

PARTICIPANT RACE INFORMATION



HALF / 10K / 5K



a.r.u.

Anglia Ruskin
University



03/03/2024

**DEAR
PARTICIPANT,**

Welcome to the 2024 Chelmsford Half Marathon.

The fourth edition of Chelmsford Half Marathon, 10K and 5K

**This year you will receive your race pack delivered by
Royal Mail**

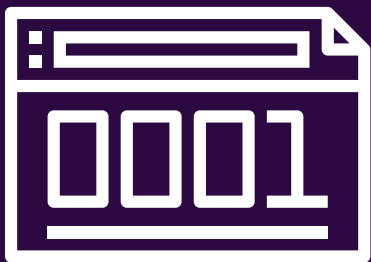
**We couldn't host this event without the support of our
event partner *Anglia Ruskin University*. We would like to
say a massive thank you to them for their on-going
support.**

**This year around 2,600 of you have signed up to for the
race, many of you supporting local and national charities.
You can expect the route to be lined with spectators and
supporters, cheering you on towards the finish line.**

Good luck to all of you on race day!

**Best Wishes
Andy & Peter - Race Directors**





RACE NUMBER AND TIMING

Your race bib will arrive 1 week prior to the event. Please note, they are sent out in batches therefore they will not all arrive at the same time.

If you registered after the 14th January 2024 you will need to collect your race bib from the Lord Ashcroft building on the morning of the race. Please arrive between 7.15am to 8.30am

The stewards who are handing out race bibs will be extremely busy on the day and will need to process the bibs as quickly as possible. If you have questions about the race, please read the FAQ provided in this document. Most questions will be answered in this guide. However, if you do have further questions, our friendly event team will be available at the the race bib collection desks

If you are collecting a bib for friends or family, please make sure you have their name and DOB to hand

Please share your flat lay photo (race number, T-Shirt, trainers, lucky charm etc.) on social media for your chance to win a £100 Amazon voucher, bottle of Champagne or entry to our 2025 event!

Use #ChelmsfordHalf to enter!



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



Royal Mail



RACE DAY ARRIVAL INFORMATION

Arrival time

07.15-08:30

Event Site

Anglia Ruskin University, Chelmsford
CM1 1SQ

Bag Drop

Bag Drop: Marconi Building. [View location](#)

Start/Finish

Alan Cherry Drive. [View location](#)

Start time

All race distances will start at 09:00

ARRIVAL INFORMATION CONT..

BAG DROP INSTRUCTIONS

Only use the bag drop if you are unable to leave personal belongings with friends/family

You must attach your unique bag label to the top of your bag before entering the Marconi Building

Your bag tag is attached to the bottom of your race number. Please tear this off and fix it to your bag prior to arriving at the bag drop

Your race number must be visible to enter the Marconi Building/ Bag Drop (before and after the race)



Sustainability

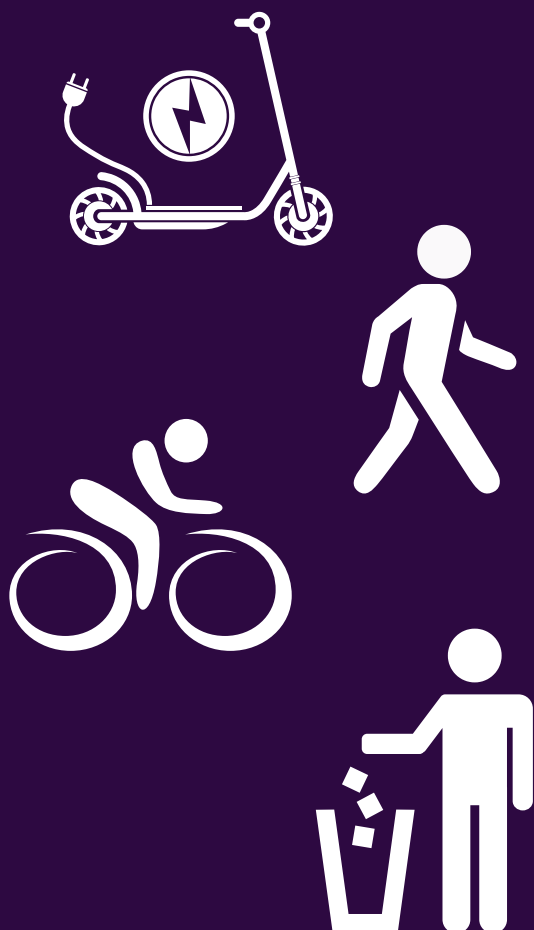
Chelmsford Half Marathon is committed to promoting sustainability within the local community

