

EVENT GUIDE

Cannock Chase The Sun

5k, 10k & 10 Miles

Wednesday 16th August 2023



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Join us Again!



TRAVEL

Address: Cannock Chase Forest – Slitting Mill Road, WS15 2US

By Car

Cannock Chase is east of the M6, close to junctions 12 and 13. The A34 between Stafford and Cannock runs along its western boundary; the A513 Stafford to Rugeley road lies to the north; while the A460 provides access from Cannock in the south. The A51 between Lichfield and Rugeley provides access from the south-east.

There will be free parking at the event at the concert site. Access to the concert site is via Slitting Mill Road. This is not a usual entrance to the venue, please follow the event specific signage as you approach the venue.

Arrivals after 6:30pm will NOT be allowed access into the free parking at the concert site for the safety of the runners at the start of the 10 Mile race.

All arrivals after 6:30pm must park elsewhere, we recommend the Birches Valley car park which is Pay & Display.

Public Transport

The nearest train stations Rugeley Trent Valley and Rugeley Town are both approximately 2 miles away.

There are also various options for bus services in and around Cannock Chase. Visit Staffordshire County Council's website [here](#) for timetables and operator route maps.



what3words

If using the app What3Words, use the words [///comfort.sprains.greyhound](#) for exact event village location

Race Pack Collection

Race Pack Collection Times:

10mi - 5:00 - 6:00pm
10k - 5:30 - 6:30pm
5k - 5:40 - 6:40pm

Start Times:

10mi-6:30pm
10k – 7:00pm
5k – 7:10pm

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:

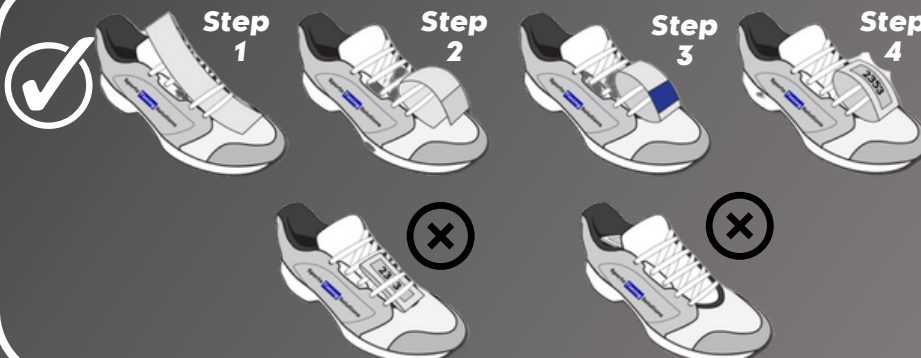
Bib number

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!



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 red shorts, holding her right foot to stretch her hamstring. 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 20.08.23



SPECTATORS ✓ **COFFEE** ✓

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

TOILETS



For this event, we will use portable toilets located in the event village.

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.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.

Places available now for:
Lake District Retreat: 13th -16th October 2023
Morzine: 30th June- 6th July 2024

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

This undulating course is on high-quality trail paths within the forest. We will have marshals all around the course as well as arrows and distance signs.

10mile runners will follow yellow Mile signs from 1-9.

10k runners will follow green KM signs from 1-9.

5k Runners will also follow the green KM signs, from 6-9.

The 5k is one lap, while the 10k is 2 laps. 10 Mile is 3 laps with an additional 'mini-lap' at the start.

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 turn).

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.

