

EVENT GUIDE



Tittesworth Water

10k, Half Marathon & 50k Ultra

Sunday 16th July 2023



TRAILS

RACE PACK COLLECTION

Start Times:

50k Ultra- 7:00am

Half Marathon- 9:00am

10k- 9:30am

Race Pack Collection Times:

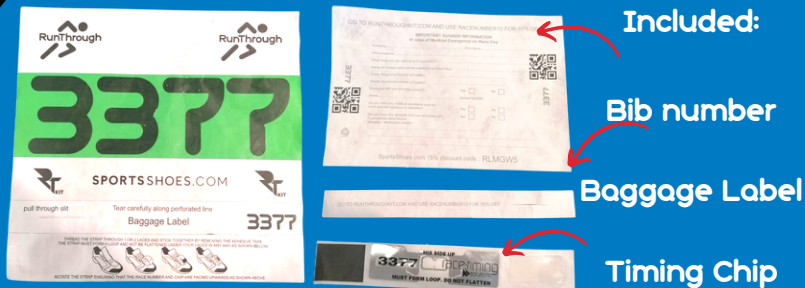
50k Ultra: 6:00 - 6:30am

Half Marathon: 7:30 - 8:30am

10k: 8:00 - 9:00am

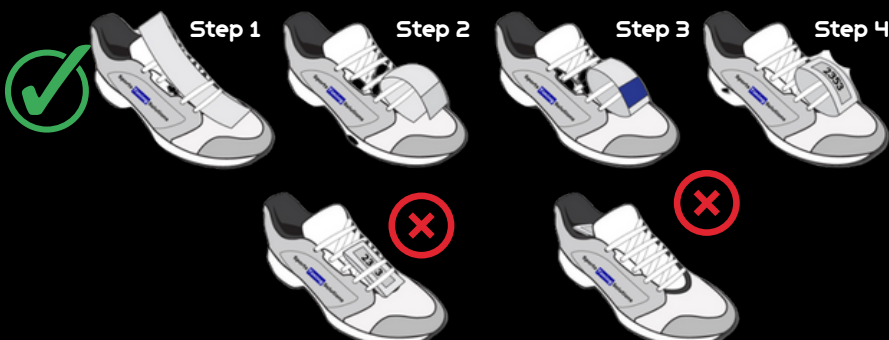
- On arrival make your way down to the registration desks associated with the distance you are running.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, 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!





RACE START

We will have a briefing 15 minutes prior to the start of each race.

From here you will be called to the start.

DURING THE RACE

The course will be marked out by trail flags and A5 arrow signage.

For marking turns there will be a sign or a cluster of flags, or a combination of both.

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 there be any queues at these.

There will be no distance markers.

We will have marshals positioned at key points to help you find your way.

50k Ultra runners must have the GPS track downloaded to your Mobile phone and/or GPS device and you are familiarised with the route prior to setting off. For the 10k & Half Marathon, having the GPS is not a requirement, but highly advised.

Please ensure you attend the race briefing prior to the race start time, and understand the route and signs you will be following.

Phone signal is pretty good throughout the course, except on sections that are in valleys. If you need to get a phone signal in these areas, just walk uphill onto high ground and you will find some signal.

Please wear appropriate footwear and clothing for off road and trail running.

The use of trail poles is permitted.

The route utilises public walking paths. Please be respectful of other trails users during the race.

[CLICK FOR 50K ULTRA GPX](#)

[CLICK FOR HALF MARATHON GPX](#)

[CLICK FOR 10K GPX](#)



Routes can be opened on [gaiia.com](https://www.gaiia.com), garmin & all major tracking devices

ROUTE COLOURS

The course will be marked out by signs, Trail Flags and tape.

50K ULTRA- RED

HALF MARATHON- BLUE

10K- YELLOW

REFRESHMENTS & AID STATIONS

In an effort to reduce waste, this race is bottle-free, meaning you'll need to pack your own cup for fluids at aid stations during the race. We suggest that you bring either a hand flask, running vest with water bottles or a collapsible cup.

Please bring your own water and drinking vessel to the event, along with your own snacks and fuel.

There will be a water station within the event village where you can fill up your own bottles.

THERE WILL BE NO BOTTLED WATER GIVEN OUT ON THE COURSES, YOU CAN REFILL YOUR OWN BOTTLES/CUPS AT THE AID STATIONS AND EVENT VILLAGE.

