



**The 37th Congleton Half Marathon
Final Runner Instructions
09:30, Sunday 3rd October 2021**

**Proudly supporting:
Cheshire East Hospice
Ruby's Fund
Congleton Foodbank
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 37th Congleton Half Marathon, proudly supporting local charities – Cheshire East Hospice, Ruby's Fund and Congleton Foodbank

All plans are in place and we're hoping it will be a brilliant 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.

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!

Stephen Canning
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 Andy Vickers at <http://www.avtiming.com/>

Getting to the race

- Race HQ and Registration is based at Congleton High School, Box Lane CW12 4NS.
- We strongly advise car sharing where possible.
- From 07:35, FREE parking is available on the school premises and limited to 200 spaces.
- On arrival, please follow marshals' instructions.

CarParking

- Free car parking is available at Race HQ, Congleton High School
- 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.
- The start has moved this year, see below, **but please do not park in the car park at Back Lane playing field. Parking there is for Back Lane playing field users.**

Race Registration

- Race numbers and timing chips will be mailed out before race day.
- For on the day entries go to see Andrew Vickerman who will be at the school until 9am.
- Before the race starts, please collect your race tech t-shirt from the school hall
- Please secure your race number on the front of your race t-shirt/vest. Safety pins will be provided.

Race Transfers / Number Swaps

- For transfers contact Andrew Vickerman in advance at <http://www.avtiming.com/>

Additional services and facilities available at Race HQ

- Hot/cold drinks and snacks are available from 07:45 in the school restaurant provided by the school parents association.
- 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.
- Gill Armstrong Massage Therapy will be providing pre- and post-race massages and Ayres Health are providing podiatry and injury advice in the school hall.

Race Start

- This year the race start and finish are on Somerford Lane, approximately 10 minutes' walk from Congleton High school. The route to the start is mainly off road and is signposted. Marshals will be on hand to direct you.
- Getting to the start will provide a good warm up! The path to the start crosses Back Lane playing field, a large grass area.
- Please allow yourself adequate time to ensure you are on the start line at 09:20 and be race ready to start at 09:30 prompt.
- Toilets available near the start/finish.

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

- There are a number of road closers for your safety:

Closing Time	Roads affected	Re-opening Time
0900	Close Somerford Lane at roundabout with Back Lane	1300
0900	Close Blackfirs Lane at junction with Chelford Road	1230
0900	Close Blackfirs Lane 5m south of junction with Somerford Lane	1230
0915	Close Chelford Road at Blackfirs Lane junction	1015
0915	Close Hall Green Lane at junction with Giantswood Lane	1015
0915	Close Swettenham Road at junction with Hall Green Lane (marshals)	1015
0930	Close Giantswood Lane at junction with Hall Green Lane	1015
0930	Close Giantswood Lane to traffic from Congleton at junction with Mill Lane	1015

Pacers

- Our friends from PB Pacers 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 [Somerford Lane](#) approximately 60m from the roundabout with Back Lane.
- 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 Dennis Murphy 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 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

- Because of COVID considerations there is one water station on the route at approximately Mile 6. 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.

At the finish and after the Race

- Congratulations on completing your half marathon journey!
- The finish will be open until all runners have returned.
- All finishers will receive a medal – collect at the finish.
- Each runner will receive a Post Race Boost – bottle of water and banana.

Results and Prizes

- Prizes will be presented on the stage in the main school hall at approximately 12:00 noon.
- Only one prize per competitor will be awarded.
- Results provided by AVTiming will be posted on <https://www.avtiming.com/congletonhalf> 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 our Facebook page.