

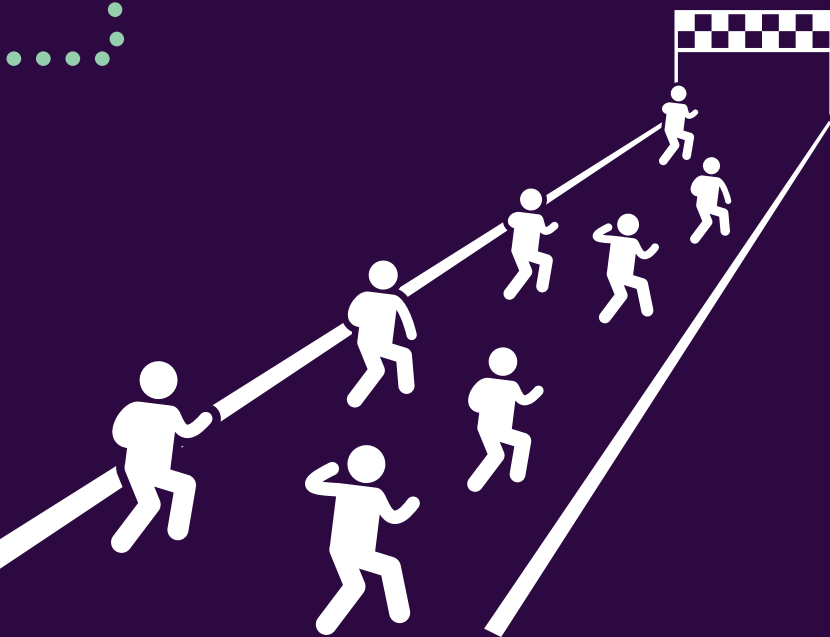


HALF



5K

***PARTICIPANT
RACE
INFORMATION***



03/10/2021

a.r.u.

**Anglia Ruskin
University**

DEAR PARTICIPANT,

We are delighted to be bringing you the all new Chelmsford Half Marathon and 5k. One of the very first mass participation sporting events in Essex since the government lifted the lockdown restrictions.

We are planning a very special day to launch the Chelmsford Half. Runners can expect major road closures, a unique course and lots of support along the way.

We couldn't host this event without the support of our event partner *Anglia Ruskin University*. We would like to say a massive thank you to them for their support.

Whilst the event will take place shortly after the relaxation of government restrictions, we are still planning to deliver the Chelmsford Half with COVID safety measures to make sure everyone feels as safe as possible.

Thank you for choosing to run the Chelmsford Half / 5K. Good luck with your final training and fundraising.

Best Wishes
Andy & Peter - Race Directors

COVID SAFETY



Race numbers capped to manage overall capacity on the course



Hand sanitiser provided in key locations



Enhanced cleaning regime



Large start line area



Water is provided in sealed plastic containers for your safety. Water bottle recycling is provided



Full vaccination and Lateral flow testing before and after the event is recommended (You may order test kits from NHS/Pharmacy). Please do not attend the event if you are COVID positive, symptomatic or you are isolating



To minimise touch points the baggage facility will be closed for 2021. Please leave personal belongings with friends/family or at home or in your car



Participants are encouraged to travel alone to and from the event or with household members only

ARRIVAL INFORMATION

Start location

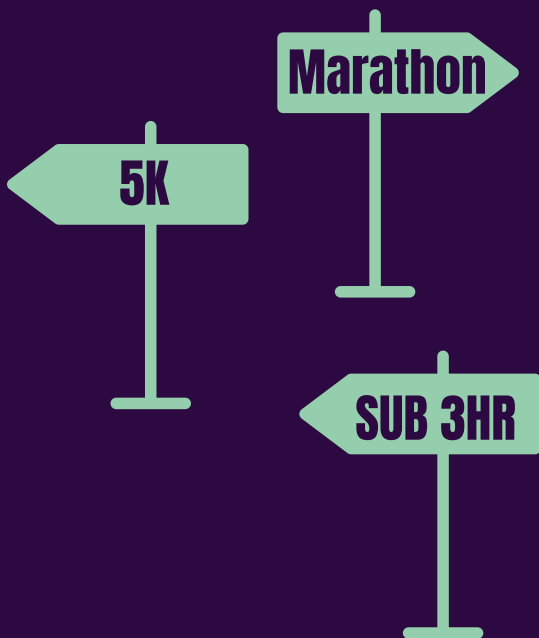
Market Road, CM1 1XA

Arrival time

08:00-08:45

Arrival location

Marathon: Form up on Market Road from the Banana Tree restaurant to the race gantry located by the indoor market



