

mbna

 **2026** 

CHESTER



 **10K**

OFFICIAL RACE GUIDE

SUNDAY 8th MARCH 2026



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Welcome - it's almost race day!

Thank you for choosing to run the 2026 MBNA Chester 10K.

We are looking forward to welcoming you on the 8th March to our biggest EVER 10K and the first race in the 2026 Chester Triple Series. It could be your first step towards the awesome Chester Triple Medal.

Everything you need to know about the event can be found [here](#).

The 2026 10K event will welcome 8,000 runners and is now sold out, but if you know someone who was looking to enter the event, entries for 2027 will open on Friday 6th March.

Many of us run for special reasons and raise money for charities at the same time. This year our race charity is **Hospice of the Good Shepherd**. Please support this worthy cause and read more about their work [here](#).

If you haven't already, it's not too late to set up a fundraising page with [givestar](#).

Many thanks to our sponsors and the countless number of people who have tirelessly helped and supported us to organise this multi award winning event, including our 500 strong volunteer crew. **We couldn't do this without them.**

Good luck with the rest of your training and see you on race day!



Event Timetable

07:00 Help Desk opens

08:00 Baggage Storage opens

09:00 Orange Wave starts

09:30 Blue Wave Starts

10:00 Purple Wave starts

09:30 First finisher expected

10:00 Prize presentations under the Eastgate Clock

12:00 Baggage store closes



Arriving at Chester Racecourse

Even if you've taken part in the MBNA Chester 10K before, please ensure you take a few minutes to read the arrival information as we have made a few small changes to previous years.

We recommend using public transport, car sharing or asking your friends and family to drop you off, when traveling to the event.

Due to the size and scale of the event, as with all major sporting events, roads will be incredibly busy in and around the city on race day, and to ensure everyone's safety on race day, we will need to close certain roads prior to and around the route once the race is underway.

Please allow plenty of time to arrive on time for your start wave.

Please use our [interactive road closure map](#), to plan your journey in advance.

There is NO race parking at Chester Racecourse.

- Access to Chester Racecourse will be via gate 9 on Nuns Road and the main entrance at Chester Racecourse. Gate 9 at Chester Racecourse has steps so is **not suitable for prams/pushchairs**. There is no access to the start line for spectators.
- There are plenty of car parks available within easy walking distance of the Start and Finish - see below.
- Park and Ride services do not start until after 09:00.

Chester City Centre Parking - pricing will vary.

The main large city centre car parks are:

Little Roodee car park - Grosvenor Rd, Chester CH1 1SL

New Market car park - Hunter St, Chester CH1 2AR

Linenhall car park - Nicholas St, Chester CH1 2NX



Grosvenor Shopping Centre car park - Newgate St, Chester CH1 1DE

Pepper Street car park - Pepper St, Chester CH1 1DF

Chester Courts car park - Chester CH1 2DN (access via Castle St)

Delamere Street car park - 1 Gorse Stacks, George St, Chester CH1 3EQ

Chester Station East Pay & Display Car Park - Queens Rd, Chester CH1 3BQ

The main smaller city centre car parks are:

Trinity Street car park - Trinity St, Chester CH1 2BD

Watergate Street - New Crane St, Chester CH1 4JH

Garden Lane - Garden Ln, Chester CH1 4EN

Saddlery Way - 5 Saddlery Way, Chester CH1 4LZ

You'll find plenty of other parking options within an easy walk of Chester Racecourse. To see locations and availability, check out [Parkopedia.com](https://www.parkopedia.com).

Event Information

- **Event Village Location:** Chester Racecourse, CH1 2LY
- **Start Line Location:** Nuns Road accessed only from within Chester Racecourse. There is no access to the start line for spectators.
- **Finish Location:** Eastgate Street, in the heart of the city and a short walk from the start line.
- There are three starts, the **ORANGE WAVE at 09:00**, **BLUE WAVE at 09:30**, and **PURPLE WAVE at 10:00**. Your race number will be colour coded to your start.

For the safety of all runners, you MUST start at the correct time for the Start Wave you have chosen and is clearly indicated on your race number. This is for course safety, as well as ensuring your chip time is accurately recorded. Each Start Wave has a set capacity and a mix of abilities and speeds.

Each race number's timing chip is coded to the chosen Start Wave.

