



32nd Essar Four Villages Half Marathon

Entrant's Booklet





asics

Welcome to the 32nd Essar Four Villages Half Marathon

We had hoped to be celebrating the 33rd event but as you'll probably know last year's extreme winter weather put pay to the 2013 event... and most other UK running events that same weekend. Anyway, onwards and upwards, another year on and we're looking forward to an exciting race on 19th January 2014. We think that the Four Villages has a winning formula, evidenced by its popularity and the large number of you who regularly return to enjoy it. Whilst many events are increasing their entry fees, we have decided to keep entry costs the same.

The motivation behind the Essar Four Villages Half Marathon has always been the support of local good causes and last year, despite the fact the race couldn't take place for safety reasons the fantastic generosity of the running community (waiving entry refunds) meant that over £20,000 was donated to our main charities – The Hospice of The Good Shepherd and Halton Hospice. In spring 2013, many of our Helsby running club members, ran 13.1 miles between both hospices presenting donation cheques to both – an extremely rewarding experience for all who took part. **So once again a big thank you.**

We very much look forward to seeing you all on the 19th January and wish you a successful and enjoyable race. Here's to a great training build up for you!

Jackie Keasley (Club Chairman) and Gareth Boyd (Race Director)



Helsby 'Hospice Half'

Race history

The **Helsby Half**, as it affectionately known, has grown in both runner numbers and stature since its inception in 1982. That year saw around 100 runners attending the inaugural event, while today, even with an entry limit of 2250, the number of entries far exceeds the race capacity. Started by BICC (British Insulated Callenders Cables) a manufacturing firm located in Helsby since the 1920's, the race was inspired by the first London Marathon (which had been held on 29 March 1981), as well as to raise money to send a terminally ill local lad on the trip of a life-time to Disney Land. The intention of the race has always been focused on fund raising for local charities and other good causes. The Four Villages Half Marathon has been run over several courses. The old route went across Ince Marshes, along a track that was often wet and pot-holed following rain. This route was changed in 1999 to the current scenic route used today.

The 2000 plus competitors these days include both club and non-club runners of all abilities. Some will be seasoned half-marathoners; others will be attempting the challenge for the first time. The race this year is scheduled to be the first of the Cheshire Grand Prix series of 2014 and will feature some of the county's top runners, as well as elite amateur runners from further afield.

The record for the new course is held by Carl Warren (1:04:36) for men and by Marion Sutton (1:13:08) for the women. The old course record is held by Karl McCluskey in 1:04:11.

This year will see Jackie Keasley (Helsby Running Club Chairman) and Gareth Boyd (Race Director) taking over from our long term chairman and race director Andy Smith, who will be race starter as well as running on the day, we hope to make him proud!!



Thanks

Helsby Running Club would like to thank all the members of Helsby Community Sports Club and the volunteers from many local community groups who work so hard to make this event happen. Helsby High School and Mere's Edge for providing race day parking and Horns Mill School for hosting the finish

We also offer a big thank you to all the residents of Helsby village and the surrounding countryside for their tolerance in enduring the disturbance we create each year by holding the event.

The ethos of the Essar Four Villages Half Marathon has always been about local community and the organisers are always proud to be able to donate a sizable sum from the race proceeds to local charities and good causes. Last year we donated over £20,000 to the following charities and local good causes, many of whom will be helping out on the day.

Halton Haven Hospice
Hospice of Good Shepherd
Helsby Woman's Institute
Horns Mill School
Elton Guides
Helsby Community Sports Club
Helsby Guides
Helsby Scouts
Helsby Greenwood Club

Helsby High School
Frodsham & Helsby Rotary
Frodsham Sea Scouts
Runcorn Canal Boat Project
Beacon Explorer Scouts
NW Scout Federation
Dewa Explorer Scouts
Aston Scouts
Tennis Club

Finally we would like to thank our sponsors: Essar, Asics and Running Bear, for the support they give the race and our community.