With 2,600 participants expected to take part we want to ensure we are having a positive impact on the environment by minimising the carbon footprint where possible

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

When running, please use the large white sack bins to dispose of your cups and waste

Please dispose of your race gels responsibly in the white bins located near the water stations. If you are using gels, your race number must be written on the gel packet. These may be checked by stewards before the race. Any race gels found discarded will result in athlete disqualification



ARRIVAL INFORMATION CONT..

Parking

..near the start/finish:

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

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

Parking

Other parking:

- 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 these car parks will be closed for a short period at the start of the race**

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

TOP TIPS



Make sure you practice running in your race day gear to ensure it is comfortable to avoid any blisters and chafing - this includes waterproofs and higher grip winter trainers in case of adverse weather



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 and chocolate bars will be provided at the finish



We recommend participants bring their own water around the course to support sustainability. Water is available at the following approximate locations: Mile 2.8, 5.8, 9.8 and 11.1 for the half marathon. Kilometer 4.6 and 6.8 on the 10k route and one water station at kilometer 3.6 on the 5k route. Water will be provided for all race distances at the finish.



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

BRITISH WEATHER



Appropriate Clothing

The weather in March can be extremely unpredictable (sun, rain or snow!), please check the weather forecast in advance and dress appropriately on the day

Footwear

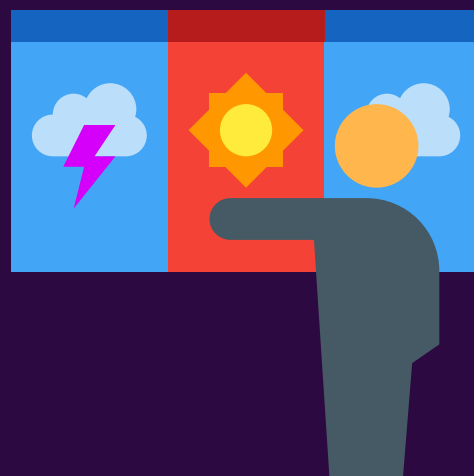
Road trainers are ideal for dry conditions. There are also plenty of winter running shoes available that offer waterproof and additional grip for slippery, muddy and slushy conditions

Waterproof

You might want to consider wearing a waterproof/windproof running jacket to keep you dry and more comfortable

Spare clothes

Bring along a spare set of clothes to keep you warm and dry after the event



COURSE SIGNAGE



Directional arrows

**RUNNERS
KEEP
LEFT**

**Stay within the
designated lane**



**WRONG WAY
GO BACK**

**You are going the
wrong way ! Turn
around and follow the
correct directional
arrow!**

2K

10K RUNNERS

**5K, 10K & Half
Marathon
distance
markers**

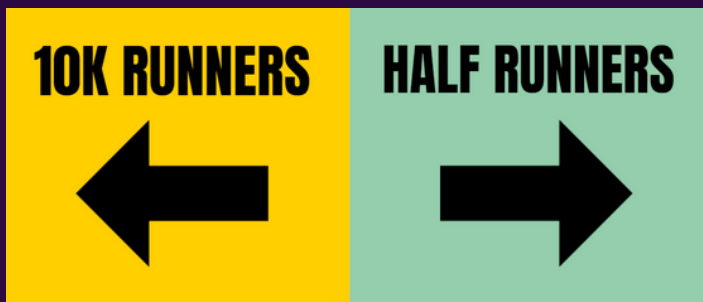
**RUNNERS
STAY ON
PATH**

**Do not
overtake on
the road**

COURSE SIGNAGE



This directional sign will be displayed at the end of High Bridge. Half & 10K runners loop back over High Bridge towards Parkway. 5K participants join the path at the end of High Bridge and head into the city centre.



