



Team Information

England & Wales Masters Marathon Team

2023 MBNA Chester Marathon
Sunday 8th October



Welcome and Congratulations

Congratulations of qualifying to represent England or Wales at the 2023 Chester Marathon. We are delighted to be back on the streets of Chester to see some of the UK's best masters athletes competing over 26.2 miles.

We are excited that for the first time in the marathon the race includes an England vs Wales Masters International with a similar format to our recent races over 10km and half marathon. The race is also hosting the BMAF Marathon Championships and we are delighted to be working with them for the first time since the 2021 Yorkshire Marathon.

All the very best of luck,

Tom Craggs
National Endurance Manager (Off Track)
England Athletics

Team Staff

England Athletics Team Staff will be on hand over the weekend to provide support. Our Team Managers will be on hand to assist with any administrative matters, whilst our volunteer Team Coaches will be there to offer any last-minute guidance and support in tackling the 26.2 miles.

Kerry Newell Kerry is one of England Athletics' lead Club Run coaches and has many years of experience supporting runners from beginners to international athletes as a professional coach. As well as being a performance coach Kerry is an England Athletics Tutor and mentor and has been EA Southwest Run Leader of the Year. Kerry was England Team Coach at the Anglo Celtic Plate in 2023.	Darren Reeve Darren Reeve is the England Athletics Regional Coaching Lead for Endurance (North), England Anglo Celtic Plate 100k Team Manager, and the England Athletics Lead for Ultra Running. Darren has been an England team coach or team leader at many England senior international and masters events and is a coach to beginner runners through to senior internationals.	Matt Long Matt has decades of experience as a performance coach, coach tutor and coach mentor. Matt has served as a senior England team coach at the Leeds Abbey Dash and the Armagh International Road Race. Matt is a familiar face to many on the masters programme having worked on the team staff for the last few years.
Chris Hollinshead Chris has huge experience as a coach, athlete, and coach tutor and has been on the team staff with England masters teams on numerous occasions. A lead coach on England's Club Run Programme Chris has vast experience coaching at all levels.	Emma Hollinshead Emma is a highly experienced athlete and has been ranked inside the UK top 30 as a masters athlete across multiple age groups at 200m, 400m, 800m, long jump and triple jump.	Wales Team Manager – Bernie Jones Bernie is a familiar face for club athletes around the UK as a competitive athlete, coach and on the microphone. Bernie has led the Welsh Athletics involvement on the road internationals over the last 2 years.
Wales Team Manager – Jacqueline Brace Jacqueline is a coach, athlete and official with over 20 years of experience working with Welsh Athletics supporting individual athletes and teams from juniors to seniors and masters' athletes.		

INFORMATION

Registration

If you haven't yet done so please ensure you enter the MBNA Chester Marathon as soon as possible at this link <https://ale.niftyentries.com/2023-MBNA-Chester-Marathon>

Once you have registered for the race and arranged your kit there is nothing else you need to do before race weekend. On race weekend we will ask all England and Wales team athletes to collect a back number either the day before the race or on race morning.

Registration on Roster

You DO NOT need to register on Roster to take part in the England vs Wales International race

For England athletes only - however if you wish to also use the race to qualify for the 2024 England Masters Marathon Team you MUST register on Roster in advance of the race in order to be eligible to qualify for next year. Please do so at this link -

<https://meets.rosterathletics.com/public/competitions/details/about?id=14916>

Race Numbers, Chips & Bibs

Your race number is distributed by the race organisers of MBNA Chester Marathon. If you have any queries regarding your bib and chip you will need to take this up via the correct channels on their website.

<http://www.activeleisureevents.co.uk/half-marathon>

We will be issuing back bibs showing your age masters category so that you can identify England runners in your age category. These will need to be collected on race weekend either at the race information point at the County Stand at Chester Racecourse on Saturday (16:00-18:30) or on Sunday morning at the England Athletics Team base in the Leverhulme room. Please keep your back bib to use at future qualification races.

BMAF Marathon Championships

The BMAF Marathon Championships will also take place at the MBNA Chester Marathon. Details on how to enter the BMAF Championships can be found on the BMAF website here - <https://bmaf.org.uk> and on their BMAF Champs entry page here - <https://bmaf.opentrack.run/en-gb/x/2023/GBR/bmaf-mar/>.

Please note that whilst we work closely with BMAF and will be sharing the Leverhulme room with them on Sunday all questions regarding the BMAF Championships should be directly to BMAF.

Team Kit

We hope you will be proud to be out representing England in your team kit. The kit shop can be accessed with these details;

www.englandathletics.kukrisports.co.uk/teamshop/englandathletics

Password: EAmasters2021

It is not essential to purchase the England vests and if you were on a team previously you may wear the old vest if you wish or an England Masters vest if you have competed at the Home Countries cross-country for example. If you are not wearing an England vest, then please wear your first claim club vest instead.

Team Information Points for Race Weekend

With athletes arriving from all over the country we won't all get together until the final 90 minutes or so before the race starts. However we are really looking forward to meeting you all when you arrive to register either on Saturday evening or Sunday morning.

