

TITTESWORTH WATER

10k, 22k & 50k

Sunday 14th July



EVENT GUIDE



TRAILS



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James Tilley

RunThrough Trails Race Director

I am incredibly excited to welcome you all to this year's Tittesworth Water 10k, 22k & 50k in just a few short days. Myself and the whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

My personal journey over the last decade has taken me from being a complete novice to now participating at an elite level on the international stage. This means that I am in a unique position from which I can relate to runners of all experience levels. I believe this is testament to the brand and environment we have worked hard to create with our races, so that people of different levels all aspire to come and run in one of our events.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra distance trail events throughout their lives. I'm sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to me and my team that you do so in the safest way possible. With this in mind, I will personally be heading out in the early hours of race day with a few members of our team to do a final course check before our pre-race runner briefing.

I can't wait to see you all on race day so please do come and say hello, I'll be there setting you off at the start and, the best part of my job, welcoming you over the finish line!

All the best of luck and see you soon!

James Tilley

RunThrough Trails & Tittesworth Race Director



TRAILS

ARRIVAL

The event village and start for all three distances is at Tittesworth Water Visitor Centre. This is located along a lane branching off from Meerbrook Road and can be reached from the A53 or A523.

The car park is pay & display and charged at £7 for the whole day. Some machines only accept cash so please bring this along just in case!

START LOCATION: Tittesworth Water Visitor Centre, Meerbrook, Leek, ST13 8SN



Click the map
for directions





TIME	WHAT	WHERE
6:30am	Event Village open	Tittesworth Water Visitor Centre
6:30-10:00am	Race Pack Collection	Registration Desk in Event Village
6:30-7:30am	GPS Tracker Collection - 50k	Registration Desk in Event Village
7:45am	50k Race Briefing	Tittesworth Water Visitor Centre
8:00am	50k Race Start	Tittesworth Water Visitor Centre
9:45am	22k Race Briefing	Tittesworth Water Visitor Centre
10:00am	22k Race Start	Tittesworth Water Visitor Centre
10:15am	10k Race Briefing	Tittesworth Water Visitor Centre
10:30am	10k Race Start	Tittesworth Water Visitor Centre
5:00pm	Last aid station cut-off	Aid Station 5: Roach
6:00pm	All finish	Tittesworth Water Visitor Centre



TRAILS

YOUR RACE BIB

All race packs will be posted out ahead of the event, but if yours hasn't arrived, it will be available for collection on race morning from our registration desks between 6:00-10:00am. Please allow enough time to collect this and get to your race start.



- 1 Barcode for live tracking (50k only)
- 2 Bib number
- 3 Course elevation profile (so you can anticipate every hump n bump!)
- 4 Free food and drink voucher - take your bib to a vendor of your choice after your race for a free re-fuel!
- 5 Timing chip - tear this off and attach to your shoe pre-race
- 6 Baggage tag - attach this to your bag before handing it in



TRAILS

YOUR TIMING CHIP



Your timing chip is attached to your race bib. Simply tear this off and thread it through your laces like the pic below. Try and ensure the silver side is facing up, as this gives us a better reading from it.

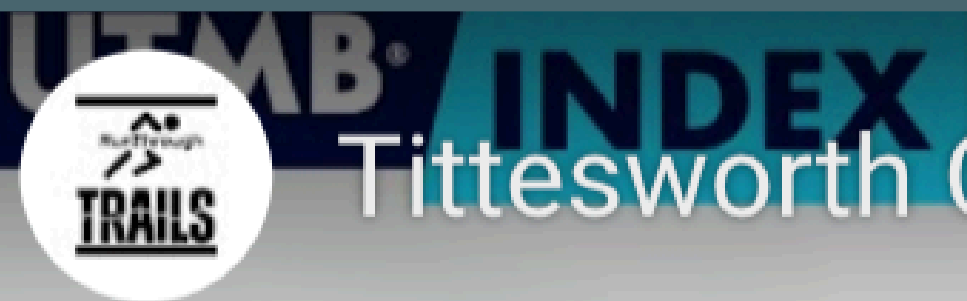


We don't need this back at the end of the race, so feel free to cut it off and pop it in the bin!