Runners who fail to start in the correct wave will be disqualified from the race.



Event Village

Help Desk

The Help Desk is within the County Concourse at Chester Racecourse. Our Help Desk is open Saturday from 14:00 - 17:00 and on Race Day from 07:00.

Replacement numbers (charged at £7.50) and last-minute number transfers can be arranged here.

We highly recommend coming to Help Desk on Saturday, if possible, as it will be incredibly busy on race morning.



Baggage Storage

Baggage Storage is within the County Stand at the top of the covered seating area and only accessible from the outside steps. Baggage Storage will open at 08:00, drop your bag off early to avoid the rush.

Please tear the baggage strip from your race number and securely attach it to your bag (max one bag per runner). Ensure all belongings are in your bag before you reach the front of the queue.

Your race number is needed to retrieve your bag.

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

To avoid queues consider leaving your items with a supporter, at your accommodation or in the boot of your car.



Start Map



Ground Floor - County Stand
 Help Desk
 Race Merchandise
 Charity Awareness Stands
 Post Race Massage

1st Floor - County Stand
 Baggage Store
 (Accessed only via the outside steps)

RUNNERS CAN ENTER THE RACECOURSE FROM THE MAIN FRONT ENTRANCE OR GATE 9

IF ENTERING FROM GATE 9, PLEASE STAY ON THE FOOTPATH AND USE THE LEFT SIDE OF THE STEPS (GREEN ARROWS)

ONLY RUNNERS CAN ACCESS THE START PENS PLEASE USE GATE 9 AND STAY WITHIN THE CROWD CONTROL BARRIERS (RED ARROWS)

WE ADVISE ALL SPECTATORS TO WATCH THE RACE STARTS FROM THE MAIN ENTRANCE OR FROM THE ROMAN WALLS



Race Merchandise

Race Merchandise is available from our Help Desk in the County Concourse.

If you pre-ordered a race fleece jacket from us, you can collect these from us on Saturday or Sunday. We will have a small number of 2026 race fleece jackets and other race shirts available to purchase on race weekend.

Toilets

- **Start:** There are plenty of toilets at the start, please make use of these before the last-minute rush.
- **Course & Finish:** There are toilets at the Drink Station (5km) and plenty of public toilets in Chester City Centre near the finish.
There will be a selection of portable toilets at the start and at the drink station which will contain a box of menstrual products for those that may need them. These toilets will be marked with signage so you can identify them. It is safe to dispose of used menstrual products directly in our portable toilets.
- Disabled toilets - are available at Chester Racecourse, at the start line and at the finish.
- Please only use the toilets provided. It is an offence to relieve yourself in public and you will be disqualified.

Your Running Number & Race Pack

If you live in the UK and you entered before the 23rd February, your race pack will have been posted out to you. Numbers were posted in stages, and will arrive with runners up to the 6th March.



If you entered after the 23rd February, your pack does not arrive or you live outside of the UK, you can collect a race number from our Help Desk within the Event Village at Chester Racecourse on Saturday, 7th March between 14:00 and 17:00 or on race morning. If you need to collect a race number, we highly recommend doing so on Saturday 7th, as race day will be incredibly busy.



You must start in the correct wave allocated on your race number. To ensure your own and everyone else's safety, each Start Wave has a set capacity and contains a mix of all abilities.

Each race number's timing chip is coded to the chosen Start Wave to ensure your chip time is accurately recorded

Please do not attempt to run in a different wave to the one you have been allocated and is displayed on your race number, or you will be disqualified.

ALL WAVES ARE SOLD OUT.

If your race number has been posted and you forget to bring it with you, there will be a £7.50 charge for a new number.

Your Race Number & Timing Chip

Your race number must only be worn by you on the day, and it is essential you complete the medical and emergency contact info on the reverse of your number as this will help us in the case of an emergency.

It's important you do not let anyone else use your race number, passing your number on to someone else could cause misidentification in an emergency.

Your race number must be attached to your front and be clearly visible throughout the race. Please take care not to fold or damage the 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

Those who have chosen to be a Green Runner do not receive a medal, T-shirt, or goody bag. We will donate the cost of those to our race charity. Your race number will have a green background.



Transfers

If you wish to transfer your entry to another runner, please use the link in your confirmation email prior to 23:59 on Saturday 7th March. If you need any help, please contact 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 replacement number.