Hall of fame

Year	Male		Female	
1982	M. Edwards	1:12:36	V. Machin	1:54:14
1983	S. Curran	1:08:48	S. Catterall	1:23:56
1984	S. Anders	1:06:10	V. Gillespie	1:32:57
1985	D. Vernon	1:09:22	G. Nicholson	1:20:53
1986	C. Potter	1:09:48	J. Littler	1:23:35
1987	R. Lindsay	1:05:58	M. Burke	1:19:44
1988	A. Okell	1:08:15	M. Henry (nee Burke)	1:19:59
1989	A. Okell	1:05:13	M. Henry	1:21:26
1990	B. Gillespie	1:07:51	J. Needham	1:22:55
1991	A. Okell	1:06:03	K. Cornwall	1:18:22
1992	C. Sweeney	1:05:21	L. Clarke	1:21:29
1993	D. Swanston	1:05:40	A. Whitelaw	1:21:44
1994	T. Morrey	1:08:26	D. Hoogesteger	1:19:57
1995	D. Mansbridge	1:07:57	K. Cornwall	1:16:38
1996	M. Kinch	1:06:00	T. Thomson	1:16:03
1997	K. McCluskey	1:04:11	C. Hunter-Rowe	1:16:06
1998	S. Shiels	1:07:05	A. Wyeth	1:15:18
1999	G. Hill	1:07:16	J. Newton	1:18:29
2000	D. Mason	1:05:47	A. Allen	1:17:03
2001	D. Mason	1:07:29	J. Newton	1:20:04
2002	C. Warren	1:04:36	M. Sutton	1:13:08
2003	A. O'Connor	1:05:23	K. Burge	1:16:56
2004	S. Shiels	1:10:29	T. Morris	1:14:22
2005	M. Aspinall	1:07:27	A. Pichtrova	1:14:48
2006	A. Norman	1:05:58	D. Mason	1:14:31
2007	T. Abyu	1:04:56	L. Gardener	1:16:59
2008	T. Abyu	1:05:22	N. Archer	1:16:05
2009	N. Renault	1:07:47	M. Ross-Cope	1:14:04
2010	D. Webb	1:04:54	M. Ross-Cope	1:15:02
2011	N. Renault	1:05:55	M. Ross-Cope	1:14:31
2012	M. Williams	1:08:32	G. Connolly	1:21:05
2013	-	-	-	-

Bold marks course records (1999 saw the change to the present course)

However, a highlight in the history of race surely goes to Helsby RC's Kevin Bell for completing a record breaking 31st half marathons in 2012.

Race records

Male

Cat.	Name	Time	Year
Senior	K. McCluskey	1:04:11	1997
Junior	N. Jones	1:11:30	1993
O/35	-	-	-
O/40	C Thackery	1:05:28	2003
O/45	J. Fidler	1:10:20	1994/95
O/50	E. Williams	1:12:35	1987
O/55	P. Hyde	1:13:43	2003
O/60	D. Waywell	1:20:34	2005
O/65	J. Kirk	1:24:37	1991
O/70	J. Kirk	1:35:02	1996
O/75	G. Brown	1:48:40	2010

Female

Name	Time	Year
M. Sutton	1:13:08	2002
L. Cooper	1:20:20	1995
M. Sutton	1:13:08	2002
B. Cardy-Wise	1:17:07	1996
K. Ayres	1:23:54	2006
M. Meredith	1:28:15	1996
L. Collinson	1:37:13	2012
L. Gilchrist	1:39:22	2000
S. Stewart	1:53:08	2012



Please remember to rate our race at:

<http://www.runnersworld.co.uk/forum/events/essar-four-villages-half-marathon>

Race information

Location

The race starts at the Helsby Community Sports Club, Chester Road, Helsby, Cheshire WA6 0DL, on **Sunday 19th January 2014**. The club is on the A56, 1 mile from J14 of the M56 as approached from the west. From further east exit the M56 at J12, then at roundabout take the 1st exit onto the A557, Clifton Rd to the A56, signposted Frodsham, driving through Frodsham to Helsby. Helsby High School ([parking and shuttle service](#)) will be on your right as you enter Helsby.

Car parking

Primary parking P1 is at Helsby High School. We will be operating a Park and Ride bus system to the race venue. When using the park and ride please aim to arrive NO LATER than 10:15 to ensure we can get you to the start of the race comfortably. Please follow marshals' instructions and **park in the indicated areas**. **No parking is provided for runners at the Helsby Arms, Tesco, the adjacent housing estates or on the main A56.**

Parking at the club house is very limited. It is strictly on a first come basis and will be for mini buses and cars carrying several runners ONLY. Parking marshals (who are all volunteers) will be available to help you park, please follow their instructions.



- P1 - Helsby High School - Main Park & Ride**
- P2 - Meres Edge - Near Tesco's**
- P3 - Helsby Club -Bus, Van and Car pooling only**

Changing facilities

Changing facilities are available in the club house. Showers, hot for the fast runners, cooler for the rest, are available.

Kit bag storage in a separate, staffed room will be available at the clubhouse. 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 in your vehicle and not in your bags.

Entry list

A detailed entry list is available through the club website at <http://www.helsbyrunningclub.org.uk>

Start

The start is on the club car park in front of the Helsby Community Sports Club, within the club grounds. Please do not assemble at the start until requested to do so at 10.45am. When moving into position please follow the marshals' instructions and line up according to your expected pace, with the faster ones at the front and the less quick further back. Be realistic!