TRAILS

THE COURSES



Tittesworth Course Preview | RunThrough Trails



Watch later



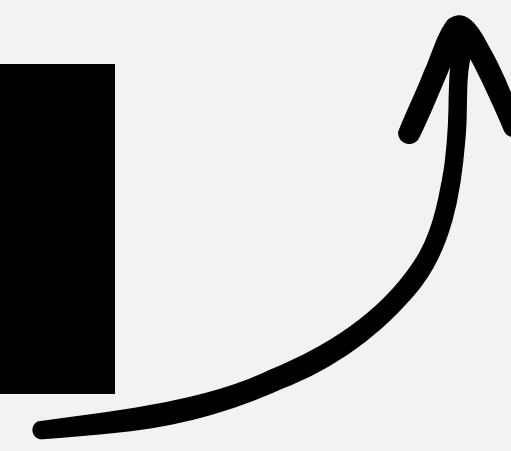
Share

TITTESWORTH WATER COURSE PREVIEW



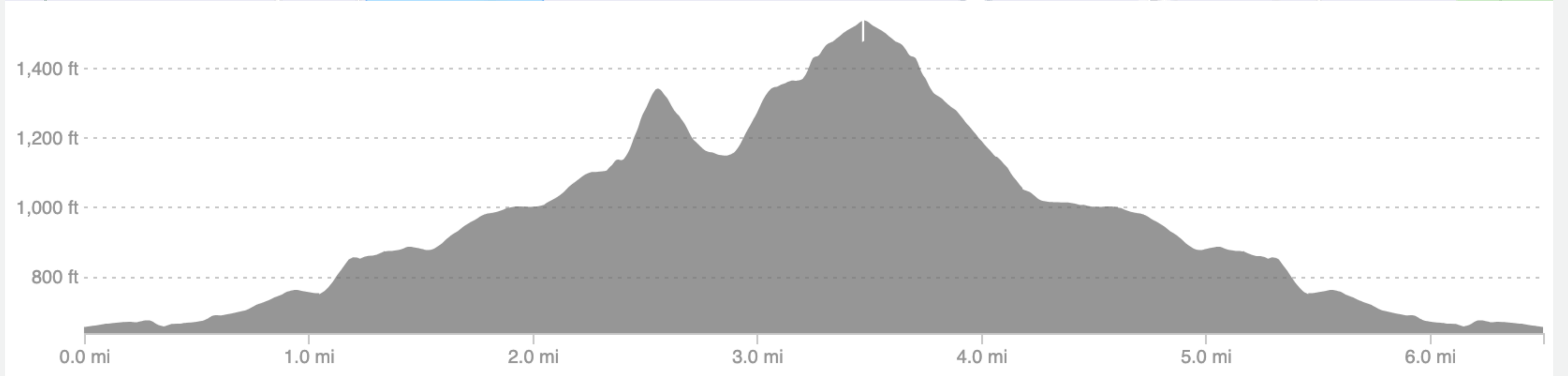
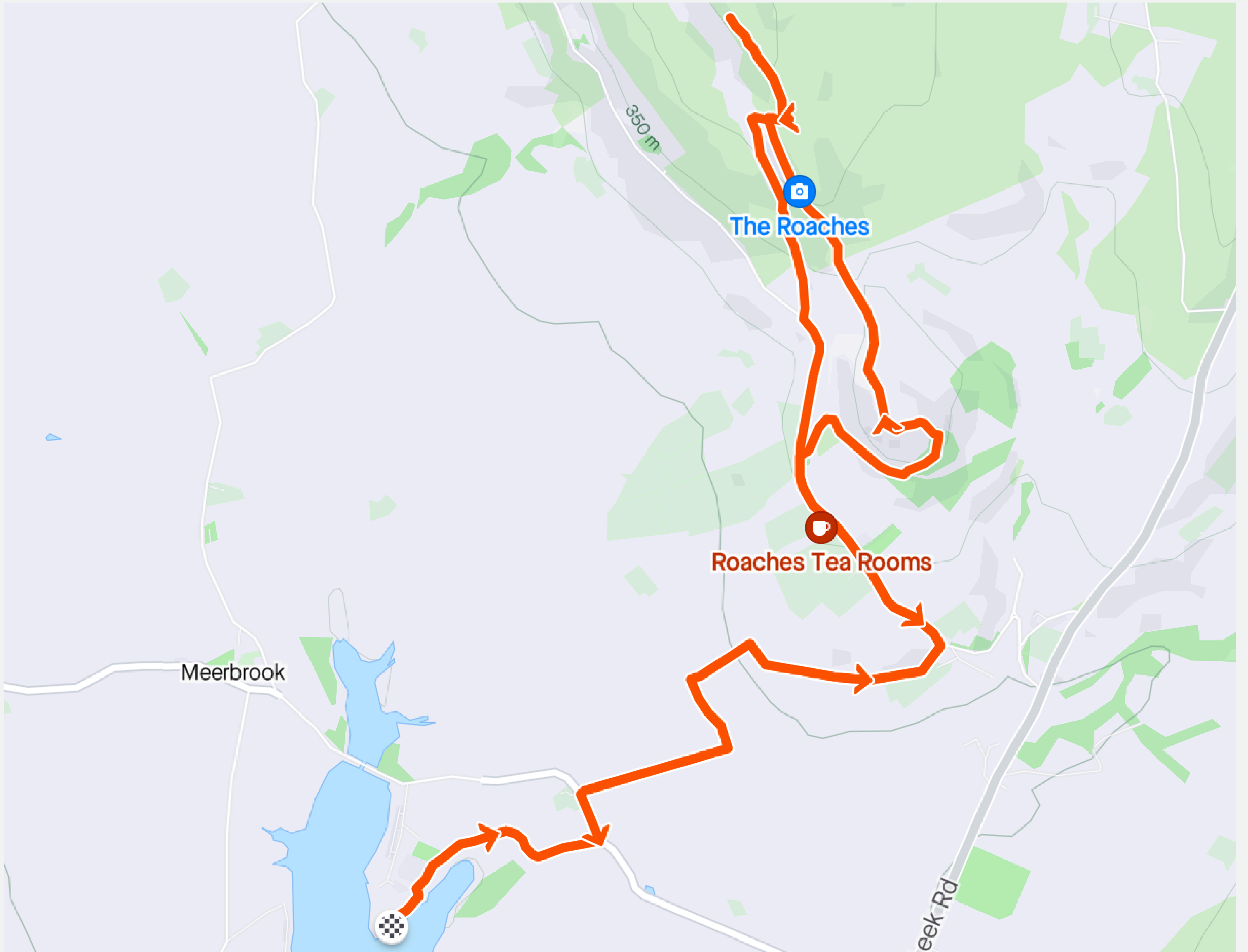
Watch on YouTube

