



mbna 2026

Chester
Marathon &
Metric Marathon

OFFICIAL RACE PROGRAMME

Sunday 11th October 2026

mbna





Chester Marathon & Metric Marathon

GOOD LUCK
to all runners



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Welcome - it's almost race day!

Thank you for choosing to run with us at the 2026 MBNA Chester Marathon & Metric Marathon on Sunday 11th October.

We're looking forward to welcoming you on race day for our final event of the year and the conclusion of the epic 2026 Chester Triple Medal Series! We are also a qualifier for the Abbott WMM Age Group World Championships.

Everything you need to know about the event can be found here. There is also lots of useful information on our [website](#). To follow all the action, join the conversation and share your support and achievements on social media.

Top Flight will be joining us this year with a huge elite field of runners, make sure your supporters tune in to our live stream on YouTube. We will be streaming throughout the day from various points on the course and all day from the finish.



[ChesterMarathon](#)



[Chester.Marathon.Half.10K&Tri](#)
[#ChesterMarathon](#)

Many of us run for special reasons, and this year's official race charity is Hospice of the Good Shepherd. Best of luck with your fundraising! If you haven't set up your page yet, you can still create one quickly and easily with [givestar](#).

All your hard training will soon pay off! We hope you and your supporters have an amazing day soaking up the unbeatable atmosphere in our stunning City of Chester.

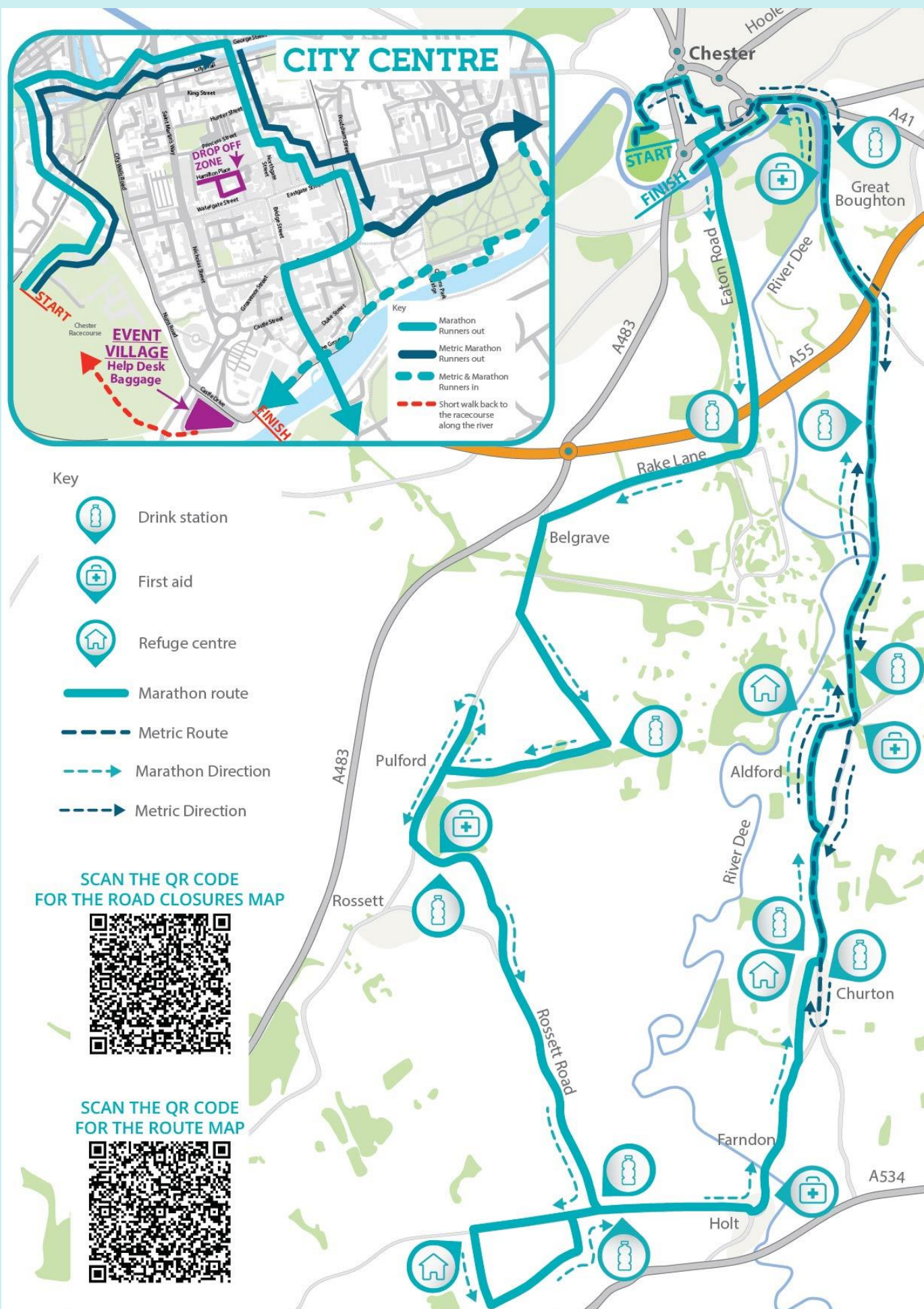
A huge thank you to our sponsors, supporters, and 800-strong volunteer crew - **we couldn't host this multi-award-winning event without you.**

There are still places available in our Mini Marathon for our aspiring young runners to become one of Mini Marathon Marvels!

[ENTER HERE](#) and find out more [here](#).

