



## ESSAR CHESTER ROUND-THE-WALLS RACE

Boxing Day 26<sup>th</sup> December 2016

10:30 am. START

At the Roodee Race Course, Chester CH1 2LY

### Information for Runners

In the event of icy or wet weather, rendering it unsafe to use the City Walls, an alternative route of ~5.7 miles on roads and paths will be used, providing it is safe to do so, near the racecourse (the racecourse itself is no longer available for this purpose). If adverse weather conditions occur, see <http://www.westcheshireac.co.uk> where we will publish information with as much notice as possible. Please check on the day before setting off; precise weather forecasting is very difficult!

As stated on the entry form, If the race is cancelled or for any other reason you do not run, no refunds will be given. A number transfer facility is, however, available prior to and on race day at no cost.

### Registration

Numbers, which will have timing chips attached, will be posted from 13th December. If received, there will be no need to check in on the day. Please ensure the form on the reverse is completed.

### Car Parking

There is NO parking available on the Roodee or within the confines of the racecourse. There is a small pay and display car park opposite the entrance to the Racecourse, and another next to the railway viaduct.

### Changing and Toilets

Changing rooms and toilets are in the fenced-off area between the road crossing point of the racecourse and the start and finish area for the race.

### Race Route:

The actual course used will depend on renovations to the walls and weather conditions on the day, the current route measures approximately 6km.

The race will start in the car park in front of the main stand inside the Roodee. The runners will complete approx. 1.2miles within the confines of the Roodee before leaving the racecourse via the main gate onto New Crane Street. After crossing New Crane Street, the runners will turn left and pass under the railway viaduct, turning immediately right into Walls Avenue and straight on into Water Tower Park, using the hard, surfaced, paths. Exiting the Park up a flight of steps onto the canal towpath, the runners follow the towpath until they join the main City walls by the steps behind Iceland. They then continue along the Walls clockwise around to Castle Drive and onto the riverside path. This is followed all the way along the river edge around the back of the Roodee, then following the footpath next to the viaduct and into the Roodee grounds. After a further distance on grass within the Roodee itself, the race ends close to the hardstanding of the internal road just south west of the Roodee hospitality complex.

The Canal towpath is narrow and slippery, single file will be necessary for a short distance, and the City walls are also narrow in places, with several flights of steps up and down, some sharp corners and are elevated. Once on the towpath and City Walls, there will be little opportunity for overtaking slower runners. Please look out for pedestrians, who have as much right to be on the Walls as you do. Marshals will advise the public of the race but there are numerous access points to the walls.

## Refreshments and finishers' mugs

Commemorative mugs and hot drinking chocolate or bottled water will be given to all finishers. Fresh Caterers will be selling drinks and snacks for spectators.

## Prizes

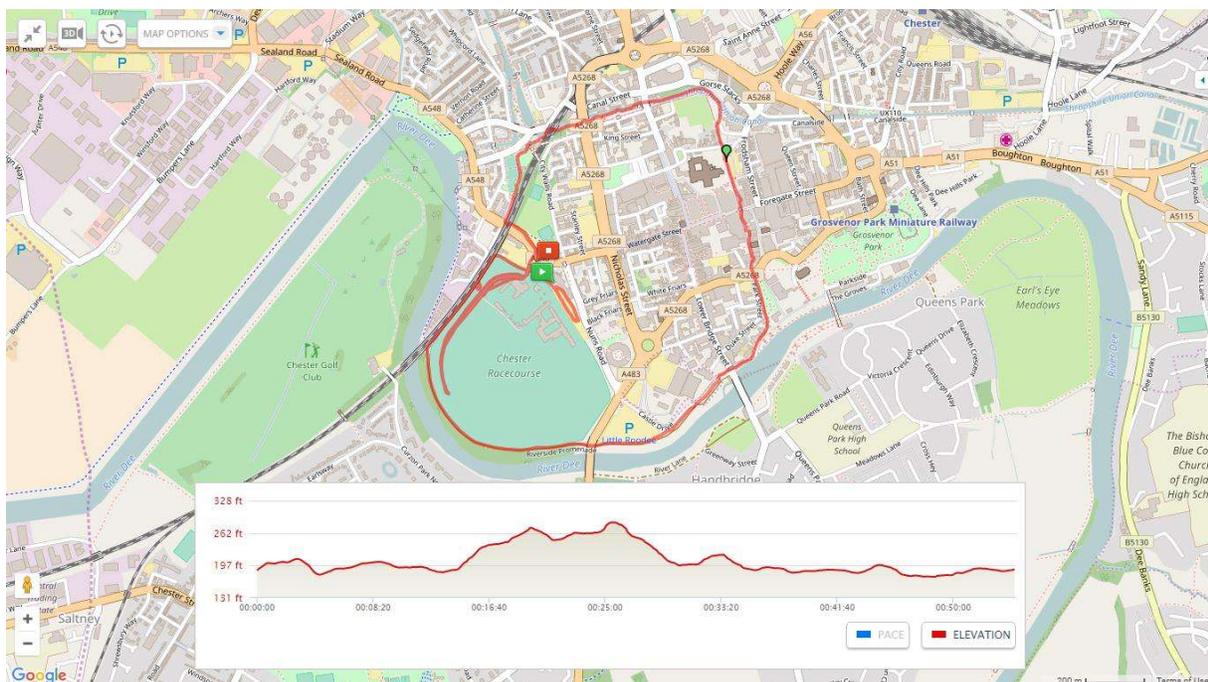
Men: At least first 5 plus 1<sup>st</sup> U/20, O/40, O/45, O/50, O/55, O/60, O/65, O/70

Women: At least first 4 plus 1<sup>st</sup> U/20, O/35, O/40, O/45, O/50, O/55, O/60

Prize presentations will be made as soon as possible after the race only for the first 5 male finishers and first 4 female finishers. All age category prizes will be sent out to the winners after the race.

Only one prize per person. Age category prizes are issued on an "above age" basis, e.g. if the first Male Vet 45 beats the first Male Vet 40, he wins the Male O/40 prize.

## Course Map



The Essar Chester Round the Walls race is one of the oldest races in the country, the Boxing Day running of this race being a near-constant event in the city since its inception in 1972. Now in its 45th year, the run around the Chester city walls is back after an absence in 2015. The approximately 6km route this year starts on the Roodee, then runs briefly along a quiet, narrow, canal towpath before ascending steps to follow a clockwise section of the Roman and Medieval walls, including passing under the iconic Eastgate clock, before finishing back on the racecourse.

In addition to the route shown on the map which is run clockwise, the runners will also run a further loop on the grass to the 5 Furlong point and back at the finish when re-entering the racecourse making a total of approximately 6km.