

JOIN US FOR THE WILMSLOW RUNNING FESTIVAL

HALF MARATHON | 10K | FUN RUN

20TH MARCH 2022

**WILMSLOW
RUNNING
FESTIVAL**



RAN UNDER UKA RULES
LICENCE NUMBER 2022-42814



EVENT INFORMATION

RACE START TIMES

- WATERS HALF MARATHON 10AM**
- RUNNING BEAR 10K 10AM**
- FUN RUN 10:15AM**

EVENT ADDRESS

WRUFC KINGS ROAD, WILMSLOW, SK9 5PZ

[COMMUNITY]

Waters is proud to support the
**WILMSLOW HALF
MARATHON**



Waters™

WELCOME

We are delighted that you'll be joining us for the 2022 Wilmslow Running Festival. As always, we've been working hard to make it an event that everyone, from runners to sponsors and volunteers, can be proud of. The Half Marathon has been an iconic event for over 30 years and we've got a lot to live up to. As a registered charity, it's not just putting on a fabulous event that's important but also what we can put back into our local community. The event has raised over £1million in the last ten years for charitable causes and this year we are working with 4 smaller charities to raise awareness and funds for them: Francis House, the Booth Centre, Supportability and Mind Manchester. The race is organised entirely by volunteers with the help of many local sporting clubs, guides and scouts.

In addition to the Half Marathon, we have a beautiful and fast 10k route and a Fun Run to look forward to, all being topped and tailed by a Festival Village at the Start and Finish.


**WILMSLOW
RUNNING
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HALF MARATHON | 10K | FUN RUN

You will find important information contained in here for you:

- Pre-race number collection this year (from 11th March)
- Pre-race event day on Saturday 19th March
- Festival Village at Start and Finish on Race Day
- Parking: Be careful to get parked before road closures

We hope you enjoy the rest of your training and look forward to a good race. Bring your family and friends along to support you and enjoy a fun and friendly race day out.

Best of luck from the Wilmslow Running Festival Team





SATURDAY 19TH MARCH 9:30AM - 4:30PM

Join us at Wilmslow RUFC, Kings Road, Wilmslow, SK9 5PZ for an action packed festival of all things running!



**NUMBER
COLLECTION**



**T-SHIRT
SALES**



**T-SHIRT
COLLECTION**



**DRINKS &
SNACKS**

BILL HEATON

Artist Bill Heaton will be bringing his creativity if you'd like him to write your name on your number.

JONNY MELLOR

2:10 marathon runner Jonny Mellor will be answering questions on run preparation and tactics.

NICK BISHOP

Coach Nick will be giving advice on getting the most out of your performance from self motivation.

ANGELA JACKSON

Top physio Angela will be answering your questions on fitness and injury prevention.

STU CAMPBELL

Foot and biomechanics expert Stu will be on hand to give live demonstrations on running technique.

MISSION C

The team will be available to give expert guidance on CBD for sport and how it can help you.

RIXO

Will be demonstrating new technology in recovery compression cuffs for athletes.

RUNNING BEAR

Running Bear will be offering exclusive WRF race day bargains at their pop up shop inside the HQ.

LUCY BEAR

Watch out for live music and pre race stretching by Lucy Bear!

WATERS WILMSLOW HALF

1234

WILMSLOW RUNNING FESTIVAL
Waters
THE SCIENCE OF WHAT'S POSSIBLE™

WILMSLOW 10K

1234

WILMSLOW RUNNING FESTIVAL
RUNNING BEAR
WORLD FAMOUS

NUMBER COLLECTION

This year race numbers are by collection only.

You can collect from the following locations;

Running Bear in Alderley Edge from Friday 11th March until Friday 18th March. Please check opening hours at www.runningbear.co.uk

Race HQ Wilmslow Running Club Saturday 19th March 9:30am to 4:30pm

Or race morning from Race HQ at Wilmslow Running Club from 7:45am. Please arrive early to avoid any delay.

Race HQ Address;

Wilmslow Rugby Union Football Club
Kings Road
Wilmslow
SK9 5PZ

START TIME

The Waters Half Marathon and Running Bear 10k will start at 10am with the Fun Run starting at 10:15am.

Please arrive at the start line by 9:50am so we can get underway on time and for the final pre race safety briefing.

