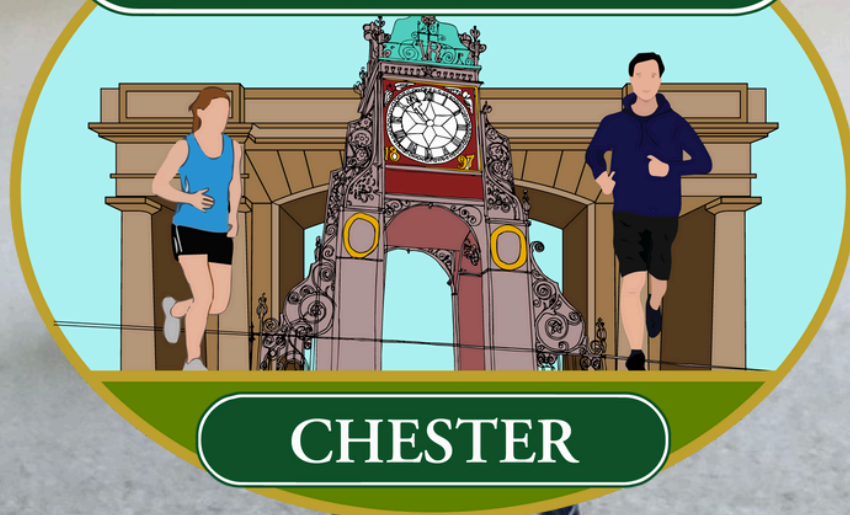


# EVENT GUIDE



## Cheshire 10k, 10 Mile & Juniors Sunday 7th July 2024

CHESHIRE  
10K & 10 MILE



CHESTER

# Your Race Experience

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Welcome



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Get Involved!



# Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team

**CALLUM**



**CHRIS**



**COL**



**CAT**



**CAMERON**



# TRAVEL

**Address: Cheshire County Sports Club, Mannings Ln, Chester CH2 4EU**

The sports club is located just off the A41, accessible from the M56 & M53. There is free parking available at Upton-by-Chester High School, Plas Newton Ln, Chester CH2 1PR. From here there will be signs and marshals to direct you the 10minute walk to the event village.

Please arrive early to ensure a parking space, and ample time to walk to the event village. For other parking options, please visit [parkopedia.com](http://parkopedia.com).

Bache (BAC) is the closest train station, just 1.4miles from the event village, and is served by Merseyrail. If planning to travel by rail, please plan your trip in advance as Sunday services may be limited.



use the words [///driveway.relishing.judges](https://www.what3words.com/#!/driveway.relishing.judges) for exact event village location.

use the words [///saved.product.motored](https://www.what3words.com/#!/saved.product.motored) for exact car park location.

## Start Times:

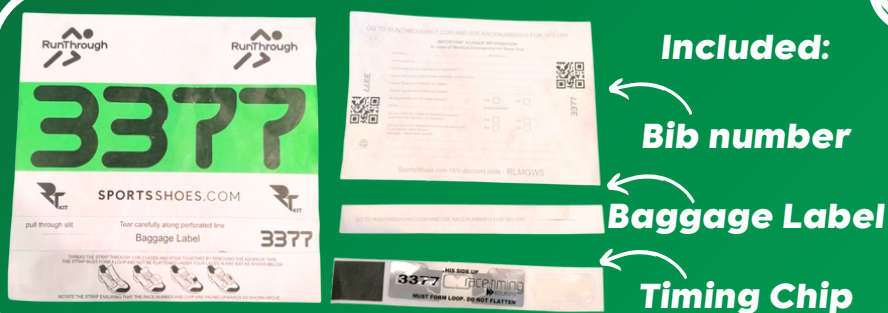
10 Mile – 9:00am  
10k – 9:30am  
Juniors – 10:45am