There are 5 aid stations along the 50k Ultra route. These will all provide water and some snacks- you can expect to see cola, sweets, chocolate, salted snacks and fresh fruit spread across these.

The aid stations are set up to supplement and top up your own supplies, please pack as if you were self fuelling, and carry what you will need and have trained with.

The Half Marathon will pass aid station 1 twice, the 10k will not pass any aid stations.

We will also have marquees, chairs and foil blankets just in case the weather turns. We will have marshals and medics at all of these points, please inform a member of staff if you have any issues along the way.

We recommend staying hydrated in the lead up to the event, and bringing plenty of liquids with you- the weather may be hot, so hydration will be vital throughout the race.

Please ensure you carry all litter with you, and nothing is left out on the course. This includes all water bottles, gel and food wrappers.



CUT OFF TIMES

There is a 12hr cut off on completing the 50k Ultra. There are no cut off times for the 10k or Half Marathon distances.

Each Aid station has its own cut off time, as listed below. If you have not reached an aid station by the required time, you will officially be removed from the race.

We will have a member of staff reverse walking the course from each Cut off location. As they pass you, they will inform you that you have missed the cut off.

You are then welcome to walk back with our staff, who can ensure you reach the event village safely, or continue on entirely at your own risk.

Cut off times and locations are as follows:

Aid Station 1- 15.5km – 10.40am

Aid station 2- 23.7km- 12.20pm

Aid station 3- 29.4km- 2.00pm

Aid Station 2 (2nd time passing)- 42km- 4.30pm

Aid Station 1 (2nd time passing)- 44.5km- 5.30pm

Finish- 50km- 7.00pm

(These times take in to consideration elevation, distance and trail difficulty between stations)

REQUIRED KIT

RECOMMENDED KIT LIST (ALL DISTANCES):

Trail Running Shoes

Running Vest or Belt

Sunglasses

Suncream

Food & Water (to be re-filled at Aid Stations)

Mobile phone and/or GPS device (fully charged)

REQUIRED KIT LIST (ULTRA DISTANCE ONLY):

Hooded waterproof jacket

First aid kit (to include minimum blister plasters, bandage and tape to secure dressing)

Spare long-sleeved base layer top

Hat/Cap

Whistle

Mobile phone and/or GPS device (fully charged)

Emergency foil blanket or bivi bag

Emergency food & drink

Please plan for being outside for a prolonged period of time in unpredictable & warm weather.

Required kit is for your own safety and can be spot checked by staff at any time.

If you do not have a required kit item, tell us now and we will do our best to work something out.

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, red shorts, and blue sneakers, and is holding her right foot to stretch her leg. The man, on the right, is wearing a blue long-sleeved shirt, grey shorts, and blue sneakers, and is in a low, athletic stance. In the background, there is a stone bridge and a large building with many windows, all reflected in the calm water of the river.