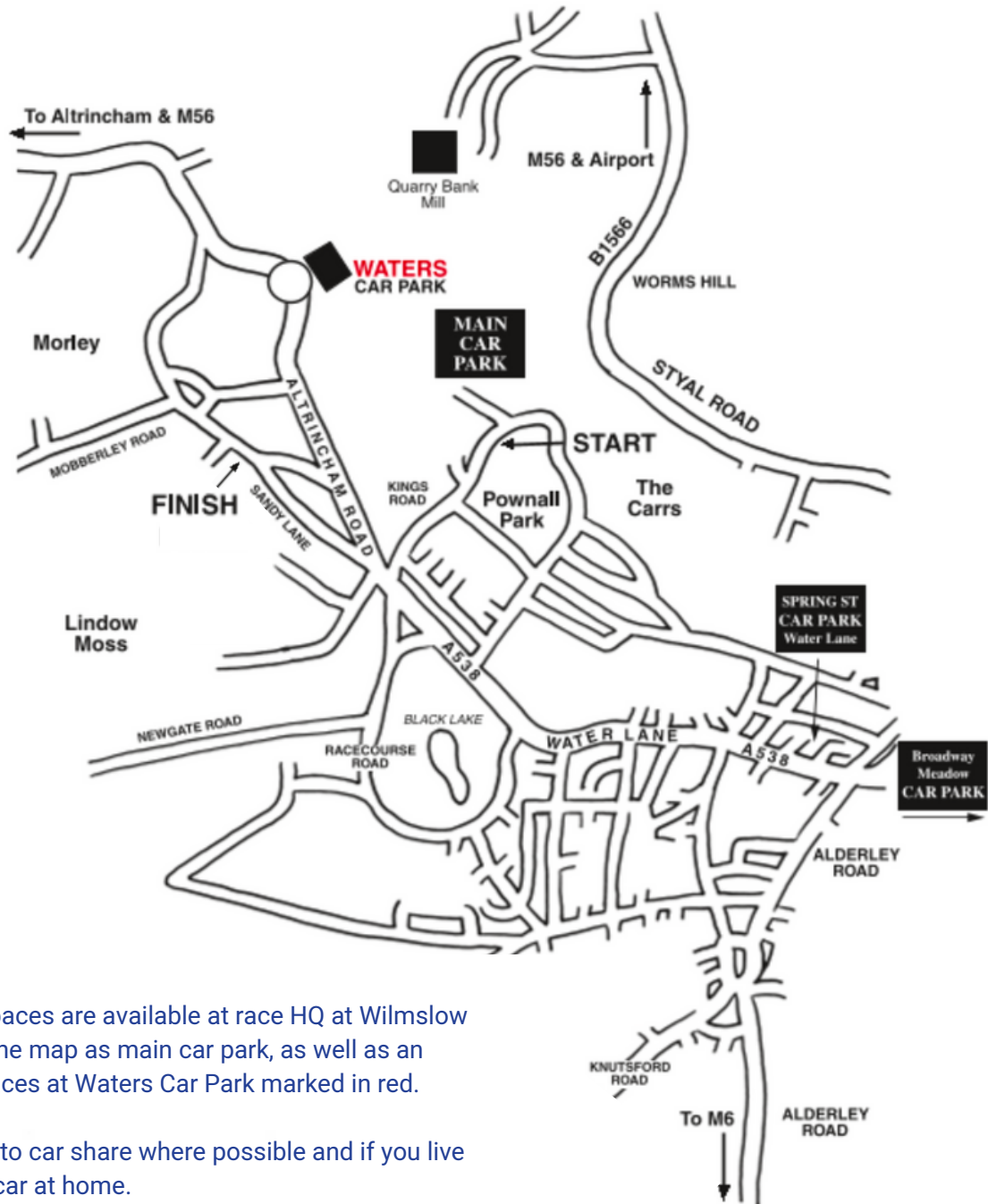
GETTING TO THE RACE

From the M6 Northbound - Exit the M6 at Junction 18, and turn right into Holmes Chapel. Take the A535 past Twerlow, Jodrell Bank and Chelford into Alderley Edge (approx. 10-miles). Here, turn left towards Wilmslow on the A34. Go straight ahead at the first roundabout - do not turn right onto the new A34 Wilmslow bypass - straight across the next one (by the Kings Arms) and, at the traffic lights shortly after Sainsbury's, turn left onto the A538 - signposted to Altrincham, Manchester Airport and the M56. After approx. 1 mile, just past Hickory's on your left hand side, turn right down Kings' Road to Wilmslow Rugby Club. For the Waters Car Park, continue for 400 metres beyond Kings Road and the entrance is on the right and reached from the mini roundabout.

