



**The 36th Congleton Half Marathon
Final Runner Instructions
09:30, Sunday 6th October 2019**

Proudly supporting:



A message from the Race Director

Dear Runner

On behalf of myself, the Congleton Half Marathon Race Committee and members of Congleton Harriers A/C, we would like to extend a warm welcome to new and returning participants to the 36th Congleton Half Marathon, proudly supporting local charities – Friends For Leisure, North West Air Ambulance and Visyon.

All plans are in place and its set to be another bear-illiant day celebrating the sport of running whilst raising awareness and as much money as possible for very worthy causes.

Training for a half marathon, whether it be your first or twentieth, is a challenging endeavour and we know you have worked hard in the weeks and months leading up to race day. Getting to the starting line is a success and we hope to make your race day experience positive and fun while helping you to achieve your running goals. For those achieving a personal best on race day, please make sure you celebrate by ringing the bell at the finish.

This race would not be possible without the generous support of Congleton Town, local businesses and organisations, the running community, our sponsors, supporters and of course, the many volunteers helping on race day – please take a moment in your day to thank as many volunteers as possible during your half marathon experience. Our volunteers will appreciate the love.

Your safety is paramount, please take the time to read through important race information provided below.

Thank you for choosing our race and supporting our charity partners.

We look forward to seeing you on RACE DAY! #happyrunning 😊

Michelle Stevens
Race Director
Congleton Harriers
Congleton Half Race Committee

**If you cannot run for any reason, please do not give your number to a new runner without informing Paul Birdsall at half@congleton-harriers.co.uk
Failure to do so will result in disqualification.**

Getting to the race and parking

- Race HQ and Registration is based at Congleton High School, Box Lane CW12 4NS.
- We strongly advise car sharing where possible.
- From 07:30, FREE parking is available on the school premises and limited to 200 spaces.
- On arrival, please follow marshals' instructions.
- We expect the car park to be full by 09:00.
- There are some additional parking spaces near to the school – West Heath Shopping Centre (CW12 4NB) and on neighbouring residential streets. Please park considerately.

Race Registration

- Registration opens at 07:30 and is based in the main school hall.
- There is a station dedicated to No Bear Frylls entrants, and four stations are dedicated to Bear Frylls entrants, in alphabetical on surname order.
- Before the race starts, please collect your Race Pack containing your race number, timing chip and race gift. Bear Frylls entrants will also receive a pre-ordered souvenir race tech t-shirt.
- Registration closes 09:15 prompt. Please arrive early to avoid disappointment.
- Please record any relevant medical information, current medication and emergency contact details on the reverse of your race number.
- Please secure your race number on the front of your race t-shirt/vest. Safety pins will be provided.
- Please secure your timing chip to your running shoe using the ties provided.
- Your timing chip must be worn for you to receive a finishing time in the results.

Race Transfers / Number Swaps

- We will accept Race Transfers / Number Swaps on Race Day. No fee will be charged for this service.
- There is a station dedicated to Race Transfers / Number Swaps, next to the main registration stations in the school hall. Please arrive in good time.
- New runner MUST present a copy of the original booking to the Race Transfer / Number Swaps station and MUST complete a form prior to receiving a Race Pack from the main registration station.
- Any financial arrangements need to be made directly between the original runner and the new runner.
- New runners with a Bear Frylls entry will receive a t-shirt size pre-ordered by the original runner in the Race Pack. If the pre-ordered t-shirt does not fit, there will be an opportunity after the race for the new runner to exchange it at the Race Shop based in the school hall (sizing subject to availability / first come, first served).

Additional services and facilities available at Race HQ

- Hot/cold drinks and snacks are available from 07:30 in the school canteen.
- Toilet facilities are based in the main school building and additional Ladies toilets are available in a separate school building adjacent to the main school hall.
- Sports Corrective Therapy are providing pre and post-race massages and Ayres Health are providing podiatry and injury advice in the school hall. Recommended donation for a massage is £5.

- There will be a Raffle and tickets can be purchased from the Race Shop at £1 per strip and will be drawn after the prize giving.

Before the race

- Please warm up within the school grounds and playing fields until called forward to the start line by marshals.
- Please allow yourself adequate time to ensure you are on the start line at 09:20 and be race ready to start your half marathon experience at 09:30 prompt.

No Headphones or MP3 Players

- The wearing of headphones, or similar devices (other than those medically prescribed) or use of MP3 players during the race is NOT permitted. This is a condition of racing from UK Athletics and is designed for your safety. Infringement of this rule will result in disqualification.

