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**SUNDAY 26th MARCH, 9.00am START**

**CLOCKS GO FORWARD 1 HOUR, DON'T BE LATE**



**Thank you for taking part in the 30th Liverpool Half Marathon and 10 Mile Road Race.**

We hope everyone taking part this year enjoys our fantastic city and of course, the event itself. Taking on the 13.1 mile distance (or 10 miles) is a great way to see the sights. Enjoy Liverpool.

#### **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 on your left 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.

**From Wirral via the Queensway (Birkenhead) Tunnel** - exit the tunnel via the Dock exit and the Liver Building is directly in front of you. If you exit via the main tunnel entrance turn immediately left and follow Dale Street to Water Street and then the waterfront roads.

**From the Kingsway (Wallasey) Tunnel** - follow the signs for Liverpool city centre and once on Scotland Road take the right hand turn at the traffic lights just before John Moores University and turn on to Leeds Street. Follow Leeds Street on to the waterfront roads.

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

**Travelling by train** - the nearest train station to the start area is James Street on the Liverpool Loop Line. Anyone using Northern or City Line trains will need to alight at Lime Street / Central Station and walk to the start area along Church Street and Lord Street to the waterfront.

Approx walking time 15 mins.

For updated train information go to [www.merseyrail.org](http://www.merseyrail.org)

**PLEASE CONSIDER CAR SHARING**

**PLEASE NOTE THAT MOST MERSEYRAIL SERVICES DO NOT START UNTIL 8.00am**



### Start/Finish area

The start and finish area is located on Canada Boulevard in front of the Port of Liverpool building. Runners will exit via Brunswick Street and then turn right onto the main waterfront roads.

**Time boards** - runners will line up in time order with fastest times to the front. Please line up near to your estimated time and do not over estimate your time.

**Toilets** - will be located in Water Street in the start / finish area. They will also be on the course at 3, 6, 9 and 12 miles at the water stations.

**Baggage buses** - baggage can be left on the baggage buses which will be in close proximity to the start line at Water Street. The buses are staffed at all times but please make a note of which bus you use. Bags are left at owners' risk.

**Do not leave valuables as BTR Liverpool Limited cannot be held responsible for any loss or damage.**

**Please do not stay on the bus for longer than you need to leave your bag.**

The bus is not intended to be a changing facility nor a shelter. Please be mindful that other people will be behind you waiting to leave their bag.

**Pace runners** - will be running at the following times - 1.30hrs, 1.40hrs, 1.50hrs, 2.00hrs, 2.10hrs, 2.20hrs and 2.30hrs. If you are targeting any of these times then run alongside your chosen pacer. They will be identifiable in the start area and will be positioned close to designated time boards.

**The finish** - the finish line is also the start line. Once you complete the race you will be able to collect your medal and T-shirt just after the finish line. Drinks will also be available at the end of the finish area.

**T-shirts** - will be distributed at the end of the finish and are not sent out in advance of race day.

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

### 10 MILE ROAD RACE / COURSE SPLIT

Anyone taking part in the 10 Mile race will split off from half marathon runners shortly after the 3 mile point on Aigburth Road at Sefton Park. The split point will be clearly marked and runners need to stay to the right hand side of the road to avoid crossing the path of half marathon runners moving straight ahead.

Please stay to the left once you have performed your u-turn to avoid faster half marathon runners coming up behind you.

**PLEASE DO NOT WEAR HEADPHONES AT THIS POINT. YOU NEED TO BE AWARE OF WHAT IS COMING UP BEHIND YOU ALONG AIGBURTH ROAD APPROACHING OTTERSPOOL PARK.**

**The Half Marathon Course** - is generally acknowledged as being flat but with a sharp incline just after the 1 mile marker at Chaloner Street. It is 650 meters long and goes along Upper Parliament Street as far as Princes Road. Other than that there is only gentle undulation in Sefton Park and a couple of easy sections, slightly downhill through Princes Park approaching 3 miles and Aigburth Drive approaching 7 miles.

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

**Drinks stations** - water will be located at miles 3,6,9 and 12 miles. See course map for locations. Please be considerate when you discard your used water bottle. Drop your bottle where it can be easily retrieved by the volunteer teams and try not to throw it in front of runners behind you as it could present a trip or slip hazard.

**Mile markers** - will be in position along the full length of the course and also the half way point for both distances.

**Timing and results** - will be provided by TDL Event Services Limited.

The timing chip is on the reverse of your running number.

Do not tamper with it or attempt to remove it. It is activated when you pass over the start mat and split times will be given at the 10K point. Results will be posted on [www.tdlevantservices.co.uk](http://www.tdlevantservices.co.uk) after the race. Personal times will be sent by text to mobile phones shortly after the completion of the race.

Any enquiries about times should be forwarded to [info@tdlevantservices.co.uk](mailto:info@tdlevantservices.co.uk) and they will be dealt with at the earliest opportunity.

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**the gym group**  
we're with you

**FREE CHANGING AND SHOWERS AT**  
**the gym LIVERPOOL ONE**

In order to get access to the facilities just follow these steps:

1. Go to [thegymgroup.com](http://thegymgroup.com) & click 'join now'
2. Choose Liverpool One - click day passes - choose 3 day pass  
Select date (26.03.2023)
3. Enter code : BTR23

Places are limited and offered on a first come first served basis.