From the M6 Southbound - From the M6, go down the M56 towards Manchester and exit at Junction 6 (signposted Wilmslow). Turn right, following the signs to Wilmslow, go through the airport tunnel, past the large hotel and up the hill. Carry on straight ahead for approx. 1 mile. Having passed the Texaco Garage on your right hand side, take the next left hand turn down Kings Road to Wilmslow Rugby Club. Alternatively, the Waters Car Park is located on the left, half a mile past the Holiday Inn and reached from the mini roundabout.

From the M62 - From the M62, go down the M60 and exit at Junction 5, heading towards the M56. Exit the M56 at Junction 6, and head towards Wilmslow. Go through the airport tunnel, past the large hotel and up the hill carry on straight ahead for approx 1-mile. Having passed the Texaco Garage on your right hand side.





PARKING

100 car parking spaces are available at race HQ at Wilmslow RUFC located on the map as main car park, as well as an additional 400 spaces at Waters Car Park marked in red.

We kindly ask you to car share where possible and if you live locally leave your car at home.

Arrive by 8:20am if using the HQ car park, please note drop offs are not permitted.

There are a number of public car parking options in Wilmslow a short walk away from the start. If possible, please avoid parking in residential areas and if you do, we kindly ask you are respectful of local residents and avoid parking on Altrincham or Styal Road to ensure emergency vehicles can get past safely.

Official race parking is £3 and you will be assisted by race marshals on the morning of the race.

Free baggage drop is available at race HQ from 7:45am.





RUNNING SHOP

Experience all the fun by scanning the QR code or
visiting www.runningbear.co.uk

To save **15%** on everything full price, use the code
WRF15

Independent running specialists offering gait analysis and a wide range of popular and boutique brands, we pride ourselves on warm welcome and personal service, whether in store or online

A virtual, inclusive running club that inspires, encourages and motivates

Own clothing brand that's affordable, technically beautiful and impressive to wear

A shop for runners, sprinters, joggers, walkers, movers



START LINE

Look out for signage at the start of the race and line up behind one with your predicted finish time. Pacers will also be on hand to help you make the most of your morning with us.

The race will get underway at 10am prompt for the half marathon and 10k events. Please arrive at the start line no later than 9:50am.

RACE NUMBERS

Numbers must be attached to the front of your vest, please do not fold/cut/deface it in anyway. The timing chip is attached to the back of your number and is detected when you cross the start and the finish.

Please also take the time to fill in your emergency contact details on the reverse of the number prior to running, in the unfortunate event of an emergency, these can help medics to treat you swiftly and appropriately.

Please DO NOT run in someone else's number as it is against UKA rules, it can cause problems with the results and could also cause a lot of distress should there be an incident and the wrong family is contacted.

THE COURSE



Remember it's a very fast course, don't overdo it too soon. Take on plenty of water.

Please use normal road sense on the route at all times and be aware of other road users, or take instructions from the many marshals and Police on the route.

There will be first aid facilities at the finish and several stations along the route.

Watch out for directions provided by the team of 300 on course marshals.



TOILETS

Toilets are available at the start and finish areas as well as on the course.

MASSAGE

Sports massage will be available at the Race HQ with donations to charity made for all massages on the day.

CATERING

Refreshments will be available thanks to Wilmslow RUFC with home made banana bread , flapjacks, crusty bread and soups.

MEDICAL SERVICES

First aid is situated at various points along the course. Should you feel unwell during the race please let your nearest marshal know so we can arrange for medics to get to you as soon as possible. If you come across anyone injured or in distress, please report it to the nearest marshal who will be in contact with our event team and our first aid providers. First aid is also available at the start and finish area.

COVID 19

It is recognised that the pandemic is far from over and it is important that we encourage the continued implementation of some of the safeguarding measures that as a society we have put into place over the last months.

Participants, event staff, officials and spectators should be encouraged to check for symptoms of COVID-19 (a high temperature, new and persistent cough, or a loss of/change in sense of taste or smell) before travelling to the event.

Participants, event staff, officials and spectators are asked not to attend the event if they are suffering from Covid or need to self isolate.

Participants and spectators must adhere to any relevant COVID- 19 safety measures in place at the event, including observing directions given by marshals.

Participants, event staff, officials and spectators should continue to maintain good hand hygiene, covering mouths/noses when coughing or sneezing, and be reminded to bring their own hand sanitiser and wipes.

A reasonable provision of personal and hand hygiene equipment and consumables is being provided for staff, officials and volunteers at the event site.

We will take steps to regularly clean shared surfaces and equipment. Entrants should be encouraged to self-hydrate, minimising number of water provision both on course and at the finish.

At water stations, water will be in sealed containers and issued on a self-help basis. These measures are being communicated to all entrants, marshals, help staff etc.

