

EVENT GUIDE



Birmingham Running Festival

5k, 10k, Half Marathon & Juniors

Sunday 21st May 2023



Start Times:

Half Marathon – 9:00am

10k – 9:45am

5k – 9:55am

Kids- 11:30am

Race Pack Collection Times:

Half Marathon: 7:30-8:30am

10k- 8:15-9:15am

5k- 8:25-9:25am

Kids- 10:00-11:00am

RACE PACK COLLECTION

- 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.

[CLICK FOR ENTRY LIST](#)



Included:

Bib number

Baggage Label

Timing Chip



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



Step 1



Step 2



Step 3



Step 4



A man and a woman are running on a paved path outdoors. The man is on the left, wearing a black long-sleeved top, black shorts, and grey running shoes with orange accents. He is wearing blue-tinted sunglasses. The woman is on the right, wearing a light grey hooded jacket, black leggings, and grey running shoes with orange accents. She is wearing a black cap. The background shows green trees and a cloudy sky.

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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

We will have marshals all around the course as well as directional arrows and distance signs.

10k runners will follow Green KM signs 1-9, the 5k will follow Green KM signs 6-9 and Half Marathon runners will follow Yellow mile signs 1-13.

The entire course is inside Sutton Park following a 5km loop on the roads and paths around the park. (The route doesn't go on the grass).

Half Marathon – 4 laps (with an out and back at the start)

10k – 2 laps

5k – 1 lap.

At the end of each lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the event village).

Due to the nature of a lapped course we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only your safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

There will be a water station on each lap of the course, please help yourself to this as you pass.

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

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





JUNIOR RACE!

