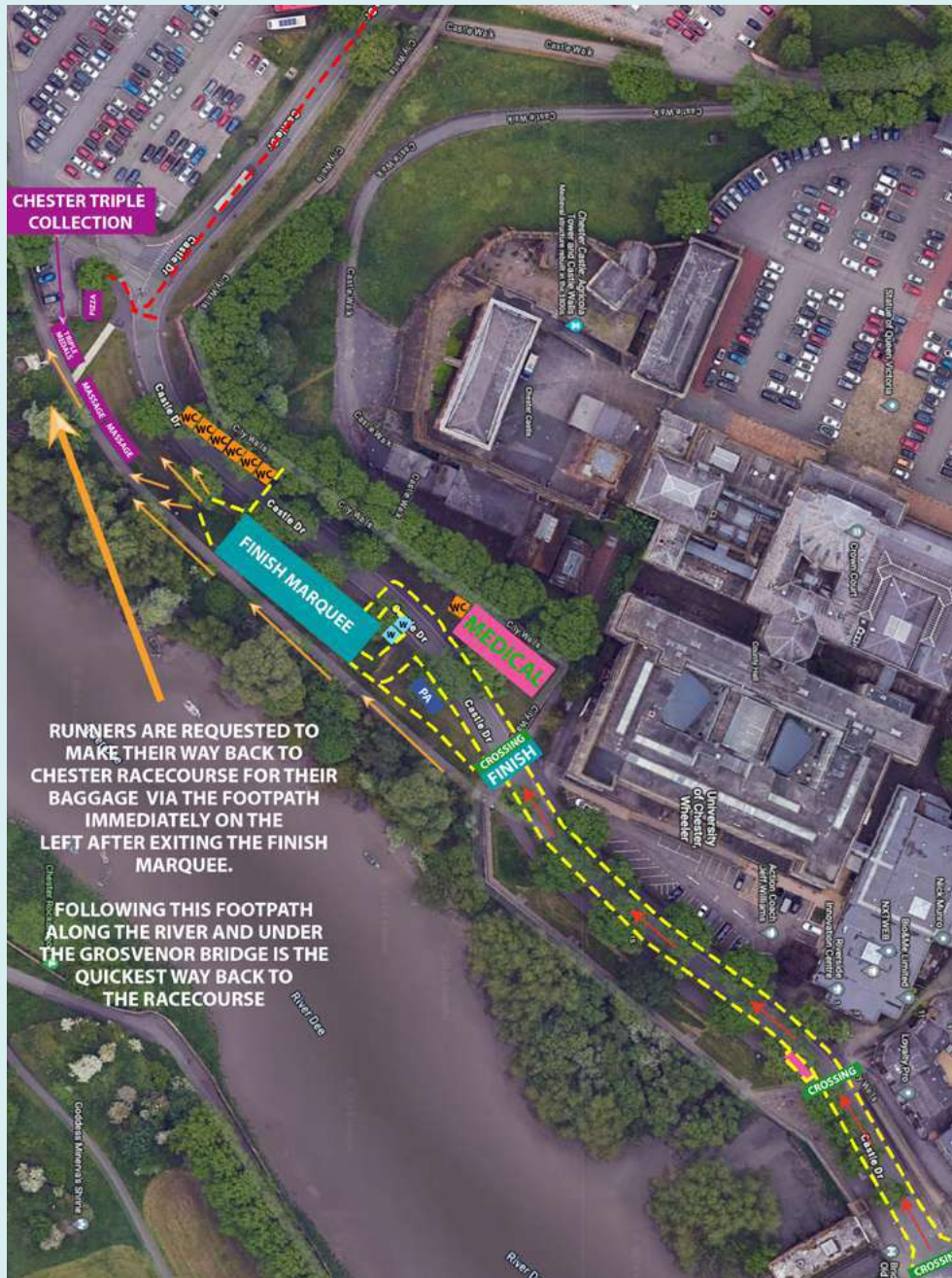
Start a GoFundMe

[Gofundme.com/start](https://Gofundme.com/start)



## Finish at Castle Drive

The finish is on Castle Drive, by the River Dee.