**PLACES WILL BE AVAILABLE FROM 9.00am  
ON MONDAY 20th MARCH 2023**

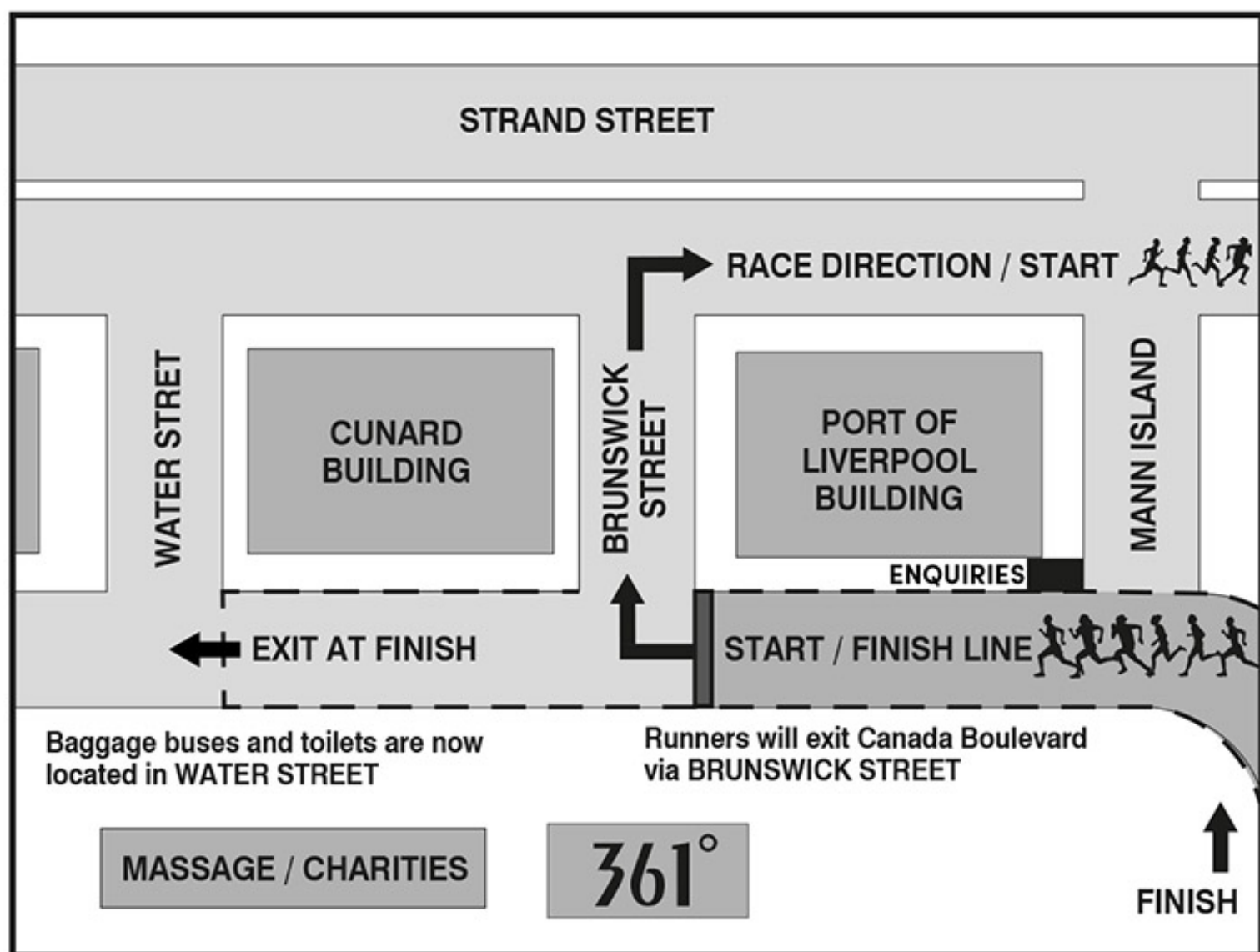
Wishing all the runners good luck for the day.

[thegymgroup.com](http://thegymgroup.com) 39 Strand Street, One Park West,  
Liverpool L1 8LT









## ENTRIES FROM OUTSIDE THE UK

If you are taking part and have a postal address outside mainland UK then you can collect your race number from the enquiry tent on race morning.

This will be located in front of the Port Of Liverpool building at the start / finish line.

You will be emailed directly about this prior to the race date.

## START / FINISH AREA

Runners will exit Canada Boulevard via BRUNSWICK STREET.

This is the opposite direction to what you may be familiar with but the start and finish line will remain in the same place.

The finish line approach remains the same.

The time boards for pacers will be situated along the course back toward the Albert Dock and down the rear of the Museum of Liverpool.

Baggage buses and toilets will be located in Water Street.

**relish**  
Café Bar



## Relish Café Bar Drink Station

Looking for the perfect place to rest up and refresh before and after the race?

Relish Café Bar is situated within the ground floor atrium of the iconic Royal Liver Building atrium, serving up a range of hot and cold sandwiches, salads, delicious pastries and more, ready to be enjoyed alongside local coffee, soft drinks and alcoholic beverages.

With everything made from locally-sourced, freshly-prepared ingredients, Relish is the perfect location to meet, work or play. Make use of our cosy booths for your team meeting, join us for lunch, indulge in an after-work tippie or simply grab your morning coffee to go.

Opening at 8am, all runners and their supporters are welcome to refuel after the race or even grab a last-minute caffeine hit before you start.

The Entrance is on the Strand side of the Liver Building.

Find out more: [Relish-rlb.com](http://Relish-rlb.com)