



ESSAR CHESTER ROUND-THE-WALLS RACE

Boxing Day 26th December 2019

10:30 am. START

At the Roodee Race Course, Chester CH1 2LY

Information for Runners

In the event of icy or very wet weather, rendering it unsafe to use the City Walls, the race maybe cancelled. 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.

Please note that the race organisers may take photographs during the race and may use these images for publicity purposes.

Race Route:

The actual course used will depend on renovations to the walls and weather conditions on the day. The current route measures approximately 4 miles.

The race start is the same as the last two years, starting by the Grandstand and featuring an out and back on the race course. Then after leaving the Roodee, participants will run along the walls, over the Watgate before continuing along City Walls Road. The route then takes the runners up the steps and over the inner ring road over St Martins Gate and then descends down the steps before running up Water Tower Street crossing over the road at Northgate to ascend onto the walls again. This is where there will be a temporary road closure in place to allow the runners to cross the road safely.

Just before the Cathedral, the runners will then take a right turn and descend down the path and under the wall and then run round the back of Iceland to head back on the footpath on the canal just outside the wall. After descending by the locks the runners will then descend the steps for a brief run into the Water Tower Park before ascending more steps to return to city walls and head back to the race course. Back in the race course there's one more run out on the grass to the 5 furlong marker before returning towards the White Horse pub and a right turn before the final sprint to the finish line.

The Canal towpath is narrow and slippery, please be very careful on this section, single file will be necessary for a short distance. 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.

Headphones

In accordance with UKA rules, the wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted and may lead to disqualification.

Fancy Dress

Fancy Dress is encouraged but please be mindful of the narrow paths and the other runners and pedestrians that you'll be sharing the walls with. Please try not to cause obstructions.

Dogs and Pushchairs

Dogs or any type of pushchairs / buggies are not permitted.

Registration

Numbers, which will have timing chips attached, will be posted from early December. If received, there will be no need to check in on the day. Please ensure the emergency information form on the reverse of your number is completed. **Those runners that do not receive numbers in the post should come to registration on race day.**

A number transfer facility is, available prior to and on race day at no cost. We will require evidence that another runner has granted their permission for the transfer to proceed. And please DO NOT run with another runner's number unless we have completed the transfer in niftyentries. It's very important for your own safety that we have the correct details including any medical details for each runner. Failure to obey this rule will lead to disqualification.

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. Information on other car parks in Chester City Centre is available at:

<https://www.cheshirewestandchester.gov.uk/residents/transport-and-roads/parking-and-permits/chester-car-parks.aspx>

Changing and Toilets

Changing rooms and toilets are in the fenced-off area between the road crossing point of the racecourse and the finish area for the race. There are also toilets available in the main grandstand near the race start.

Refreshments and finishers' mugs

Commemorative mugs and bottled water will be given to all finishers.

Espresso Eccellente will be selling freshly ground illy coffee, homemade flapjacks and a selection of other drinks / snacks.

Prizes

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

Women: At least first 4 plus 1st 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

<https://www.mapmyrun.com/routes/view/2708568232>