Start Procedure

The Start line is located on Nuns Road and is only accessible from within Chester Racecourse.

Only runners can access the Start Line.

To access the Start Line, your race number must match the colour of the corresponding Start Wave.

If you have not already made your own way up to the Start Line, approximately 15 minutes before the start of each wave, the MC will make final announcements for you to move forward in pace order based on your estimated finish time.

Spectators can watch the start of the race from the front of Chester Racecourse.



EVERY STEP HELPS US GO THE EXTRA MILE

As your local hospice, our mission is to make sure that everyone impacted by a life-limiting illness receives excellent support and care, whenever and wherever they need it. We make every moment count.

SEE YOU THERE!

We'll be there cheering you on! We invite anyone to join us and soak up the incredible atmosphere of the Chester 10K.



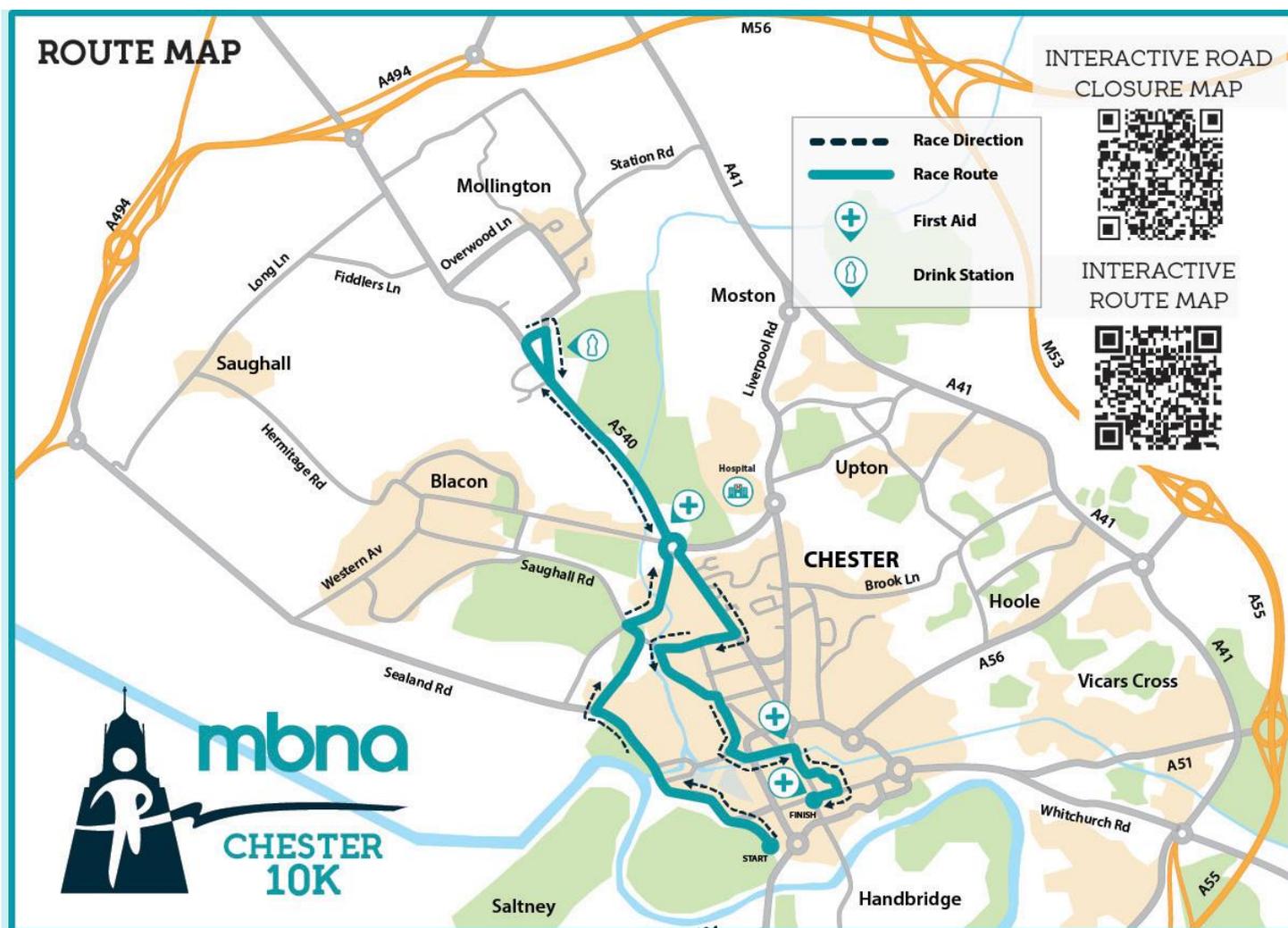
Official charity partner of the Chester Series 2026



hospicegs.com

Registered charity no. 515535





[Interactive route map](#)