Saturday 7th October

Back bib pick up – Chester Marathon Information Stand, County Stand, Chester Racecourse

England Athletics Team Staff will be on hand to meet and greet you alongside the Chester Marathon Team to give you back numbers and your masters pin badge at the County Stand, Chester Racecourse.

You will also be able to collect back bibs prior to race day. We will be registering runners and giving out back bibs between 16:00-18:30 on Saturday 7th October.

If you can't get to the back number pick up on Saturday don't worry we can register you on race morning.



Sunday 8th October 2023

Our race day base and back bib pick up – Leverhulme Suite, Chester Racecourse

We have a room booked for the exclusive use of the England and Wales Masters Athletes and the BMAF Championships competitors. When you arrive on race day please make your way to the Leverhulme Ground Floor Suite, Chester Racecourse, The Racecourse, Chester, CH1 2LY.

The room is available from 7am and is right by the start in the Leverhulme stand in the racecourse. We will be registering runners and giving out back bibs from 07:15-08:15 on race morning.

We will be based there all day so you can leave your bags and kit here if you wish (but you can of course use the event bag drop if you wish), there are also separate toilet facilities for your exclusive use. Please note if you choose to leave your bags in the Leverhulme Room this is AT YOUR OWN RISK. Our team staff will be busy throughout the day and will not be able to constantly monitor bags so if you have doubts use the official bag drop.

We have the room available until 3pm so we will so be conducting our prize giving here. The race finishes on Castle Drive, a short walk away in the town centre so when you have finished make your way back to the Leverhulme Suite to collect your bags, for refreshments and to hear prize giving.



The race

All England and Wales team runners are entitled to start at the front of the race immediately behind the elite start where a special start area has been set aside for you. If you have an elite start or championship start entry by right, then of course you should start there.

We recognize that some of you may be nervous about getting swept along at the start at a faster pace than you would want and so if you would rather start in your allocated pen for your expected finishing time then please do so.

England and Welsh Athletics team staff will be on hand at the finish area and we will also have an allocated area along the finish straight where runners can gather post run to cheer fellow teammates in. From there the team staff will direct you back towards the Racecourse for the results and prize giving.

The race starts within the racecourse with most of the first 3 miles running through the city itself. The course then heads south on a scenic, rolling route. Reaching the village of Holt you will cross into Wales before heading back North through Pulford and into the city centre to finish outside the university of Chester on Castle Drive.

A full interactive course map can be found at this link -

<https://www.google.com/maps/d/viewer?mid=1TJhcr7iUD1btlwlr1Se7Rc4wddGQBBs&usp=sharing.Starav>
map gives further information such as a detailed breakdown of elevation changes -
<https://www.strava.com/routes/12408294>.

This page includes a bit more detail about the course including details of the fuelling and hydration stations - <https://www.activeleisureevents.co.uk/marathon/race-information>

The England Vs Wales Match

The England vs Wales match will see English and Welsh athletes competing as individuals to claim the individual age group category awards in 5-year age bands. The race will also host a team competition. The top 4 English and top 4 Welsh athletes in 10-year age bands (35-44, 45-54, 55-64, 65+) will score in the team competition with the overall team winner determined when the final finishers arrive.

Results

The results are calculated from chip time but we will be ensuring all athletes in start around the other runners in their respective categories. Results will be calculated as they come in from the chip timing category with age category results projected on inside the venue.

The chip timing company is www.niftyentries.com/Results

Prizes and trial

We will be awarding trophies and prizes as follows all based on **CHIP finishing time**.

Overall fastest age male & female England or Wales masters athlete from across the categories;

1st – Trophy & prize, 2nd – Trophy, 3rd – Trophy

Trophies for the top 3 male & female England masters or Wales athletes in each age category.

We will be aiming to start the presentations at 12:15 with further presentations around 13:00 and then 14:30. Presentations will take place at the EA room at the Racecourse. We would like to get some team photographs taken after the race so it would be great if you would join us for the prize giving.

We would like to get some team photographs taken after the race and we hope that after you have finished and collected your bags you will come and join us at the team room.

Which age category do I compete in?

You will compete in the age category you are in on race day, not the age category you qualified in.

Welfare & Medical

In accepting your place on the team to compete on the day you are declaring yourself fit and well to compete. If this is contrary to medical guidance or common sense you do so at your own risk.

Please be a responsible athlete by ensuring that clear and accurate medical information and emergency contacts are provided to the race organisers in advance.

In case of an emergency only on the day please speak to event staff and first aiders in the first instance or use +44 (0)7397652002 (Tom).

Team Photographs

We have arranged for an official team photograph before the race and we very much hope you will want to be part of this. Please start to assemble at the team room at 08:00.

We have arranged for the photographs to be over by 08:15 at the latest, so as not to encroach on your warm up routines. However, if you feel this would be detrimental to your performance and would rather not attend we fully understand.

Social Media Links



For Twitter followers please tag [@EnglandAthletics](#) and use the hashtag #EAMastersTeam



<https://www.facebook.com/EnglandAthletics>

Please do share and retweet your photos and experiences of the weekend.

Contacts

To get hold of us please use the meeting points and team tent at the allocated time slots or email agegroupteam@englandathletics.org

England Athletics wishes you all the very best of luck for Chester Marathon 2023.