This directional sign will be displayed at the end of Chelmer Road, before the underpass. 10k participants turn left and head into the city centre via the path network. Half Participants turn right and continue under the underpass.



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 available in the Lord Ashcroft, Marconi and Tindal (Student Union) buildings. You are encouraged to arrive 'ready to race' as it is not possible to cater for everyone during the short arrival time. Toilets will also be available at the water stations.



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 or another runner need medical assistance, alert a first aider on the course or one of the stewards as soon as possible so that medical assistance can be arranged. First aiders will be stationed around the course and at the start and finish line.



Recycling is provided



ROUTE MAPS

HALF

CLICK HERE

HALF GPX FILE

10K

CLICK HERE

10K GPX FILE

5K

CLICK HERE

5K GPX FILE

JOINING US AT CHELMSFORD HALF THIS YEAR...



The Gourmet Griddle

Breakfast Menu:

Porridge or Bacon Baps

Main Menu:

Loaded Gourmet Wraps,
Hot Dogs and Loaded Fries

Meat, Vegetarian, Vegan,
Gluten Free options

My Little Drinks Van

Coffee

Soft Drinks

Cakes

Beer

Wine

Prosecco



SPECTATORS

**Spectators are
welcome at the event**



**Toilet facilities are
provided at Anglia
Ruskin University for
athletes and spectators**



HALF / 10K / 5K



a.r.u.

**Anglia Ruskin
University**



**Your 2024
finisher medal
awaits...**

FAQ



1. What time should I arrive? 7.15am until 8.30am.

2. What time does the race start? All distances (5K, 10K and Half Marathon) will start promptly at 09:00am. Due to the volume of people participating in the event (2,600) 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.

3. 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. All distances will start at 9am.

4. Can I defer, transfer or receive a refund? As per the terms of your ticket purchase we do not offer refunds. The option to 'Transfer' and 'Change Category' close on 14th January at midnight. The race file has now been finalised and race numbers prepared for dispatch, therefore we are unable to facilitate any further changes.

5. Can I transfer to another race category? Please see guidance in point 4 above.

6. Can I pass or sell on my place to another runner? The option to transfer your place to someone else closed on the 14th January 2024. Your 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.

7. When will I receive my race number and timing chip? Race numbers and timing chips will be received up to 1 week before race day. If you do not receive your race number in the post, there will be a short window to collect your race number and timing chip on race day. Our helpful team will be waiting for you at the main Lord Ashcroft Building 7.15-8.30 on race day. If you are collecting a bib for friends or family, please make sure you have their full name and DOB. Please arrive early as queues are likely and the race will be starting promptly at 9am.



FAQ CONT..



9. Do I need to update my address? If you have moved since the 14th of January or you did not update your address by the 14th January deadline your race pack will be sent to the address you registered with. You will need to collect a replacement race number from the Lord Ashcroft Building. Click [here](#) for the exact location.

10. How can I change my predicted finish time? There is no need to update your predicted finish time.

11. Where can I park? 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 [here](#).

12. Where is there 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.

13. Where is the start and finish location? The start and finish is at Anglia Ruskin University, in front of the School of Medicine Building.

14. Where can I find the route map? The route map can be found in this guide.

15. Where can I see the course elevation and profile? This is available on the route map link.

16. Will there be Pacers at the event? There will be Pacing at 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00 - Please note pacer places are fully allocated and they are volunteer positions. If pacing is important to you please ensure you also monitor your own pace with a sports watch.

17. Will runners for different races be running together? All races will start together at 9am. Please look out for signs for your specific different race distance as there are places on the course where different race distances split from each other. Please ensure you do not just follow the person in front of you!

