

PARTICIPANT RACE INFORMATION



a.r.u. | Anglia Ruskin
University

HALF | 10K | 5K



01/03/2026

**DEAR
PARTICIPANT,**

Welcome to the 2026 Chelmsford Half Marathon.

We're proud to be hosting our sixth edition of the Chelmsford Half Marathon, 10K and 5K on Sunday 1st March 2026, and delighted to have you taking part.

Your race pack will be delivered straight to your door by Royal Mail, helping make race day as smooth as possible.

A huge thank you to our event partner, Anglia Ruskin University, for their continued support of the event. We would also like to thank Skylar Solar, a local Chelmsford company, for coming on board as a partner, supporting the Chelmsford Half Marathon this year.

Around 3,000 runners will take to the streets, many supporting brilliant local and national charities. You can expect a fantastic atmosphere on the day, with spectators lining the route to cheer you on all the way to the finish.

Best of luck on race day. Enjoy every step.

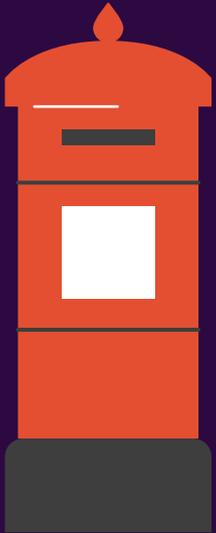
Best wishes,

**Andy
Race Director**





RACE NUMBER and TIMING



Your race bib will arrive at least 1 week prior to the event. Please note, they are sent out in batches therefore they will not all arrive at the same time.

Race information desk will be extremely busy on race day. Please read the FAQ provided in this document as most questions will be answered.

If you need help on the day, the Race Information desk will be located in the Lord Ashcroft Building near the main entrance.

Your timing chip will be attached to the rear of your race number.

Do not remove or bend this chip as damage may interfere with your timing



Share your flat lay photo (race number, T-Shirt, trainers, lucky charm etc) on Facebook and Instagram for your chance to win an entry to our 2027 event.



We have 3 tickets available!



Use #CMHALF26 to enter

RACE DAY

ARRIVAL INFORMATION

Arrival time

Between
07:15-08:30



Bag Drop

Opens @ 07:15
Closes @ 08:45
See location details below



Race Start

Race starts @
09:00
Alan Cherry Drive

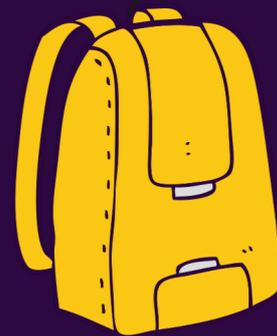


ARRIVAL INFO CONTINUED

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BAG DROP INSTRUCTIONS

Over 3,000 runners will use the bag drop, so queues are expected. If you arrive after 8:30am, access is not guaranteed. Please only use the bag drop if you cannot leave belongings with friends or family.



5K & 10K runners: Michael Salmon Building
Half Marathon runners: Marconi Building

Attach your bag label (from the bottom of your race number) to your bag before arrival. Your race number must be visible to enter either building, before and after the race.

5K / 10K Runners
Bag Drop Location:
Michael Salmon Building



Half Marathon Runners
Bag Drop Location:
Marconi Building



Sustainability

Chelmsford Half Marathon is committed to promoting sustainability within the local community.

With 3000 participants expected to take part we want to ensure we are having a positive impact on the environment by minimising the carbon footprint where possible.

Have you considered taking a more environmentally friendly means of transport to the event? When running, please use the large white sack bins to dispose of your cups and waste.

Please dispose of your race gels responsibly in the white bins located near the water stations.

If you are using gels, your race number must be written on the gel packet. These may be checked by stewards before the race. Any race gels found discarded will result in athlete disqualification.





Chelmsford campus
 Bishop Hall Lane, Chelmsford, Essex
 CM1 1SQ

RACE LOCATION

Event Site

**Anglia Ruskin University,
 Chelmsford CM1 1SQ**



- Student accommodation
- Sawyers Building (SAW)
- University Library and Queen's Building (QUE)
- Lord Ashcroft Building (MAB)
- Marconi Building (MAR)
- Tindal Building (TIN)
- William Harvey Building (WHB)
- Michael Salmon Building (SAL)
- Mildmay Gym & Sports Hall
- The MedBIC (BIC)
- School of Medicine



ARRIVAL INFORMATION CONT..