Route

The route is shown on the map. Just over the first mile is on the main road and this will be closed to traffic. It then follows quiet, scenic country lanes, all of which are tarmaced, although some have a covering of farm mud! Part of the route follows the Cheshire Cycleway. Note that the back lanes will not be closed to traffic, so please be careful to follow marshals' and police instructions in order to assist in the smooth running of the event. Beyond 8 miles the course rises very steadily, however this is compensated for by a wonderful last 2 miles down Towers Lane. We believe the course is capable of producing some fast times for fit runners.

Drink stations

Drink stations will be at approximately 4.5, 7.5 and 10 miles.

First aid stations

The British Red Cross will be located at approximately half way and at the finish.

Post race drinks

Free hot or cold drinks (& biscuits) for finishers will be available at the club house. After finishing, please follow the *Runners Drinks* signs back to the rear of the club house.

Hot drinks and snacks will be available throughout the day from vendors outside the club house and the bar will be open well before the first runners arrive home!

Transfers

Numbers can only be transferred by making the change yourself using the on-line database at <http://www.fabian4.co.uk>. This capacity will close the week before the race as we need to take the database offline and transfer it to the race timing system. Numbers are otherwise **Not Transferable**.

Transferred and illegal numbers cause problems for both results officials and medical /police personnel in the event of accident or injury. They affect the accuracy of and delay the production of results, the presentation and final results mailing. Please only race if you are a legal runner.

Kit stalls and race t-shirts

We will have local kit suppliers in attendance on the day, as well as representatives from other races you might be interested in.

T-shirts which have been pre-ordered online will be available for pick up on race day preferably before the start, from the club house billiard room. Some t-shirts are also available for sale on the day.



Previous year's shirt shown

We are keeping this year's design as a surprise!

Prizes

Men: First 12 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 3 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.

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.

Course records

As well as the above prizes, a cheque for £150 will be awarded to the first man who beats **1:04:36 – held by Carl Warren** and the first lady who beats **1:13:08 – held by Marion Sutton**.

Results

Results will be posted on the club website as soon as practicable and will be available on the RaceAhead website:

<http://www.raceahead.net>

If you have provided a valid mobile phone number in your entry, a text message of your individual result will be sent to you shortly after you finish.

Medals

All finishers will receive a special cased commemorative medal along with their finishers goodie bag.

Presentation

The presentation ceremony will take place as soon as possible after 2pm in the Club House lounge. Prize winners should make themselves, available or arrange for someone else to collect on their behalf. **Unclaimed prizes will be forfeited**



The 2nd Half Marathon winner's presentation, Sir Bobby Charlton presenting the trophy to Stan Curran



Mark Edwards

1st BICC 1/2 marathon winner 1:12:36

Charities benefit in many ways

Edited by

BICCABRAC

Steven Russell

HELSEBY employees — their slogan "We will raise money for any worthy cause" — have done it again, by collecting money from a mini-marathon.

The event was held during the recent bitterly cold weather to help raise money to send Gareth Endicott, who was suffering from a terminal brain tumour, to Disneyland in Florida. But the five-year-old died before the trip could be arranged.

Now the money has been sent to Wadon Hospital Neurological Unit, Liverpool, for equipment.

And the plan is to make the mini-marathon, over a 12-mile course round the four villages of Helsby, Ince, Elton and Thornton, an annual event.

Gareth's parents Val and Alan Endicott donated a cup for this round-the-villages race and the first winner was Bryce Copacitors' Mark Edwards, who completed the course in 1hr 12min 38sec.

The runners were sponsored to a total of £1,500, of which £100 went to the local St John Ambulance Brigade who provided the first aid back-up.

Mr. and Mrs. Endicott were hoping to send their son to Disneyland this year, but were getting desperate to raise enough money in time.

Toni Scott, daughter of Richard,

one of the organisers, was a school chum of Gareth's and it was she who told her father about the Endicotts.

"Knowing BICC people as I do, I was certain Helsby factory would help," said Endicott, who got together with Ian Davies and Peter White to organise the event.

Marathons being all the rage, they decided on a sponsored run.

Richard and Ian work in the Mechanics Department and Peter is an electrician.

The factory has also raised £231 from a match with local radio disc jockey's XI to send Michael Dun-calf, aged 10, for treatment to a Rumanian specialist.

Michael, of Ranscott, Cheshire, suffers from a little-known disease which makes his skin peel and blister painfully.

Former Professional Footballers Association secretary Cliff Lloyd, who lives at nearby Alvanley, presented the cheque.

The match was arranged by electrician Arthur Bellfield.

Footnote: Helsby social club and the sea angling section donated £230 to the Penles Lifeboat disaster fund.



Val and Alan present the Endicott Trophy to the first winner Mark Edwards. Pictured (left to right): Bernard O'Neill, SJAIB (who works in Flexible Cables), Peter White, Mrs. Endicott, Mark, Mr. Endicott, Ian Davies and Richard Scott.

