

# CHESTER



**ESSAR** 

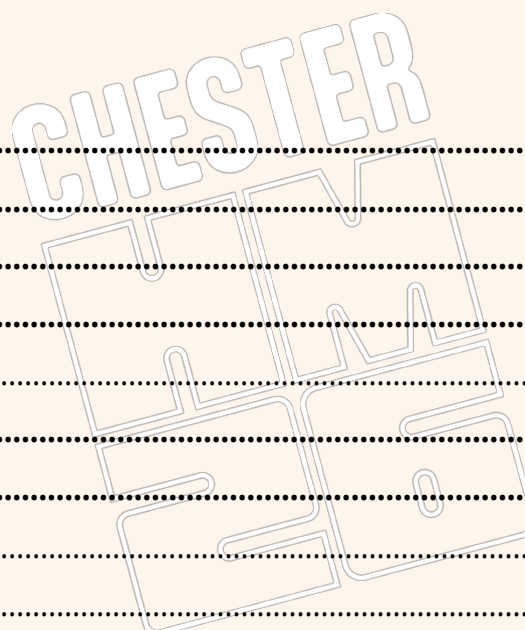
## CHESTER HALF MARATHON OFFICIAL RACE GUIDE

Sunday 17th May 2026





# Contents



<b>Contents</b> .....	<b>2</b>
<b>Welcome - it's almost race day!</b> .....	<b>3</b>
<b>Event Timetable</b> .....	<b>4</b>
<b>Arriving at Chester Racecourse</b> .....	<b>6</b>
Chester City Centre Parking - pricing will vary .....	6
<b>Event Information</b> .....	<b>8</b>
<b>Pre-Race Information</b> .....	<b>11</b>
Your Race Number & Timing Chip .....	11
Green Runners .....	11
Transfers .....	12
Help Desk .....	12
Baggage Storage .....	12
Toilets .....	13
<b>Your Health on Race Day</b> .....	<b>14</b>
First Aid & Withdrawing from the Race .....	14
<b>The RACE</b> .....	<b>15</b>
Race Start .....	15
Pacers .....	15
Drink Stations .....	15
Litter & Recycling .....	16
Mile Markers .....	16
Headphones .....	16
Athlete Tracking & Results .....	16
Slower runners .....	17
Withdrawing from the race .....	17
<b>FINISH</b> .....	<b>18</b>
Prizes & Results .....	18
<b>Fun Run</b> .....	<b>20</b>
<b>Event Extras</b> .....	<b>20</b>
Merchandise .....	20
Post Race Massage and Physiotherapy .....	20
Official Race Photos .....	20



<b>Spectator Information</b> .....	<b>23</b>
Recommended Spectator Locations .....	23
<b>Volunteers</b> .....	<b>24</b>
<b>A HUGE Thank You</b> .....	<b>24</b>
<b>Our Sponsors and Partners</b> .....	<b>26</b>
Our Sponsors: .....	26
Our Event Partners: .....	26
<b>Chester Triple Series</b> .....	<b>27</b>
<b>Race Day Check List</b> .....	<b>29</b>

## Welcome - it's almost race day!

Thank you for choosing to run with us at the Essar Chester Half Marathon on Sunday 17th May 2026.

We are looking forward to welcoming you on race day to one of our biggest ever half marathons and the second race in the Chester Triple Medal series.

Everything you need to know about the event is **below**. It'll be a great day of running!

The main event will welcome 8,000 runners and is now sold out, but there is still time to enter any young aspiring runners into our Fun Run, but be quick, that's close to selling out too! If you know someone who was looking to enter the main event, entries for 2027 will open on Friday 15th May.

Many of us run for special reasons and to raise money for charity. This year our race charity is **Hospice of the Good Shepherd** who provide compassionate palliative care for you or your loved one.

If you haven't already, it's not too late to **set up a fundraising page with givestar**, to give your fundraising the extra edge.

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



# Event Timetable

06:30	Racecourse car park opens
07:00	Help Desk opens
07:30	Baggage Storage opens
07:45	Racecourse car park closes
08:00	Roads outside the racecourse close
<b>09:00</b>	<b>Half Marathon starts</b>
<b>09:30</b>	<b>Fun Run starts</b>
10:02	First finisher expected
10:50	Racecourse car park reopens
11:00	Prize presentations in front of the Town Hall
13:00	Baggage store closes



At the heart of the North West's energy transition, Stanlow supplies 18% of the UK's road fuels and 25% of the UK's aviation fuels.\*

Today, Team Essar is celebrating a different kind of energy. This is the drive, spirit and determination our colleagues are taking with them all the way to the finish line as they take on the Chester Half Marathon with you.

Good luck from everyone at...