Parking

..nearest the start/finish:

Rectory Lane West, CM1 1RE

Rectory Lane East, CM1 1RH

Townfield Street, CM1 1QX



***Parking is not available at Anglia Ruskin University**

Other parking:

High Chelmer, CM1 1XL*

Viaduct Road, CM1 1HT

Townfield Street, CM1 1QX

Coval Lane, CM1 1TG*

Meadows Surface, CM2 0WP*

***Due to event road closures these car parks will be closed for a short period at the start of the race.**

**Full car park list:
[Click Here](#)**

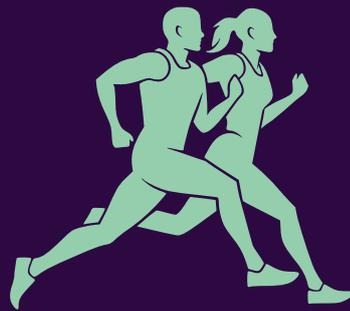




Chelmsford's road network is among the most congested in the UK, and closing roads requires a significant operation involving traffic marshals, security personnel, and vehicles to ensure motorists comply with closure signage.

Due to these closures, part of the town centre becomes temporarily isolated, effectively forming an "island." For this reason, we have historically started all participants at the same time rather than using a wave start.

To help reduce congestion along the course, we will be introducing changes to the race start, phased in over a two-year period.



We listened carefully to your feedback from last year and, as part of our commitment to improving the event, we're introducing a series of changes over the next two years.

This year, all races (5K, 10K and Half Marathon) will begin at the same time but runners will set off in waves based on estimated finish times. This should create a smoother, more enjoyable and less congested start experience.

From 2027, the 5K will be discontinued, with the event focusing on the 10K and Half Marathon, the reason for this is that as the event grows the time taken for every wave to pass over the start line will increase. In 2027, we are exploring separate start times for the 10K and Half Marathon, with both races continuing to use wave starts.

There's no need to update your predicted finish time before race day – simply line up in the wave that best reflects the time you expect to run. Wave 1 will have a gun to chip time. Wave 2 onwards will receive a chip to chip time (total time is based from crossing the start line to when you cross the finish line)

We're committed to continuous improvement and believe these changes will create a better, more enjoyable race day for everyone.

TOP TIPS



Make sure you practice running in your race day gear to ensure it is comfortable to avoid any blisters and chafing - this includes waterproofs and higher grip winter trainers in case of adverse weather



Make sure you pack your race number before you leave home



Double check the weather forecast so you know whether you need to pack sun cream, waterproofs or both!



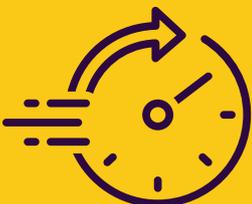
Make sure you pack enough nutrition to keep you fuelled on the course. Bananas and chocolate bars will be provided at the finish



We recommend participants bring their own water around the course to support sustainability. Water is available at the following approximate locations:

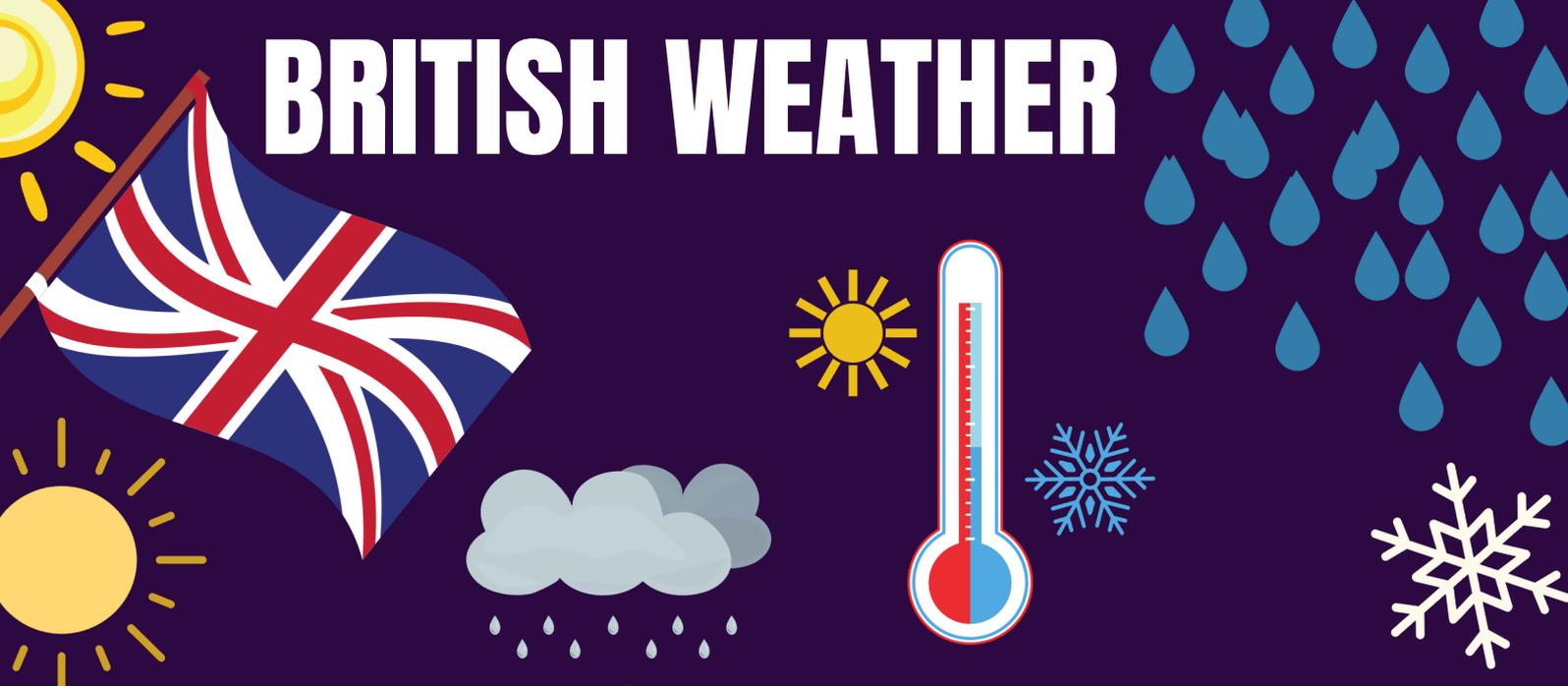
- Mile 2.8, 5.8, 9.8 and 11.1 for the half marathon.
- Kilometre 4.6 and 6.8 on the 10k route
- Kilometre 3.6 on the 5k route

Water will be provided for all race distances at the finish.



Pace yourself at the start of the race to ensure you have enough energy in reserve to complete the distance

BRITISH WEATHER



Appropriate Clothing

The weather in March can be extremely unpredictable (sun, rain or snow!), please check the weather forecast in advance and dress appropriately on the day

Footwear

Road trainers are ideal for dry conditions. There are also plenty of winter running shoes available that offer waterproof and additional grip for slippery, muddy and slushy conditions

Waterproof

You might want to consider wearing a waterproof/windproof running jacket to keep you dry and more comfortable

Spare clothes

Bring along a spare set of clothes to keep you warm and dry after the event

COURSE SIGNAGE



Directional arrows



**WRONG WAY
GO BACK**

You are going the wrong way ! Turn around and follow the correct directional arrow!