## Race Pack Collection Times:

10mi - 7:30 - 8:30am  
10k - 8:00 - 9:00am  
Juniors - 9:15 - 10:15am

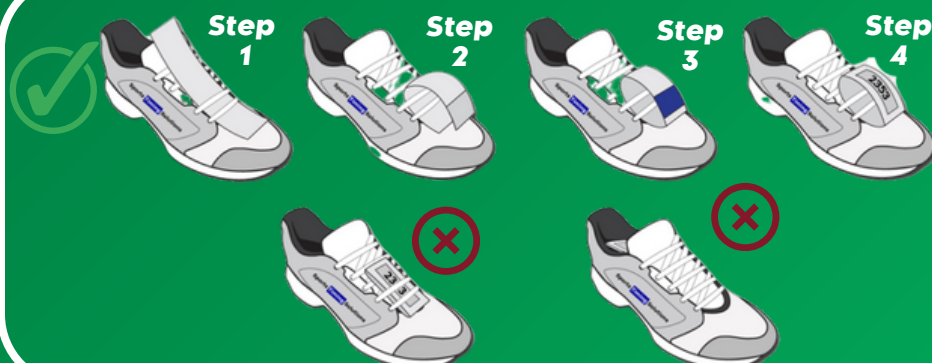
- **\*\*IF YOU'VE ENTERED PRIOR TO THE 24TH JUNE YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***
- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.
- If you have received your pack, simply turn up and run, you don't need to check in.

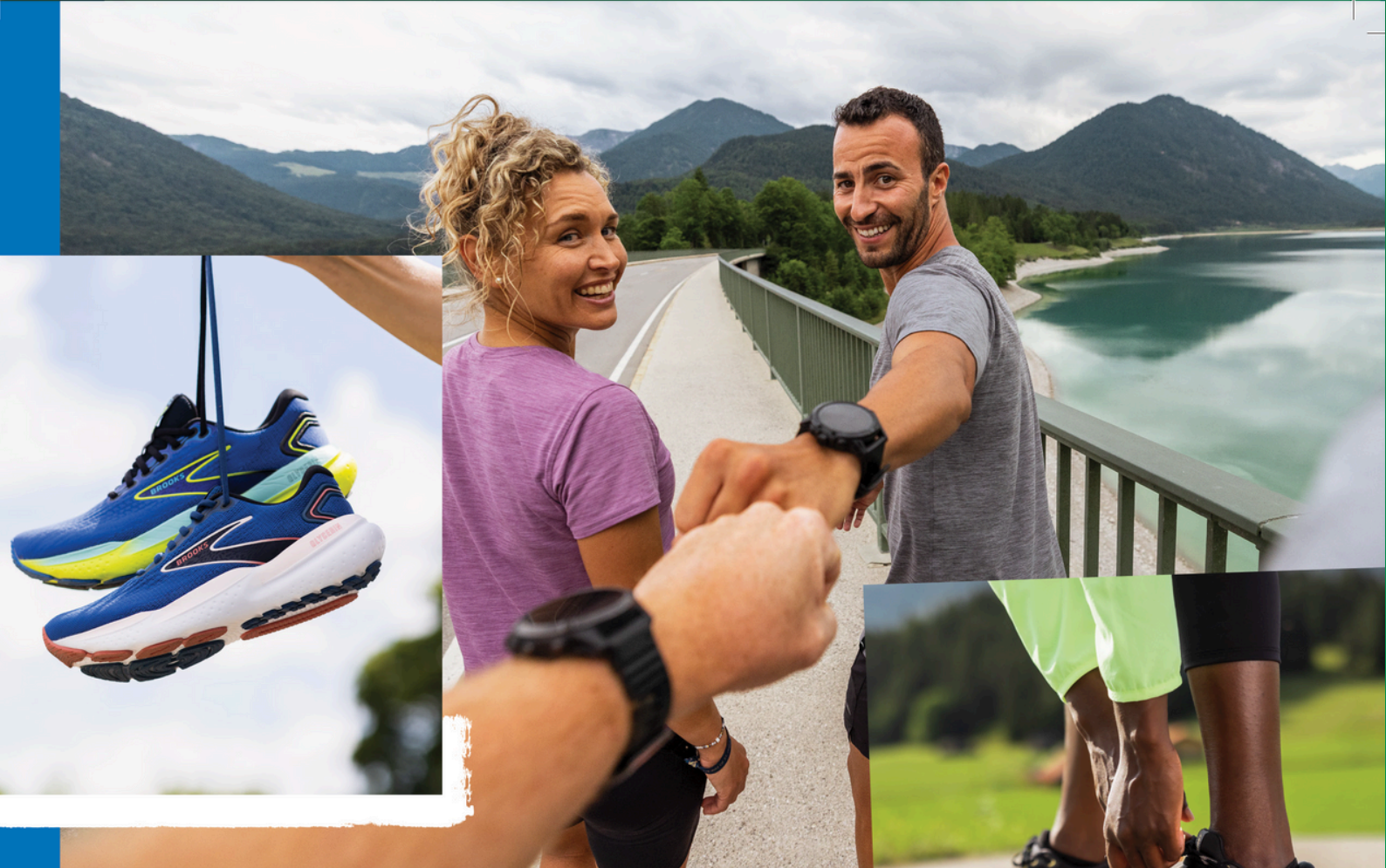
[CLICK FOR ENTRY LIST](#)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)





# WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

**BROOKS**



Scan or click  the QR Code

## **SPECTATORS** ✓ **COFFEE** ✓

There will be coffee vans located in the event village serving snacks and hot drinks.

## **TOILETS**



There will be portable toilets in the event village.

## **BAGGAGE**

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

# **RUNNER RETREATS**



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**



## **WARM UP & RACE START**

We will have a warm up in the event village 15 minutes prior to the start of each race. From here, we will call out estimated finish times to get all runners lined up and ready to run.

## **DURING THE RACE**

There will be marshals all around the course as well as distance signs and arrows.

For the 10mi there will be Yellow signs counting up from 1 to 9mi.

The 10k will follow green signs, from 1 to 9km.

The route follows a fast course on country roads in the Cheshire countryside, around Hoole Bank, Picton and Wervin before finishing back at Cheshire County Sports Club.

Please drain and discard all litter and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass just after each water station.

## **REFRESHMENTS**

There are water station located at 3 miles, 5.5 miles and 8 miles on the 10 mile course, and at 3k & 7k on the 10k route.

There will also be a bottle of water waiting for you at the finish line.

We recommend bringing your own water to stay hydrated in the lead up to the event.



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**ZM4NYQ6U054**

**The UK'S NO.1 Online Retailer for RUN.GYM.HIKE**

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**15%OFF Spring/Summer 24 ranges at Sportsshoes.com\***