**Have a little sneak peak of what's
in store for you on race day!**



All three routes start at Tittesworth Reservoir and ascend Hen Cloud, giving you stunning views of the reservoir and the surrounding countryside. After summiting, 10k runners will descend back to the reservoir, whilst the 22k and 50k runners continue out across The Roaches and beyond.

The routes will be well flagged with different colours for each route, and there will be several marshals out on course to keep you on track.

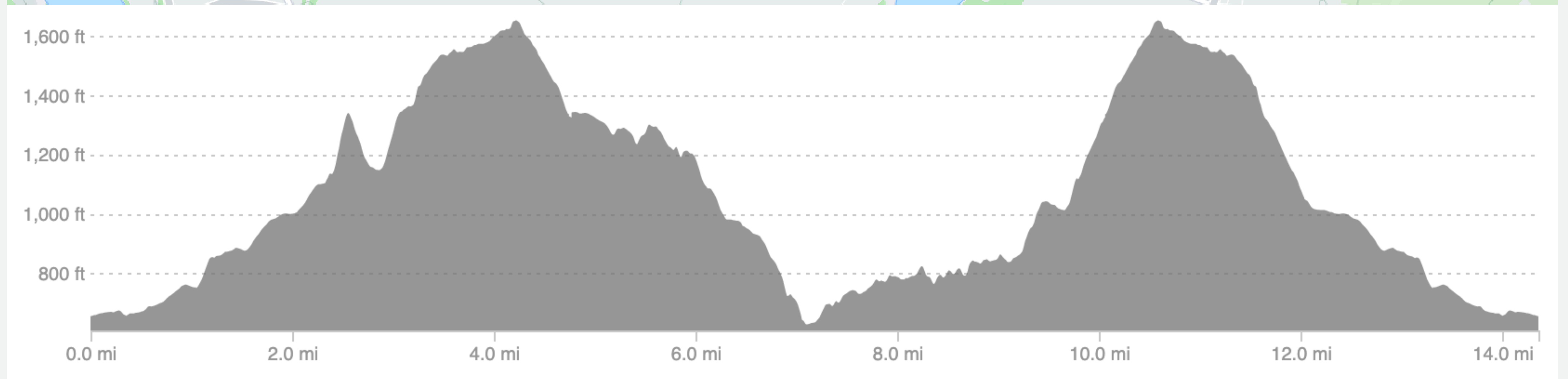
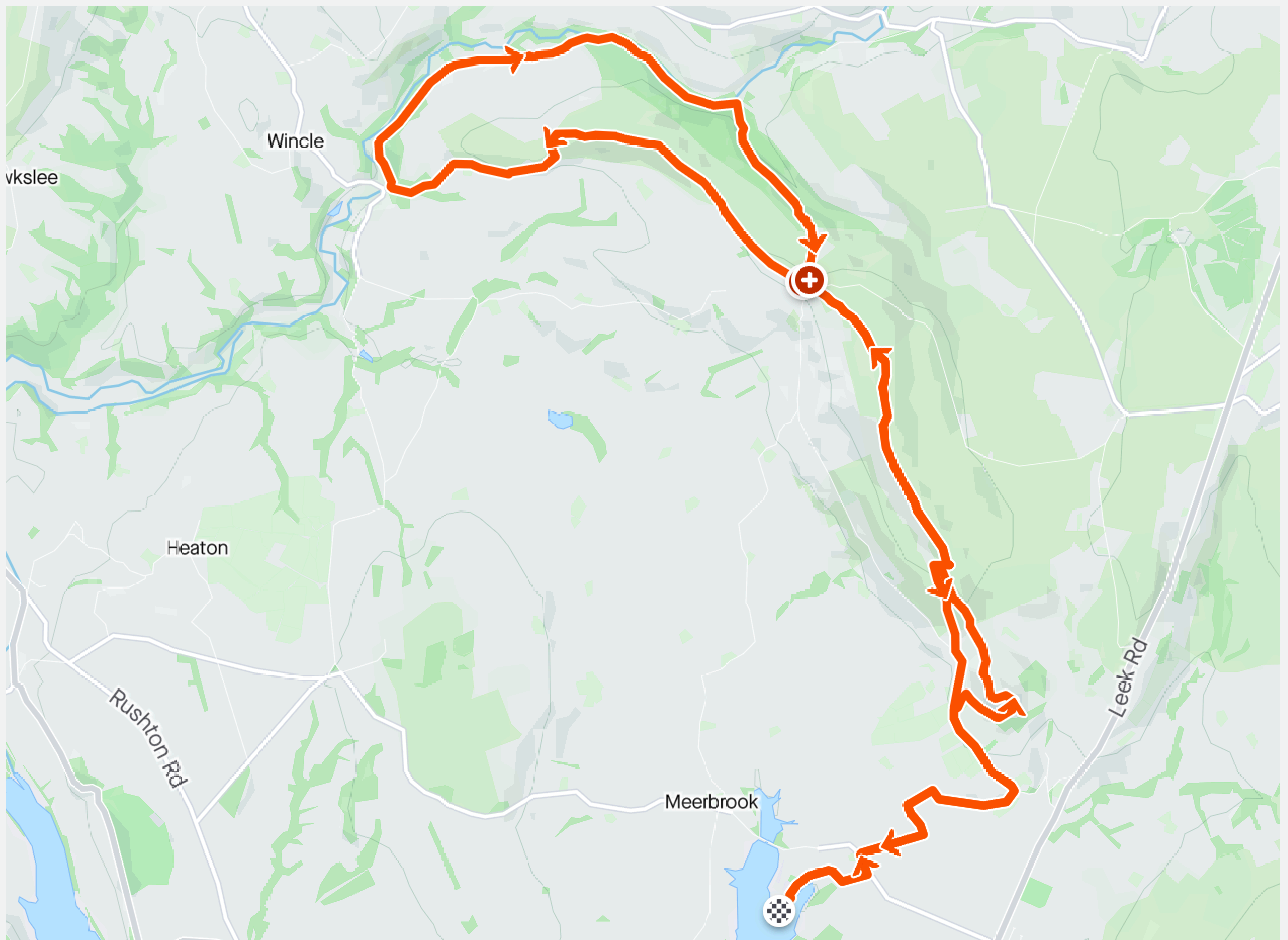