[Interactive road closure map](#)

Drink Station

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 & nutrition, however, please make use of our drink station if you need to.

- There will be a drink station at 5K with Brecon Carreg 330ml water bottles.
- There will also be water provided when you finish the race.



Litter & Recycling

Bins are provided at the start, at the drink station along the route and at the finish. We aim to recycle every bottle used, however bottles can only be recycled if they are empty. Please remember to **drink, drain and aim your water bottles into our on-course bins**, these will be marked with a Litter Drop Zone and Last Bin signs. Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot.

Litter drop zones are located after the drink station where you can discard water bottles, and other waste. Please try to aim your bottle or rubbish into the bins provided.

PLEASE ONLY DISCARD OF YOUR RUBBISH IN THESE AREAS, THOSE OBSERVED THROWING BOTTLES IN HEDGES OR ELSEWHERE ON THE COURSE MAY BE DISQUALIFIED.

Thank you in advance for your support in keeping the villages and communities that you will pass through, clean and tidy. Without their support and backing, we would not be able to put on our races.

First Aid & Withdrawing from the Race

There are two St John first aid points on course. One located near the Aldi roundabout which you will pass twice and the other on Canal Street just before you finish. An interactive route map, that shows the route and medical locations can be seen [HERE](#). First aid points are marked by a red and white cross.

- Our main medical area will be based at the Finish.
- There will also be mobile first aiders on bikes patrolling the route for the duration of the event and a sweep bus will be following at the back of the race
- If you need medical attention, please make your way to one of the static first aid posts, if possible, or alert the nearest marshal.
- Please report to the nearest available volunteer or first aid post if you need to withdraw from the race.



Your Health on Race Day

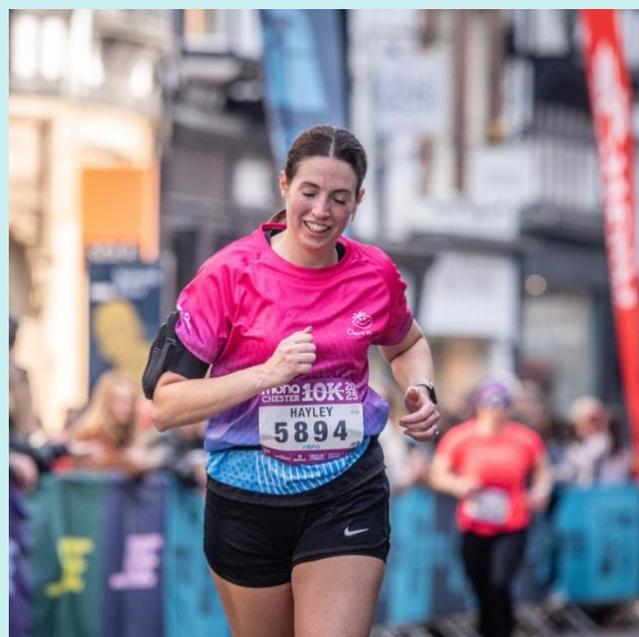
Distance running places significant strain on your body. Please make sure you are healthy enough to take part and talk to your doctor if you have any new or long-term health conditions or any other health concerns. Please don't run if you feel unwell or have been ill in the build-up to the race and seek advice on taking part in the event after a bout of flu or gastroenteritis.

Most medical emergencies that occur during the race happen to people who are not well enough to run but try to continue. Don't be tempted to start because you've been building up to your race or just because you've collected sponsorship to raise money for charity.

Slower Runners

The MBNA Chester 10K is a running event and for runners' safety the roads are closed by permission of the council. Our races only have priority over the roads for the time it takes a 90-minute runner to reach the finish, all runners should be able to complete the courses within these times.