**Code valid until 07.07.24**

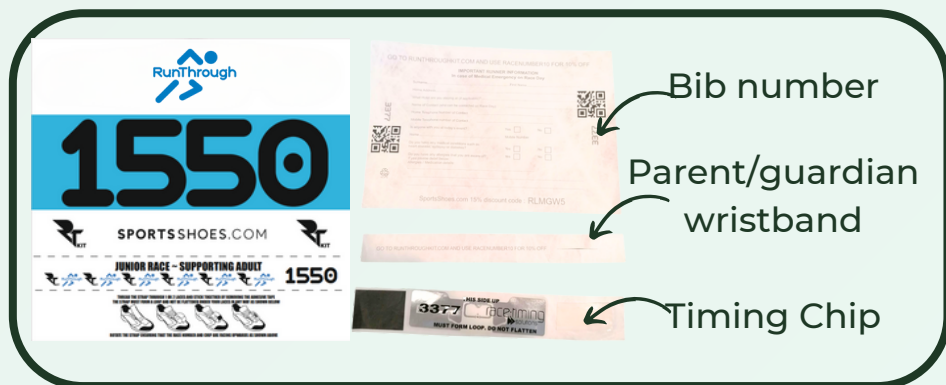
\*Exclusions apply



# JUNIOR RACE!

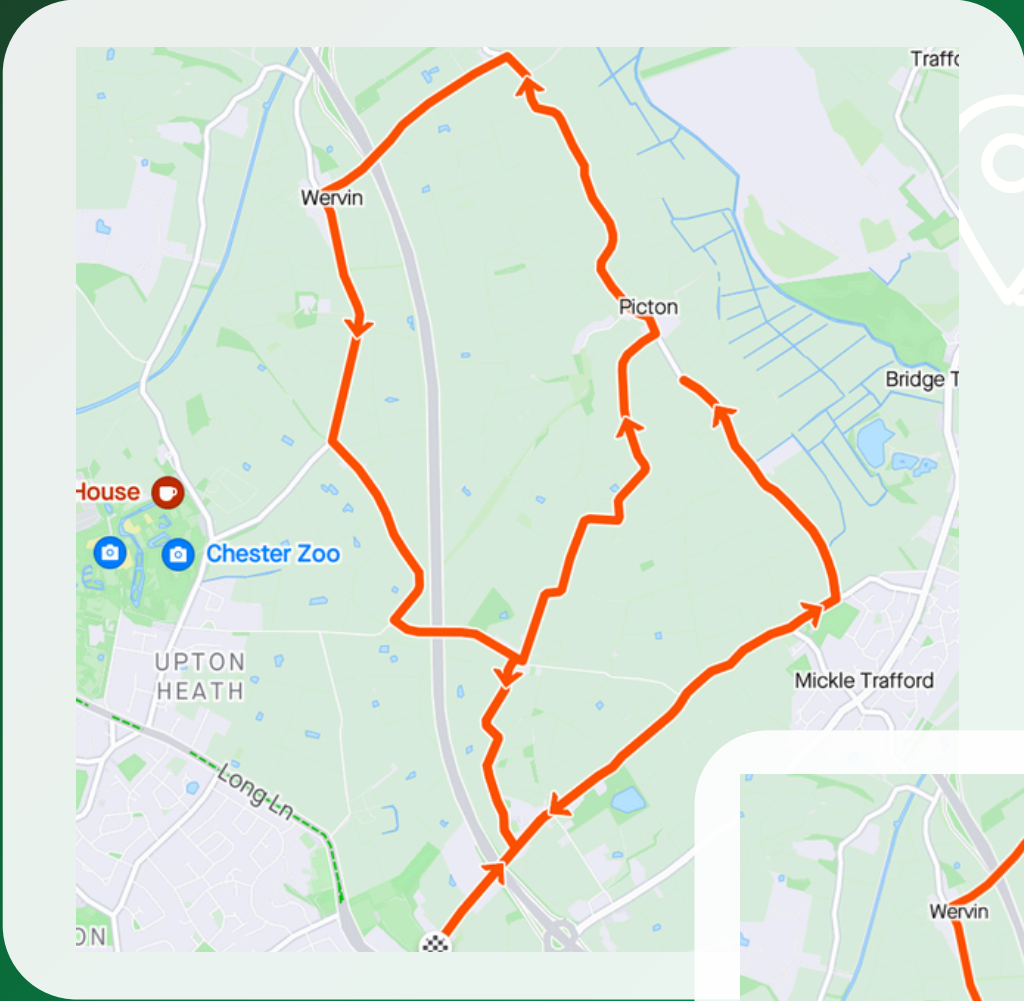


- Collect your race pack from registration. This will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in the event village 15mins prior to the start time.
- We'll have a group warm up at 10.30 and walk to the start together.
- The race will start at 10.45 and will follow a 1km loop out and back course. There will be a lead bike and marshals along the course.
- The junior race will finish at our main finish line, from here you will have your own junior finish funnel to collect your goodies.
- Parents/Guardians, you are welcome to join in or you can cheer can on your little ones on the finish line.
- **Your little ones will not be able to leave the junior finish funnel until they are accompanied by their appropriate wristbanded adult. Please ensure your wristband is visible on collection. We will have a staff member in this area at all times.**
- When in doubt, keep an eye out for our big blue flag!