## Your Health On Race Day

Distance running places significant strain on your body. If you are ill or have not been well in the build 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 your race or you have collected sponsorship money - your health is far more important.

## Mini Marathon

The Mini Marathon starts at 10:20 after the Metric Marathon and helps raise funds for the official race charity [the West Cheshire Foodbank](#).

It is approximately one mile and is primarily aimed at children (parents and guardians are welcome too).

Entries are open, if there are places still available, you can [ENTER HERE](#).

**Mini Marathon numbers and T-shirts must be collected from the Mini Marathon registration desk next to the main Help Desk, on either Saturday 5th October 14:00 to 17:00 or on race morning 07:30 to 10:00.**

Everyone is a winner and every runner will receive a race shirt, a bespoke medal, drink and treat. Our aim is to involve as many people as possible and inspire the next generation of runners!

## Toilets

**Start area** - there are 150 portable toilets directly at the start line, please make use of these before the race to avoid the last minute rush.

**On Course** - portable toilets will be at the side of the road at each drinks station.

Please use the toilet facilities provided. It is an offence to relieve yourself in public, runners observed breaching this rule will be disqualified.

Disabled toilets are available at Chester Racecourse, in Holt (halfway) and at the finish.

## Headphones

Headphones are not permitted, unless bone or air conducting. Your ears need to be open to your surroundings, so you can stay alert at all times to our Volunteer's directions, to emergency vehicles, and to the presence of other runners. This is for your safety and the safety of those around you.





# THE FUTURE IS GREEN

For Pallet Deliveries in Chester



1 pallet delivery equates to 10kg carbon emitted into the atmosphere



Over 20,000 pallet deliveries go into Chester City Centre per year



This equates to 200,000 kgs of carbon emissions



Farrall's new delivery service provides pallet deliveries with zero emissions



You can request your supplier to use Farrall's for final mile deliveries

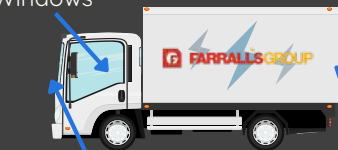


Let's keep Chester clean and green

## THE VEHICLE

Pedestrian Windows

Lithium Ion Battery-  
No Unethical Cobalt



360° Cameras

Zero Noise & Tail  
Pipe Emissions

## URBAN CONSOLIDATION CENTRE

- Located in Deeside- convenient location for transport links
- Centre's roof equipped with solar panels used to power centre & charge truck
- Pallets can be received through Palletforce or as an individual consignment







## The Start

Please start in the correct start pen **for your realistic expected finish time**. You should bring appropriate clothing to keep warm and dry, as weather conditions can change quickly. Clothing left at the start will be recycled or given to charity.

## 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. 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, there will be two pace runners aiming for every 15 minute time slots between 3:00 and 5:00 hour finish times, and 3 pace runners for the 4:00 and 4:30.

## Slower Runners

Our races only have priority over the roads for the time it takes a 6 hour marathon runner and a 4 hour metric marathon runner to reach the finish. If you fall behind this pace you may be withdrawn from the race. Please see our website for more guidance:

Marathon runners [here](#)

Metric Marathon runners [here](#)

## Race Photography

There will be photographers out on the course and at the finish line to capture your best moments. This year we are offering all your photos for free, which will be available by the evening of race day, [here](#).

## Athlete Tracking

Athlete tracking and live results can be accessed throughout the event, for the **Marathon** [here](#) and the **Metric Marathon** [here](#). Search for your name or the name of the athlete you are tracking, and click the blue bell to get notifications for pace and estimated finish in real time, on race day.