EVENT SAFETY

The vast majority of the roads used for the Waters Wilmslow Half Marathon are actually closed to traffic. This is on the instructions of the Police and East Cheshire County Council. This makes running the race a safe environment for all. The road closures cover a reasonable time to complete the race and as organisers we would expect everyone to be able to complete within 3 hours (half marathon). This time allows for safe running, with traffic kept to a minimum along the entire course. The Police cannot keep roads closed for one or two slower runners so if you do find yourself at the tail end of the race, you will have to watch out for traffic especially on the main road through Mobberley. The road closure time does not allow for walkers to compete in the race and we will not be able to keep you safe from traffic. Road closures do not allow for cyclists to be on the course. Cyclists will be asked by race marshals and the Police on duty to exit from the course.

MUSIC PLAYERS AND HEADPHONES



UKA guidelines discourage the wearing of ipods, earpieces etc, and that runners need to be aware of the dangers that these present. Furthermore they won't allow you to benefit from the support that you will receive around the course.

If you feel that you can't do without them, UKA guidelines state that " you should ensure that the volume is sufficiently low that you can hear marshals' instructions, emergency vehicles etc"



USE CODE:
WRF15
TO SAVE 15%



EVENT SAFETY

Emergency planning is carried out as a result of our extensive Risk Assessment Work and we cover communications throughout the course with an extensive network of shortwave radios linking into Mersey Medical Service positions, all senior race officials and car parking staff are linked via a local radio network and are in turn linked to over 300 course marshals via mobile phones. Mersey Medical Services provide our first Aid Cover for all runners and spectators with approximately 40 staff and 3 ambulances. Mersey Medical Services are also linked to all the local hospitals. Doctors are also situated on the course.

Please remember to do the following before running;

You **MUST** complete the Emergency information on the back of the number

If an ambulance has need to be on the course, please move aside

If you need help on the course ask a marshal or attend one of the first aid posts

Take on water before the race and at every water station

BE SAFE AND ENJOY THE WILMSLOW RUNNING FESTIVAL



BESPOKE BUILDING
& HOME RENOVATIONS

ALL ENQUIRIES

0800 032 7313

www.nomadicconstruction.com



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FINISH LINE

Congratulations! We hope you will be proud of your achievements when you cross our finish line, don't forget the photographers will be there to capture the moment so give us your best finish smile as you cross the line with arms held high in the air!

Please keep moving once you have passed the finishing line to create space for runners arriving after you. Marshals will direct you to proceed down the finish funnel to collect your well earned medal, water, Tribe Bar, chocolate bar and energy drinks.

If you are feeling unwell or require medical attention please speak to your nearest marshal immediately who will be able to assist you further.

JMCOACHING



**ONLINE COACHING
BESPOKE PLANS
GENERIC PLANS**

**ACHIEVE YOUR
POTENTIAL TODAY!**

WWW.JMCOACHING.CO.UK

FESTIVAL VILLAGE

Runners will be greeted on the day by our fun packed festival village! Please make your way down Sandy Lane at the finish. There will be so much going on, as well as a chance to meet friends and family post race and celebrate your achievements.

We'll have the following stands at the finish line festival;

Remedy in the Park, Bach 95 Craft Beer, The Coffee Pod, Ice cream van, Running Bear, Zazee, Altius and Silk FM.

The fun continues back at Race HQ. We're delighted to be joined by;

Cheshire Physio & Pilates, Bach 95 Craft Beer, Sophie's Kitchen, Cheshire Bakehouse, The Coffee Pod, Ice cream van, Running Bear, Ronhill Sports, Big Bobble Hats, Mission C CBD, Silk FM and Fallibroome school band.



Supportability
Making life better for
people with disabilities

Mind
Manchester

Booth Centre

CHARITY PARTNERS

Francis House Children's Hospice provides a home from home where families can receive professional care, support and friendship. The hospice provides quality care to the families of children, teenagers and young adults with life-limiting or life-threatening conditions. It supports more than 500 families from all across the northwest of England. Respite care allows families a break from their normal routine.

It is an opportunity for young people and their families to meet and make new friends, enjoy using the fantastic facilities at the hospice, access the local amenities or just enjoy a period of rest and relaxation, catching up on much-needed sleep. In Francis House children are able to stay on their own or with their siblings/parents.

In Francis Lodge young people are able to stay on their own or with a sibling or friend of a similar age. All services are given completely free of charge and include respite care, home care, sibling support, end of life care, emotional and bereavement support.

The Booth Centre is a community centre run with people affected by homelessness. The Booth Centre provides a warm welcome, an opportunity to belong, to gain a purpose and rebuild lives, Our programme includes activities such as volunteering, creative projects and sports, as well as training and help to gain employment. We also support people to improve health and wellbeing, to access emergency accommodation, and to secure and maintain a permanent home.