CLICK FOR GPX



TRAILS

THE COURSES - 22K

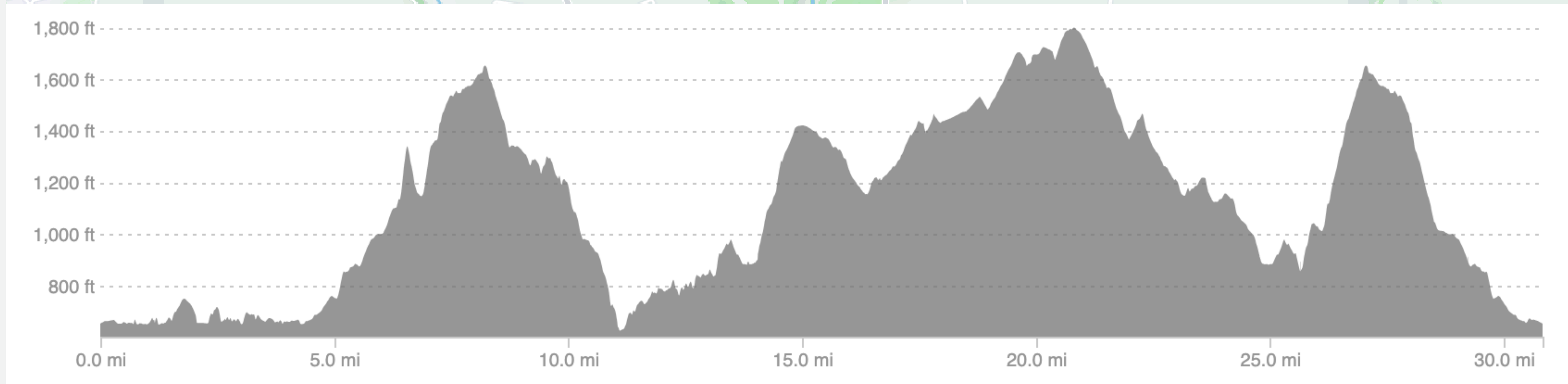
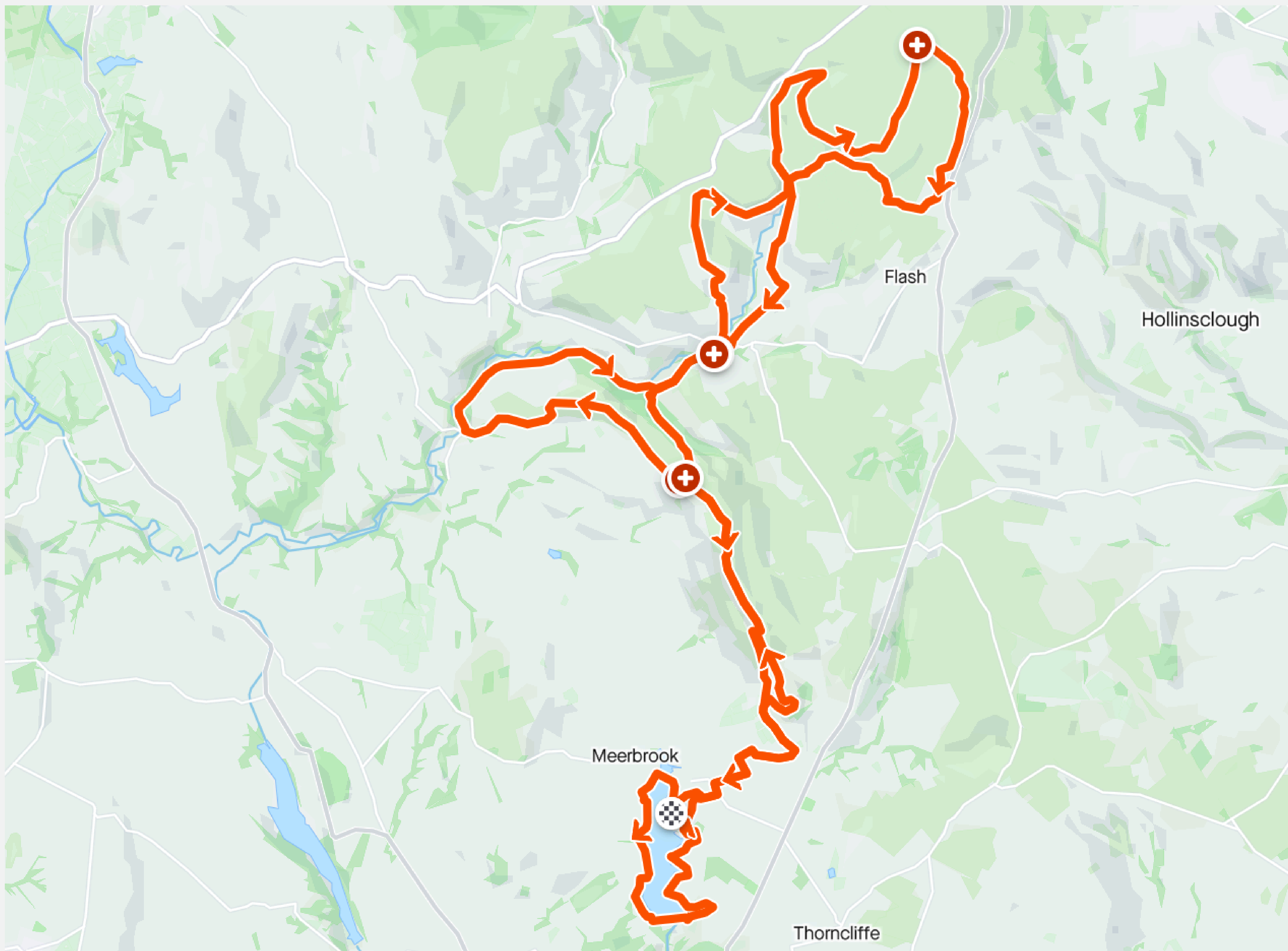


[CLICK FOR GPX](#)



TRAILS

THE COURSES - 50K



CLICK FOR GPX



TRAILS

THE RACE

RACE START:

There will be a race briefing 15 minutes prior to each race start. Here the race director will talk through the course, any potential hazards on the route and other important race information.

DURING THE RACE:

The route will be well marked with trail flags and arrow signage. Please ensure you download the GPX file onto a watch or phone to help you follow the route.



50k runners will follow **red** course signs, 22k will follow **blue**, and 10k will follow **yellow**.