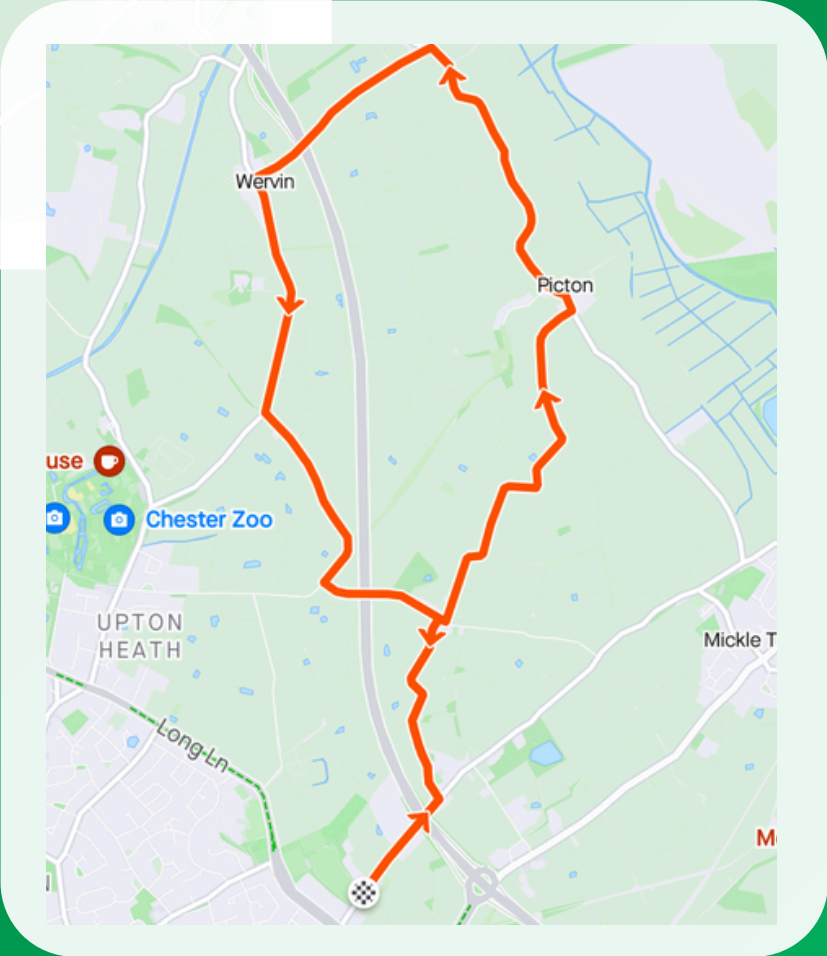


# COURSE MAPS

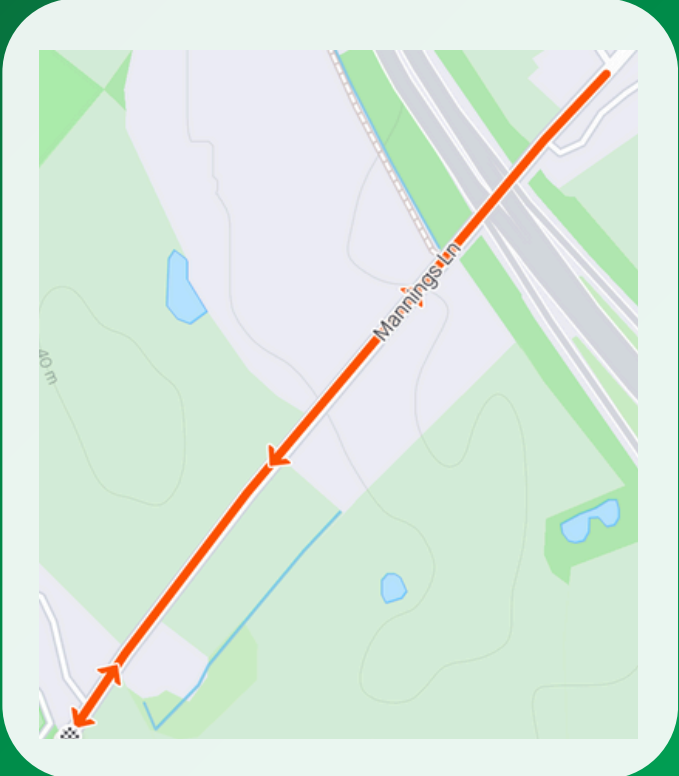
# 10Mi



# 10K



# JUNIORS



[CLICK FOR 10MI INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR JUNIOR INTERACTIVE MAP](#)