18. How many water stations will there be? We recommend participants bring their own water around the course to minimise touch points. Water is provided at mile 2.8, 5.8, 9.8 and 11.1 for the half marathon. There are two water stations at kilometer 4.6 and 6.8 on the 10k route and one water station at kilometer 3.6 on the 5k route. Water will be provided for all race distances at the finish.

19. What food will be provided? Bananas and chocolate bars will be provided at the finish. Participants are encouraged to bring their own food and energy gels for around the course. Running belts can be useful for storing water and energy gels. Mobile catering units will be located near the finish line. Note: you must write your race number on energy gels and only dispose of them at the water station bins.

FAQ CONT..



20. Can my friends/family track me on a map around the course? Tracking is available on the for the 10K and Half Marathon. This can be shared with family and friends. Please note that you will need your phone with you for the tracking to work. A link to the tracking map with instructions will be shared by email to participants by the 25 February. Please check your junk inbox.

21. How can I purchase CMHalf merchandise? Merchandise advance orders have now closed. If you have purchased merchandise you will receive your order by 1 week before the event.

22. Can you still enter the 2024 race? All race distances are close to selling out at the time of writing this race guide. Please sign up to our waitlist on cmhalf.com for ticket updates

23. A friend/family member wants to buy a ticket to the 2024/5 event, where can they be purchased from? Tickets are released in batches on a first come first serve basis. The cheapest time to buy a ticket is on race day. Please direct them to cmhalf.com where they can sign up.

24. Where is the best place to spectate? The best places to see runners will be the ARU University Campus, Parkway and High Bridge (between the Odeon roundabout and Tesco Supermarket).

25. Will there be photo opportunities? We will have photographers taking pictures throughout the day. A link will be emailed out once these are available. We will also have a selfie wall at the finish so you can celebrate your achievement!

26. When will I get my finish time? Results will be published live on social media and our website cmhalf.com

27. How will my time be recorded? We are using industry leading, cutting edge chip timing technology from Race Result. Race Result RFID timing mats read the unique RFID chip that is located behind the foam pad on the back of your race number. This enables the timing company to product a chip-to-chip time and gun time for your race. Results will be available on our website. The race winners are based on gun-time.

28. Will I receive a medal? Yes, our extra large medals will be handed to you at the finish line.

29. Will there be an awards ceremony? There will be 1st, 2nd and 3rd place winners for both males and females awards will be handed to race winners as they cross the line.

30. When is the 2025 event? 2 March 2025.

31. Have tickets already been released for the 2025 event? The Chelmsford Half Marathon is an annual sell out event. We are offering a 50% discount on full price tickets on race day for 24 hours. Tickets for 2025 will be available on race day.



HALF / 10K / 5K

JOIN WAITLIST

RUN WITH US NEXT YEAR

2 MARCH 2025

RACE DAY DISCOUNT!

50% OFF* 2025

24 hours ONLY!

~~**£65**~~

£32.50

***Full price ticket**

SPECIAL OFFER

RACE

DAY

Huge

Discount

• 50% OFF •

SHOP NOW

2025 Ticket Releases

The earlier your sign up the more you save

First Release - Ticket Release 1 - Race Day 50% Discount for 24 hours

- **Half £32.50**
- **10K £22.50**
- **5K £12.50**

***booking fee also applicable**

Ticket Release 2 30% Discount

- **Half £45.50**
- **10K £31.50**
- **5K £17.50**

***booking fee also applicable**

Ticket Release 3 20% Discount

- **Half £52.00**
- **10K £36.00**
- **5K £20.00**

***booking fee also applicable**

Ticket Release 4 10% Discount

- **Half £58.50**
- **10K £40.50**
- **5K 22.50**

***booking fee also applicable**

Ticket Release 4 FULL PRICE

- **Half £65.00**
- **10K £45.00**
- **5K £25.00**

***booking fee also applicable**



THE OLD FACTORY

AN ARU GYM

OUR STAFF:

OUR TEAM OF FITNESS COACHES ARE ALWAYS ON HAND TO ENSURE YOU HAVE THE BEST EXPERIENCE AT THE GYM. ANSWERING YOUR QUESTIONS OR GIVING ADVICE TO MAXIMISE THE EFFECTIVENESS OF YOUR WORKOUT.