Good luck with the rest of your training and see you on race day!





EVERY STEP HELPS US GO THE EXTRA MILE

As your local hospice, our mission is to make sure that everyone impacted by a life-limiting illness receives excellent support and care, whenever and wherever they need it. We make every moment count.

SEE YOU THERE!

We'll be there cheering you on! We invite anyone to join us and soak up the atmosphere of the Chester Marathon and Metric Marathon



Official charity partner of the Chester Series 2026



hospicegs.com

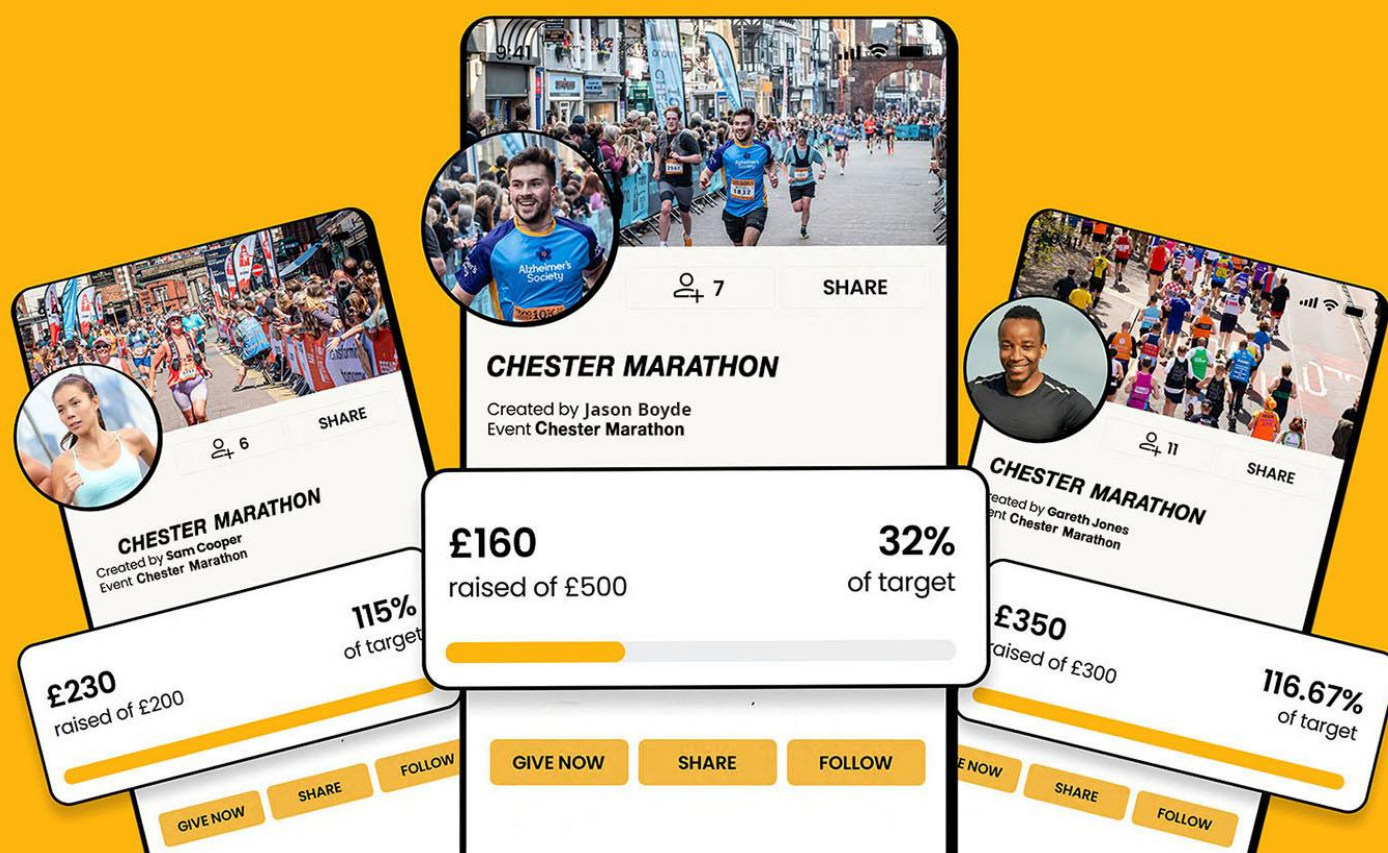
Registered charity no. 515516



THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM



Event Timetable

06:30	Racecourse car park opens
07:00	Event Village on the Little Roodee car park opens
07:00	Help Desk Opens (marquee in the Little Roodee car park)
07:00	Bike Storage will open for storage of push bikes
07:00	Baggage Storage opens (marquee in the Little Roodee car park)
08:00	Car Park closes at the Racecourse (unless full earlier)
09:00	MBNA Chester Marathon (26.2 miles) starts at Chester Racecourse
10:00	MBNA Chester Metric Marathon (26.2 km) starts at Chester Racecourse
10:20	1 mile MBNA Chester Mini Marathon starts at Chester Racecourse
10:30	Activities in the Event Village open
11:00	Recovery Zone opens for post-race treatments
11:15	First runner expected to finish on Castle Drive
11:30	Triple Medal Collection opens (Help Desk marquee in the Little Roodee Car Park)
13:00	Prize presentations for the first 3 male and female finishers, at the Event Village
16:00	Baggage reclaim closes (marquee in the Little Roodee car park)
16:00	Bike Storage will close and any remaining bikes will be removed
17:00	Post Event Village will close



Arriving at Chester Racecourse

Please ensure you read the arrival information, there are changes to previous years.