**ESSAR** 



*\*25% of UK aviation market excluding Heathrow*





## Arriving at Chester Racecourse

Even if you've taken part in the Essar Chester Half Marathon before, please take a moment 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 or 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 the race start.**

- **Parking is available at the racecourse for £5** (weather dependant), the car park will close at 07:45 and reopen at 10:50.
- Please car share or use public transport where possible, Park & Ride services do not start until 09:00.

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

### 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.co.uk](http://Parkopedia.co.uk)**



# 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 atmosphere of the Chester Half Marathon.



Official charity partner of the Chester Series 2026



[hospicegs.com](http://hospicegs.com)

Registered charity no. 515516



# HM 26 Event Information

We're looking forward to welcoming you to the sell-out 2026 Essar Chester Half Marathon on Sunday 17th May.

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.

Event Village Location: Chester Racecourse, CH1 2LY

Start Line Location: Chester Racecourse

Finish Location: Northgate Street, in the heart of the city and a short walk from the start line

**Half-Marathon starts at 09:00 at the Racecourse**

**Fun Run starts at 09:30 at the Racecourse**



# CHESTER



ESSAR





# THEY'RE MAKING A DIFFERENCE, ARE YOU?

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

GET FUNDRAISING

**CHESTER HALF MARATHON**  
Created by Shireen Singh  
Event Chester Half Marathon  
£160 raised of £500  
32% of target

**CHESTER HALF MARATHON**  
Created by Sam Cooper  
Event Chester Half Marathon  
£230 raised of £200  
115% of target

**CHESTER HALF MARATHON**  
Created by Gareth Jones  
Event Chester Half Marathon  
£350 raised of £300  
116.67% of target

OFFICIAL FUNDRAISING PLATFORM



## Pre-Race Information

### Your Race Number & Timing Chip

If you live in the UK and you entered before the 24th April, your race pack will be posted out to you. Numbers are posted in batches, and will arrive with runners up to the 16th May. Please don't worry if yours does not arrive at the same time as your friends or family, there is over 8,000 to be posted.

If you entered after the 24th April, 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 on the centre course at Chester Racecourse on Saturday, 16th May 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 16th, as race day will be incredibly busy.

**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

If you chose to be a Green Runner and not receive a medal, t-shirt and goody bag, your race number will have a green central 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 16th May. 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 replacement number.

## Help Desk

The help desk will be located at Chester Racecourse on the Centre Course in a marquee and will be open from 14:00-17:00 on Saturday 16th May, and from 07:00 on race day.

If you wish to use our free transfer service, please use the link in your confirmation email prior to 23:59 on 16<sup>th</sup> May, contact

[info@activeleisureevents.co.uk](mailto:info@activeleisureevents.co.uk) or come to our help desk on race weekend. We highly recommend coming to Help Desk on Saturday, if possible, as it will be incredibly busy on race morning.

Please note that if you do not pass your race number to the new runner, they will be charged £7.50 for a replacement number.



## Baggage Storage

**We have updated our baggage process this year, please read to familiarise yourself.**

The bag drop is located by the race start in our marquee on centre course. This will be open from **7:30am pre-race**, and from **10:15 - 13:00** for collection.

Please tear the baggage strip from your race number and attach it to your bag. When you arrive at baggage you will be given two more colour coded strips, one to attach to your bag before giving it to our team and the other to wear on your wrist - max 1 bag per runner. Ensure all belongings are in your bag before you reach the front of the queue.



**Your race number and the wrist band you were given when you handed over your bag are 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.

## Toilets

**Start:** There are plenty of toilets at the start, including standalone urinals, please make use of these before the last-minute rush.

**Course & Finish:** There are toilets at each Drink Station 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 Health on Race Day

CHESTER  
HOSPITAL

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 have collected sponsorship money. Your health is far more important.**

### First Aid & Withdrawing from the Race

There are two St John first aid points on course. One located near Overwood Lane 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](#). The 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.



# The RACE

## Race Start

The race will start at **09:00**, prior to the start, please head to the **correct start pen for your realistic estimated finish time**.

Any clothing left at the start will be recycled.

## Pacers

To help you achieve your target time, there will be experienced pacers running at an even pace for every 10minute time slot from 1hr30 to 2hr30.

You can get to know your pacers [here](#).



## Drink Stations

There will be 5 drink stations along the route, along with water at the finish line.

We encourage all runners to bring your own drinks and nutrition to be self-sufficient throughout the race, however, please make use of our Brecon Carreg drink stations if needed.

High5 gels are available at the 2<sup>nd</sup> and 4<sup>th</sup> drink stations along the course. There will also be Powerade available at Drink station 2.