5k: Form up behind the Half Marathon participants from the Banana Tree restaurant towards Tindal Street

Signage along Market Road will identify finish times for example "Sub 3hr". Please queue within the section that applies to you. Please note if your predicted finish time has increased or decreased since entering you may move into a new category without notifying us

Race start time

Half Marathon 09:00
5K 09:15

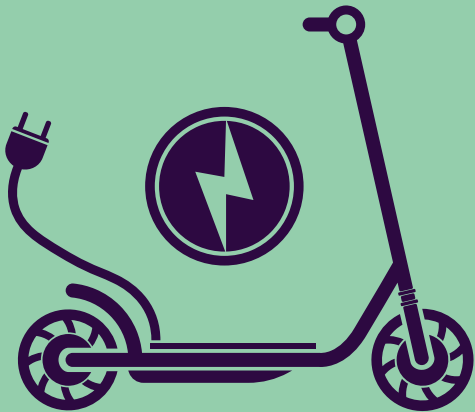


ARRIVAL INFORMATION CONT..



Chelmsford Half Marathon is committed to promoting sustainability within the local community

With over 2,000 participants expected to take part we want to ensure we are having a positive impact on the environment by minimising carbon emissions where possible



Have you considered taking a more environmentally friendly means of transport to the event?



CO₂

ARRIVAL INFORMATION CONT..

Parking

..near the finish line:

- Rectory Lane West, CM1 1RE
- Rectory Lane East, CM1 1RH
- Townfield Street, CM1 1QX

***Parking is not available at Anglia Ruskin University**

Parking

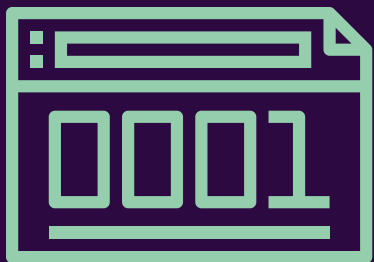
..near the start line:

- High Chelmer, CM1 1XL *
- Viaduct Road, CM1 1HT
- Townfield Street, CM1 1QX
- Coval Lane, CM1 1TG
- Q-Park Meadows CM2 ODG *
- Meadows Surface, CM2 OWP *



***Due to event road closures this car park will be closed for a short period at the start of the race**

Full car park list: [Click Here](#)



RACE NUMBER AND TIMING

Your race number will be sent to you by post 1 week before the race. If you have moved address since entering please edit your details [HERE](#)



If your race number and timing chip does not arrive for any reason our timing company will be on hand to assist you on the morning of the event. Please visit them in the reception of Anglia Ruskin University, Lord Ashcroft Building, Bishop Hall Lane, CM1 1SQ between 07:00-08:30. A copy of your booking confirmation email will be required



Your timing chip will be attached to the rear of your race number. Do not remove or bend this chip as damage may interfere with your timing

TOP TIPS



Make sure you practice running in your race day gear to ensure it is comfortable, avoiding blisters and chafing



Make sure you pack your race number before you leave home



Double check the weather forecast so you know whether you need to pack sun cream, waterproofs or both!



Make sure you pack enough nutrition to keep you fuelled on the course. Bananas will be provided at the finish



We recommend participants bring their own water around the course to minimise touch points. Water will be provided at mile 4, 8, 11 and the finish for the Half Marathon and at the finish for the 5K



Pace yourself at the start of the race to ensure you have enough energy to complete the distance

COURSE INFORMATION



Volunteers and signs will be dotted around the course to guide you



In ear headphones are prohibited. Bone conducting headphones are permitted. Please listen out for marshal instructions



Toilets are provided adjacent to the start and finish line. You are encouraged to arrive 'ready to race' as it is not possible to cater for everyone during the short arrival time



If you are still running after 4 hours you may be asked to move onto the pavements so we can reopen essential roads



