

# EVENT GUIDE



## Run Redditch

10k, Half Marathon & Juniors

Sunday 18th June 2023



# RACE PACKS

## Start Times:

10k – 9am

HM – 9.10am

Juniors-11.30am

## Race Pack Collection Times:

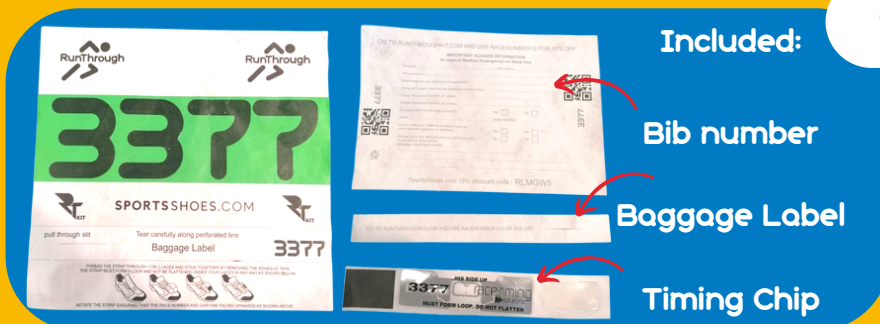
10k – 7:30 – 8:30am

HM – 7:40 – 8:40am

Juniors - 10:00 - 11:00am

- 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](#)



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!





A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and pink shorts, holding her right foot to stretch her leg. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

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**Code valid until 18.06.23**



## 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 distance markers and arrows. The 10k will follow green KM markers, and the Half Marathon will follow Yellow mile markers. The course is entirely on the paths within and around Arrow Valley County Park.

Half Marathon – 6 laps

10k – 3 laps

Juniors - 1km Mini lap

At the end of each lap, our marshals will be in position to direct you either onto your next lap or into the finish.

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 everyone's safety but allow for the best experience throughout the race.

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 is a water station that you will run past on each lap. 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 stay hydrated in the lead up to the event.

**3 things to remember when running in the heat!**

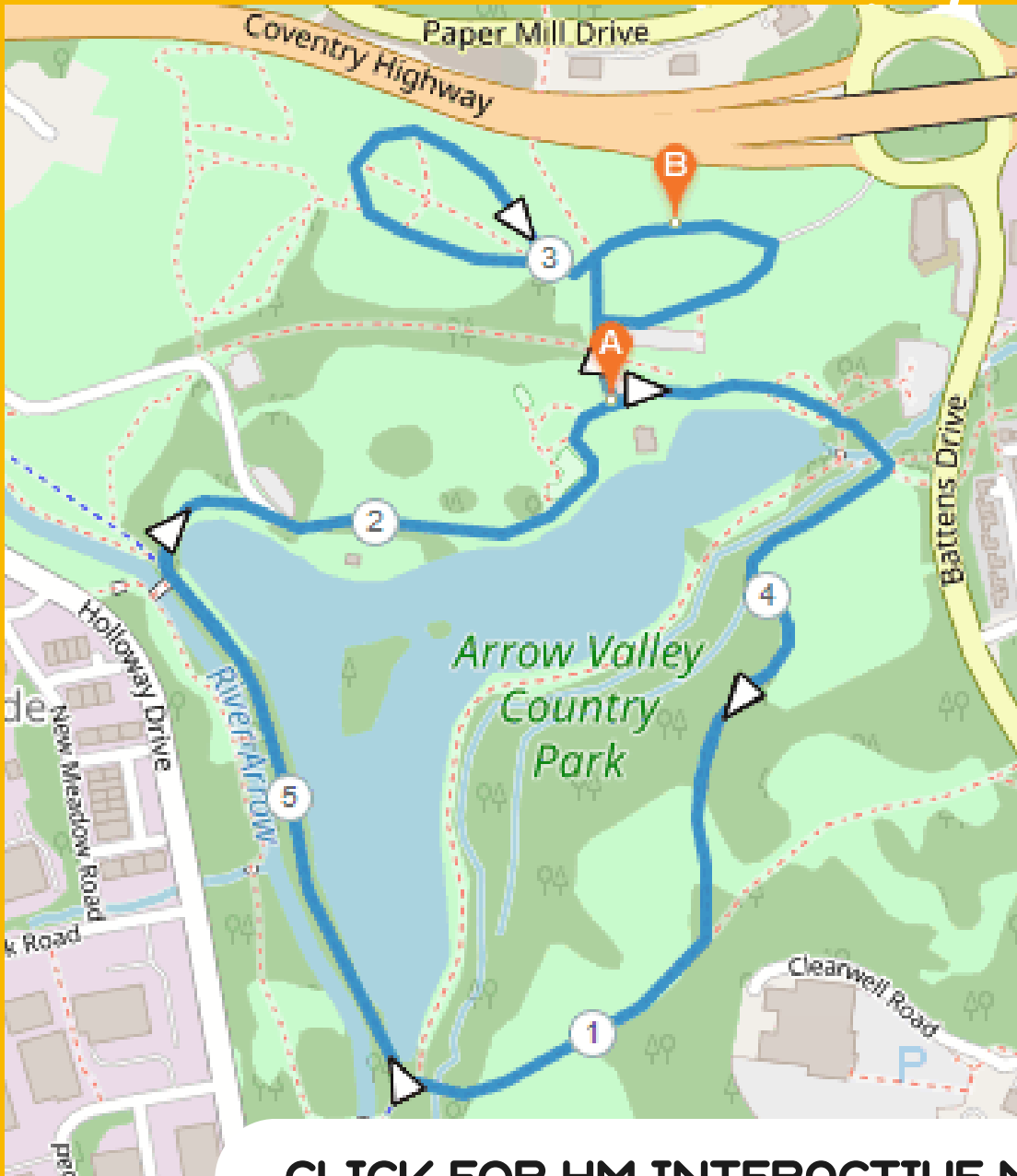
- WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM**
- HYDRATE PRE, DURING AND POST RACE**
- ADAPT & TAKE IT EASY**