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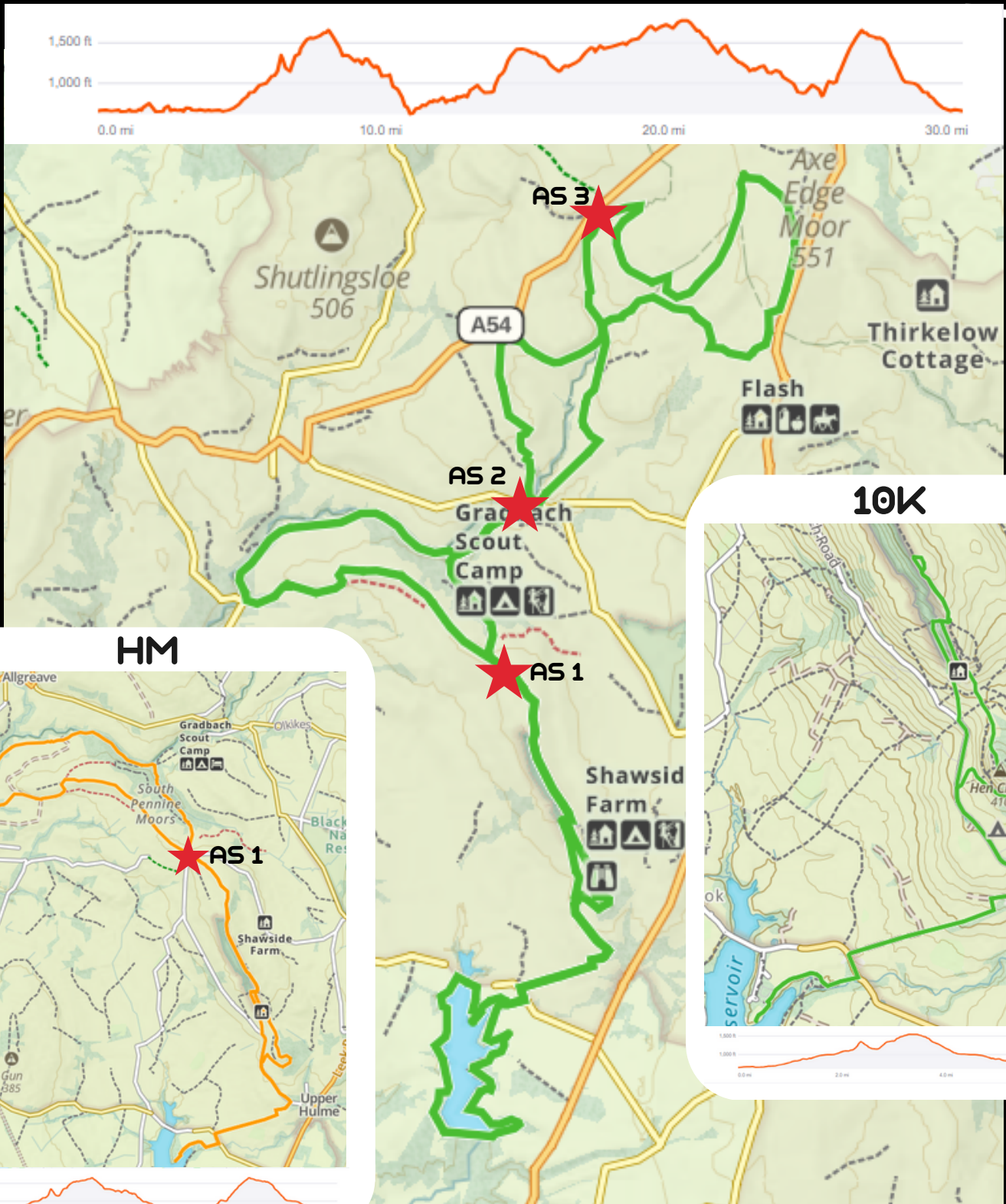
#NoFunStandingStill

Terms & Conditions apply. See website for details.

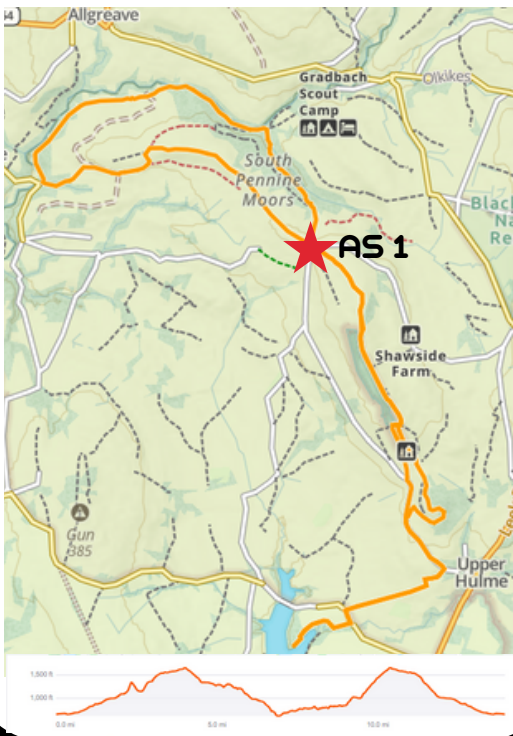
Code valid until 17.07.23

50k

COURSE MAP



HM



10K



AFTER THE RACE

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

[CLICK FOR ULTRA GPX](#)

[CLICK FOR HALF MARATHON GPX](#)

[CLICK FOR 10K GPX](#)



SPECTATORS

COFFEE

There will be a coffee van located in the event village prior to the race starts.

