

EVENT GUIDE



Altrincham 10k

Sunday 17th September 2023

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The Christie
Charity



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Join us Again!



TRAVEL

Event Address: Cross Street, Altrincham Town Centre, WA14 1EQ

CAR

Altrincham is a short 30 minute drive from Manchester City Centre, with plenty of transport links via the M56. There are multiple car parks in the town centre that are a short walking distance from the event village, many of which are free or have cheaper fares on a Sunday. We recommend you check out the Parkopedia website [CLICK HERE](#) to find parking for the event.

Goose Green car park is located within the course so in order to use this car park you will have to arrive before 8am.

TRAM

Altrincham tram stop is less than a 1 minute walk from the event village. There are regular trams that run frequently from Manchester City Centre to Altrincham Town Centre, taking approximately 30 minutes. If you are travelling via the East Didsbury or Manchester Airport lines there is a quick change at Trafford Bar; if you are travelling from Eccles/MediaCityUK there is a change at Cornbrook.

TRAIN

Northern trains run a service through Altrincham on the Chester-Manchester line, however please check train times ahead of the event as this service runs less frequently on a Sunday. Altrincham train station is located less than a 1 minute walk from the event village.

BUS

Several bus routes take you through Altrincham Town Centre, including the 11 from Stockport, 88 from Macclesfield / Knutsford and the 263 Manchester. Please remember to check Sunday timetables. Information for all bus routes can be found on the Transport for Greater Manchester website.



what3words

For the exact event village location use the words
[///pies.sprint.carbon](https://www.what3words.com/pies.sprint.carbon)

RACE PACK COLLECTION

Start Times:

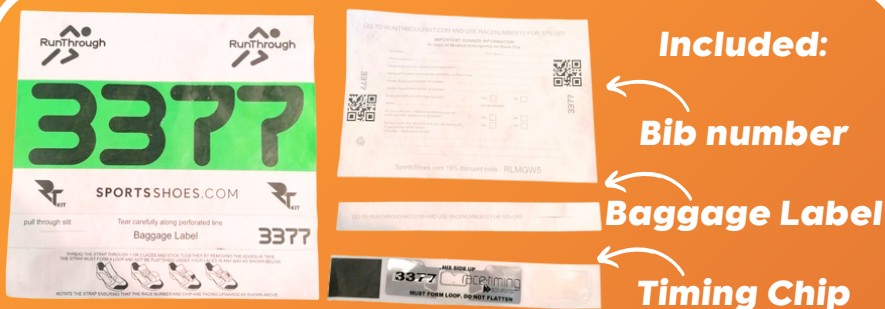
9:30am

**Race Pack
Collection Times:**

8:00 - 9:00am

- ****IF YOU'VE ENTERED PRIOR TO THE 1ST SEPTEMBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****
- If your pack hasn't arrived or you've entered after this date, 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!



GET RACE READY

15% OFF

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Terms & Conditions apply. See website for details.

Code valid until 17.09.23

SPECTATORS

COFFEE

Spectators are more than welcome!

There will be several cafes and shops open in and around the event village serving hot drinks and food. See the next page for details.

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 town hall HERE 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 room.
- 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.

Breakfast Burrito's at Burrito Picante

open from 9.30am

Burrito Picante, 47 Railway Street, WA14 2RQ

Early opening at California Coffee & Wine

Open from 8am for drinks & 9am for food

California Coffee & Wine, 3 Oxford Road, WA14 2DY

Early Opening & Live Music at The Cheshire Tap

Open from 10.30am

Cheshire Tap, 36 Railway Street, WA14 2RE

Breakfast & Fresh Juices at Damò

Open from 8am for breakfast & lunch

Damò, 20 Ashley Road, WA14 2DW

Fresh juice and healthy snack menu at Ginkgo Herbs & Health

Matcha & Beetroot Lattes alongside Protein Balls,
Stuffed Dates & Chocolate Shards