If you need medical assistance please tell a volunteer or ask another runner to tell them on your behalf



Maintain social distance from fellow competitors where possible

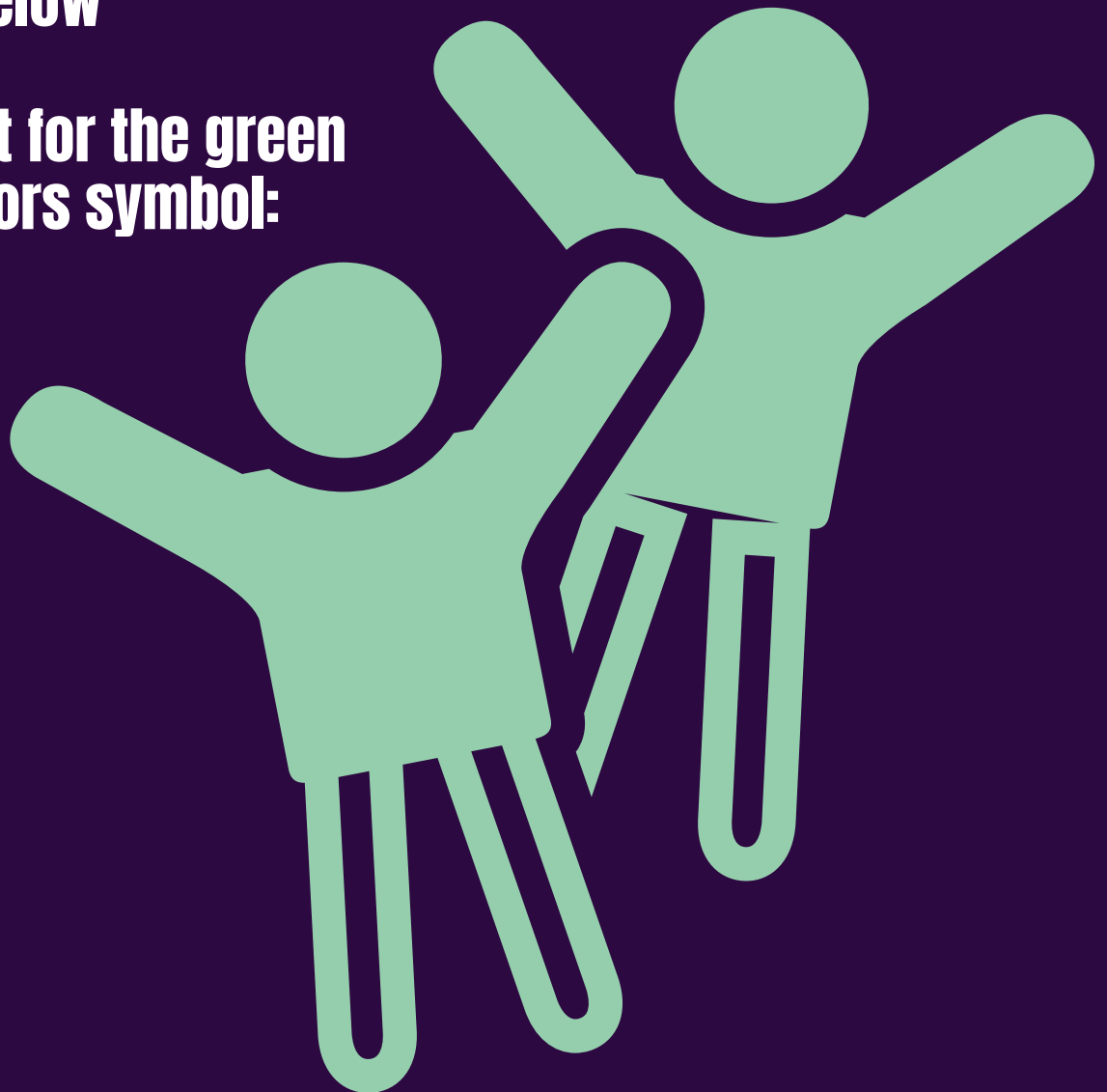


Water bottle recycling is provided. Please look out for the white recycling bags

SPECTATORS

Spectator positions are marked on the race maps below

Look out for the green spectators symbol:



a.r.u.