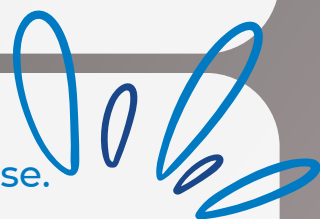
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

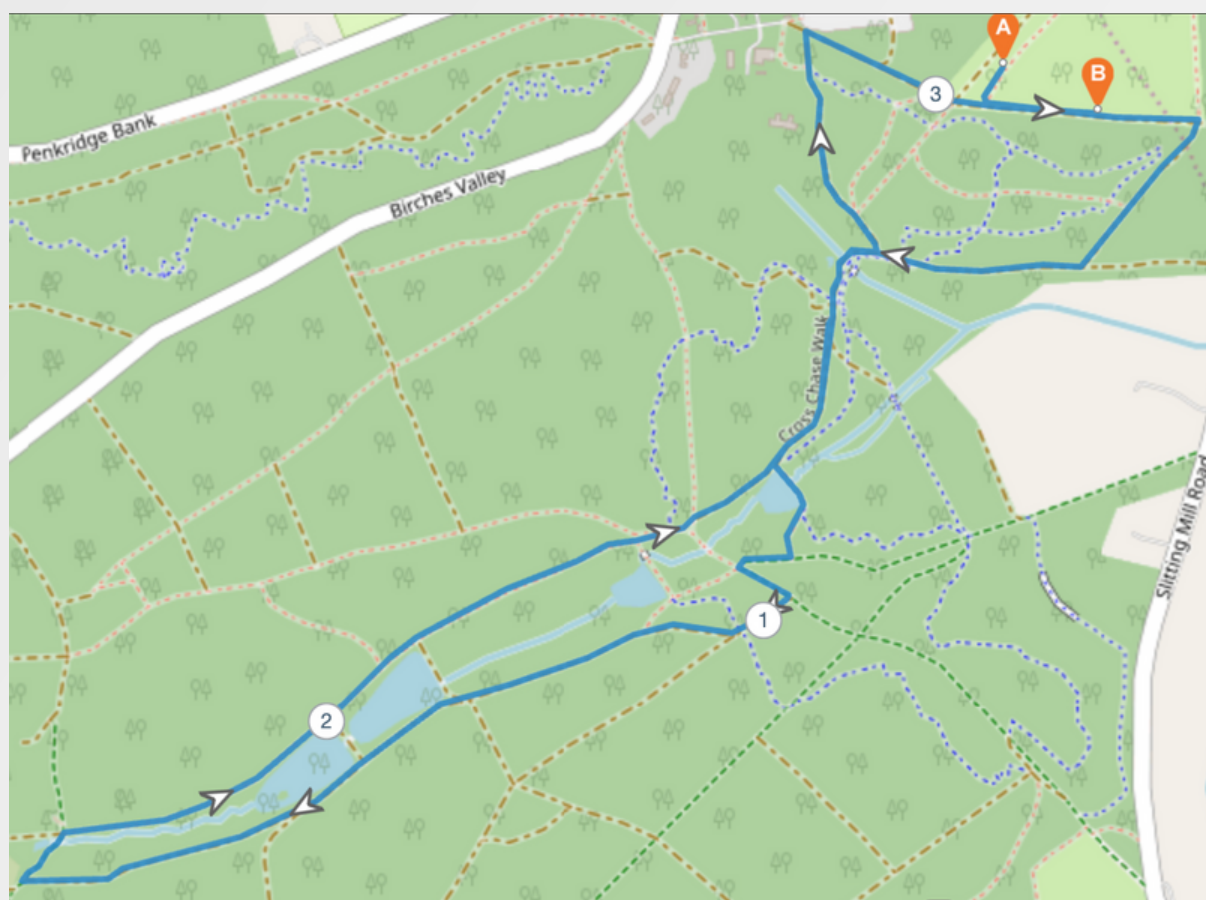
There will be a water station on each lap of the course.

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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trial

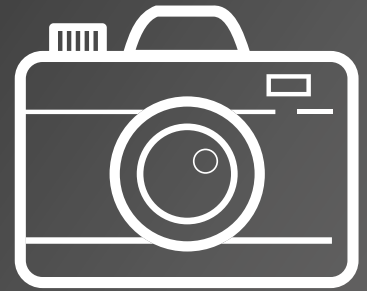
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to the **next level**

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 & #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!

Click the QR to fill out the form with your event day shoutout requests!



**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 all year round.

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

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?

5k-11 | 10k-15 | 10mi- 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?

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 desk 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 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.

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



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