*Ginkgo Herbs & Health, 58 Stamford New Rd,
WA14 1EE*

Crepe Stall at Gran T's Coffee House

Open from 7am for drinks

*Gran T's Coffee House, 29 Stamford New Road,
WA14 1DY*

Sunday Roasts at Il Cappero

Served from 12-5pm. 2 course menu from £17.95 /
3 course menu from £19.95

Il Cappero, Denmark Street, WA14 2WG

Breakfast offer at Kennedy's Irish Bar

Bacon or Sausage Ciabatta £5 or £10 with a pint
Live music from 12 noon

Kennedy's Irish Bar, 30-32 Greenwood St, WA14 1RZ

Breakfast offer at Leeanne's Vintage Tearoom

Bacon or Sausage barm & any hot/cold drink
for £6

Early opening 8am

*Leeanne's Vintage Tea Rooms, 6 Lloyd Street,
WA14 2DE*

Double Espresso offer at MOST Bakery

Double Espresso for the price of a single for all
runners. Artisan breads, sandwiches, pastries &
other sweet treats

Open 8am - 1pm

MOST Bakery, 3-5 Cross Street, WA14 1EQ

Brunch at Oppio Lounge

Open from 9am with vegan & gluten free options
available

Oppio Lounge, 53 George Street, WA14 1RJ

Early Opening at Oxford Road Café

Open from 8am for breakfast & brunch

Oxford Road Café, 19 Ashley Road, WA14 2DP

10% at Smooch Shakes etc.

Quote 'altrincham 10k' to receive discount

Smooch Shakes etc, 3 Stamford New Rd, WA14 1BD

Family friendly dining at Sud Pasta

Southern Italian pasta kitchen serving lunch from
12 noon

Sud Pasta, 22 Shaw's Road, WA14 1QU

Breakfast Offer at Two Brothers Coffee

Bacon roll & any drink £6.50 before 12pm

*Two Brothers Coffee, 53 Stamford New Road,
WA14 1DS*

Early Opening at West Beverly

Open from 8am for drinks & 9am for food

West Beverly, 20 Shaw's Road, WA14 1QU

Breakfast Muffin Deal & Pimms at The Unicorn

Includes tea, coffee, hot chocolate. Free refills
2 pitchers of PIMMs £11.68

The Unicorn, 1-7 Ashley Road, WA14 2PD

Gluten Free Sunday Roast at Off the Wheaten Track

from 4pm & 10% discount for competing 10K
runners

Reservations only offthewheatentrackdeli@gmail.com
Off the Wheaten Track, 8-10 Oxford Rd, WA14 2DY

Match Ticket Offer from Altrincham FC

Enjoy 50% off match tickets for Altrincham FC v
Hartlepool United

Buy online at Altrinchamfc.com & apply discount
code: TOUR

J Davidson Stadium, Moss Ln, WA15 8AP

Altrincham Runner Discount

10% discount for all runners with proof of entry

Altrincham Runner, 6 George Street, WA14 1SF

15% Discount Voucher for Gait Analysis at The Foot Company

Receive £15 towards a Biomechanical assessment
with the flyer

The Foot Company, 51 Railway St, WA14 2RQ

Special Introductory rate for a Massage at The Massage Company

Available on the day on the 10K

Call in or look out for the team at the event

The Massage Company, 3 Lloyd Street, WA14 2DD



WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of the race.

From here, you will be directed into the following starting pens based on estimated finish times.

Sub 45 - Wave 1

Sub 50 - Wave 2

Sub 55 - Wave 3

Sub 60 - Wave 4

60 mins + - Wave 5

Please listen out for marshals' instructions to get lined up ahead of the race.

DURING THE RACE

We will have marshals all around the course as well as km markers and arrows. There will also be pacers to help you along the way.

The course starts and finishes in the town centre and follows flat, closed roads around Altrincham & Hale.

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 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 just after the water station.

REFRESHMENTS

There will be a water station at the 5k point, 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.

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.



CRUNCHY CORN "OFF THE COB"

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*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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FIBRE



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OR LESS



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ALTRINCHAM 10K



Join The Christie
against cancer

10K, let's go!
Sunday 17 September 2023

***The Christie Charity is delighted to be the charity partner
for the 2023 Altrincham 10K!***

Every pound you raise will allow us to remain at the forefront of research, treatment and care for cancer patients from the North West and across the UK, and will help us to save lives for generations to come. Do something amazing and run 10K with Team Christie!

When you join Team Christie in the Altrincham 10K, you will receive:
A FREE Team Christie running shirt
Dedicated fundraising and training support from our team
Race day support
An experience you will never forget!