We recommend using public transport, car sharing or using your friends and family to drop you off at the drop-off zone on Hamilton Place, when traveling to the event.

We will have a new bike storage area in operation at Chester Racecourse, which will be open from 07:00, for those that are able to cycle to the event.

Due to the size and scale of the event, roads will be incredibly busy in and around the city on race day. To ensure everyone's safety, we will need to close certain roads prior to and around the route once the race is underway.

Please use our [interactive road closure map](#), to plan your journey in advance.



There are several roadworks within the city centre that will be in place on race day. Please arrive early and allow plenty of time to ensure you don't miss the start of your race.

Event Village: Little Roodee Car Park

Help Desk for general queries, late number collection, Mini Marathon number and shirt collection and merchandise. *We recommend visiting the Help Desk on Saturday 10th October as Sunday will be extremely busy.*

Start Line for all races: Chester Racecourse

The Start Line is about 5-minute walk from the Event Village.

Main Finish Line: Castle Drive

The **Mini Marathon** Finish Line will be within Chester Racecourse.

Recovery zone: Event Village.

With post-race food, drink, activities, retail and entertainment.

The postcode for Chester Racecourse is CH1 2LY.



Car Parking & Bike Storage

We encourage all those arriving at our event to car share or use public transport where possible. **The Council Park and Ride services do not start until after 9am.**

NO PARKING at the Little Roodee Car Park, this is hosting our Event Village.



Chester Racecourse*

(CH1 2LY) Within easy walking distance of the start and finish lines.

£5, no pre-booking available. **Height restriction of 1.8m** * *Weather dependant due to parking on grass, please have an alternative in mind as a backup.*

THIS CAR PARK WILL CLOSE AT 08:00 (unless full earlier) **and reopen at 11:00am**



Free bike storage, Chester Racecourse

Opens 07:00 for those that are able to cycle to the event. Located between the County and Dee stands.

Although the bike storage area will be kept secure during the race and staffed at all times, bikes are left at your own risk. The organiser will not be held responsible for any damage or loss.



Cheshire College and Chester University

£10 per day. **Pre-Paid Parking ONLY.** Opens at 06:30 and will close at 16:30.

Pre-book these car parks [here](#).

You will need to show your booking confirmation email with your car registration and barcode to the parking attendant on arrival. You will not be able to pay on the day or park without a confirmation email at these three locations.

South Chester Campus

(Eaton Rd, Handbridge, CH4 7ER) **CLOSES AT 08:00**

Accessed from Overleigh Road or Eaton Road (no access from Lower Bridge Street)

Chester University Queens Park Campus

(Queen's Park Rd, CH4 7AD) **CLOSES AT 08:00**

Accessed from Overleigh Road (no access from Lower Bridge Street)

Chester University Lower Courts Car Park

(CH1 2DN) **CLOSES AT 08:00** Accessed from Grosvenor Road

(this is not the main Chester Courts car park – the entrance is opposite the Viscount Horse Statue near the Grosvenor Roundabout, to the right of the Propylaeum Gateway archway)





Chester Football Club stadium car park

(Deva Stadium, Bumpers Lane, CH1 4LT) £5 for our runners on race day.

The car park will be available from 6.30am to 5pm for access, we recommend purchasing tickets in advance [using this link](#). **Please show your digital ticket or email booking confirmation to their parking attendant on arrival.** They will also accept cash-only on the day.

Head up to the top of Bumpers Lane and turn in through the gates. Situated one mile (30-minute walk or warm up jog) from the Racecourse, this is an ideal place to guarantee yourself a parking space or ensure your supporters have a good spot to park after dropping you off.

There is a 2m height barrier in place at the football club but the parking attendant will provide access to vehicles above this height.

Please be advised access from the city via New Crane Street, will stop at 07:30 until 10:45. Access to the football club will be maintained from Sealand Road.



Drop Off Zone

Hamilton Place (CH1 1SE), accessed via Princess Street.

This follows a one-way system, arriving at Hamilton Place, drop off here, turn right on to Goss St, right on Crook St, left on to Hamilton Place and exit via Princess St.

Those looking to be dropped off and then park at Chester Football club after 07:30, will need to use an area west of New Crane Street as the right/left turn on to New Crane Street from St Martins Way will close at 07:30.



City Centre Car Parking - pricing will vary.

The main large city centre car parks are:

- New Market car park - [Hunter St, Chester CH1 2AR](#)
- Linenhall car park - [Nicholas St, Chester CH1 2NX](#)
- Grosvenor Shopping Centre car park - [Newgate St, Chester CH1 1DE](#)
- Pepper Street car park - [Pepper St, Chester CH1 1DF](#)
- Chester Courts car park – [Chester CH1 2DN](#) (access via Castle St)
- Delemere Street car park - [1 Gorse Stacks, George St, Chester CH1 3EQ](#)
- Chester Station East Pay & Display Car Park - [Queens Rd, Chester CH1 3BQ](#)

The main Smaller City Centre Car Parks are:

- Trinity Street car park - [Trinity St, Chester CH1 2BD](#)
- Watergate Street – [New Crane St, Chester CH1 4JH](#)
- Garden Lane - [Garden Ln, Chester CH1 4EN](#)
- Saddlery Way – [5 Saddlery Way, Chester CH1 4LZ](#)

There are lots of other car parks available throughout Chester city centre within easy walking distance of Chester Racecourse which you can find by visiting [Parkopedia](#).

Remember there is NO parking at the Little Roodee car park.



