

EVENT GUIDE



Nottingham Running Festival

5k, 10k, Half Marathon &
Juniors

Sunday 6th August 2023



Your Race Experience

P3

Arrival



P4

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P7

During the Race



P8

The Course



P9

Finish Line



P10

Junior Race Information

P11

Results & Photos



P12

RTKit & Event T-shirts



P13

Join us Again!



TRAVEL

Address: Nottingham Racecourse, Colwick Park, Nottingham NG2 4BE

By Car

The racecourse is just a 15 minute drive from Nottingham City Centre, or a 5 minute drive from Colwick along the A612.

If you are using satellite navigation, please use the postcode: NG2 4BE.

There is adequate free parking available within the Racecourse, please follow signage and marshal instruction from the front gate and head into the car park located adjacent to the event village.

By Train

The nearest mainline station is Nottingham Station (NG2 3DU).

When you arrive at the station, you can catch a taxi and get to the racecourse in 15 minutes.

The racecourse is easily accessible by both foot and cycle.



what3words

If using the app What3Words, use the words [///sofa.discrepancy.racing](https://www.what3words.com/#!/sofa.discrepancy.racing) for exact event village location



Race Pack Collection

Start Times:

Half Marathon- 9:30
10k- 10:15
5k- 10:25
Juniors- 12:00pm

Race Pack Collection Times:

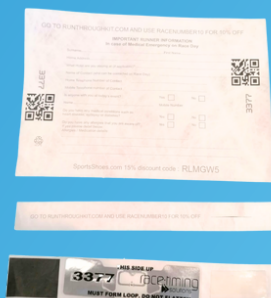
Half Marathon- 8:00-9:00am
10k- 8:45-9:45am
5k- 9:00-8:00am
kids- 10:30-11:30am

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.

733

[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 shown in a dynamic pose, stretching on a cobblestone path next to a river. The woman, on the left, is wearing a white t-shirt and red shorts, holding her right foot behind her head. The man, on the right, is wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, a stone bridge and a large building are visible across the water.

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SPECTATORS ✓ **COFFEE** ✓ **DOGS** ✗

Spectators are more than welcome.

There will be coffee and food available to purchase in the event village.

Due to restrictions within the venue, dogs are not permitted on site except Guide dogs.

TOILETS



There are toilets available in the racecourse stands.

If you live locally we recommend using the toilet at home to avoid queues.

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 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.

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

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.



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.

The Half Marathon is 4 laps and will follow yellow mile signs 1-13.

The 10k is 2 laps and will follow green KM signs 1-9.

The 5k is 1 lap of the course and will follow green KM signs 1-4.

Due to the nature of a lapped course we ask that you remain to the left 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 right 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