FITNESS CLASSES:

WE HAVE AN EXTENSIVE FITNESS CLASS TIMETABLE OF OVER 25 CLASSES PER WEEK INCLUDING LES MILLS BODY PUMP, BODY COMBAT AND BODY BALANCE.

EQUIPMENT:

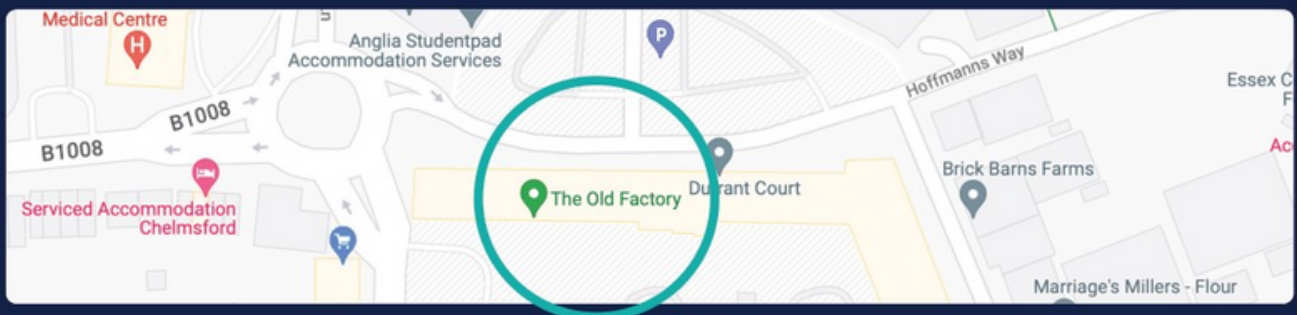
OUR LARGE SPACIOUS GYM FEATURES THE VERY BEST FITNESS EQUIPMENT INCLUDING A MULTI-FUNCTIONAL FITNESS RIG, THREE SQUAT RACKS, TWO TEN METRE SLED TRACKS, AND A HOST OF CARDIOVASCULAR EQUIPMENT, FIXED-RESISTANCE MACHINES AND FREE WEIGHTS.

PRICING:

PRICES START FROM JUST £19.50 PER MONTH FOR MEMBERS OF THE PUBLIC! POP IN TO SEE US TODAY TO TALK THROUGH OUR MEMBERSHIP OPTIONS AND GET STARTED STRAIGHT AWAY.

LOCATION:

WE'RE A 5-MINUTE WALK FROM CHELMSFORD TRAIN STATION WITH FREE PARKING AVAILABLE FOR MEMBERS.



FIND US THE OLD FACTORY DURRANT COURT, BROOK STREET, CHELMSFORD, CM1 1UE



POP IN TO SEE US **TODAY** & BECOME A MEMBER!

VISIT [ARU.AC.UK/THEOLDFACTORY](https://www.aru.ac.uk/theoldfactory) | CALL 01245 683380 | EMAIL THEOLDFACTORY@ARU.AC.UK | FOLLOW US  



Revive Health

Revive Health is a private Health Centre in Chelmer Village, offering hands-on treatments to help a variety of ailments. Our team of Sports Therapists and Sports Massage Therapists are qualified to help relieve symptoms of back pain, shoulder pain, knee pain, training/running injuries as well as women's health and scar therapy treatments. We offer a free initial assessment to all patients, to review your condition and pair you with the therapist that is best suited to help you in your journey, wherever that may take you. Please call - 07723503277 or email info@revivehealthchelmsford.co.uk to discuss your needs with one of our team or head to the website [Revive Health Chelmsford](https://www.revivehealthchelmsford.co.uk) to book in for the free assessment.

Come and see us at the Chelmsford Half for a complimentary 15 minute pre or post race treatment.

Race day treatments are subject to availability

Good luck!



HALF / 10K / 5K

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