**RUNNERS
STAY ON
PATH**

Do not overtake on the road

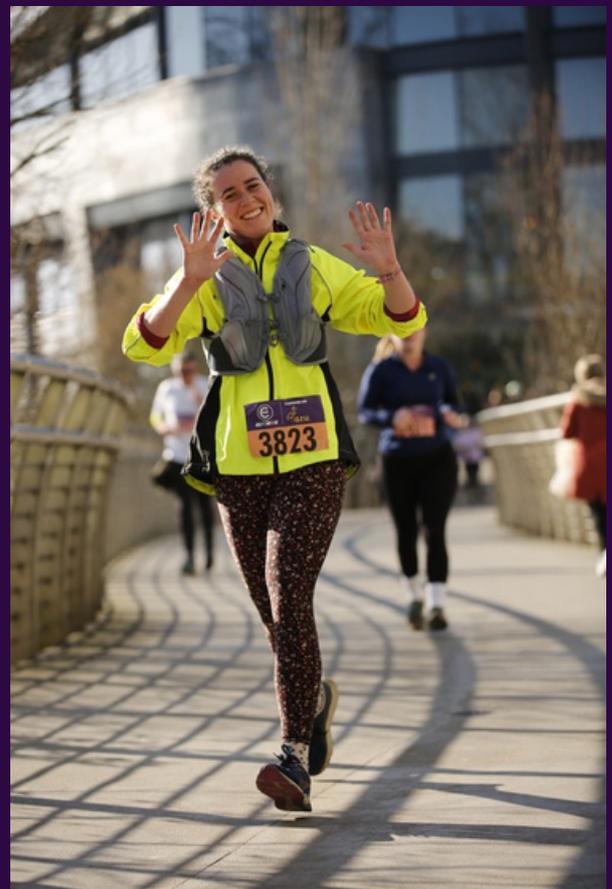
**RUNNERS
KEEP
LEFT**

Stay within the designated lane

2K

10K RUNNERS

**5K, 10K & Half
Marathon
distance
markers**



COURSE SIGNAGE



This directional sign will be displayed at the end of High Bridge. Half & 10K runners loop back over High Bridge towards Parkway. 5K participants join the path at the end of High Bridge and head into the city centre.



This directional sign will be displayed at the end of Chelmer Road, before the underpass. 10k participants turn left and head into the city centre via the path network. Half Participants turn right and continue under the underpass.

COURSE SIGNAGE



This sign will be displayed in the new estate that you enter after passing Lockside Marina and the pink brick bridge.

Half Marathon runners head straight on.

10K Runners turn left then head down the path around 15 meters do a 180 degree curve turnaround at the end and then head back 15m to join the half marathon runners

COURSE INFORMATION



Volunteers and signs will be dotted around the course to guide you.



Toilets are available in the Lord Ashcroft, Marconi and Tindal (Student Union) buildings.

You are encouraged to arrive 'ready to race' as it is not possible to cater for everyone during the short arrival time.

Toilets will also be available at the water stations.



If you are still running after 4 hours you may be asked to move onto the pavements so we can reopen essential roads. The event pack down will start but you will be permitted to finish.



If you or another runner need medical assistance, alert a first aider on the course or one of the stewards as soon as possible so that medical assistance can be arranged.

First aiders will be stationed around the course and at the start and finish line.



Recycling is provided

Headphones



Only Bone-Conduction Headphones are permitted!



According to Rule TR55 S5 in the UKA Rules for Competition Rulebook (01/04/2024-31/03/2026):

Headphones that work by conducting sound through bones and do not sit in or on the ears are acceptable. They must leave the ear clear of obstructions to hearing.



Over-Ear, On-Ear, Ear Buds and In-Ear headphones are strictly prohibited when participating in the race.



Last year over 60 people were disqualified by UK Athletics Race Officials due to wearing headphones that are not permitted by UK Athletics.

Whilst this is a closed road event, there are some road crossings e.g Bond Street and Riverside that remain open to the public.

Therefore, you must clearly be able to hear and listen to any instructions given by race marshals throughout.

There are many websites that incorrectly advertise open-ear headphones as bone conducting so please be mindful when making your purchase.

Shokz do have official approval from UKA however, only some are approved and not every model are bone conducting. There are other alternative brands out there which sell bone conducting headphones, but please note we are unable to reply to every email confirming if your headphones are compliant or not. Please refer to the UKA official website for more guidance.



ROUTE MAPS

HALF

CLICK HERE
HALF GPX FILE

10K

CLICK HERE
10K GPX FILE

5K

CLICK HERE
5K GPX FILE

JOINING US AT CHELMSFORD HALF THIS YEAR...

M Little Drinks Van

- Coffee
- Soft Drinks
- Cakes
- Beer
- Wine
- Prosecco



Revive Health will be available at the finish line for with expert sports massages to aid recovery, reduce soreness, and get you back to training faster.

SPECIAL OFFER FOR CMHALF RUNNERS:

£15 discount on your first pre-race sports massage session when you mention CMHalf

Phone: 01245 956391 | Mobile: 07723 503277

Website: www.revivehealthchelmsford.co.uk



SPECTATORS

**Spectators are
welcome at the event**



**Toilet facilities are
provided at Anglia
Ruskin University for
athletes and spectators**



HALF | 10K | 5K



a.r.u. | Anglia Ruskin
University



**Your 2026 Finisher
medal awaits...**
(and yes we double checked and its
definitely 2026)



Ever wondered what I do outside of Race Director duties?