Safety and personal audio

We continue to hear from other race organisers, officials and the police of accidents and near misses caused by participants running whilst wearing earphones and personal audio players. You should not race whilst using personal audio equipment. You must be alert at all times to the directions given to you by marshals and the police, to the movement of traffic, and to the presence of your fellow runners. This is for your safety and that of those around you.



At the start the road will be fully closed from Tesco to Helsby Arms.

The A56 from the Helsby Arms traffic lights to Dunham on the Hill will be a half road closure, runners must keep to the left hand side of the road.

The B5132 at Barrow will not be closed, keep to left.

The B5393 at Alvanley will be a full road closure

Race numbers and timing

This year, the Essar Four Villages Half Marathon will continue to use the latest technology in chip timing with the race chips embedded in your race number, and are fully disposable at the end of the race!

Do not mix it up your number with anybody else's number.

Do not fold, mutilate or otherwise damage the chip in your number, otherwise it will not work.

Do not forget to bring it to the race.

If you lose it, it will not be replaced.

The chip will be providing two times, 'gun' time and 'chip' time. All prizes will be awarded on the basis of the 'gun' time, i.e. the time elapsed from when the starting gun fires to when the chip records you crossing the finish line.

Chip timing will be our only recording method. ChampionChip™ timing is provided by RaceAhead <http://www.raceahead.net>

Please remember to fill out your personal details and emergency contact details on the back of your race number in permanent ink.

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Running Bear is a Specialist Running and Outdoor Wear shop based in Alderley Edge, Cheshire. Whether you are a novice runner or have been training for years we have the shoes and apparel that will help you meet your aims and objectives.

Situated in the centre of Alderley Edge, Running Bear is ideally placed for you to take advantage of the great trails that run over the Edge and beyond. There are plenty of good family friendly cafes in the village within easy reach of the shop. There is a car park opposite the shop.

Now in our 21st year we have accumulated knowledge of any problem areas you may encounter and are able to offer guidance on; injury prevention, training guidelines, nutrition, suitable clothing and footwear. Proprietor Tony Hulme, a runner for forty years, and an experienced competitor in track, road and fell races, a former England team manager for the England mountain racing team, and a AAA Coach, having coached several British fell racing champions, works with his knowledgeable and experienced staff, all of whom are accomplished runners with many years running experience between them, thus ensuring all your requirements are fully covered in a helpful friendly manner.

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ASICS Greater Manchester Marathon in Trafford

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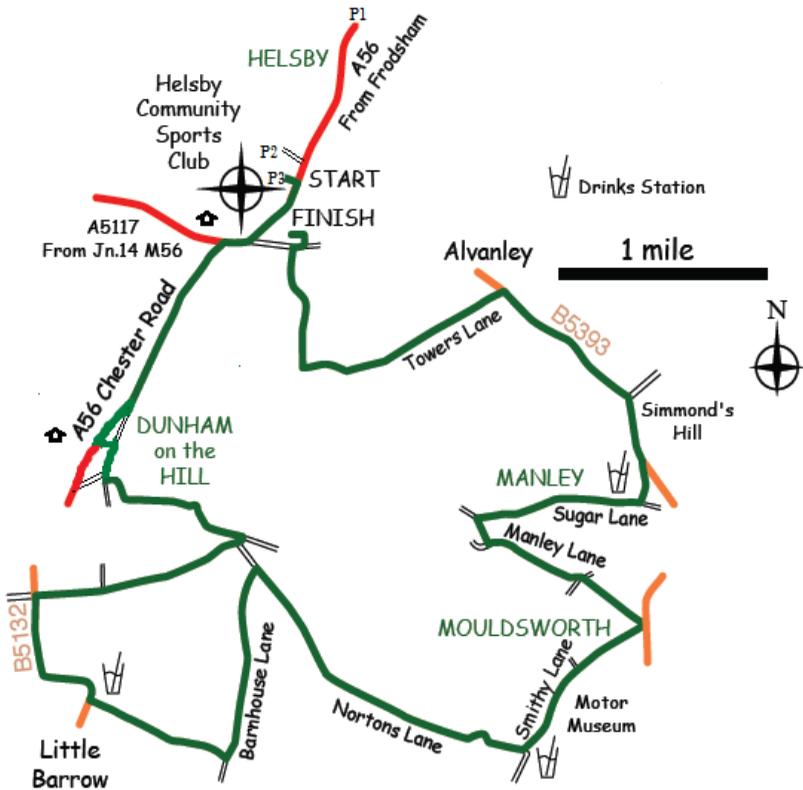
With only 54m of elevation, the ASICS Greater Manchester Marathon in Trafford is the flattest marathon course in the UK. It is also potentially the fastest and we are sure that it is the friendliest. The route is lined with thousands of spectators and loads of entertainers to make your marathon experience truly world class!



www.xtramileevents.com

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