35th Essar

Four Villages Half Marathon

ESSAR

MOULDSWORTH
Villages
1/2 Marathon
HELSBY
MANLEY
DUNHAM-ON-THE-HILL

Sunday 21st January 2018

Welcome message from the Race Director

It's not long until you will be lining up at the start of the 35th Essar Four Villages Half Marathon. We are pleased to let you know that this year the whole route will have full road closures again, which minimises the chance of the weather beating us! The race will also start slightly earlier at **10:30am** at the request of the highways team, to reduce the impact on local residents and minimise any risk of problems on the M56.

You are one of 2250 runners who have entered this year's race, we hope your training has gone well and whether you are aiming to win, smash a PB or just complete your first half marathon, we hope you have a great race and enjoy the day!

Special thanks as always must go to all our volunteers, many of whom have been working on the race for months to ensure its success. I would also like to thank you for taking part and supporting this club organised race, which is a not for profit event. Last year we were able to make donations to local voluntary groups who supported the race as well as Halton Haven Hospice and Hospice of the Good Shepherd.

See you on the start line!

Laura Baynham-Hughes

Race Director, Helsby Running Club

Essar is proud to support the Four Villages Half Marathon.

Our Stanlow Refinery has been supplying quality fuels for over 60 years. A key player in the national economy, we produce 16% of UK road transport fuels and supply jet fuel to a number of airports. Our quality products help to power public transport, while we are also a major supplier to the leading retail brands.

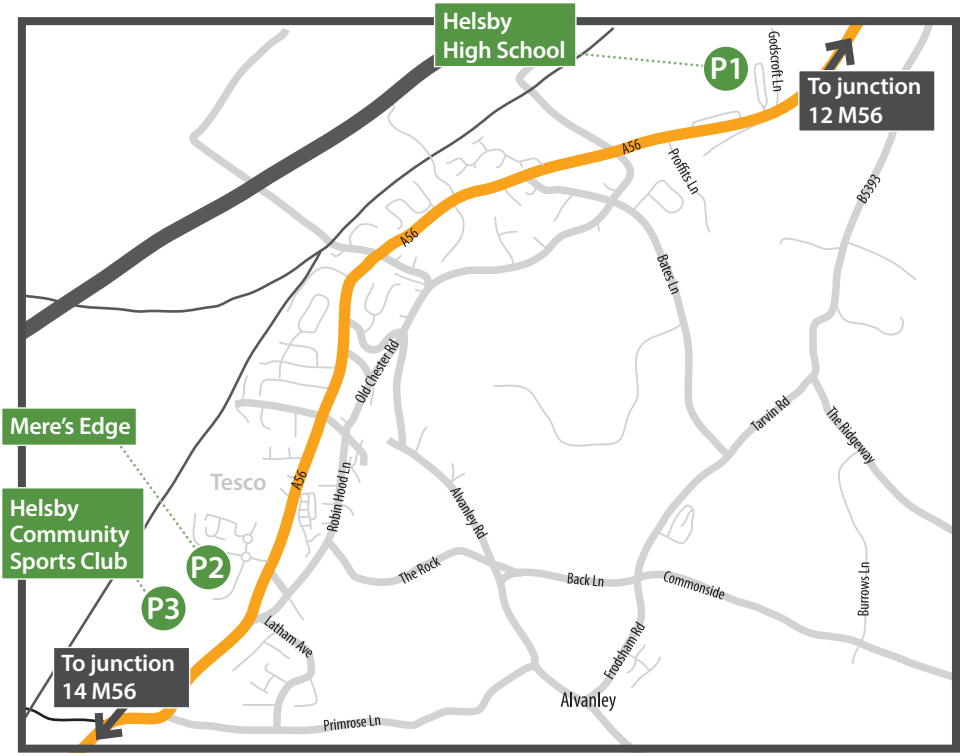
Car parking

We have provided designated car parking areas which are detailed below. Please avoid parking in residential areas and do not block drives – we rely on the goodwill of local residents. Primary parking **P1** is located at Helsby High School WA6 0HY. A Park and Ride bus system to the race venue will be in operation. Please exit M56 at junction 12 and follow the A557 to the A56, signposted Frodsham, driving through Frodsham to Helsby. The High School will be on your right soon after entering Helsby. When using the Park and Ride please aim to arrive **no later than 9:40** to ensure that we can get you to the start of the race comfortably.

Parking at the Club House **P3** will be very limited. This will be strictly on a first come basis and will be for mini buses or cars carrying several runners ONLY. When P3 is full, drivers will be directed to **P2** at Mere's Edge.

Please follow marshals' instructions and park in the indicated areas. Please note there is no parking provided for runners at The Horn's Mill at Helsby (formally the Helsby Arms), Tesco, the adjacent housing estates or on the main A56.