Roads will re-open in line with these cut off times. If you fall behind this pace, for your own safety you may be asked to withdraw from the race.



If you find yourself at the rear of field in either of the races, please don't feel under pressure by the presence of our tail bikes, they are there to keep track of the race and will be there to encourage and support you.

We will have mini busses at the very rear of the field to collect those that may want to withdraw from the race. If you feel you can't continue and get on one of our mini busses, they will drop you off on Nunns Road, close to Chester Racecourse.

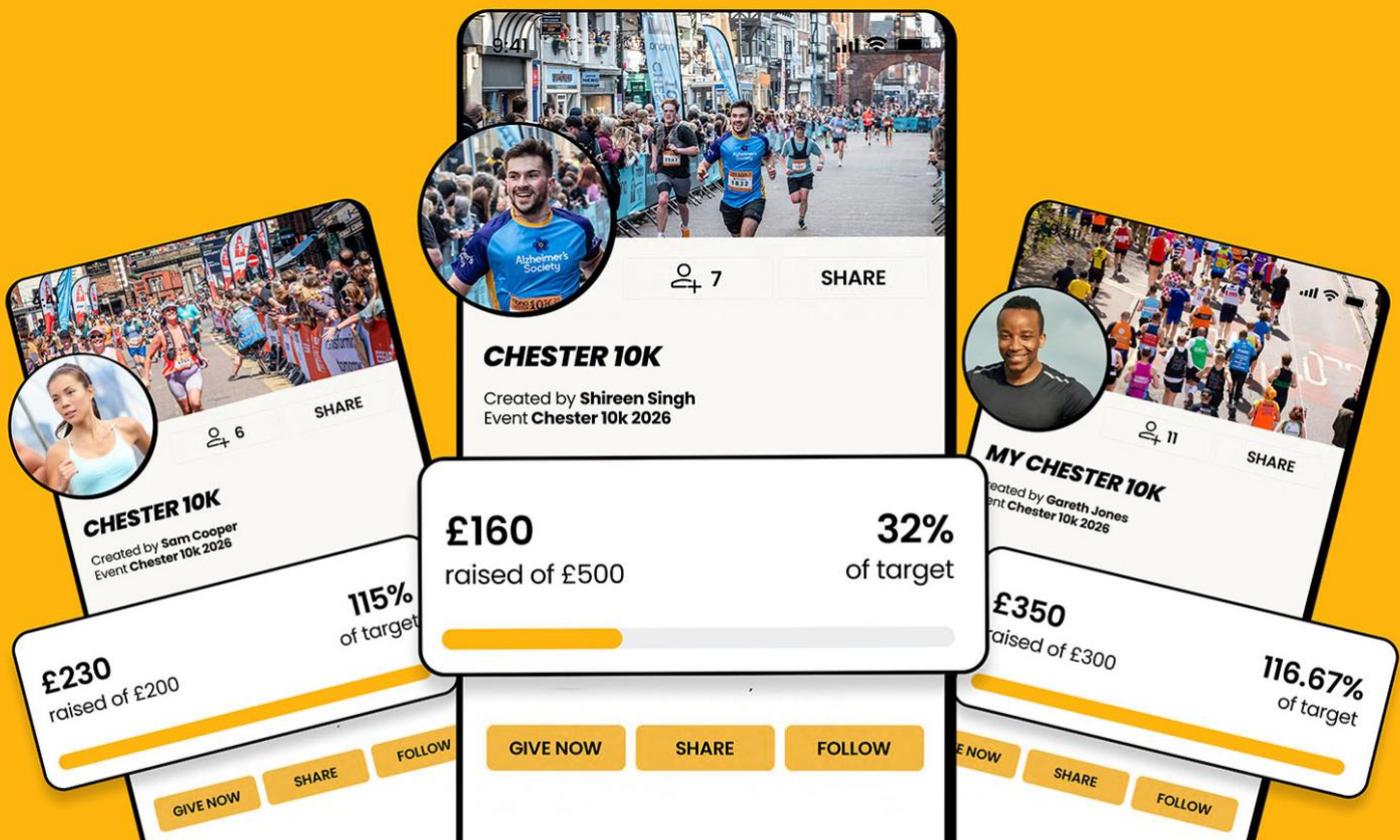




THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM



Distance Markers

There will be kilometre markers every kilometre along the route.