	Location (miles)	Provisions
1	2.4	Water, Toilets
2	5.8	Water, High 5 Gel, Powerade, Toilets
3	9.0	Water, Toilets
4	10.4	Water, High 5 Gel, Toilets
5	11.8	Water, Toilets



## 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 stations where you can discard water bottles and other waste. Please aim your bottle or rubbish into the bins provided.**

**PLEASE DO NOT DROP BOTTLES OR LITTER IN HEDGES, VERGES OR ANYWHERE ON THE COURSE OUTSIDE THE LITTER ZONE.**

## Mile Markers

There will be red 1-13 mile signs along the course and timing mats at 5k, 10k, 15k and 20k.

## Headphones

Headphones are not permitted, unless bone-conducting. Your ears need to be open to your surroundings, so you can stay alert at all times 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.

## Athlete Tracking & Results

Athlete Tracking and live results can be accessed for free throughout and after the event.

Click [HERE](#) and share this link with your friends on race day!

Search for your name or the name of the athlete you are tracking, and click on the blue bell to get notifications when they pass each timing mat on their pace and estimated finish time, in real time.



## Slower runners

The Essar Chester Half Marathon 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 3-hour 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, 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 a minibus 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.



## Withdrawing from the race

If you need to withdraw from the race after you've started, please do so at any of the drinks stations or first aid posts. If you're unable to make it to one of these locations, please inform the nearest marshal.



# FINISH

When you finish, throw your arms in the air and celebrate for our photographers!

The finish is on Northgate Steet and finish handout area on St Werburgh Street. Please keep moving through the finish funnel to collect your well-earned medal, T-shirt, goodie bag and water.

**Green Runners** - please 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.

Exit onto Eastgate Street to join your supporters or cheer on the other runners on Northgate Street. Please remember to collect your bag from the bag drop before heading into one of Chester's many cafes or bars to celebrate!

## Prizes & Results

You will receive a text with your results after you finish. Provisional results are available online.

Prize presentations for the top 3 male and female finishers will be in front of the Town Hall at 11:00 on race day. All other prize winners will be notified 2 weeks after the race.



**HIGH 5**

**FUEL THAT  
HIGH 5  
FEELING**



## Fun Run

The fun run will start at **09:30** and will help to raise funds for Hospice of the Good Shepherd

The route is approximately 1 mile. Although primarily aimed at children, parents, guardians, grandparents and carers are all welcome!

**ALL FUN RUNNERS NEED TO BE ENTERED INCLUDING ADULTS – YOU CAN ENTER [HERE](#)**

Fun run numbers and T-shirts must be collected from the help desk on Saturday 16th May from 14:00 - 17:00, or on the race morning from the Fun Run registration area within the main help desk marquee between 07:00 - 09:00.

Everyone is a winner, and will receive a race T-shirt, medal, drink and treat. Our aim is to include as many people as possible!



## Event Extras

### Merchandise

Race Merchandise is available from our Help Desk next to our main marquee.

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

### Post Race Massage and Physiotherapy

Bridgegate Physiotherapy will be available at the start in a marquee, and at the finish line on Town Hall Square.

Treatments will be provided for a £5 donation to Hospice of the Good Shepherd

### Official Race Photos

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 photos are **FREE** will be available to view by the evening of the race day [HERE](#).





## HALF MARATHON NUTRITION GUIDE

[WWW.HIGHFIVE.CO.UK](http://WWW.HIGHFIVE.CO.UK)

**Nutrition is often overlooked for a half marathon. You will have put a lot into training, so we've put together a half marathon nutrition plan that could make your next half 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.

Running coach Nick Anderson from Running With Us says:

**“I often used to run 64-65 minute half marathons and would take a couple of mouthfuls of gel at about 40 minutes to help with the final push, especially caffeine gels. For the recreational runner who is out on course for longer, gels will definitely make their run more enjoyable”**

Follow our half 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 a HIGH5 Energy Bar to eat on the way. It provides 43g of carbohydrate in an easily digestible form.



## 10-15 MINS BEFORE THE START

Take one HIGH5 Energy Gel Aqua sachet (with caffeine) 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.

## 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.

Good luck!



## AVAILABLE ON COURSE



## 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.





## Spectator Information

As the event is on closed roads, you may find it difficult to navigate around on race day.

Please park your car away from the course and walk to where you intend to spectate.

Please note, it is against UKA rules and the rules of the road to cycle on the course as it threatens both yours and other runners' safety.

[CLICK TO SEE ROAD CLOSURES](#)

[CLICK TO SEE ROUTE MAP](#)



### Recommended Spectator Locations

Location	Post code	Information
Chester Racecourse	CH1 2LY	Make sure to catch the main race start at 09:00 and the Fun Run at 09:30. This is the best place to be if you want to be where all the action is at the start of the race.
Saughall Village	CH1 6DH	This is a fantastic place to catch the runners as they start their return journey to Chester! Runners will run down Long Lane before turning onto Fiddlers Lane. The Golden Jubilee Park is a great area for the kids to play and watch the race as runners stream past. Access is via the Sealand road and then Seahill road. Please park safely and do not block the road.
Town Hall Square	CH1 2HQ	Catch the first stage of the race outside the Town Hall and Cathedral as the runners come through the city centre and under the finish gantry as they leave Chester. Then enjoy the sights and cafes, restaurants and bars whilst you wait for runners to return. The spectacular finish will take place outside the Town Hall with the roaring crowd cheering runners sprinting to the line. The first runner is expected around 10:02.