### Drink Stations

Being well hydrated and drinking little and often is essential for achieving your best performance. We encourage all runners to be as self-sufficient as possible on race day, with your own hydration and nutrition. There will be 9 drinks stations situated on the marathon course and 6 along the metric course.

On course nutrition will be High5 Energy Gel Aqua.

Our water is supplied by Brecon Carreg, which are made from recycled plastic and fully recyclable.

**We aim to recycle every bottle used at the event however bottles can only be recycled if they are empty, so please remember to drink, drain, drop. Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot.**

Marathon		
Mile	Drinks and Facilities	
1	3.6	Water, toilets
2	7.1	High5 gels, water, toilets
3	9.9	Water, toilets
4	12.8	High5 gels, water, toilets
5	15.5	Water, toilets
6	18.5	High5 gels, water, toilets
7	20.7	High5 gels, water, toilets
8	22.6	High5 gels, water, toilets
9	24.7	Water, toilets are in the car park

Metric		
KM	Drinks and Facilities	
1	4.0	Water, toilets are in the car park
2	8.0	High5 gels, water, toilets
3	11.0	High5 gels, water, toilets
4	17.0	High5 gels, water, toilets
5	20.0	High5 gels, water, toilets
6	23.0	Water, toilets are in the car park

### Litter & Recycling

Recycling and general waste bins are provided at the start, at each drink station along the route and in the Event Village. **Please do not litter and take care to put your waste in the correct bin.**

Litter drop zones with recycling bins are located after each water station and at the finish, where you can discard your water bottles, and other waste. After the Last Bin sign, please carry any rubbish to the next drink station.

**PLEASE DO NOT DROP WATER BOTTLES OR LITTER IN HEDGES, VERGES OR ANYWHERE ON THE COURSE APART FROM AT LITTER DROP ZONES OR AT DRINK STATIONS/GEL STATIONS.**

### First Aid, Sweep Bus & Refuge Centres

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

Marathon First Aid posts are at Lavister (9 miles), Holt (16 miles), Aldford (20 miles) and Sandy Lane (24 miles), Metric Marathon First Aid posts at Sandy Lane (4.6K & 23.5K) and Aldford (11.5K & 16.5K).

There will also be a main first aid post at the finish. If you need medical attention, please make your way to one of the static first aid posts, if possible, or alert the nearest marshal (see map on page 4)

The sweep bus will travel at the back of the field picking up runners who can no longer continue. If you want to retire from the race and 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 can wait for the tail sweep bus.



**If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...**

### **The Fuelling Facts**

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon. Visit [www.highfive.co.uk](http://www.highfive.co.uk) for more information on carbo loading.

### **During Your Marathon**

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

It might seem logical that the more gel you can consume, the better - but take care. You can consume (read swallow) a lot of gel, BUT your body can only absorb a maximum of 60g per hour (up to 75g if the gel contains caffeine). Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should have a large stock of carbohydrate available for a strong finish.

**FOR MORE INFORMATION AND TO DISCOVER OUR RANGE, VISIT [WWW.HIGHFIVE.CO.UK](http://WWW.HIGHFIVE.CO.UK)**

## RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of Energy Drink for additional carbs and to stay well hydrated. Take a Energy Bar with you to eat on the way to your race.

## NOVICE RUNNERS

If you **weigh more than 55kg**: 15 minutes before the start take two Energy Gel Caffeine sachets and drink 200 to 300ml of water or ZERO.

If you **weigh less than 55kg**: 15 minutes before the start take two Energy Gel sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

**DURING YOUR RUN:** take one Energy Gel Caffeine sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, only use Energy Gel Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

## EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

**DURING YOUR RUN:** Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel (without caffeine). Your bodyweight: Max Energy Gel Caffeine sachets:



**50kg:** 5 during + 2 before

**60kg:** 7 during + 2 before

**70kg:** 8 during + 2 before

**80kg:** 9 during + 2 before

**90kg:** 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel Aqua instead of Energy Gel depending on personal preference - they perform the same function.

## FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

## AFTER YOU FINISH

Drink 400ml of Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.

## CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.

**AVAILABLE ON COURSE**



## ENERGY GEL AQUA

**Delivers carbohydrate straight to your muscles – 23g of carbohydrate energy**

- Caffeine free
- Suitable for vegetarians and vegans





ENERGY | HYDRATION | RECOVERY

# PUNISH LUNGS NOT TONGUES

[HIGHFIVE.CO.UK](http://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**



## When You Finish

The finish is on Castle Drive, by the River Dee. When you finish throw your arms in the air and celebrate! We will be there to congratulate you!

Please keep moving through the finish area to collect your water, medal, finisher's shirt and goody bag.

**Green Runners** - Please only collect your water and head to the exit. You will not be given a medal, t-shirt or goody bag as you opted to donate the cost of these items to our official race charity.

The finish area is secure and extremely busy, with no access for supporters. They will be able to celebrate with you once you have left the finish area.

## Chester Triple Medal Collection

Congratulations on completing the MBNA Chester 10K and Essar Chester Half Marathon! This year's medal is our biggest and brightest medal to date. All that stands between you and running glory is 26.2 miles or 26.2 km. We know you've got this!

Once you have finished your race, collect your race medal and other finisher goodies as normal, then head to our Triple Medal gazebo after you exit the finish marquee, to collect your Chester Triple medal. You will need your race medal and number to be able to claim your 2024 Chester Triple Medal.



## Results & Prizes

You will receive a text with your results soon after you finish. All provisional results will be available online on race evening.

Prize presentations for the 1st, 2nd and 3rd male and female finishers in each race will be made at the finish at 13:00 on race day. All other prize winners will be notified approximately two weeks after the race.

England and Welsh Athletics prize presentations will take place in the Leverhulme building, at Chester Racecourse.

## 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 a wave or thank you as you run past. We could not put these events on without them.

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](mailto: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 maintain everyone's safety. Due to the road closures, 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.

[Click here](#) for an interactive road closure map.

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 other runners and volunteers.

## Location Information

<b>Chester Racecourse</b> CH1 2LY	The MBNA Chester Marathon starts at 09:00, the Metric Marathon at 10:10 and the Mini Marathon at 10:20. This is the best place to be if you want to be where all the action is pre-race. It's only a short walk along the river to the finish situated on Castle Drive (see map on page 4). The first finishers are expected from 11:15.
<b>City Centre</b>	A 5 minute walk from Chester Racecourse (see map on page 4) and you will reach the City Centre. Both routes will pass the historic Town Hall, Cathedral and Eastgate Clock 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.
<b>Holt village</b> 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. Local cafes are open throughout the day. Marathon runners will be passing through here between 10:20 and 13:00. Holt Community Gardeners will have their annual Fruit Festival at the Cross.
<b>Farndon village</b> 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. Local cafes will be open for food and drink throughout the day. Marathon runners will be coming through between 10:20 and 1300.
<b>Aldford</b> CH3 6JG	This is a great place to catch both races. Access available at all times via the A41 and through the village of Saughton. 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.
<b>The Groves by the River Dee &amp; finish at Castle Drive</b>	This is the best place to join the large crowds of supporters cheering on the runners to give them the last bit of encouragement needed before they cross the finish line. It's a short walk from the start along the river with lots of food and drink available along the Groves. The first finishers are expected from 11:15.