I help families and businesses to reduce their energy bills.

Skylar are a multi award winning solar company based in Chelmsford and have a showroom where you can view solar & battery products.

Here are some videos where I discuss SigEnergy with Youtuber 'Gary Does Solar':

[Watch out Tesla, Here Comes SigEnergy!](#)

[Why I'm Changing My Solar System](#)



Skylar are kindly sponsoring this years event.

If you are interested in obtaining a quote, email Skylar a photo of your race number or finisher medal for a £250 discount!

info@skylarsolar.co.uk





1. What time should I arrive?

- Between 7.15am until 8.30am.

2. What time does the race start?

- All distances (5K, 10K and Half Marathon) will start promptly at 09:00am with wave starts depending on finish times. Due to the volume of people participating in the event (3,000) we expect there to be large volumes of event traffic on the roads and queues for the toilets shortly before the race starts. Please arrive with plenty of time.

3. Can I start the race late?

- All participants must start at the allocated time of the race. This is to ensure the roads are opened back up on time, minimising disruption locally. All distances will start at 9am.

4. Can I defer, transfer or receive a refund?

- As per the terms of your ticket purchase we do not offer refunds. The option to 'Transfer' and 'Change Category' closed on 22nd January at midnight. The race file has now been finalised and race numbers prepared for dispatch, therefore we are unable to facilitate any further changes.

5. Can I transfer to another race category?

- Please see guidance in point 4 above.

6. Can I pass or sell on my place to another runner?

- The option to transfer your place to someone else closed on the 22nd January. Your entry is unique to you for H&S and insurance reasons. Participants will be disqualified and timing removed if they are found to have passed on their race number.

7. When will I receive my race number and timing chip?

- Race numbers and timing chips will be received up to 1 week before race day. If you do not receive your race number in the post, there will be a short window to collect your race number and timing chip on race day. Our helpful team will be waiting for you at the main Lord Ashcroft Building 7.15- 8.30 on race day. If you are collecting a bib for friends or family, please make sure you have their full name and DOB. Please arrive early as queues are likely and the race will be starting promptly at 9am.





8. Do I need to update my address?

- If you have moved since the 22nd January or you did not update your address by the 22nd January deadline your race pack will be sent to the address you registered with. You will need to collect a replacement race number from the Lord Ashcroft Building. Click [here](#) for the exact location.

9. How can I change my predicted finish time?

- There is no need to update your predicted finish time.

10. Where can I park?

- There is no parking or drop off/collections facility at Anglia Ruskin University. Therefore, it is strongly recommended that you plan your parking in advance of race day. A list of car parks can be found [here](#).

11. Where is there a drop off point?

- As the event is based in the city centre there are lots of drop off opportunities as you approach. We recommend you arrive at least one hour before the race start to avoid road closures and event traffic.

12. Where is the start and finish location?

- The start and finish is at Anglia Ruskin University, in front of the School of Medicine Building.

13. Where can I find the route map?

- The route map can be found in this guide or on our website: <https://www.cmhalf.com/racemaps>

14. Where can I see the course elevation and profile?

- This is available on the route map link.

15. Will there be Pacers at the event?

- There will be Pacing at 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00 - Please note pacer places are fully allocated and they are volunteer positions. If pacing is important to you please ensure you also monitor your own pace with a sports watch.

16. Will runners for different races be running together?

- All races will start together at 9am. Please look out for signs for your specific different race distance as there are places on the course where different race distances split from each other. Please ensure you do not just follow the person in front of you!



17. How many water stations will there be?

- We recommend participants bring their own water around the course to minimise touch points. Water is provided at mile 2.8, 5.8, 9.8 and 11.1 for the half marathon. There are two water stations at kilometer 4.6 and 6.8 on the 10k route and one water station at kilometer 3.6 on the 5k route. Water will be provided for all race distances at the finish.

18. What food will be provided?

- Bananas and chocolate bars will be provided at the finish. Participants are encouraged to bring their own food and energy gels for around the course. Running belts can be useful for storing water and energy gels. Mobile catering units will be located near the finish line. Note: you must write your race number on energy gels and only dispose of them at the water station bins.

