



Capesthorpe Hall Half Marathon

Sunday 3rd November 2013
9:30am

Capesthorpe Hall
Siddington
Macclesfield
Cheshire
SK11 9JY

Under UKA Rules

www.cheshirehalfmarathon.co.uk

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Capesthorne Hall Half Marathon

**Thanks for entering the Cheshire Half Marathon at Capesthorne Hall.
Your race number is enclosed**

Capesthorne Hall is an exceptionally beautiful venue - the race starts and finishes in the grounds of the estate and takes in some of the most picturesque Cheshire countryside - for those that want to visit the house or gardens after the event or any upcoming events Capesthorne offer take a look at Capesthorne Hall website <http://www.capesthorne.com>. The house will be open to visit at a cost of £2 per person.

Timetable

07:30	Venue Opens
09:30	Race Start Time
12:00	Prize Presentation

Race Numbers - Your race number is enclosed

Please follow the guidelines below:

- Ensure that the Number is clearly visible from the front on your torso.
- Do not modify, alter or fold the race number
- Pin the number in all 4 corners
- Do not cover your number with jackets
- Ensure your number is visible at the finish line

Location:



Capesthorne Hall is located five miles west of Macclesfield and conveniently situated off the A34 between Manchester and Stoke on Trent.

The venue is easily accessible from:

- M6 Junction 17 (Congleton)
- M6 Junction 18 (Holmes Chapel)
- M6 Junction 19 (Knutsford)
- M56 Junction 6 (Macclesfield/Wilmslow)

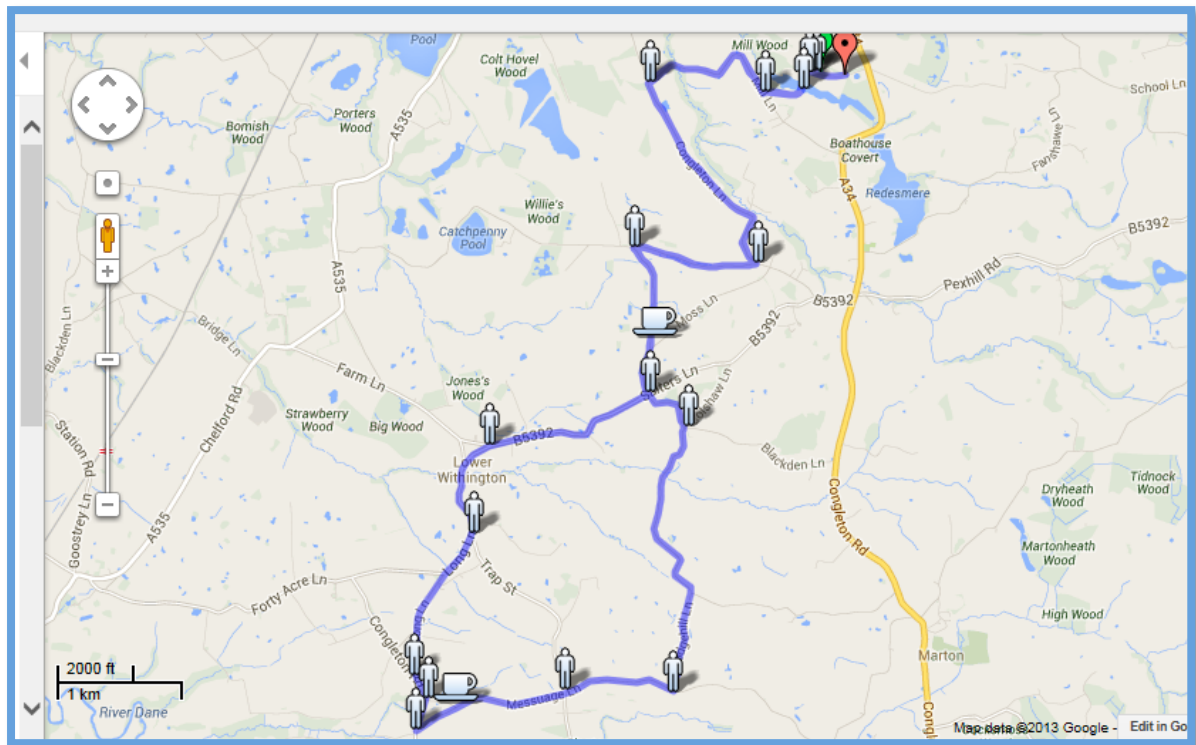
There is ample parking close to the start and finish of the race. Entrants must show their race number at the entrance gate. If there are any other passengers in the car without a race number Capesthorne Hall will charge a £5 parking fee.

Please follow signs and marshals instructions and park where indicated.

Race HQ. Start/Finish and toilets are all very close to the race car park.

Capesthorpe Hall Half Marathon - Race Route

The route is one large, mainly flat, anticlockwise lap on quiet country lanes around Capesthorpe.



Take a look on our website for more detail of the route

www.cheshirehalfmarathon.co.uk

Prizes

All finishers will receive a commemorative medal and technical T Shirt. There will be prizes for:

- 1st 3 men, plus male category winners
- 1st 3 women, plus female category winners.
- (only one individual prize per runner)
- 1st Male/Female teams (3 to count)

Water Stations on the course

There are three water stations on the course- each water station will have bottled water available

1. First (approx 4 miles)
2. Second (approx 7 miles)
3. Third (approx 10 miles)

Safety

The course is fully marshalled and first aid cover will be available at the finish and on the race route. The race will start and finish on roads within the grounds of Capesthorpe Hall. Most of the remainder is on quiet country lanes. However the route is not traffic-free so in the interests of safety, runners are requested to keep to the left side of the road and take particular care at road junctions.

Obey the instructions of Police and Marshals and please refrain from using Ipods, MP3 players etc. Please remember you are responsible for your own safety at all times and all competitors undertake this event at their own risk.

Race Results

Full results will be available online – www.cheshirehalfmarathon.co.uk

Thanks

Capesthorpe Hall Half Marathon 2013 has been made possible thanks to the co-operation of a number of local organisations and a huge thanks to the great support from the many enthusiastic volunteers who make this event a great event.

Volunteers

It is not possible to have too many marshals so if you have family and friends that are available and willing, we are always happy for extra volunteers on the day to help the event run smoothly. If you know anybody interested in helping out on the day - email: admin@mytriathlon.co.uk

The race sponsor is MyTriathlon - www.mytriathlon.co.uk.
MyTriathlon will be retailing at the event



Take a look at our AW13 run range. We've got a full range of 2XU compression and run gear. We also stock a wide range of CW-X running tights

