

Liverpool **Running the**

Half Marathon?

won anilno niol

thegymgroup.com

Drinks stations - Water will be located at miles

3, 6, 9 and finish. See course map for locations.

Please be considerate when you discard your

and try not to throw it in front of runners who can be easily retrieved by the volunteer teams used water bottle. Drop your bottle where it

may be behind you as it could present a trip

length of the course. Mile markers - will be in position along the full

with at the earliest opportunity. Timing and results-will be provided by TDL info@tdleventservices.co.uk and they will be dealt nine mile points. See map for locations. Any enquiries about times should be forwarded to In the selim xis, selim 2.0 at 0.5 miles and liw - at 0.5 miles and

completion of the race.

www.tdleventservices.co.uk

Results will be posted on:

by text to mobile phones shortly after the

after the race. Personal times will be sent

and split times will be given at the 10K point.

remove it. It is disposable so does not need

good luck!

Ils gnidsiW

runners

number. Do not tamper with it or attempt to

The timing chip is on the reverse of your running

changing, shower and locker facilities.

and then enter your details.

(try it £6.99 option).

to The Gym on race day for access to the

to you and you will need this to gain entry

This option will only be active from **2nd March**.

and enter promo code LIVERPOOLHALF20

The event date is Sunday 15th March

and select join now and day pass

www.thegymgroup/liverpoolone

To get your unique access code for your

Free changing rooms

Free One Day Pass simply visit

and showers!

Your unique access code will be emailed

It is activated when you pass over the start mat

promenade along the waterfront. The final four miles are flat and follow the

miles and Aigburth Drive approaching 7 miles. downhill through Princes Park approaching 3 Sefton Park and a couple of easy sections, sightly Other than that there is only gentle undulation in

and goes along Upper Parliament Street as far as marker at Chaloner Street. It is 650 meters long Plim I but with a sharp incline just after the I mile The course is generally acknowledged as being The Half Marathon Course

scrutinised and confirmed. trophies sent out once all results have been category winners will be notified by post and their 1 st, 2nd and 3rd places are confirmed. All other Presentation / Prizes - will take place as soon as

and are not sent out in advance of race day. Tahirts will be distributed at the end of the finish

completes the full half marathon course. T-Shirts - will be awarded to everyone who

line. Drinks will also be available at the end of the

collect your medal and T-shirt just after the finish Once you complete the race you will be able to The finish line is also the start line.

any of these times then run alongside your 2.10hrs, 2.20hrs and 2.30hrs. If you are targeting times - 1.30hrs, 1.40hrs, 1.50hrs, 2.00hrs, Pace runners- will be running at the following

> be held responsible for any loss or valuables as BTR Liverpool Limited cannot Bags are left at owners' risk. Do not leave

please make a note of which bus you use. view. The buses are manned at all times but Boulevard. The location will be signed and in close proximity to the end of Canada haggage buses which will be positioned in Baggage buses - baggage can be left on the

and 9 miles.

6.5.0 at located at 0.5, 6 the top end of the finish area and clearly Toilets - will be located on the waterfront at

runners too far up the running order. broblems along the course with slower not over estimate your time as it causes line up near to your estimated time and do order with fastest times to the front. Please Time pens - runners will line up in time

then onto the main waterfront roads. Boulevard to the left via Mann Island and Liverpool building. Runners will exit Canada Canada Boulevard in front of the Port of The start and finish area is located on

Start/Finish area

www.merseyrail.org For updated train information go to

waterfront. Approx walking time 15 mins. Church Street and Lord Street to the Station and walk to the start area along will need to alight at Lime Street / Central Anyone using Northern or City Line trains

Liverpool Loop Line.

to the start area is James Street on the Travelling by train-the nearest train station

and Liverpool ONE car parking. in the side roads as well as the Albert Dock, (entrance via Bath Street), on-street parking along from Crowne Plaza at Princes Dock at the Capital car park, pay and display just the immediate vicinity of the Liver Building Car parking - there is ample car parking in

waterfront roads.

Leeds Street. Follow Leeds Street on to the John Moores University and turn on to hand turn at the traffic lights just before and once on Scotland Road take the right - follow the signs for Liverpool city centre

From the Kingsway (Wallasey) Tunnel then the waterfront roads. and follow Dale Street to Water Street and

main tunnel entrance turn immediately left directly in front of you. If you exit via the

the Dock exit and the Liver Building is (Birkenhead) Tunnel - exit the tunnel via From Wirral via the Queensway







9.00am START SUNDAY 15th MARCH 2020



Thank you for taking part in the 2020 Liverpool Skyline Half Marathon. We hope everyone taking part enjoys our great city and, of course, the event itself.

Getting to the start

The start and finish area of the race is located on the waterfront on the riverside of the Liver Building. The area is accessible on foot from the main waterfront roads comprising New Quay, Goree, The Strand and Strand Street.

SAT NAV postcode for the Liver Building is L3 1HU.

From the north or south - follow any of the main roads into the city centre and follow signs for Albert Dock or Liverpool Arena.

From the north - look out for the Radisson Hotel and the Liver Building is on your right. From the south - look out for the Albert

Dock on the left of the main road or Liverpool ONE or the Hilton Hotel on the right. The Liver Building is just after these locations.

From the east - coming from the direction of the M62 follow any of the signs into the city centre via Edge Lane, Islington, Dale Street or Leeds Street until you reach the waterfront roads.







Pre race cuppa or post race refueling?

Mann Island Social and The Dockside Sports Bar are just a minute from the start line

Mann Island Social are offering a **free drink** with every meal. Just show your medal after the race.



SMILE PLEASE!



Event photography at the event is provided by **Mick Hall photos** – so don't forget to put on your best finish line face as you cross the line.

You will receive an email shortly after the event with a link to...

https://mickhall.zenfolio.com



LIVERPOOL HALF MARATHON/10 MILER SOUVENIR T-SHIRTS & HOODIES



£20 £20 £10 £10

Small, Medium, Large, Extra Large, XXL

AVAILABLE IN EVENT ENQUIRIES AREA, EQUATOR BUILDING