Road closures and road safety

- Black Firs Lane between 09:00 and 12:00 and Chelford Road, Hall Green Lane and Giantswood Lane between 09:30 and 10:00 will be closed. Access for emergency vehicles and residents will always be maintained.
- The entire course is along country lanes and special care must be taken, as you will be sharing the highway with other road users. Please be aware of your surroundings and use normal road sense.
- For your own safety, please follow instructions from marshals and adhere to race signage.

Pacers

- Our friends from StokeFIT are providing a pacing service, times available are 1:30, 1:45, 2:00, 2:15 and 2:30 – look out for the red flags on the start line.

Start

- The race starts at 09:30 prompt on [Black Firs Lane](#) approximately 300m from Race HQ.
- If you cannot run for any reason, please inform a race marshal who will help you accordingly BEFORE you leave for home.
- Please be race ready on the start line no later than 09:20 to listen to the race announcement and safety briefing.
- After the safety briefing, the Mayor of Congleton, Councillor Sally Ann Holland and Mayor Bear will start the race.
- When the race starts, you must run over the chip mat to activate your start time.
- BMW will lead you the way during your half marathon experience.
- Smile for the camera, enjoy every moment and have a great run! 😊

During the Race

- Please **keep to the left at all times** unless directed otherwise by a marshal or signage.
- There are mile markers throughout the course.
- Marshals are stationed at all junctions and salient points along the route.
- Experienced sweepers plus a qualified medic sweeper will be running at the tail end of the race.

First Aid

- First Aid cover is provided by Jola Medics.
- First Aid HQ is based at the finish area. A second first aid station is based at approx. mile 6.

- Medical aid will be on hand throughout the event and all marshals will have mobile phones. If you feel unwell and need medical assistance and/or see a fellow runner in need of medical assistance, please inform a marshal.
- If, for any reason you need to retire/drop out, please make sure you inform a marshal BEFORE you leave for home and return your timing chip to Race HQ. Where necessary, we will provide transport to the finish.

Water stations and at the finish

- Water is available on route in recyclable cups at approximately Mile 3, Mile 6 and Mile 9. Plastic bottled water is available at the finish. Please place your plastic waste in the bins marked "PLASTIC WASTE ONLY". All plastic waste will be given to a local school to be recycled and modelled into a park bench.

Race Photos

- Local race photographer, Bryan Dale and his team of volunteers will once again be out on the course taking photos so don't forget to smile! Bryan provides free pictures on his website www.racephotos.org.uk Bryan will also be taking pictures of the prize giving.

Race Footage

- This year we are filming the half marathon event.
- There will be a crew of three camera operators and one PfCo licensed and insured drone operator positioned around the course to capture runners taking part. Also, there will be some interviews taking place both before and after the event.
- The footage will be used across several platforms online to promote the race, the club and sport in general. Thank you for your participation.

At the finish and after the Race

- Congratulations on completing your half marathon journey!
- The finish will be open until all runners have returned.
- Please ensure your timing chip and tags have been removed by the chip removal team at the end of the finish funnel. The timing chips will be used at future races.
- Bear Frylls entrants will receive a medal.
- Each runner will receive a Post Race Boost – bottle of water and banana.

Stalls at the finish area available from approx. 08:00

- Congleton Camera Club will be available to take your photo with your family and friends alongside Congleton Harriers' very own mascot – Harry Congo positioned at the GRAHAM sponsor board. Pictures will be available for you to download from www.congletonhalfmarathon.co.uk
- Running Bear will have a selection of running gear and accessories available for you to purchase.
- Big Bobble Hat will have plenty of bobbles in every conceivable colour for sale, perfect for an autumn morning.
- Wanting to add some glitz to your race photos? Glitter Boutique can add a little sparkle and shine to your half marathon experience and spectators' experience alike.
- Everybody Sport Recreation will be setting up shop showcasing the wide range of services available at their leisure facilities throughout Cheshire East.

Results and Prizes

- Prizes will be presented on the stage in the main school hall at approximately 12:00 noon.
- We are delighted to have the Mayor of Congleton, Councillor Sally Ann Holland and a representative from each of our charity partners to present the prizes.
- Only one prize per competitor will be awarded.
- Results provided by John Schofield, UK Timers will be posted on [UKResults](#) and www.congletonhalfmarathon.co.uk as soon as possible after the race.

Feedback

After race day, please let us know what you thought about the race via the link on our race website www.congletonhalfmarathon.co.uk and you will automatically be entered into a free prize draw to win a place in 2020. The winner will be picked at random by the Congleton Half Race Committee during the wrap up meeting end of October.

Fancy another chance to win a free place in 2020?

Then post a picture of your most memorable race experience(s) on social media with the hash tag [#congletonhalfmarathon2019](#)

The winning post will be picked by the Congleton Half Race Committee during the race wrap up meeting end of October.