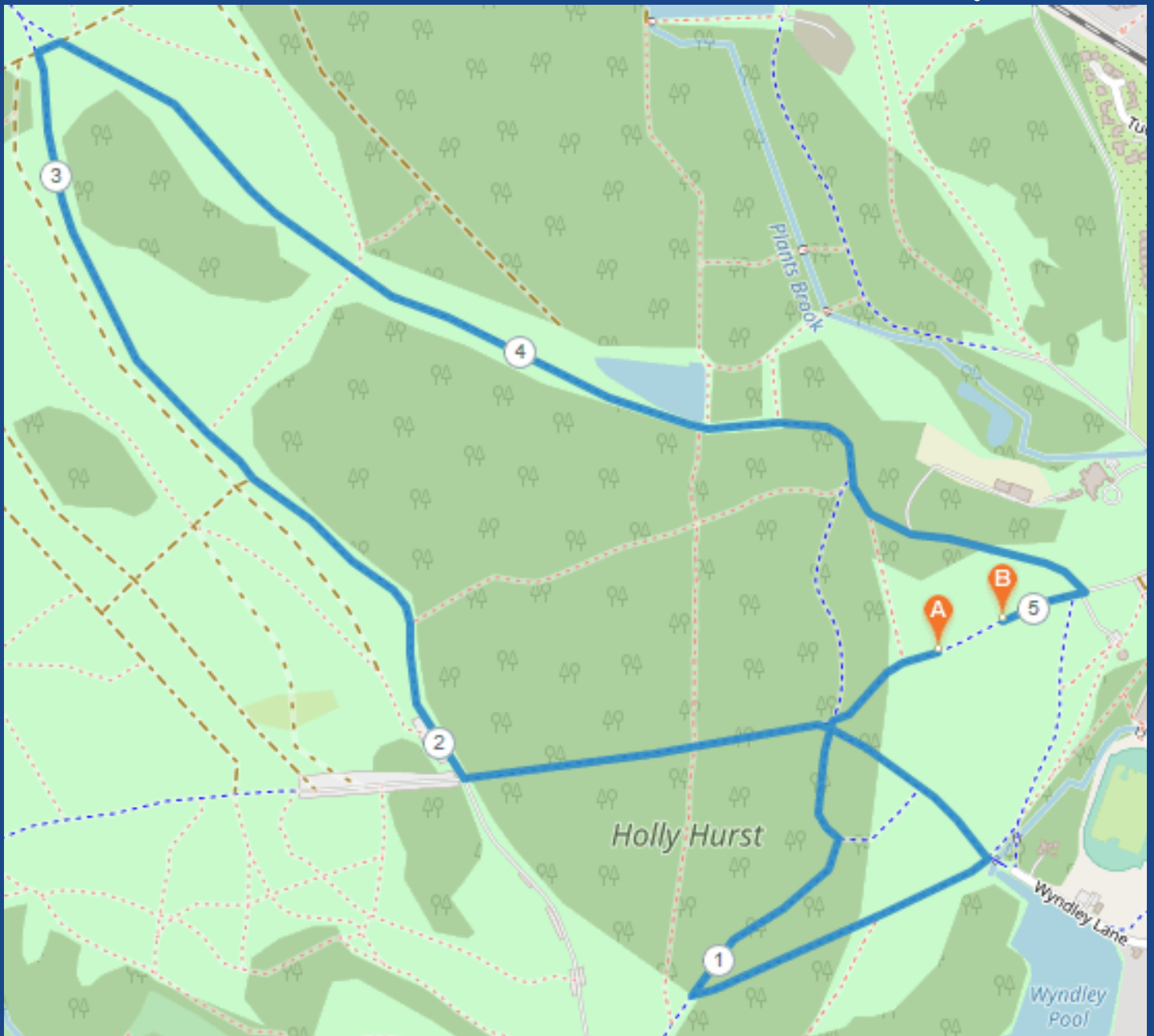


- Collect your race pack from registration. This will include your race number, timing chip, and 2 wristbands. 1 wristband is to be worn by the child racing, and the other to be worn by their supervising parent or guardian.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 11.15 and walk to the start together.
- The race will start at 11.30 and will follow a 800m loop of the park. There will be a lead bike and marshals along the course.
- You will finish under the main arch way, and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end. We will have staff members checking all child and parents wristbands on leaving the pen to ensure every child is accounted for.

When in doubt, keep an eye out for our big blue flag!



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



SPECTATORS

COFFEE

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

Spectators are more than welcome to spectate from within the event village, or take a walk around the park.



TOILETS

There will be portable toilets available to use in the Event Village.

If you live locally we recommend using toilets at home.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop marquee 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 area.
- Collect your bag after your race.



Places available now for:
Loughborough Performance Retreat : 4th - 7th August 2023
Lake District Retreat: 13th -16th October 2023

RUNNER RETREATS

[Find out more >](#)

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TRAVEL

Address: Park Road, Sutton Coldfield, B73 6BT

If using public transport, it's a short walk to the main entrance at Town Gate from either the bus station in central Sutton Coldfield or the Sutton Coldfield rail station.

Sutton Coldfield is less than half a mile away from the event village.

There are several entrances to the park. Car parks are marked on the Sutton Park website linked below.

There is very limited parking available on site so we recommend carpooling and taking public transport.

There are plenty of car parks within a 15-minute walk of the event village. As on-site parking is extremely limited, we recommend planning your journey in advance.

Please note, the address given is the entrance to the park, the Event Village is located a short walk away from the main visitor centre, and 'Town Gate' Car Park.

The park is easily accessible by both foot and cycle. Cycle parking is available in the park.

**See Sutton Park Car
Parks HERE**



**Use Parkopedia to
find a car park
outside of the park
HERE.**



what3words

**If using the app What3Words, use the words
///system.across.seats for exact event village
location.**



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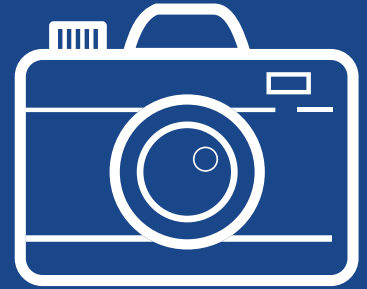
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PICTURES

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

For updates leading up to the race, please check out our Twitter @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 Chat group on Facebook.

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



Click the icons to visit our pages!



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



Purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

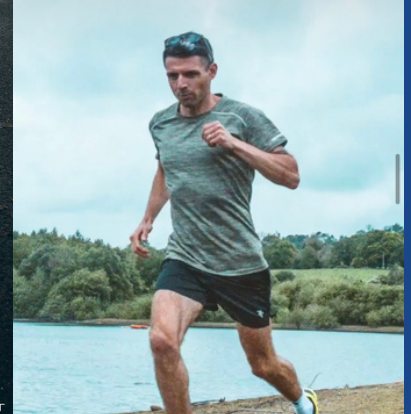
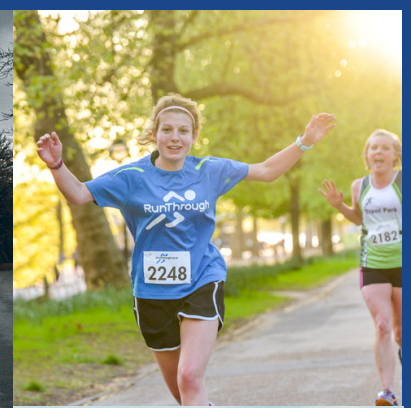
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm throughout the year.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

kids-any age | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9.

Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at midlands@runthrough.co.uk if you plan to take more than 3hrs 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 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. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course for you to help yourself to on each lap.

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.

How should I get to the event?

**There is plenty of pay & display parking a few minutes walk from the race start.
Use the postcode B73 6BT to locate the park.**

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 walk around the park, however if you're following the race course route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants can expect an email reward in the week following the race. There will be no presentation on the day. However check out our podium and photo wall to get your celebratory pictures!



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