If you haven't seen a flag or sign for more than a few hundred metres, turn around and re-find the course.

There are stiles and gates on route so please be cooperative and understanding of fellow participants should any queues form. We will have excellent marshals positioned at key points to help you find your way if needed.

The route utilises public walking paths. Please be respectful of other trails users during the race. Please also take all rubbish with you until you find a bin.



TRAILS

AID STATIONS

Please note, this event is entirely cupless! We love the environment so ask that all runners bring your own bottles/reusable cups in order to fill up liquids, as we won't be providing bottled water at our aid stations. We will be selling flasks and cups for anyone who needs them on the morning. On the same note, and a bit of race etiquette we're sure you already know - please keep all rubbish on you and dispose of it when you see a bin.

LOCATIONS AND CUT-OFFS

There is a 10-hour cut off for the whole race, with internal cut-offs for each aid station listed below. If you haven't reached an aid station in time, you will officially be removed from the race and led back to the event village by a marshal. The 50k course will pass all five aid stations, and 22k runners will pass two.

Aid Station 1: Roach - 11:00am cut-off

Aid Station 2: Gradbach - 12:30pm

Aid Station 3: Shires - 2:30pm

Aid Station 4: Gradbach - 4:00pm

Aid Station 5: Roach - 5:00pm

Finish - 6:00pm





TRAILS

SPECTATOR/CREW INFO

Spectators are more than welcome to come along and cheer on runners at this event. We also allow crew for this event.

SPECTATORS

As well as our main event village at Tittesworth Water Visitor Centre, spectators are welcome to walk around the route but to be respectful of other runners on the paths so as not to cause an obstruction.

If you choose to stay within the event village to see your runners off and welcome them in, we'll have loads of food and drink vendors, music, and generally an incredible race atmosphere!



CREW INFORMATION

If you'd like to crew a runner and provide aid/extra nutrition/a pat on the back along the course, we absolutely welcome that.

CREW RULES

Aid stations 1 and 3 are crew-friendly and there will be a designated crew area at these points. Signs and marshals will direct you on where to go as you won't be able to take up the actual aid station space. No crews or spectators will be allowed at aid station 2. Due to the location we cannot allow access here as it will get very congested.

Exact Aid Station 1 location W3W: [///thinnest.forklift.tarred](https://www.thinnest.forklift.tarred)

Exact Aid Station 3 location W3W: [///logs.reclusive.masks](https://www.logs.reclusive.masks)



TRAILS

LIVE TRACKING



TRACKING INFO

We will have live tracking for all 50k runners, provided by OpenTracking. Please ensure you arrive at least an hour before your start in order to get your tracker attached to your race pack/hydration vest.

Please do not remove your tracker at any point in the race, unless instructed to do so.

When you finish, you will be funnelled through to a marshall who will remove this for you.

The tracking link will be emailed out to you a few days before the race. If you have family and friends coming along to spectate/crew they will be able to dot-watch you using the link, so remember to share it!



TRAILS

KIT REQUIREMENTS

10k & 22k

MANDATORY:

- Capacity to carry 250ml water
- Fully charged mobile phone with medic's number saved
- GPS device (e.g. phone/watch/inreach) with route uploaded
- Foil blanket

RECOMMENDED:

- Trail running shoes
- Whistle
- Technical running clothing
- Hooded waterproof jacket
- Sufficient fuel (gels, chews etc)
- Running vest or belt
- Headtorch

50k

MANDATORY:

- Running vest or belt
- Capacity to carry 500ml water
- Fully charged mobile phone with medic's number saved
- GPS device (e.g. phone/watch/inreach) with route uploaded
- Foil blanket
- Hooded waterproof jacket

RECOMMENDED:

- Trail running shoes
- Whistle
- Technical running clothing
- Sufficient fuel (gels, chews etc)
- Headtorch

MEDIC'S NUMBER:

Please have the medic's contact number saved, as you may be required to contact the medical team if you or any other participants require medical treatment out on the course.

Their number is **07511908700**



TRAILS

EVENT VILLAGE



BAG DROP

There will be a bag drop within the main event village where you can drop your things off to collect after your race.

Your baggage tag is attached to your race number. Just tear this off and attach to your bag, leave your bag in our Bag Drop marquee and then show your number to collect your bag after your race.

TOILETS

There will be toilets open for use at Tittesworth Water Visitor Centre in two locations. You can find these [here](#) and [here](#).

FOOD AND MERCH STALLS

There will be food and drinks available from multiple vendors within the event village. We'll also have our kit stall where you can find some of our traily bits and bobs that you can pre-order or purchase on the day.

You can also get your hands on a RunThrough branded soft flask to use in the race!

INFO DESK

Our info/registration desks will be open and manned by our lovely marshals. Here you can collect your race pack or ask any last minute questions you might have.