You can use your place and start raising funds for Team Christie immediately by setting up your own JustGiving page [here!](#)
Or you [request a sponsorship pack](#) or send the team an email events@christies.org or calling 0161 446 3400!

The Christie
Charity





gofundme™

Make your place count!

***It's never too late to start fundraising
for a charity of your choice!***

Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe

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5K

5k Improvement Plan

13.1

Half Marathon Plan

10K

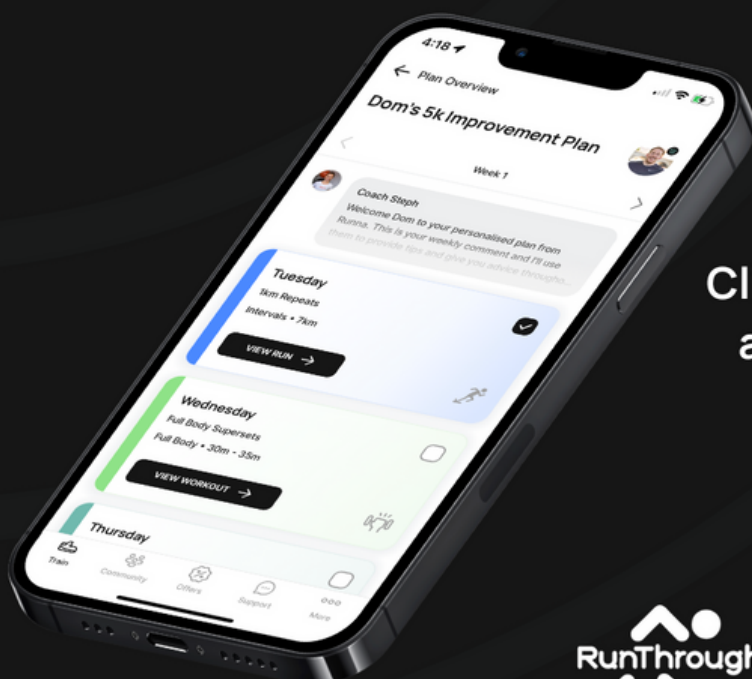
10k Plan

26.2


Marathon Plan

+16 more plans...

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and start your 2 week **FREE**
trial

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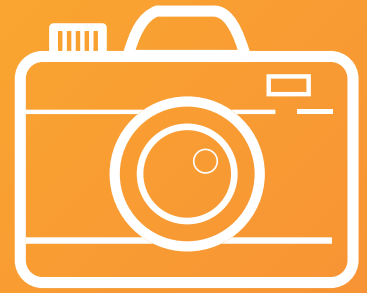


Take your running
to the **next level**



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 X account at @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 & #Altrincham10k 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**

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!

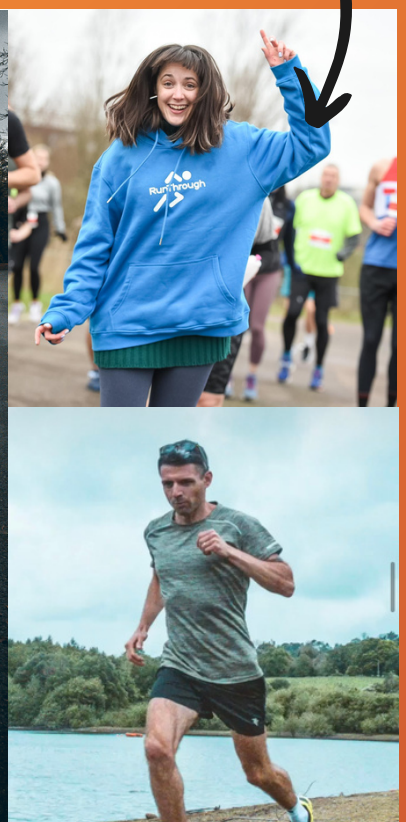
These Unisex products are comfortable, and designed with your daily workouts in mind.

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?

15

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at north@runthrough.co.uk if you plan to take more than 90 minutes 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, speak to our staff at 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 at 5km.

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! We ask spectators heading out on to the course to be aware of the road closures in place throughout the morning.

Will there be a prize giving?

There will be a prize giving on the stage at 10:30am for the top 3 male and female finishers.

The top 3 male and female age group winners can expect an email reward in the week following the race. 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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CORN**[®]


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**RUNNER
RETREATS**


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