Please plan in advance and allow plenty of time for your journey on race morning, there are major road works in the city, and we don't want you to miss the start of your race.

Race Packs

If you live in the UK and you entered before the 30th September, your race pack will have been posted out to you. Numbers were posted in stages, and will arrive with runners from the 28th September up to the 9th October.

If you entered after the 30th September, your pack does not arrive or you live outside of the UK, you can collect a race number from our Help Desk within the Event Village at the Little Roodee Car Park on Saturday, 10th October between 14:00 and 17:00 or on race morning. **If you need to collect a race number, we highly recommend doing so on Saturday 10th, as race day will be incredibly busy.**



Your Race Number & Timing Chip



Your race number must only be worn by you on the day, and it is essential you complete the medical and emergency contact info on the reverse of your number as this will help us in the case of an emergency.

It's important you do not let anyone else use your race number, passing your number on to someone else could cause misidentification in an emergency.

Your race number must be attached to your front and be clearly visible throughout the race. Please take care not to fold or damage the timing chip.

If you forget to bring it with you, there is a £7.50 charge for a replacement number.

Green Runners

Green Runners do not receive a medal, T-shirt, or goody bag. We will donate the cost of those to our race charity. Your race number will have a green background.

Transfers

If you wish to transfer your entry to another person, or transfer your entry for RunThrough Race Credit for access to over 300 events across the UK, please use the link in your confirmation email **prior to 23:59 on Wednesday 7th October**. Runner to runner transfers cost £10 and the fee is paid by the new runner. Transfers for Runthrough Race Credit also cost £10 but are paid by you at the point the request is made, you will receive RunThrough Race Credit to the value of the entry fee.

If you need any help, please contact:
info@activeleisureevents.co.uk

If you transfer to another runner and do not pass your race number to the new runner, there will be a £7.50 charge for a new number.



Event Village

Our new Event Village is on the Little Roodee Car Park which is accessible from the City or from the Southeast Corner of Chester Racecourse, under the Grosvenor Bridge. Both runners and spectators are welcome to explore our Event Village.



Help Desk

Is in the large marquee next to baggage storage. It will be open on Saturday 10th October from 14:00 - 17:00 and on race day from 06:30 – 07:00. General queries, late and oversees number collection, Mini Marathon number and shirt collection are all available here.



Race Merchandise

Is available from our ALE Merchandise Gazebo in the Event Village. If you pre-ordered a race hoodie from us, you can collect these from us on Saturday or Sunday. We will have a small number of 2026 race hoodies, a small selection of *I Completed the 2026 Triple* hoodies and other race shirts available to purchase on race weekend. There will also be other retailers in the Event Village selling last minute race day essentials.



Baggage Storage

If using baggage storage, please arrive a minimum of 30 minutes before your start time. Baggage storage will be in the large marquee next to the Help Desk. This will operate from 07:00 for bag drop off and again at 11:30 - 16:00 for bag collection. Please tear the baggage strip from your race number and securely attach it to your bag (max one bag per runner). Ensure all belongings are in your bag before you reach the front of the queue. Your race number is needed to retrieve your bag.

Please don't put valuable, breakable, sharp or flammable objects in your bag. Although the baggage storage will be kept secure during the race and manned at all times, items are left at your own risk. The organiser will not be held responsible for any damage or loss.

Consider leaving your bag with a supporter, at your accommodation or in your car.



Chester Triple Medal Collection

You can collect your fabulous Chester Triple Medal when you have finished your race, from our Help Desk Marquee. You will need to show your finishers medal & race number to claim the ultimate 2026 running award.



Recovery Zone

After you have finished, make sure to make use of our post-race recovery zone. A team of qualified massage therapists will be on hand for a post-race massage for a small donation to our headline race charity Hospice of the Good Shepherd. Runners will also be able to make use of a selection of ice baths, compression boots or use the stretch zone equipment.

Start and Event Village Map



Finish Map



Your Health on Race Day

Distance running places significant strain on your body. Please make sure you are healthy enough to take part and talk to your doctor if you have any new or long-term health conditions or any other health concerns. Please don't run if you feel unwell or have been ill in the build-up to the race and seek advice on taking part in the event after a bout of flu or gastroenteritis.



Most medical emergencies that occur during the race happen to people who are not well enough to run but try to continue. Don't be tempted to start because you've been building up to your race or just because you've collected sponsorship to raise money for charity.



MINI Marathon

We have 1,000 aspiring runners and families taking part this year's Mini Marathon.

The race will start at 10:20, shortly after the Metric Marathon, and helps raise funds for our official race charity, **Hospice of the Good Shepherd**.

It is approximately one mile and is primarily aimed at children (parents and guardians are welcome too).

Entries are open, if there are places still available, you can [ENTER HERE](#).



Mini Marathon Numbers and T-shirts Collection

All mini marathon runners will receive a race number and shirt before the start of the race, these must be collected from the Mini Marathon registration desk next to the main Help Desk, in our Event Village on the Little Roodee car park, on either Saturday 10th October 14:00 to 17:00 or on race morning 07:00 to 10:00.

We would strongly advise collecting the race numbers and shirts on Saturday, as race day will be very busy. Please also be aware, there is a short 5 minute walk from the Event Village to the start line, which may take a little longer with little ones.

Reuniting with your child after the race



All Mini Marathon numbers will have a tear off strip on them, with a number that matches the larger one on the main section of the bib. **All parents and guardians not running in the event and looking to greet their child after the finish, will need this tear off strip so we can confirm and reunite you with your child.**

Everyone is a winner and every runner will receive a bespoke medal, drink and treat when they have finished. Our aim is to involve as many people as possible and inspire the next generation of runners!