# <sup>+</sup>nuun

HYDRATION

Hydration starts here

**NEW!**



## SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

**LEMON LIME**  
NATURAL FLAVOURS AND COLOURS  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 5g) 50g e

## ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 4.5g) 45g e

# Nuun is here to support every RunThrough runner.

## Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



## **THE FINISH LINE**

Please continue walking through the finish funnel to collect your medal and all your post race goodies!

These will consist of a bottle of water and snacks from our sponsors.



## **Event T-shirts!**

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

*(Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect- if this is the case, we will ensure your items are posted out.)*



**PURCHASE AN EVENT T-SHIRT**

## CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT\***

*\*in comparison to potato crisps*

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



## TRY OUR FLAVOURS



## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



**20% OFF**  
your next order 

USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)

# RUNTHROUGH TRAINING PLANS

POWERED BY



REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

✓ STRUCTURE

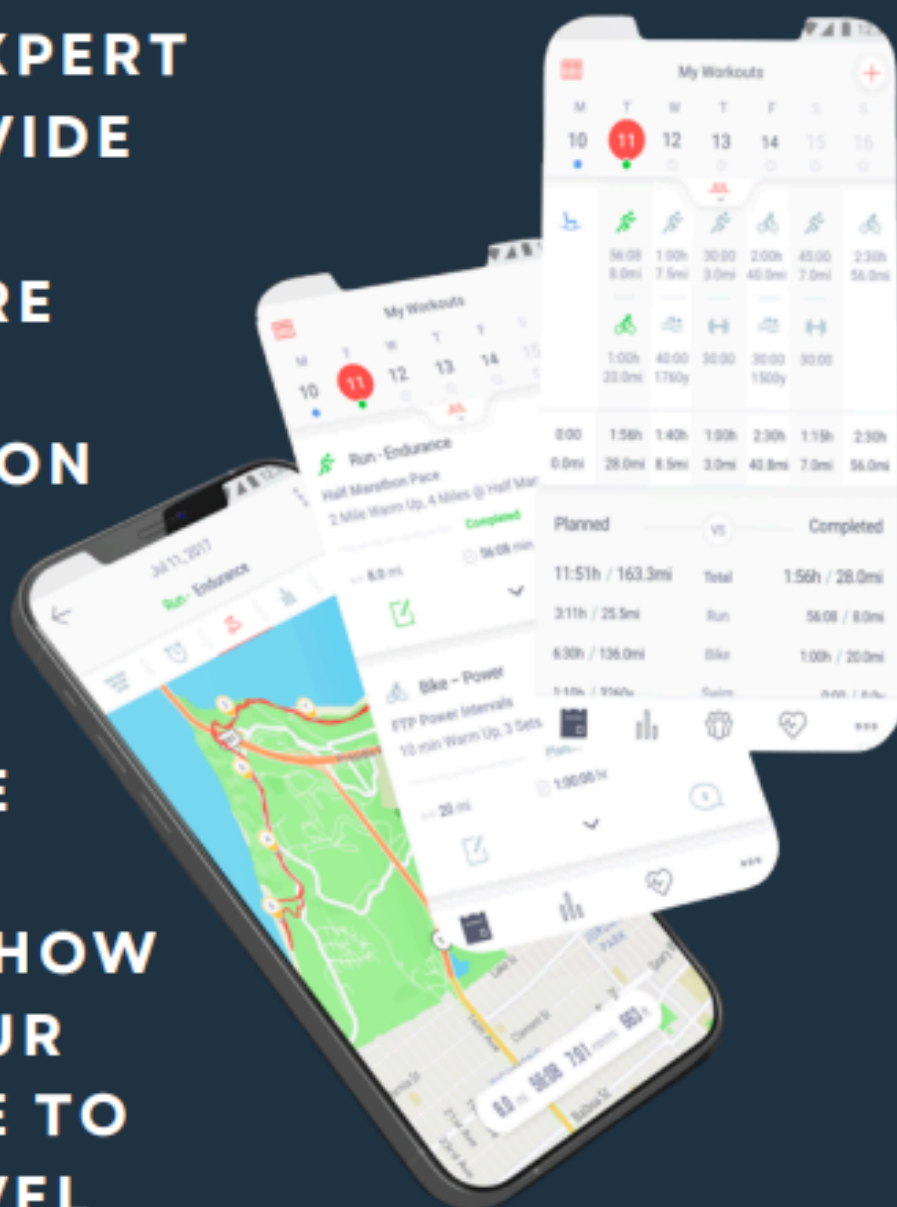
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**START TRAINING TODAY**