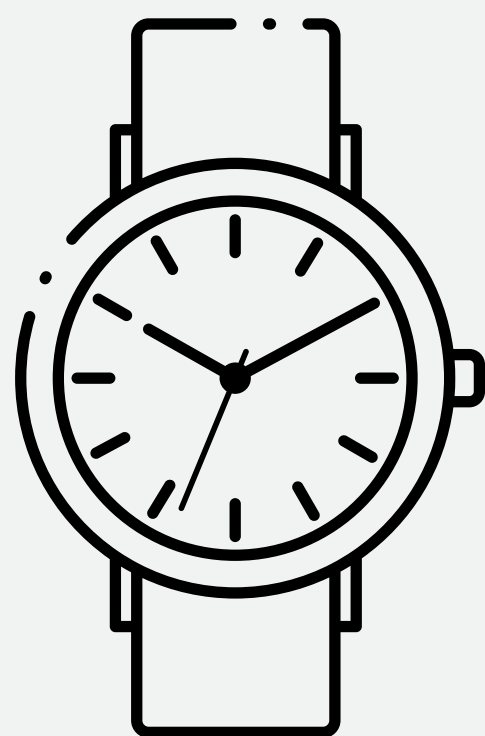
TRAILS

FINISH

RESULTS:

We will have the results online on our website as soon as you finish. If you see any problems with your result, please email us at info@runthrough.co.uk.

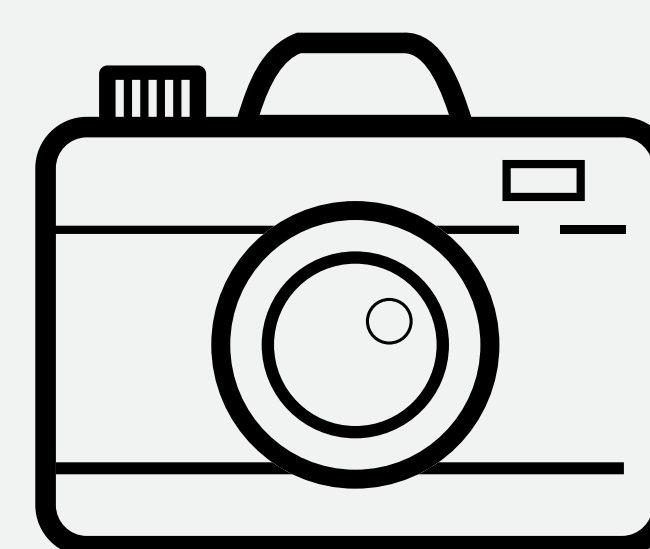
Click the watch below to go to results page!



PHOTOS:

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 below to visit the event photos page!





TRAILS

MERCH

EVENT T-SHIRTS:

If you have purchased a Tittesworth event T-shirt with your race entry, please head to the RT Kit stall in the event village 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 [HERE](#).



You can also get your hands on a RunThrough Trails branded soft flask, cotton t-shirt, bag, and cap! Available from our kit website [here](#) or to purchase on the day!





TRAILS

VOLUNTEERING



Join our Trail Community!

Here at RunThrough Trails we are always on the search for passionate, trail-loving peeps to be a part of our incredible volunteer squad. If you know someone who isn't running at Tittesworth but would like to get involved behind the scenes, we would love for them to come along!

To show our gratitude we have some lovely benefits, including race credit and free merch. Click below to find out more on our blog, and contact katie.quigley@runthrough.co.uk to sign up.

FIND OUT MORE!

JOIN OUR WHATSAPP GROUP





TRAILS

FAQS

Is the event chip timed?

Yes!

What is the minimum age for this event?

10k - 16 | 22k - 17 | 50k - 20

Is there a time restriction to complete the race?

Yes. There is a 10 hour cut-off overall and internal cut-offs for each aid station. Please head to page 13 of this event guide for more detail.

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

We are sadly unable to refund or transfer 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?

Yes, we can happily swap the names and details associated with a booking. Visit our transfer portal [here](#) to initiate this. If you'd like to change distance, you can do this [here](#).

Will there be water stations on the course?

There will be 5 aid stations along the 50k route, and 2 for the 22k, as well as the finish line. Here, there is a wide selection of food, and drinks that we can re-fill your bottles and cups with. There won't be any bottled water provided, so please bring your own bottles/cups.

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.



TRAILS

FAQS CONTINUED

When will I get the add-on RT Kit I ordered with my entry?

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

How do I get to the event?

Please check page 4 of this event guide for travel and parking information.

Where is the best place to spectate?

You can spectate anywhere along the route, but please just be considerate of the runners passing through, and other trail uses. We also allow spectators and crew at Aid Stations 1 and 3.