At **Supportability**, we support to children, young people and adults with a range of disabilities. Our expertise enables us especially to provide support for those with 'complex' disability that could include learning and or physical disabilities or a combination of each.

Manchester Mind are committed to improving the lives of people with mental health Manchester needs. We promote the health and wellbeing of people affected by mental distress and take a positive approach to mental health, challenging stereotypes and discrimination.



NICK BISHOP COACHING

INSPIRED BY THE KENYANS



- **Bespoke Coaching for runners**
- **Workshops for Clubs & individuals on Peak Performance & Mindset**
- **Talks on "My Iten experience"**
- **Guided trips to train "In the home of Champions"**



Never stop aiming to be your best version of you!



WILMSLOW RUNNING FESTIVAL

HALF MARATHON | 10K | FUN RUN



Free Photos

This year all digital photos from the Wilmslow Running Festival are free, courtesy of the Race Organisers.

We are also doing a special offer on the framed picture with medal space and name plate so you can remember your special day. All pictures will be online as soon as possible after the event.

Please visit the website for more details and enjoy your day!

www.mickhall-photos.com

PREVIOUS WINNERS

Male

Philip Sesesmann	65.18
Nigel Martin	65.26
Mohammad Abu-Rezeq	66.44
Mohammad Abu-Rezeq	66.25
Josphat Kipkemoi	64.59
Ben Siwa	64.57
Mohammad Abu-Rezeq	66.01
Joe McDonald	64.54
Anthony Ford	64.54
Jean Ndayisenga	64.24
Andi Jones	64.45
Mark Miles	64.11
Gareth Raven	66.29
Tomas Abyu	64.24
Andy Norman	65.54
Tomas Abyu	66.11
Isaac Macharia	61.52
Julius Kibet	62.23
Michael Rotich	62.57
Nick Jones	63.51
Nick Jones	64.00
Ian Hudspith	64.22
Bashir Hussain	65.52
Eammon Martin	64.32
Andrew Green	64.51

Female

Heather Townsend	76.09
Julie Briscoe	77.01
Sarah Lowery	80.12
Fanni Gyurko	78.08
Teresiah Omosa	71.24
Perendis Lekapana	71.24
Julie Briscoe	75.28
Julie Briscoe	75.15
Catherine Ansell	76.53
Julie Briscoe	73.29
Michell Ross-Cope	72.02
Michell Ross-Cope	72.35
Michell Ross-Cope	72.50
Michell Ross-Cope	72.44
Pauline Powell	76.15
Sarah Wilimott	78.26
Hawa Hussein	73.29
Yelena Burykina	72.44
Yelena Butrykina	73.33
Beth Allott	73.40
Heather Heasman	77.00
Heather Heasman	75.58
Cathy Shum	75.23
Suzanne Rigg	72.32
Suzanne Rigg	74.48

(2001 cancelled due to "foot and mouth" outbreak)

AKNOWLEDGEMENTS

GTM Traffic Management
Mersey Medical Support
Cheshire East Council
Waters Corporation
Running Bear
Normadic Construction
Malcolm Taylor Commercials
Bentley
Nifty Entries
Mick Hall Photos
Silk FM
Wilmslow Rugby Club
Andy O'Sullivan MBE
Mobberley St Wilfrid's Church
1st Wilmslow Scouts
6th Wilmslow Scouts
4th Wilmslow Cubs
1st Wilmslow Guides
Sth Wilmslow Scouts
Wilmslow Running Club
Morley Green Club
Wilmslow Hockey Club
Wilmslow Ladies Circle
Wilmslow Lacrosse Club
Handforth Athletic Club
Macclesfield Harriers
Handforth Brownies
Wilmslow Wayfarers CC
Wilmslow 41 Club
Mobberley Scouts & Guides
Lindow Cricket Club
Lindow Explorers
Mobberley Scouts,
Girl Guides Wilmslow District
10th Wilmslow Guides
1st Lindow Scouts

Wilmslow Hockey Club

Wilmslow Hockey Club is delighted to continue its support of the Wilmslow Running Festival event. It has provided marshals for at least 10 years and has every intention of continuing to do so in the future.

At the same time it recognises with great gratitude the practical support given by the Wilmslow Running Festival to many clubs and voluntary bodies in the Wilmslow area without which, many worthy schemes would not have even started, let alone reach completion.

On behalf of all such organisations we wish all success to the Wilmslow Running Festival 2022.



THANK YOU