



The 38th Congleton
Final Runner Instructions

09:30, Sunday 2nd October 2022

Proudly supporting:

Cheshire East Hospice

Ruby's Fund

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 38th Congleton Half Marathon, proudly supporting local charities – Cheshire East Hospice and Ruby's Fund. All proceeds from the event go to these charities.

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 07:30, 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 In-ear or over-ear Headphones/Earphones

- The wearing of in-ear earphones (including earbuds or similar) or over-ear headphones, or similar devices (other than those medically prescribed) 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. Also, the part of the course is on open public roads and all participants are to be aware of their surrounds at all times. If participants do wish to listen to music, bone conductive headphones (i.e. Shokz, previously AfterShokz) are permitted in line with UKA and EA guidance.

Road closures and road safety

- Please be aware that not all roads are closed on the race route. 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
1000	Close Long Lane	12:00

Pacers

- Our friends from PB Pacers are providing a pacing service, times between 1:30 and 2:30 – look out for the flags on the start line.

Start

- The race starts at 09:30 prompt on [Somerford Lane](#) approximately 60m from the roundabout with Back Lane.
- Please take care when walking from Back Lane playing field to the start. Somerford Lane is closed, but there will still be traffic on the roundabout.
- 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 09:15 to listen to the race announcement, safety briefing and warm up.
- After the safety briefing, a special guest from East Cheshire Hospice 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
- Please be aware for the road surface at all times as we are on public roads and may be even surfaces enroute.

First Aid

- First Aid cover is provided by Gator Medial.
- 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

- There are two water stations on the route at approximately Mile 6 and mile 10. 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.