Icons include: a person drinking from a water bottle, a water bottle, a water drop, a person running, a clock, and a person wearing a cap and sunglasses.

RunThrough logo at the bottom left.



## COURSE MAP



[CLICK FOR HM INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR THE JUNIORS COURSE  
MAP](#)

## AFTER THE RACE

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





# 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 1km loop around the park. There will be a lead bike and marshals along the course.
- You will finish at the same finish line as the other races 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- please have this ready to show!**
- When in doubt, keep an eye out for our big blue flag!





## SPECTATORS

## COFFEE

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

## TOILETS



There will be portable toilets available within 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 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.
- Drop your bag at the Bag Drop.
- 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 >](#)

**Retreats, Camps & Workshops for runners of all abilities**

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# TRAVEL

Address:

**Arrow Valley Country Park, Battens Dr, Redditch B98 0LJ**

**By Car**

Arrow Valley is located just 2 miles out of Redditch town centre and can be accessed by car very easily, click the following links for directions:

From M42 Junction 3

From Worcester

From Bromsgrove

From Birmingham and The North

There is free event parking next to the event village- which can be accessed from HERE

**By Public Transport.**

The nearest train station is Redditch, a short 7 minute taxi (2.3 miles) from the park.



what3words

If using the app What3Words, use the words ///hulk.frock.spider for exact event village location

If using the app What3Words, use the words ///prime.lies.bounty for the access point to the car park.



Welcome to

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13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

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and start your 2 week **FREE**  
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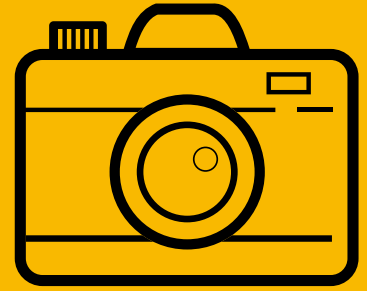
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## PICTURES

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**



## 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.

[PURCHASE AN EVENT T-SHIRT](#)



Alternatively, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

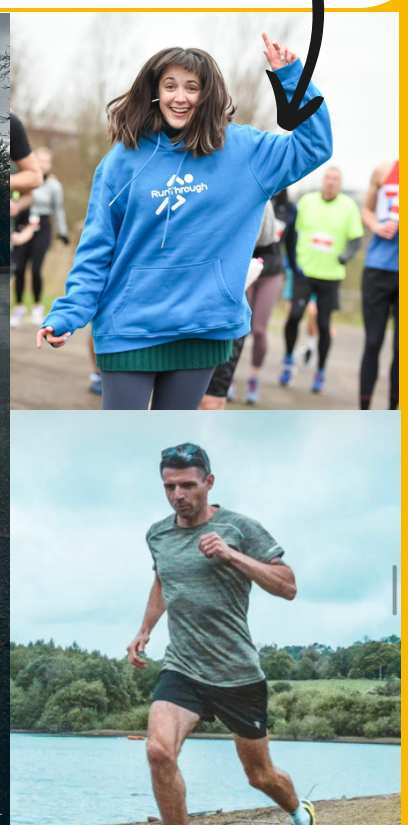
These Unisex products are comfortable, and designed with your daily workouts in mind.

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

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

[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?**

**Juniors-any age | 10k-15 | Half Marathon-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](mailto: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 which you will pass on each lap of your race.**

**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 start and finish! Spectators will not be permitted out on the racecourse.**

**Will there be a prize giving?**

**The top 3 male and female participants, along with age category winners 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!**





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

We always value an extra pair of hands and would love for you to  
come along and help us!

To show our gratitude, we will be offering you 2 free entries to any  
of our awesome events and a £10 RunThrough Kit Voucher!

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