Please see page 14 of this event guide for more spectator and crewing information.

Can I have a crew?

Crewing is permitted for this event. Please head to page 14 of this event guide for more information on crewing.

Will there be winners prizes?

There will be trophies for top 3 male and female winners of each race. Winners can also expect an email a few days following the event, with race credit towards another event. Age group winners (V40+) for each race will receive a £10 race credit voucher.

For any further questions, please email our friendly team at info@runthrough.co.uk and we'll be happy to help!



TRAILS

UPCOMING SUMMIT EVENTS



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



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ENTER HERE**



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ENTER HERE**

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ENTER HERE**



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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

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(10 x 5g) 50g e

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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

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OUR TEAM OF EXPERT
COACHES PROVIDE

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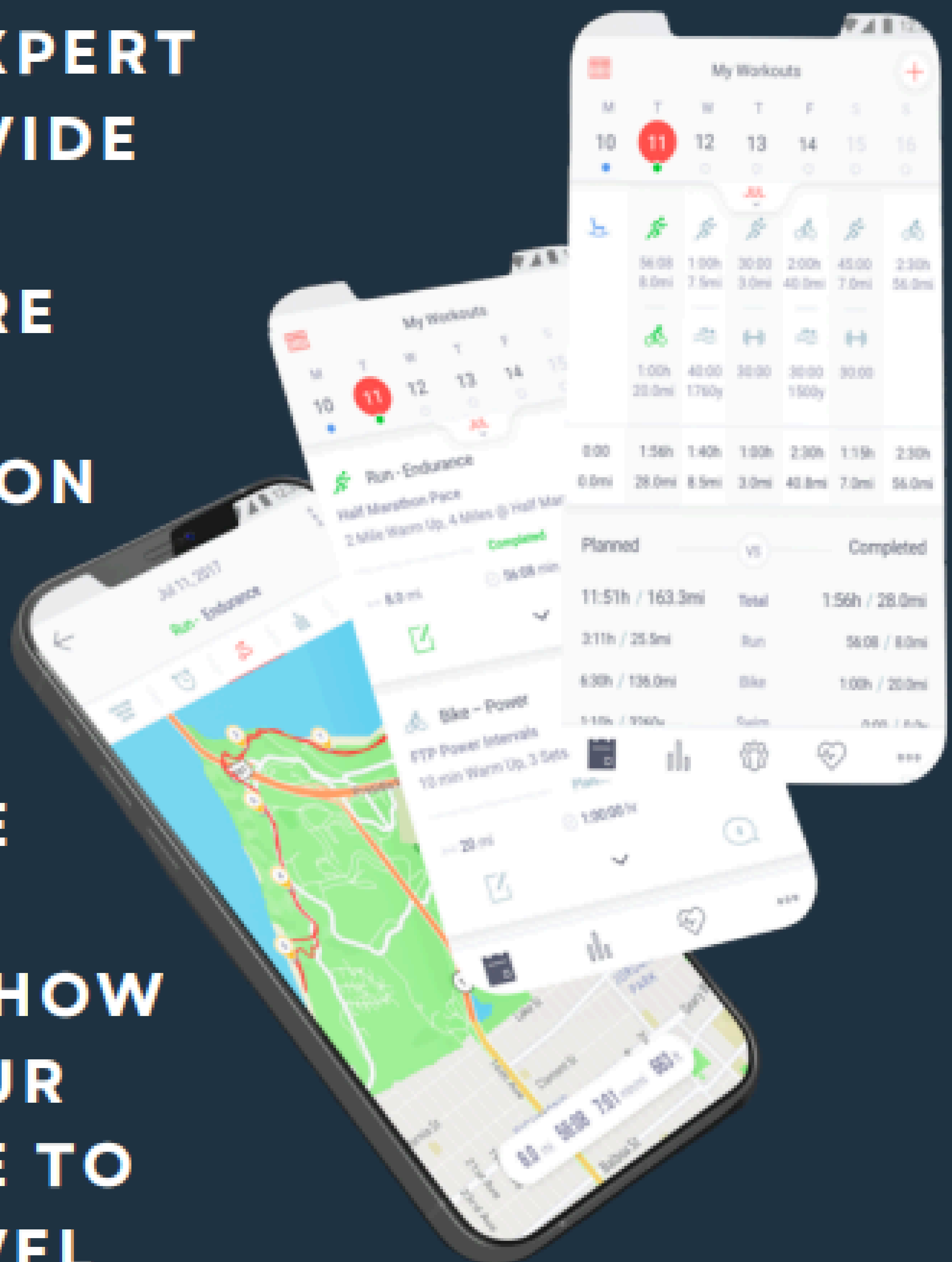
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

START TRAINING TODAY





RTKIT



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



gofundme™

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***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.
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