We are encouraging as many runners as possible to car share as car parking is limited. Please visit **www.racelifts.org** to find runners near you who have entered this race. It is simple to register and will enable you to car share to the race with people who live near you.



Location

Helsby Community Sports Club, Chester Road, Helsby, Cheshire WA6 0DL, Sunday 21st January 2018 at 10:30am. The club is situated on the A56, 1 mile from Junction 14 of the M56.

Start

The start is on the entrance drive-way of the Helsby Community Sports Club, within the club grounds. Please do not assemble at the start until requested to do so at 10:15am. When moving into position please follow the marshals' instructions and line up according to your expected finishing time.

Changing facilities

Limited changing facilities are available in the Club House. Showers, hot for the fast runners, cooler for the rest, are available. Please bear with us as our Club House is due to be replaced in the near future but unfortunately won't be ready for this year's race.

Kit bag storage

Kit bag storage will be a separate, staffed marquee located alongside our Club House. Whilst the organisers will take every care for the security of the baggage, they cannot accept responsibility for any loss, so please leave any valuables at home or in your vehicle and not in your bags. Your race number has a tear off numbered tag to attach to any baggage you wish to store.
Note: only tagged baggage will be accepted.

Drink stations and first aid

Drinks stations: Will be located at approximately 4.5, 7.5 and 10 miles.

First aid: the Cheshire Search and Rescue team will be stationed at the halfway point and will cover the whole race route.

Prizes

Men: first 10 plus 1st U/20, 1st three O/40, 1st three O/45, 1st two O/50, 1st two O/55, 1st O/60, 1st O/65, 1st O/70, 1st O/75.

Women: first 5 plus 1st U/20, 1st three O/35, 1st two O/40, 1st two O/45, 1st two O/50, 1st O/55, 1st O/60, 1st O/65, 1st O/70, 1st O/75.

Teams: 1st Male team (4 to count) and 1st Female team (3 to count), scored on cumulative position.

Teams will be entered automatically, must comprise of First Claim members only and satisfy UKA qualification rules. Team members must wear club vests. There will only be one prize per individual except for team prizes. In all cases the Race Director's decisions are final.

Race timing and results

Race timing by Nifty Entries and ChampionChip™. Race results will be sent by text after the race if you provided a mobile number when registering and a link will be available at
www.helsbyrunningclub.niftyentries.com/Results/35th-Essar-Four-Villages-Half-Marathon

Race t-shirts

This year our race shirts will feature art work, designed by the winner of a design contest held by our local school children with the winning student starting the race!! T-shirts which have been pre-ordered online will be available for pick-up on race day, inside the club at the billiard hall. Please have your race number handy and preferably pick up before the start. A limited number will be available for sale on the day.

Photographs

Photographs of the race can be viewed and purchased from Mick Hall Photos: **www.mickhall-photos.com**

Post-race massage

Located by the baggage marquee and in the Club House; donations to our chosen charities would be appreciated.

Post-race drinks

Free hot and cold drinks with biscuits are available to all runners after the race. Make your way to the Tea room at the rear of the Club House (5 on Race start map) which will be signposted.

Presentation

The Awards ceremony will be held in the main club lounge as soon as possible after 1pm.

Spectators

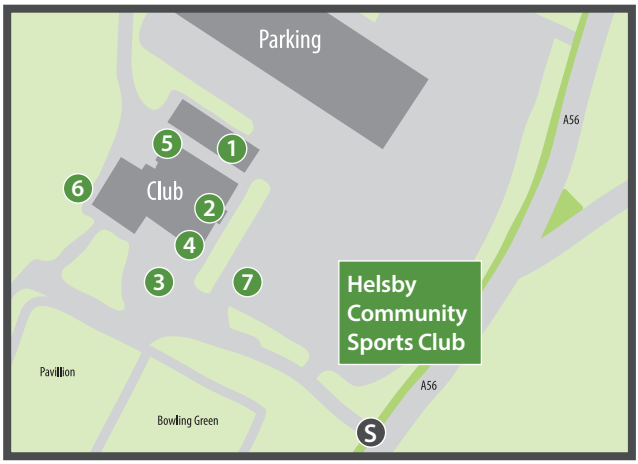
Hot food and drinks are available at both the start and finish. Club bar opens at mid-day. Please see race finish map for the spectator walking route between the club and the finish area. Access to the finish area is via Latham Avenue and Denbigh Close.

