

EVENT GUIDE



Leicestershire Chase The Sun

Move mile, 5k, 10k & 10mile
Thursday 8th June 2023



RACE PACK COLLECTION

Start Times:

10 mile - 6:30pm
Move mile - 6:45pm
5k & 10k - 7:00pm

Race Pack Collection Times:

10 mile - 5:00pm - 6:00pm
Move mile - 5:15pm - 6:15pm
5k & 10k - 5:30pm - 6:30pm

- 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 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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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.

The course is an out and back loop for the Move mile. The 5k, 10k and 10miles will follow the race circuit with two laps for the 5k, four laps for the 10k and 6 laps for the 10 mile race (with and out and back section to start). There will be yellow mile marker signs for the 10mile and green KM signs for the 5k & 10k.

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.

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



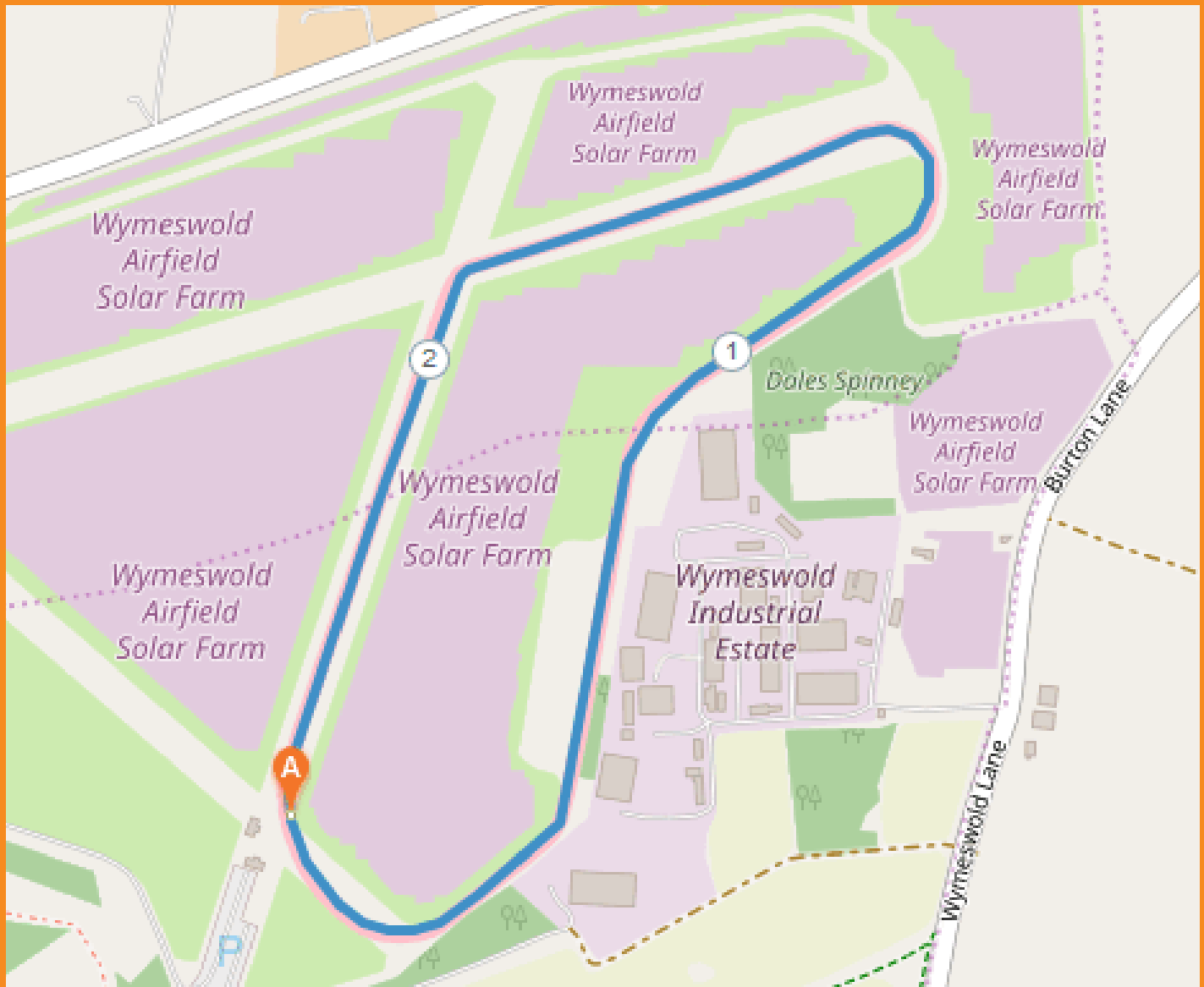



ADAPT & TAKE IT EASY





COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

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





JUNIOR MOVE MILE IN SUPPORT OF MOVE AGAINST CANCER!



- 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 6.30 and walk to the start together.
- The race will start at 6.45 and will follow the circuit out for half a mile before returning back the same way . There will be a lead bike and marshals along the course.
- You will finish at the same finish line as the other races.
- 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 finish to ensure every child is accounted for.
- 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 snacks, hot & cold drinks.

Spectators are more than welcome to spectate from the event village and around the circuit.



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. The car park is located close to the event village, we therefore recommend leaving any belongings in your car.
- 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: Everyman Driving Centre, Prestwold Ln, Prestwold, Loughborough
LE12 5SH**

If you have a sat nav or mapping device we recommend using the postcode LE12 5SH. The entrance to the car park and event village is at Prestwold Driving Centre.

As you get closer to Prestwold Hall, there will be road signs and marshals to direct you into the Everyman car park.

We recommend you arrive as early as possible, as there will be traffic coming into the venue.



**If using the app What3Words, use the words
///brew.slices.utensil for the entrance to the car park**

**If using the app What3Words, use the words
///sporting.airfields.skewed for the event village**

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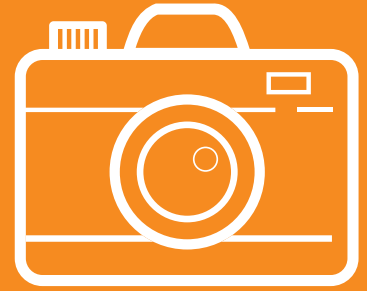
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PICTURES

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 cool 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?

mile- Any age | 5k-11 | 10k-15 | 10mile-17

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 2hrs 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 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 finish! You're more than welcome to walk around the circuit, however if you're following the race course route, we ask spectators to be respectful of other runners on the route.

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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