Anglia Ruskin
University

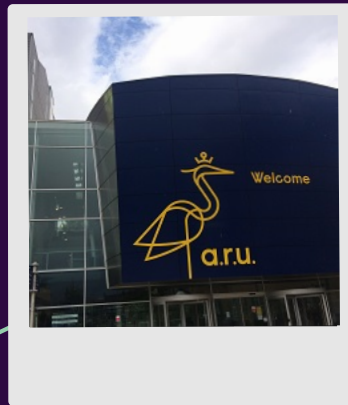
Toilet facilities are provided at the finish line - Anglia Ruskin University



HALF

KEY

- Runners on road
- Runners on path
- Road Closure
- Car Park
- Mile Marker
- Toilets
- Water station
- Spectator area



Not to scale
Illustration only
Map subject to change



5K

KEY

- Runners on road
- Runners on path
- Road Closure
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- Toilets
- Water station
- Spectator area



FAQ



1. Is the 3rd October 2021 still going ahead? Yes, the plans are finalised and the event is due to go ahead on the 3rd October 2021.

2. What happens if restrictions change? Mass participation sporting events are now taking place. If restrictions do change, firstly we would consult with key stakeholders to review whether the event can still go ahead using our Covid-19 safe plans. This would be the preferred option which would mean changes such as, wave starts rather than a mass start.

3. Am I registered? If you registered for the 7th March 2021 your ticket was automatically deferred to the 3rd October 2021. You can see if you have a ticket by checking your email inbox or alternatively logging into your account on Realbuzz registrations. <https://hub.realbuzzregistrations.com/login/?next=/>

4. I am injured, what can I do? TicketPlan booking protection is included with your booking. This covers participants for specified events. Please complete the refund application form on their website and provide the supporting information. Note there is a FAQ document and medical form to complete. <https://www.ticketplangroup.com/refund-application-form>

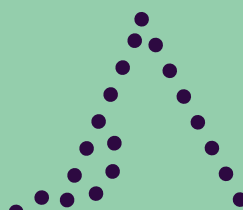
5. Please can I defer to next year? Race numbers were finalised on 30/08/2021, we are now unable to accept deferrals. If you wish to transfer from the half to the 5K we can facilitate this until Sunday 5th September. Please email office@chelmsfordhalfmarathon.co.uk

6. Can I cancel my place for a refund? You are unable to cancel your place for a refund.

7. Can I pass or sell on my place to another runner? No, entry is unique to you for H&S and insurance reasons. Participants will be disqualified and timing removed if they are found to have passed on their race number.

8. Are the Half Marathons on 3rd October and 17th October linked? No, they are completely different events. Chelmsford Half Marathon (CM Half) is a major event on roads through Chelmsford on the 3rd October. Whereas, the event on the 17th is not connected to this event and is an accessory event to a charity Marathon in Central Park.

9. When will I receive my race number and timing chip? You will receive your race number and timing chip one week before race day.



FAQ CONT..



10. What if I do not receive my race number and timing chip? From time-to-time chips get lost in the post, if this occurs, please visit the Lord Ashcroft Building (Anglia Ruskin University, Chelmsford) between 07:00-08:30 on the morning of the race. Please bring your confirmation email with you. Please note this facility is only available on race day.

11. I have recently moved address; how can I change my details? Please login to RealBuzz, the registration platform to change your address:
<https://hub.realbuzzregistrations.com/login/?next=/>

12. What time is the race? The Half Marathon starts at 09:00 and the 5k starts at 09:15 - Due to the volume of people participating in the event (2,500) we expect there to be large volumes of event traffic on the roads and queues for the toilets shortly before the race starts. Please arrive in plenty of time.

13. How can I change my predicted finish time? For the 2021 race, there is no need to update us on your predicted finish time as we have built in additional capacity to the holding areas to accommodate changes. Please line up on market road next to your predicted finish time marker board.

14. Will there be Pacers at the event? Pacers will not feature at the 2021 event due to the potential length of exposure with other runners. This guidance was issued by RunBritain earlier in the year to mitigate against Covid transmission and we think it is sensible to conform with this guidance for now.