Post-Race Massage

Will be organised by **Bridgegate Physiotherapy** and will be available in the County Stand near the Help Desk between 09:45 and 12:00. Treatments will be provided for a £5 donation to Hospice of the Good Shepherd.

Headphones

Headphones are not permitted, unless bone or air conducting. Your ears need to be open to your surroundings, so you can always stay alert to our volunteers' directions, to emergency vehicles and to the presence of other runners.

This is for your safety and the safety of those around you.

Race Photography

There will be plenty of photographers out on the course and at the finish line to capture your best moments. Don't forget to smile and give our photographers a wave when you see them out on course!

All your race photos will be available for FREE, and viewable by the evening of race day [here](#).



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 give them a wave and thank you.

If you know anybody, any groups or family and friends that want to experience the events without doing the running part, then volunteering is a great way to be part of our community.

We are always looking for new faces to volunteer at one of our events, please contact our volunteer team on volunteers@activeleisureevents.co.uk



Spectators

We suggest that spectators watch the start and then make the short walk to the finish to cheer runners across the line. There is no access to the start line for spectators. All spectators will need to watch the race from the entrance of Chester Racecourse. The city centre finish is always lively with lots of supporters. Supporters can also watch via our **Facebook Live streams**.

The course for the Chester 10K is wholly within closed roads to provide the best experience for runners and to maintain your safety. Therefore, there is limited access out on the course.

Please do not 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.



When You Finish

The finish is on Eastgate Street and finish run in on Northgate Street.

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

Please keep moving through the finish area to collect some water, your finisher's 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.
- Cheer on the other runners as they finish or head back to the racecourse for a post-race massage.



Results & Prizes

- You will receive a text with your results after you finish. Provisional results are available **online**.
- Prize presentations for the overall 1st, 2nd and 3rd male and female finishers will be near the finish under the Eastgate Clock, at 10:00 on race day.
- All age group prize winners will be notified by post after the race.





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2026 Chester Triple

If you are looking for your next challenge, why not aim for the **Chester Triple Medal** by completing our other 2 events this year?

Our fantastically huge, weighty, gold 2026 Chester Triple Medal could be yours if you complete our two remaining events of the year!



2026 Essar Chester Half Marathon

Sunday 17th May

Enter now at

chesterhalfmarathon.co.uk

2026 MBNA Chester Marathon or

Metric Marathon, Sunday 11th October

Enter now at

www.chestermarathon.com



Thank you

Thank you in advance for choosing to run with us at the MBNA Chester 10K. Your family and friends for coming along to support you, other runners and for helping generate a great atmosphere on race day.

To **our volunteers for their invaluable support**, without whose help and enthusiasm the race would not be possible, including: 18th Chester Scout Group, Bridgegate Physiotherapy, Cheshire Army Cadet Force, Chester Road Runners, Hospice of the Good Shepherd, MBNA employees, Optimum Health Coaching, Upton By Chester High School, Huntington Community Primary School, West Cheshire Athletics Club, 1st Huntington Guides & Rangers, and the residents and businesses on the route for their patience, support, enthusiasm and co-operation.

Our Sponsors:

MBNA - as title race sponsors and for their support
 givestar - as our official runner fundraising partner
 Ford Evans Halshaw - for providing the race vehicles
 High 5 - for providing goody bag content
 Brecon Carreg - for supplying our race water
 Farralls Group - for their support with logistics
 Hospice of the Good Shepherd - official race charity

mbna



Our Event Partners:

Chester Racecourse - for hosting the race village
 And Cheshire West & Chester Council for their support.



Race Day Checklist

- Have a nutritional breakfast, stay hydrated and check the weather forecast.
- Wear 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.
- Lubricate all moving parts liberally. Chafing is no-one's friend!
- 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, especially if you need to collect your race number or pick up a replacement number. There is no parking at Chester Racecourse.
- Make use of the toilets before entering the start pens! Toilets are located by the start line.
- Ensure you start in the correct Start Wave indicated on your race number.
- Remember your training and have a great day of running.
We will meet you at the finish for post-race celebrations.



2027 MBNA Chester 10K, 7th March 2026

Entries will open on Friday 6th March 2026 at www.Chester10K.co.uk



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