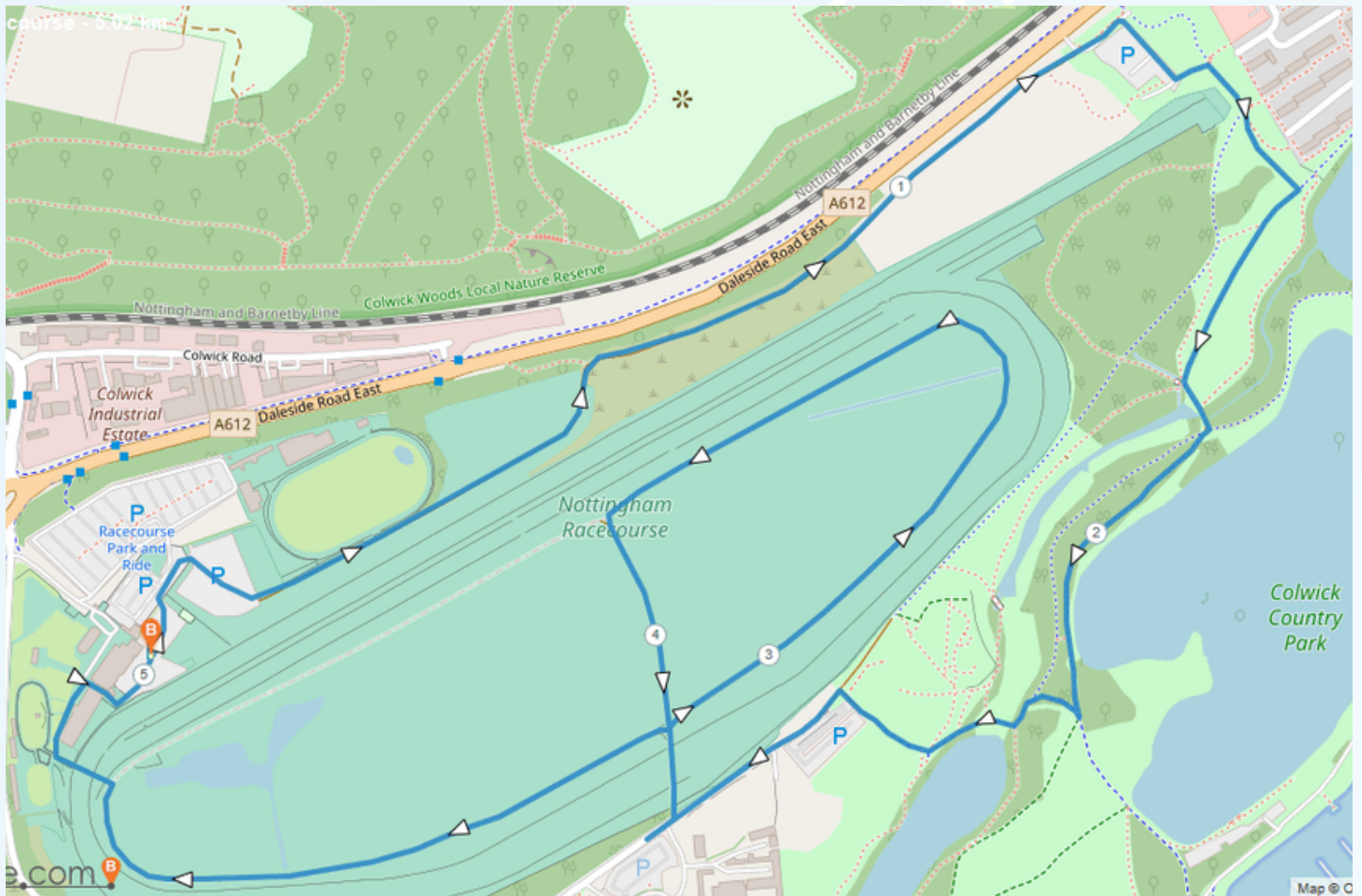
There will be a water station on each lap of the course.

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.



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



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.



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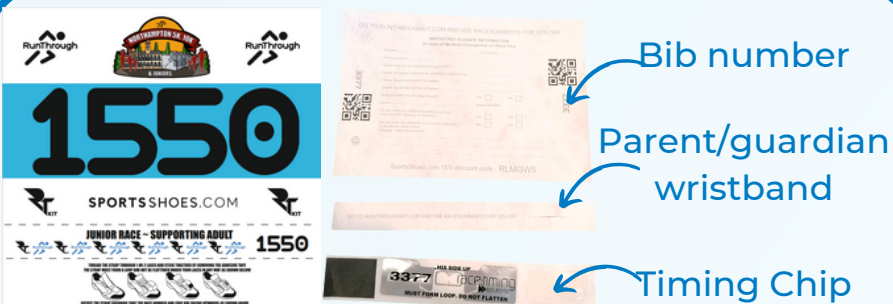
Terms & Conditions - Use code 'RUNFLYER23' in basket. Valid until midnight 31/03/24. Cannot be used in conjunction with any other offer or voucher code. Available online only while stocks last. Limited to 1 code per customer. 9BRAND Foods Ltd. reserve the right to withdraw or amend the offer at any time.



JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 11.45 and walk to the start together.
- The race will start at 12.00 and will follow a km loop around the racecourse. There will be a lead bike and marshals along the course.
- You will finish at the same finish 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 every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye
- out for our big blue flag!



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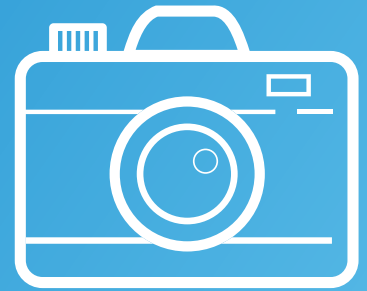
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PICTURES

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!



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

Fill out the form with your event day shoutout requests!



**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 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





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!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

Juniors- any age | 5k-11 | 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 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 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 finish! You're more than welcome to walk around Colwick 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 and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times: 10k Men's Sub 30:30 mins, Women's Sub 34 mins.

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

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



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