DRIVING TOWARDS A GREENER FUTURE

For 70 years, Farrall's Group has grown from a single vehicle haulage business into a respected third-generation family logistics company. Built on reliability, hard work and long-standing relationships, the business has evolved with the industry whilst staying true to it's family values. Today, as it celebrates a 70 year milestone, Farrall's Group are investing in electric vehicles, solar and sustainable deliveries, combining proud heritage with a commitment to a cleaner, greener future.



Progress Through Innovation -

Cotinuuous investment in fleet, forward thinking technology & industry leading solutions.



Driving a Greener Future

Investing in electric trucks, renewable solar energy & smarter routing to reduce emissions, delivering sustainable transport for the next generation.

A Legacy Built on Family & Trust -

Three generations of dedication, strong values & long-standing customer relationships are at the heart of everything we do.



033 0002 0348

www.farralls.co.uk

sales@farralls.co.uk

Volunteers

Our 800 strong volunteer crew have generously given their time to make your day special. They are there to help you and make the race safe.

Please don't forget to give them a wave or thank you as you run past. We could not put these events on without them.

If you know anyone, friends, family, or groups, who would like to experience the atmosphere without running, or if you would like to volunteer at one of our events in the future, joining our team is a great way to be part of the community. We're always looking for new faces, so please reach out to us at

volunteers@chestermarathon.co.uk



RACE DAY

The Start

Please start in the correct start pen for your realistic expected finish time. You should bring appropriate clothing to keep warm and dry, as weather conditions can change quickly. Clothing left at the start will be recycled or given to charity.

Please be advised there is a short 5-minute walk from our Event Village/Help Desk area in the Little Roodee car park to the Start Line. The fastest route is to exit the Event Village via the northwest corner by baggage storage, walk along the footpath under the Grosvenor Bridge and directly into Chester Racecourse and across the racetrack. Our Meet & Greet marshals will be in place to guide you and assist with any queries.

All pre-race toilets are at the start in Chester Racecourse.

Distance Markers & Timing Mats

There will be mile markers every mile along the Marathon course and kilometre markers every 5k along the Metric Marathon course. There will be split timing mats at 10k, at halfway, 30k and 37 for marathon runners and at 13k and 21k on the Metric Marathon course.

Pace Runners (Marathon only)

To help you achieve your best finish time, there will be two pace runners aiming for every 15-minute time slots between 3:00 and 5:00 hour finish times, and 4 pace runners for the 4:00.

Follow a pacer marked with the time you want to achieve and pace your run to perfection! They will be easy to spot with their pacer rackets and high vis yellow tops.





Slower Runners

Chester Marathon & Metric Marathon is a running event and for runners' safety the roads are closed by permission of the council. Our races only have priority over the roads for the time it takes a 6-hour marathon runner and a 4-hour metric marathon runner to reach the finish, all runners should be able to complete the courses within these times.

Roads will re-open in line with these cut off times. If you fall behind this pace, for your own safety you may be asked to withdraw from the race.

Please see our website for more guidance:

Marathon runners [here](#)

Metric Marathon runners [here](#)

If you find yourself at the rear of field in either of the races, please don't feel under pressure by the presence of our tail bikes, they are there to keep track of the race and will be there to encourage and support you.

We will have mini busses along the route at specific locations and a coach at the very rear of the field to collect those that may want to withdraw from the race. If you feel you can't continue and get on one of our mini busses, they will drop you off at the Abode near Chester Racecourse.

Churton Village Hall and Aldford Village Hall will also be used as refuge centres ready for runners to be picked up. Please be aware it make some time for a minibus or the tail coach to get to you.





Toilets

There will be NO toilets in the Event Village pre-race. Runners should allow plenty of time to use the toilets at Chester Racecourse.

Start Line - there are 150 portable toilets directly at the start line, on the centre course at Chester Racecourse, please make use of these before the race to avoid the last-minute rush.

On Course - portable toilets will be at the side of the road at each drinks station. Please use the toilet facilities provided. It is an offence to relieve yourself in public, runners observed breaching this rule will be disqualified.

Disabled toilets - are available at Chester Racecourse, in Holt (halfway) and at the finish.

There will be a selection of portable toilets at the start and at each drinks station which will contain a box of menstrual products for those that may need them. These toilets will be marked with signage so you can identify them. It is safe to dispose of used menstrual products directly in our portable toilets.



Headphones

Headphones are not permitted, unless bone or air conducting. Your ears need to be open to your surroundings, so you can always stay alert to our volunteer's directions, to emergency vehicles, and to the presence of other runners. This is for your safety and the safety of those around you.



Race Photography

Don't forget to smile or strike a pose for your official runner photos! There will be plenty of photographers out on the course and at the finish line to capture your best moments. All your race day photos are free, which will be available by the evening of race day, [here](#).





Athlete Tracking

Athlete tracking and live results can be accessed throughout the event, for the Marathon [here](#) and the Metric Marathon [here](#). Your supporters will be able to add you to the tracker during race week.

Our timing points on the course will be placed at strategic locations and as a runner crosses this point their time will be instantly updated on the tracker. Between these points, the tracker will show a predicted finish time, based on their speed so far.

This should offer an excellent rough guide for your supporters to follow your progress and meet you at the finish.

Supporters can also sign up for email or text updates with split times. Head to our start lists, Marathon [here](#) and Metric Marathon [here](#), search for the name of the runner and click the blue bell to get notifications for pace and estimated finish in real time, on race day.