I was hit with the bedroom tax after my son passed away, his room was classed as being "spare". I'm having to pay around £70 a month to pay the shortfall. I had to choose either pay that or buy food, of course i am going to pay my rent i can't risk getting evicted. I had to use a foodbank so I didn't go hungry, I dread to think where i'd be if it wasn't for the help of the foodbank

Jackie

## PROUD TO BE THE ACTIVE LEISURE EVENTS

## OFFICIAL RACE CHARITY 2024

*A huge thank you to everyone running for us this year to help local people in crisis*

*Don't forget to bring along an item of food to our van on race day! (list on our website)*

**WWW.WESTCHESHIRE.FOODBANK.ORG.UK**

**'NOT JUST ABOUT FOOD'**

Registered charity in England and Wales no 1150934



**RUN  
YOUR  
WAY**



**Made for Runners, by Runners.**  
Curated cuts and fabrics tested and  
designed by our community of runners.  
Wear our gear and run with us.

**[www.RunThroughKit.com](http://www.RunThroughKit.com)**



# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

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MORE**

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# Thank You to...

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

**Your family and friends** for coming along to support you, other runners and for helping generate a great atmosphere on race day.

**Our volunteers** for their invaluable support, without whose help and enthusiasm the race would not be possible, including: MBNA staff, 1st Huntington Guides & Rangers, 18th Chester Scouts, 610 Squadron ATC, Bridgegate Physiotherapy, Cheshire Army Cadet Force, Chester Nomads FC, Chester Road Runners, Chester Royal Jaguars, Darland High School, Dee Point Primary School, Eccleston C of E Primary School, Ellesmere Port Running Club, Holt C.P School, St Peter's School Rossett, Upton High School, West Cheshire AC, Wolf Explorer Scout Group, volunteers from our charities, 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 and Partners:

**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

**High5** for providing Aqua Gels

**Brecon Carreg** for providing our water

**Farralls Group** for their support with drink logistics

**GoFundMe** our official fundraising partner

**Chester Racecourse** our official fundraising partner

**Bose** our official headphone partner

**Cheshire West & Chester Council** for their invaluable support and allowing us to once again host the event in our magnificent city!



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

## See you again in 2025

### Chester Triple

For those that have caught the running bug or didn't achieve this years Chester Triple, if you enter and finish the 10K, Half and either the Marathon or the Metric Marathon in the same year, you will receive our extra special medal and running's ultimate bling. ENTRIES OPEN FRIDAY 4th OCTOBER

Entries for the **2024 MBNA Chester Marathon & Metric Marathon** will open on Friday 4th October 2024 [www.chestermarathon.co.uk](http://www.chestermarathon.co.uk)

Entries for the **2025 Essar Chester Half Marathon** are now open. Sunday 18th May 2025 [www.chesterhalfmarathon.co.uk](http://www.chesterhalfmarathon.co.uk)

Entries for the **2025 MBNA Chester 10K** are open now! Sunday 9th March 2025 [www.chester10K.co.uk](http://www.chester10K.co.uk)



## Race Day Checklist

- ✓ Have a nutritional breakfast, stay hydrated and check the weather forecast.
- ✓ Get dressed in tried and tested gear. It's never good to try new things on race days.
- ✓ If necessary, wear old clothes over the top of your running gear that you are happy to discard at the start line.
- ✓ Attach your baggage label to the top of your bag. We recommend packing warm and dry clothes to change into, a warm jacket and post-race snacks and fuel.
- ✓ Remember your race number and pin it to the front of your top, please ensure that it is visible at all times.
- ✓ Bring your race nutrition and hydration with you.
- ✓ Allow plenty of time for your journey and parking at Chester Recourse, especially if you need to collect your race number or pick up a replacement number.
- ✓ Lubricate all moving parts liberally. Chafing is no-one's friend!
- ✓ Make use of the toilets before entering the start pens! Portable toilets are located right by the start pens.
- ✓ Enter the correct start pen for your target finish time.
- ✓ Remember your training and have a great day of running. We will meet you at the finish for post race celebrations.



# TRUSTED FOR OVER 30 YEARS

NEW technology, NEW cars, CLASSIC customer care



Discover our all-electric range



Free Saturday morning  
car wash for life



Complimentary collection  
& delivery for annual servicing



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in our customer lounges



## Mitchell Group

it's our people who make the difference