15. Where is the Start/Finish location? The start is on Market Road, Chelmsford and the finish is at Anglia Ruskin University, outside the Student Union Building. Please note Market Road will be closed on the morning of the event and there is no parking at Anglia Ruskin University.

16. When will I receive final race detail? Final race details will be emailed to you at least 2 weeks before race day. They will also be available on social media and on <https://www.cmhalf.com>

17. How many water stations will there be? There will be four water stations in total for the Half Marathon at approximately mile 4, 8, 11 and Finish. Water is provided at the Finish Line for the 5k. To minimise touch points (COVID) participants are encouraged to bring their own water around the course. This may be in the form of a water bottle or hydration backpack.

18. What food will be provided? In the interest of COVID safety and to minimise touch points no food will be provided on the course. Participants are encouraged to bring their own food and energy gels around the course. Running belts can be useful for storing energy gels.

19. Where can I park? Chelmsford City Centre offers a wide range of car parks. There is no parking or drop off/collections facility at Anglia Ruskin University. Therefore, it is strongly recommended that you plan your parking in advance of race day. A list of car parks can be found at <https://www.chelmsford.gov.uk/parking-and-travel/find-a-car-park/>

FAQ CONT..



20. Where is the drop off point? As the event is based in the city centre there are lots of drop off opportunities as you approach. We recommend you arrive at least one hour before the race start to avoid road closures and event traffic.

21. Can I track my friend/family on a map around the course? Yes, a link to the tracking map will be shared on the app and on the homepage on the morning of the race. Details of how to download the event app will be shared 1 week before the race.

22. Where can I find the route map? The route map can be found on <https://www.cmhalf.com>

23. Can I start the race late? All participants must start at the allocated time of the race. This is to ensure the roads are opened back up on time, minimising disruption locally. The Half Marathon starts at 09:00 and the 5k starts at 09:15.

24. Can you still enter the 2021 race? General entry has now closed. From time-to-time spare tickets get released. Please sign up to our waitlist on <https://www.cmhalf.com> for ticket updates.

25. When is the 2022 event? 6 March 2022.

26. Have tickets already been released for the 2022 event? 2022 tickets are being released early to the waitlist as the event takes place in 6 months' time. Entry into next year's event is guaranteed until 31 October 2021 for all participants taking part in this year's event, therefore there is no need to enter before taking part this year.

27. My friend/colleague wants to buy a ticket to the 2022 event, where can I buy them? Tickets are released in batches to the waitlist on a first come first serve basis. The cheapest time to buy a ticket is on first release, the most expensive time to purchase a ticket is on final release. Please direct them to <https://www.cmhalf.com> where they can sign up to the waitlist.





EXCLUSIVE PARTICIPANT OFFER

ARU's Old Factory Gym are delighted to offer Chelmsford Half Marathon 2021 runners an exclusive offer. When you sign up to their 12-month Direct Debit membership you won't have to pay the usual £10 joining fee and will receive your first month free.

The Old Factory offers a large refurbished fitness facility with all new gym equipment including a multi-functional fitness rig, three Olympic lifting platforms, two ten metre sled tracks as well as a host of cardiovascular equipment, fixed resistance machines and free weights. The gym also houses a large fitness studio, dedicated spin studio, changing facilities, lockers and accessible changing facilities.

We're conveniently located just across the road from the Chelmsford ARU campus, a short walk from Chelmsford city centre and the station.

To redeem this exclusive offer, please sign up online and enter the promo code 'CMHALF2021'. You will then need to present proof of your race entry on your first visit to the gym.

[Click here to sign up](#)

[Click here to read Old Factory Gym terms and conditions](#)

ARU reserves to right to withdraw or amend this offer at any time without notice.

ARU's decision on whether to accept individuals to this offer is final with no right to appeal.

Please note that this offer closes at 00:00 on 10.10.21

The Old Factory, Globe House, New Street, Chelmsford, CM1 1TA

**Email: TheOldFactory@aru.ac.uk
Website: <https://aru.ac.uk/TheOldFactory>
Phone: 01245 683380**

RUN WITH US NEXT YEAR
6 MARCH 2022



HALF / 10K / 5K
****NEW DISTANCE****

JOIN WAITLIST



HALF

In partnership with



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**Anglia Ruskin
University**