Top Flight Elite Competition

Top Flight will be joining us this year with a huge Elite field of runners, make sure your supporters tune in to our live stream on [YouTube](#). We will be streaming throughout the day from various points on the course and all day from the finish.

Top Flight Race Series by RunThrough is a yearly race series across the UK, designed to support elite-level athletics by offering high-quality competition opportunities and rewarding top performances. Each race features an elite prize structure, with additional rewards for the overall series standings.



TOP FLIGHT RACES

CHESTER MARATHON - 11th OCTOBER 2026



**Series Prize
Pot
£60,000**

UPCOMING RACES:

OCTOBER- JARROW 10K

NOVEMBER - FULHAM 10K

DECEMBER - RIBBLE VALLEY 10K

What is the Top Flight Race Series?

Top Flight by RunThrough is a yearly race series across the UK, designed to support elite-level athletics by offering high-quality competition opportunities and rewarding top performances. Each race features an elite prize structure, with additional rewards for the overall series standings.

Scoring System

Points are awarded as follows:

- 1st – 25 points**
- 2nd – 18 points**
- 3rd – 15 points**
- 4th – 12 points**
- 5th – 10 points**
- 6th – 8 points**
- 7th – 6 points**
- 8th – 4 points**
- 9th – 2 points**
- 10th – 1 point**

Each athlete's best three scores count towards their final series total.

Tie-Break Criteria

In the event of a tie on points:

1. Head-to-head result at the series finale (Ribble Valley 10k) determines placing.
2. If still tied, individual head-to-head record and best time over the same distance are considered.
3. If records remain identical, prize money for that position is split.

Series Eligibility

To qualify for the overall series prize money, athletes must :

1. Compete in and finish at least three races.
2. Score in at least one race.
3. Achieve a Top Flight entry standard in each scoring race.

Series Standings

Men's

Omar Ahmed	75
Kadar Omar	68
Richard Allen	61
Chris Coulson	43
Jack Millar	36
Joseph Niven	33
Jonathan Escalante-phillips	33
Lee Gratton	30
Dominic Jones	27

Series Prize Money

1 st	- £1,000
2 nd	- £700
3 rd	- £600
4 th	- £500
5 th	- £400
6 th	- £300
7 th	- £250
8 th	- £200
9 th	- £150
10 th	- £100

Women's

Megan Stenhouse	40
Kirsty Longley	33
Rebecca Weston	30
Kate Maltby	28
Lisa Bailey	27
Hannah Moreira Dos Santos	27
Andrea Clement	25
Dominique Corradi	25
Emily Haggard Kearney	25



Men's Leading Entries

Conor Sarsfield - 2:17:37

James Reeder - 2:18:05

Patrick Roddy - 2:18:08

John Gilbert - 2:20:21



**Click to watch our pre race show & the
Livestream!**

**Here, you can find out more about the series
and all the athletes in the race, along with
watch the race live on race day!**

Women's Leading Entries

Lousie Wiker 02:46:11

Karima Harris 02:48:10

Eleanor Grubb 02:51:49

Lucy Map 02:54:22



Drink Stations

Being well hydrated and drinking little and often is essential for achieving your best performance. We encourage all runners to be as self-sufficient as possible on race day, with your own hydration and nutrition, however, please make use of drink stations where needed.

There will be 9 drinks stations situated on the marathon course and 6 along the metric course.

On course nutrition will be High5 Energy Gel Aqua. Our water is supplied by Brecon Carreg, which are made from recycled plastic and fully recyclable.

Marathon			Metric Marathon		
	Mile	Drinks and Facilities		KM	Drinks and Facilities
1	3.6	Water, toilets	1	4.0	Water, toilets are in the car park
2	7.1	High5 gels, water, toilets	2	8.0	High5 gels, water, toilets
3	9.9	Water, toilets	3	11.0	High5 gels, water, toilets
4	12.8	High5 gels, water, toilets	4	17.0	High5 gels, water, toilets
5	15.5	Water, toilets	5	20.0	High5 gels, water, toilets
6	18.5	High5 gels, water, toilets	6	23.0	Water, toilets are in the car park
7	20.7	High5 gels, water, toilets			
8	22.6	High5 gels, water, toilets			
9	24.7	Water, toilets are in the car park			



Litter & Recycling

We aim to recycle every bottle used at the event however bottles can only be recycled if they are empty, so please remember to **drink, drain and aim your water bottles into our on-course bins**. Only clean water bottles can be recycled, those thrown into the verges and hedgerows cannot. Please also remember to dispose of gel packets in the bins at litter zones after each drink station.





Litter drop zones

Litter drop zones with recycling bins are located after each drink station and at the finish, these will be marked with a Litter Drop Zone and Last Bin signs. Please try to aim your bottle or rubbish into the bins provided.

There will also be 'Bottle Drop' zones to discard of rubbish at each mile and kilometre marker, for these 'Bottle Drop' zones, please discard of your rubbish next to the mile markers, not on the road.



PLEASE ONLY DISCARD OF YOUR RUBBISH IN THESE AREAS, THOSE OBSERVED THROWING BOTTLES IN HEDGES OR ELSEWHERE ON THE COURSE MAY BE DISQUALIFIED.

Thank you in advance for your support in keeping the villages and communities that you will pass through, clean and tidy. Without their support and backing, we would not be able to put on our races.





YOUR ADVANCED NUTRITION GUIDE

If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' — where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon. Visit www.highfive.co.uk for more information on carbo loading.

During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel — until you cross the finish line.