From 10am-5pm Tittesworth Water Visitor Centre will be open and serving food along with hot & cold drinks.

TOILETS

There will be toilets available to use prior to the race. These are located at the What3Words

[///cookie.dreamers.tramps](https://www.what3words.com/cookie.dreamers.tramps)

For spectators in the event village, we will use the toilets in the visitor centre and the play area once they open at 10am. The exact location for the centre is [///efficient.thorax.alien](https://www.what3words.com/efficient.thorax.alien).

There are toilets located along the 50k route located at Gradbach Scout Camp (Aid Station 2).

- The 10k & Half marathon will not pass these.



BAGGAGE

- Please limit the number of belongings you bring to the event. The car park is directly next to the event village so we recommend leaving belongings in your cars where possible.
- 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.

TRAVEL

Address: Tittesworth Water Visitor Centre, Meerbrook, Leek ST13 8SN

The visitor centre is located along a lane branching off from Meerbrook Road (What3Words: ///ankle.fatigued.calculate) and can be reached from the A53 or A523

Parking

The car park at the Visitor Centre is charged at £3 for up to 2 hours or £5 for the whole day. Most machines take cash payments only, but there are three that can take card payment, one next to the visitor centre, one next to the play area, and one in the waterside car park.



what3words

If using the app What3Words, use the words ///exhaling.about.ruling for exact event village location

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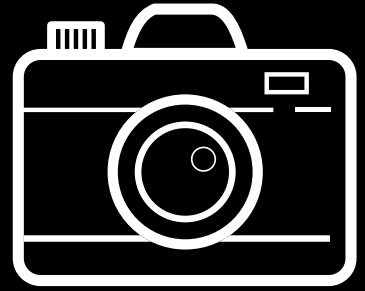
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PICTURES

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 and #RunThroughTrails on Instagram with your race day collages, the best ones will feature on our page!

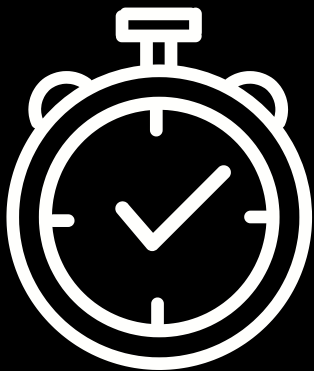


Click the icons to visit our pages!



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 online, 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!

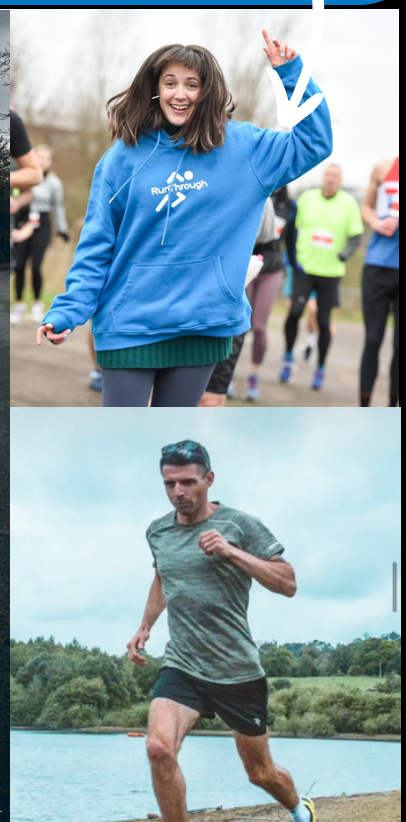
These Unisex products are comfortable, and designed with your daily workouts in mind.

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 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?

16 for 10k, 17 for HM, and 20 for the 50k

Is there a time restriction to complete the race?

Yes, there is a 12hr cut off on the 50k Ultra race, please get in contact with us at north@runthrough.co.uk if you plan to take more than 12hrs to complete your race as we may need to make special arrangements around the course and event village. There is no cut off on the 10k or Half Marathon.

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?

There will be 5 aid stations along the 50k route and 2 along the Half Marathon, where you can re-fill bottles/cups. However, there won't be any bottles provided.

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?

We highly recommend car sharing where possible, there is parking at the visitor centre, right next to the event village.

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

Will there be a prize giving?

There will be a presentation on the day for the first 3 male and female in each distance. The age group winners can expect an email reward in the week following the race.

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



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