Local accommodation

http://www.bedandbreakfast-directory.co.uk/resultsasp?town=Frodsham&county=Cheshire

Please check our website three days before the event for up to date info www.helsbyrunningclub.org.uk

Race start | Helsby Community Sports Club



- S Race start
- 1 Baggage claim
- 2 Bar
- 3 Food stands
- 4 Race t-shirts
- 5 Runners' post-race drinks
- 6 Toilets
- 7 Vendors

Race finish | Horn's Mill Primary School

- F Race finish
- 1 Drinks
- 2 Medals
- 3 Goody bags
- Signposted route back to club for runners only
- Spectators route to club

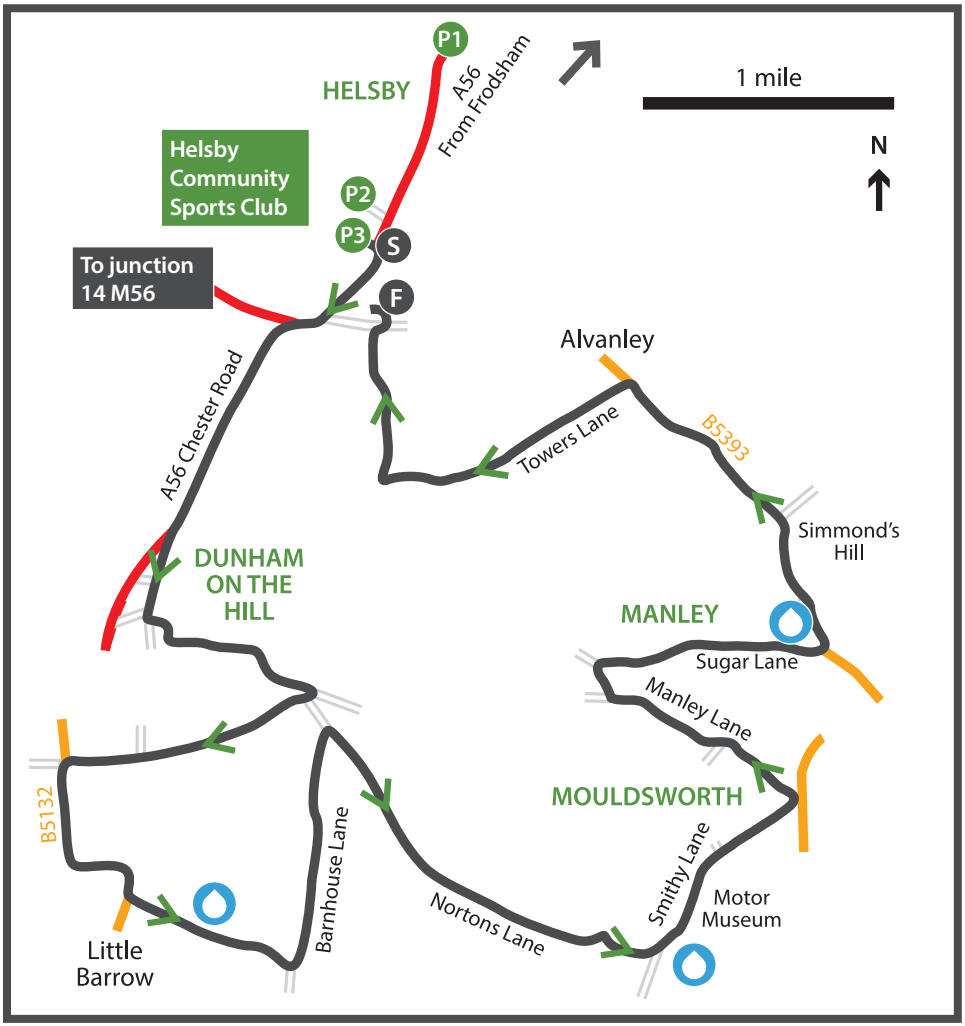
Horn's Mill Primary School
Denbigh Close
Helsby
Cheshire
WA6 0ED

Food and drink at the finish area

Delicious hot food and drinks will be available for spectators and runners at the finish area **inside** Horn's Mill School. All proceeds will go to the school and pre-school so please visit their stall.

Route

The entire route will be fully closed to traffic. The first mile is on the main road and the route then follows mainly quiet, scenic country lanes all of which are tarmacked, although some have a covering of farm mud! There is a wonderful downhill towards the end before a few twists and turns through a residential area of Helsby take you to the finish line.



Car parking

- P1 Helsby High School (Main Park and Ride)
- P2 Meres Edge (Near Tesco)
- P3 Helsby Community Sports Club

- S Race start
- F Race finish
- Drink stations

ESSAR

RUNNING BEAR

MICK HALL PHOTOS

SEARCH & RESCUE CHESHIRE

asics

Addhire VEHICLE RENTALS

>niftyentries.com

If you are interested in joining Helsby Running Club, your friendly local running club, then please visit our website for more details **www.helsbyrunningclub.org.uk**

HELSBY RUNNING CLUB

FourVillagesHalfMarathon RunHelsby #4vhm

Race Licence Number 2018-31787
Pictures courtesy of Essar and Mick Hall.