19. Can my friends/family track me on a map around the course?

- Tracking is available on the for the 10K and Half Marathon. This can be shared with family and friends. A link to the tracking map with instructions will be shared by email to participants before race day. It will also available on our website. cmhalf.com/tracking

20. How can I purchase CMHalf merchandise?

- Merchandise advance orders have now closed. If you have purchased merchandise you will receive your order by 1 week before the event.

21. Can you still enter the 2026 race?

- No - the event is sold out. Please sign up to our waitlist on cmhalf.com for 2027 ticket updates

22. A friend/family member wants to buy a ticket to the 2027 event, where can they be purchased from?

- Tickets are released in batches on a first come first serve basis. The cheapest time to buy a ticket is on race day. Please direct them to cmhalf.com where they can sign up.

23. Where is the best place to spectate?

- The best places to see runners will be the ARU University Campus, Parkway and High Bridge (between the Odeon roundabout and Tesco Supermarket).



24. Will there be photo opportunities?

- We will have photographers taking pictures throughout the day. A link will be emailed out once these are available. We will also have a selfie wall at the finish so you can celebrate your achievement!

25. When will I get my finish time?

- Results will be published live on social media and our website cmhalf.com

26. How will my time be recorded?

- We are using industry leading, cutting edge chip timing technology. RFID timing mats will read the unique RFID chip that is located behind the foam pad on the back of your race number. This enables the timing company to produce a chip-to-chip time and gun time for your race. Results will be available on our website. The race winners are based on gun-time.

27. Will I receive a medal?

- Yes, our large medals will be handed to you at the finish line.

28. Will there be an awards ceremony?

- There will be 1st, 2nd and 3rd place winners for both males and females. If we believe you have won an award, you will be handed a medal at the finish line. Once checks have been done, you can collect your trophy and bubbly from the main stage.

29. When is the 2027 event?

- Sunday 7th March 2027.

30. Have tickets already been released for the 2027 event?

- The Chelmsford Half Marathon is an annual sell out event. We are offering a 50% discount on full price tickets on race day for 24 hours. Tickets for 2027 will be available on race day.

31. After 3,5 hours we will start to de-rig the finishing line area, you will still be able to cross the finish line after this time.





HALF | 10K

JOIN WAITLIST

RUN WITH US NEXT YEAR

7 March 2027

RACE DAY DISCOUNT!

50% OFF* 2027

24 hours ONLY!

~~£66~~

£33

***Full price ticket - 50% off limited to 1,500 tickets**

2027 Ticket Releases

The earlier you sign up the more you save

1st Release - Race Day 50% Discount

24 hours ONLY!!

- **Half £33.00***
- **10K £23.50***

Plus £35.00 for VIP entry

(2027 Race T-shirt, XL Bib customised with name, iTAB with finish time for the back of medal)

2nd Release - 25% Discount

- **Half £49.50***
- **10K £35.25***

Plus £35.00 for VIP entry

(2027 Race T-shirt, XL Bib customised with name, iTAB with finish time for the back of medal)

3rd Release - 10% Discount

- **Half £59.40***
- **10K £42.30***

Plus £35.00 for VIP entry

(2027 Race T-shirt, XL Bib customised with name, iTAB with finish time for the back of medal)

3rd Release - Full Price

- **Half £66.00***
- **10K £47.00***

Plus £35.00 for VIP entry

(2027 Race T-shirt, XL Bib customised with name, iTAB with finish time for the back of medal)

***booking fee also applicable**

Revive Health

Revive Health is a private Health Centre in Chelmer Village, offering hands-on treatments to help a variety of ailments. Our team of Physiotherapists, Sports Therapists and Sports Massage Therapists are here to help relieve symptoms of back pain, shoulder pain, knee pain, training/running injuries as well as women's health and scar therapy treatments. We offer a free initial assessment to all patients, to review your condition and pair you with the therapist that is best suited to help you in your journey, wherever that may take you.

£15 discount on your first pre-race sports massage session when you mention CMHalf

Phone: 01245 956391 | Mobile: 07723 503277
Website: www.revivehealthchelmsford.co.uk

Race day treatments are subject to availability

Blink and you will miss it...

Beaulieu 10 launching soon



**Secure your CM Half / 10K 2027 place within the first
24 hours of race day (1st March 2026):**

Get Beaulieu 10 priority list status

Guaranteed access to the Beaulieu 10 pre release

GOOD LUCK!!



a.r.u. | Anglia Ruskin University

HALF | 10K | 5K