## 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](mailto:volunteers@activeleisureevents.co.uk)



## A HUGE Thank You

Thank you in advance for choosing to run with us at the Essar Chester Half Marathon & Fun Run, and to your family and friends for coming along to support you, other runners and for helping generate a great atmosphere on race day.

Thanks to **our volunteers for their invaluable support**, without whose help and enthusiasm the race would not be possible.

A special thank you goes out to our volunteer groups including: 1st Huntington Guides, 18th Chester Scouts, 610 Squadron ATC, Bridgegate Physiotherapy, Ellesmere Port Running Club, Essar Staff, Hospice of the Good Shepherd, Innospec Staff, Kings School Juniors, Mollington Residents, Petty Pool College, Renegades Explorers Scout Group, Saughall Neighbourhood, Upton High School, West Cheshire AC, Wolf Explorer Scout Group, and the residents and businesses on the route for their patience, support, enthusiasm and co-operation.





## DRIVING TOWARDS A GREENER FUTURE

For 70 years, Farrall's Group has grown from a single vehicle haulage business into a respected third-generation family logistics company. Built on reliability, hard work and long-standing relationships, the business has evolved with the industry whilst staying true to it's family values. Today, as it celebrates a 70 year milestone, Farrall's Group are investing in electric vehicles, solar and sustainable deliveries, combining proud heritage with a commitment to a cleaner, greener future.



### Progress Through Innovation -

Continuous investment in fleet, forward thinking technology & industry leading solutions.



### Driving a Greener Future

Investing in electric trucks, renewable solar energy & smarter routing to reduce emissions, delivering sustainable transport for the next generation.

### A Legacy Built on Family & Trust -

Three generations of dedication, strong values & long-standing customer relationships are at the heart of everything we do.



033 0002 0348

[www.farralls.co.uk](http://www.farralls.co.uk)

[sales@farralls.co.uk](mailto:sales@farralls.co.uk)



# Our Sponsors and Partners

A special thank you goes out to our sponsors and partners for their support in bringing this race to you:

## Our Sponsors:

**ESSAR** - as title sponsors of the race

**High 5** - for providing goody bag content

**Givestar** - as our official runner fundraising partner

**Farrall's Group** - for their support with logistics

**Brecon Carreg** - for supplying our race water

**Ford Evans Halshaw** - for providing the race vehicles

**Hospice of the Good Shepherd** - official race charity

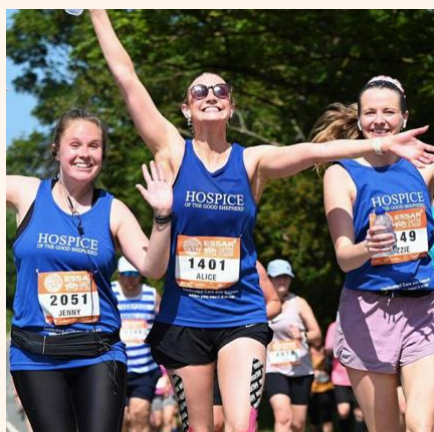


## Our Event Partners:

**Chester Racecourse** - for hosting the race village

**Cheshire West and Chester Council** - for their invaluable support.

We hope that you enjoy running with us  
and look forward to meeting you on race day!



# Chester Triple Series

Why not join us for the last event in the Chester Triple series? The MBNA Chester Marathon, or Metric Marathon (26.2km), both on Sunday 11th October 2026.

[www.chestermarathon.co.uk](http://www.chestermarathon.co.uk)

Entries for the 2027 MBNA Chester 10k on the 14th March are already open!

[www.chester10k.co.uk](http://www.chester10k.co.uk)

Entries for the 2027 Essar Chester Half Marathon will open on Friday 15th May with a special early bird discount.

[www.chesterhalfmarathon.co.uk](http://www.chesterhalfmarathon.co.uk)





# SPRING RACE COLLECTION

15% off for Chester Half Marathon runners  
Use code: ALEEVENTS15

[SHOP THE FULL RANGE](#)



# Race Day Check List

- ✓ 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 always visible.
- ✓ 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.
- ✓ Make use of the toilets before entering the start pens! Toilets are located by the start line.
- ✓ Remember your training and have a great day of running. We will meet you at the finish for post-race celebrations.