It might seem logical that the more gel you can consume, the better - but take care. You can consume (read swallow) a lot of gel, BUT your body can only absorb a maximum of 60g per hour (up to 75g if the gel contains caffeine). Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should have a large stock of carbohydrate available for a strong finish.

FOR MORE INFORMATION AND TO DISCOVER OUR RANGE, VISIT WWW.HIGHFIVE.CO.UK

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of Energy Drink for additional carbs and to stay well hydrated. Take a Energy Bar with you to eat on the way to your race.

NOVICE RUNNERS

If you **weigh more than 55kg**: 15 minutes before the start take two Energy Gel Caffeine sachets and drink 200 to 300ml of water or ZERO.

If you **weigh less than 55kg**: 15 minutes before the start take two Energy Gel sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: take one Energy Gel Caffeine sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, only use Energy Gel Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel (without caffeine). Your bodyweight: Max Energy Gel Caffeine sachets:



50kg: 5 during + 2 before

60kg: 7 during + 2 before

70kg: 8 during + 2 before

80kg: 9 during + 2 before

90kg: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel Aqua instead of Energy Gel depending on personal preference - they perform the same function.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

AFTER YOU FINISH

Drink 400ml of Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.

CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.

AVAILABLE ON COURSE



ENERGY GEL AQUA

Delivers carbohydrate straight to your muscles – 23g of carbohydrate energy

- Caffeine free
- Suitable for vegetarians and vegans



ENERGY | HYDRATION | RECOVERY

PUNISH LUNGS NOT TONGUES

HIGHFIVE.CO.UK

Energy Gel Aqua is a refreshing gel that delivers carbohydrate energy straight to your muscles during your run. It has a consistency more like a sports drink so you don't need to drink extra water with it.



ON-COURSE NUTRITION

First Aid, Sweep Bus & Refuge Centres

There will be mobile first-aiders on bicycles, as well as four first aid posts along both routes and a main first aid post at the finish.

Marathon First Aid posts are at Lavister (9 miles), Holt (16 miles), Aldford (20 miles) and Sandy Lane (24 miles), Metric Marathon First Aid posts at Sandy Lane (4.6K & 23.5K) and Aldford (11.5K & 16.5K).

An interactive route map, that shows all these locations can be seen [here](#). First aid points are marked by a red and white cross; refuge centres will be marked by a purple house.

If you need medical attention, please make your way to one of the static first aid posts, if possible, or alert the nearest marshal.

The sweep bus will travel at the back of the field picking up runners who can no longer continue. If you want to withdraw from the race and do not have any major injuries or illnesses, please make your way to one of the Refuge Centres located at Churton Village Hall and Aldford Village Hall to be picked up. Please be aware it make some time for a minibus or the tail coach to get to you.



Finish

The finish is on Castle Drive, by the River Dee. When you finish throw your arms in the air and celebrate! We will be there to congratulate you! Please keep moving through the finish area to collect your water, medal, finisher's shirt and goody bag.

Green Runners - Please only collect your water and head to the exit. You will not be given a medal, t-shirt or goody bag as you opted to donate the cost of these items to our official race charity.

The finish area is secure and extremely busy, with no access for supporters. They will be able to celebrate with you once you have left the finish area marquee and entered the Event Village.

Please make use of our recovery area, food and drink vendors and take a picture with on one of our three podiums!



Chester Triple Medal Collection

Congratulations on completing the MBNA Chester 10K and Essar Chester Half Marathon! This year's medal is our biggest, heaviest and brightest medal to date. All that stands between you and ultimate running glory is 26.2 miles or 26.2 km. We know you've got this!

Once you have finished your race, collect your race medal and other finisher goodies as normal, then head to our Triple Medal collection point at the main Help Desk marquee, after you exit the finish marquee, to collect you Chester Triple medal you will need your finishers medal and race number.



Results & Prizes

You will receive a text with your results soon after you finish. All provisional results will be available online on race evening.

Prize presentations for the 1st, 2nd and 3rd male and female finishers in each race will be made at the finish podiums by the Farralls lorry at 13:00 on race day.

All other prize winners will be notified approximately two weeks after the race.



Spectators

The MBNA Chester Marathon & Metric Marathon courses are wholly on closed roads to provide the best experience for competitors and to maintain everyone's safety. Due to road closures, it will be difficult to move around once the race starts and means that some parts of the course will be difficult to access by spectators.

[Click for an interactive road closure map](#)

[Click for an interactive route map](#)

If you're parking a car near to the course, please do so in a safe and considerate manner and only park on one side of the road. Some roads leading off the course are emergency access and egress routes for our event ambulances.

Please don't cycle on the course, it is against UK Athletics Rules as well as the rules of the road and threatens the safety of other runners and volunteers.





Location Information

Chester Racecourse CH1 2LY

The MBNA Chester Marathon starts at 09:00, the Metric Marathon at 10:10 and the Mini Marathon at 10:20. This is the best place to be if you want to be where all the action is pre-race. It's only a short walk to Event Village and finish area situated on Castle Drive. The first finishers are expected from 11:15.

City Centre

A 5-minute walk from Chester Racecourse and you will reach the City Centre. Both routes will pass the historic Town Hall, Cathedral and Eastgate Clock between 09:00 and 10:40. Chester is famous for its vast selection of restaurants, cafes and bars that you can relax in during or after the race.

Holt village LL13 9DJ (marathon only)

Holt is an idyllic Welsh village perfect for spectators. Access is available via A543, with on-street parking, the local Bellis Garden Centre and farm shop is short walk from the route and has more car parking. Local cafes are open throughout the day. Marathon runners will be passing through here between 10:20 and 13:00. Holt Community Gardeners will have their annual Fruit Festival at the Cross.