# gofundme™

***Make your place count!***

***It's never too late to start fundraising  
for a charity of your choice!***

**Create your GoFundMe fundraising page today  
to raise money whilst going that extra mile.  
Successful fundraising is at your fingertips.**

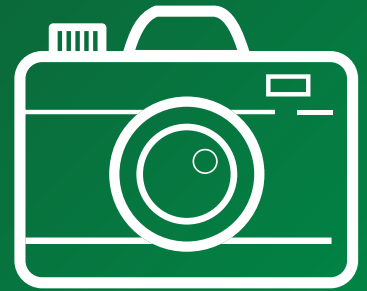
**Share updates, thank donors, and get  
automatic transfers to your charity with  
GoFundMe's powerful fundraising tools.**

***Start a GoFundMe***



## PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



**click the camera to visit the page!**



## SOCIAL MEDIA

Please check out our X account @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.



If you want to talk all things running before and after the event join our RunThrough North Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughNorth on Instagram with your race day collages, the best ones will feature on our page!

**click the icons to visit our pages!**



**Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!**

**Click the QR to fill out the form with your event day shoutout requests!**



**RESULTS AVAILABLE AT  
WWW.RESULTS.RUNTHROUGH.CO.UK**



**Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.**

**Check out the RTKit Stall located in the event village.**

**[www.RunThroughKit.com](http://www.RunThroughKit.com)**

# GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

## PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

## VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)

# F.A.Q'S

## How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined on your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

## What is the minimum age for this event?

10k-15 | 10mi- 17

## Is there a time restriction to complete the race?

Yes, due to road closures in place please get in contact with us at [north@runthrough.co.uk](mailto:north@runthrough.co.uk) if you plan to take more than 2.5hrs to complete your race as we may need to make special arrangements around the course and event village.

## I can no longer make the event, can I get a refund?

We are sadly unable to refund your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

## Can I transfer my entry to a friend or swap distance?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

## Will there be a water station on the course?

Yes, we will have a bottled water station which you will pass at 3 miles, 5.5 miles and 8 miles on the 10 mile course, and at 3k & 7k on the 10k route.

Please empty any bottles before discarding.

## Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

## When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit stall on the day. Please have your email confirmation ready to show to our staff.

## Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to spectate on the course, however if you're following the race route, we ask spectators to be respectful of other runners on the road and any road closures in place.

## Will there be a prize giving?

There will be a presentation on the day for the overall top 3 male and top 3 females in each distance. Age group winners can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

Men's Sub 30:30 mins, Women's Sub 34 mins

However check out our podium and photo wall to get your celebratory pictures!



**RunThrough**



**Supported  
by...**



**nuun**  
HYDRATION

 **BROOKS**

**RUNNER  
RETREATS**

**gofundme**<sup>TM</sup>

**LOVE,  
CORN**

**NEW  
LEVELS  
COACHING**

**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)