Farndon village CH3 6PU (marathon only)

Farndon lies on the border of England & Wales. Access is via A543 with on-street parking. Local cafes will be open throughout the day. Marathon runners will be coming through between 10:20 and 1300.

Aldford CH3 6JG

This is a great place to catch both races. Access available via the A41 and through the village of Saughton. The Grosvenor Arms is a great traditional pub to visit. Runners will be coming through between 10:45 and 13:45. There is limited parking here and no-parking cones will be out in certain areas to ensure access for our ambulances is maintained.

The Groves by the River Dee & Finish at Castle Drive

This is the best place to join the large crowds of supporters cheering on the runners to give them the last bit of encouragement needed before they cross the finish line. It's a short walk from the start along the river with lots of food and drink available along the Groves. The first finishers are expected from 11:15. The area directly by the finish will be incredibly busy. The Groves area by Hickory's will be quieter.

Make sure yourself and your supporters make use of our new Finish Event Village, where there will be food, drink, activities for children, retailers and a recovery zone.



Thank You!

Thank you in advance for choosing to run with us at the Chester Marathon and Metric Marathon. Your family and friends for coming along to support you, other runners and for helping generate a great atmosphere on race day.

Our volunteers for their invaluable support, without whose help and enthusiasm the race would not be possible, including:

MBNA staff, 1st Huntington Guides & Rangers, 18th Chester Scouts, 610 Squadron ATC, Bridgegate Physiotherapy, Cheshire Army Cadet Force, Chester Nomads FC, Chester Road Runners, Chester Royal Jaguars, Darland High School, Queens Park High School, Eccleston C of E Primary School, Ellesmere Port Running Club, Holt C.P School, Petty Pool college, Pulford residents' association, St Peter's School Rossett, Upton High School, Vineyard53, West Cheshire AC, Wolf Explorer Scout Group, 273 (Wallasey) Sqn, Dee Striders running club, volunteers from our charities, the bands, musicians and choirs on route.

The residents and businesses around the route for their support, enthusiasm and co-operation, especially those of Eccleston, Pulford, Rossett, Holt, Farndon, Churton, Aldford & Huntington.

Our Sponsors and Partners

MBNA as title sponsors of the race and for their backing of the marathon from its inception.

High5 for providing our energy gels & post-race nutrition

givestar our official fundraising partner

Farrall's Group for their support with drink logistics

Brecon Carreg for providing our water

Hospice of the Good Shepherd, our official race charity

Ford Evans Halshaw for providing the race vehicle

Chester Racecourse our official fundraising partner

Cheshire West & Chester Council for their invaluable support and allowing us to once again host the event in our magnificent city!

mbna



www.runthroughkit.com



AUTUMN RACE COLLECTION

15% off for Chester Marathon runners
Use code: ALEEVENTS15

SHOP THE FULL RANGE

SEE YOU AGAIN IN 2027



Chester Triple

For those that have caught the running bug or didn't achieve this year's Chester Triple, if you enter and finish the 10K, Half and either the Marathon or the Metric Marathon in the same year, you will receive our extra special medal and running's ultimate bling.

ENTRIES OPEN FRIDAY 9th OCTOBER with a special discount!

Entries for the 2027 MBNA Chester Marathon & Metric Marathon will open on Friday 9th October 2026. www.chestermarathon.co.uk

Entries for the 2027 Essar Chester Half Marathon are already open.
Sunday 16th May 2027 www.chesterhalfmarathon.co.uk

Entries for the 2027 MBNA Chester 10K are already open!
Sunday 14th March 2027 www.chester10k.co.uk



Be the first to run our **brand new events** in WREXHAM

Entries for the 2027 **Wrexham 10K** are already open.
Sunday 19th September 2027 [ENTER HERE](#)

Entries for the 2027 **Wrexham Half Marathon** are already open.
Sunday 28th February 2027 [ENTER HERE](#)

Race Day Checklist

- ☒ Have a nutritional breakfast, stay hydrated and check the weather forecast.
- ☒ Wear tried and tested gear. It's never good to try new things on race days.
- ☒ Keep warm, wear old clothes over the top of your running gear that you are happy to discard at the start line.
- ☒ Lubricate all moving parts liberally. Chafing is no-one's friend!
- ☒ Protect your skin using weather resistant sun cream
- ☒ Attach your baggage label to the top of your bag. We recommend packing warm and dry clothes to change into, a warm jacket and post-race snacks and fuel.
- ☒ Remember your race number and pin it to the front of your top, please ensure that it is visible at all times.
- ☒ Bring your race nutrition and hydration with you.
- ☒ Allow plenty of time for your journey and parking, especially if you need to collect your race number or pick up a replacement number.
- ☒ Make use of the toilets before entering the start pens! Portable toilets are located right by the start line.
- ☒ Enter the correct start pen for you target finish time.
- ☒ The first few miles may be crowded, don't tire yourself out dodging in and out, try to maintain a steady, even pace.
- ☒ Refresh your memory of where our drink stations are, water is available but only drink if you need to. Drink to thirst and don't take big gulps if you're not thirsty.
- ☒ Try to eat some starchy foods within two hours of finishing – our post-race goodie-bags will have lots of nutritional goodies.
- ☒ Remember your training and have a great day of running. We will meet you at the finish for post-race celebrations.

We hope you enjoy running with us and we look forward to meeting you on race day!

