

# EVENT GUIDE



CAPESTHORNE HALL  
· EST. 1719 ·



# Cheshire Half Marathon

## Sunday 10th September 2023



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Join us Again!



# TRAVEL

Address: Capesthorpe Hall, Congleton Rd, Siddington, Macclesfield, Cheshire, SK11 9JY

## By Car

Capesthorpe Hall is 15 miles south of Manchester just down the A34 and a short distance past the east-west A537 Knutsford to Macclesfield Road.

If travelling from the south, Turn left on to the A34 and Capesthorpe Hall will be sign posted off to the left.

There is plenty of car parking on site. Please make sure that you arrive before 8am if planning to arrive by car so that our team can get everyone parked up quickly and efficiently.

## By Rail

Chelford Train Station is a 10 minute taxi (3.3miles) from Capesthorpe Hall, Alderley Edge Station is also only 15 minutes (4.1miles) from the Hall. Please check rail times ahead of the race as Sunday services may be limited.

 what3words For the exact event village location use the words  
//briefer.delusions.stocked



# RACE PACK COLLECTION

**Start Times:**

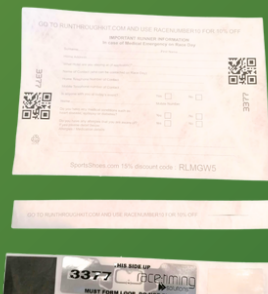
9:00am

**Race Pack  
Collection Times:**

7:30 - 8:30am

- **\*\*IF YOU'VE ENTERED PRIOR TO THE 25TH AUGUST 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](#)**



**Included:**

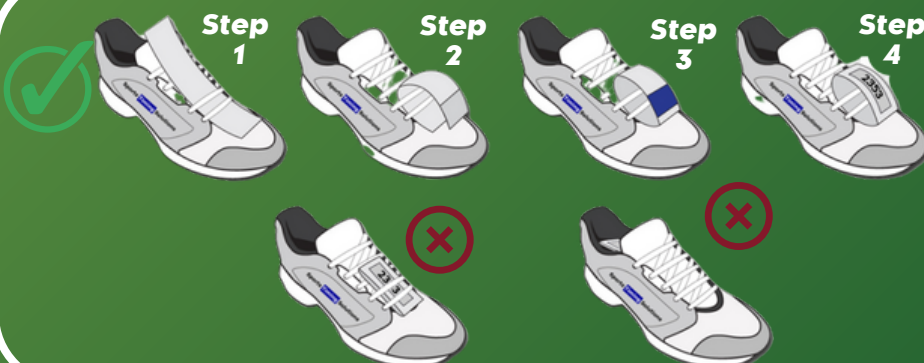
**Bib number**

**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!



**GET RACE READY**

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Use code:

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The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

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Terms & Conditions apply. See website for details.

**Code valid until 10.09.23**

## SPECTATORS

## COFFEE

We will have a coffee van along with our RunThrough kit and events stalls in the event village.

## 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 the race.

From here, you will be directed into starting pens based on estimated finish times. 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 mile markers and arrows.

The course follows flat, closed country roads around Siddington and Lower Withington.

Due to the nature of some sections of the course looping back along the same roads, 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 or pass in the opposite direction 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 on each lap of your race.

## **REFRESHMENTS**

There will be 3 water stations at 3miles, 6.5miles and 10miles along the course, please help yourself to these 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"

♥ **50% LESS FAT\***  
\*in comparison to potato crisps

♥ **HIGH FIBRE**

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## FUEL YOUR RUN

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185 CALORIES  
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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.



**MS-UK is incredibly proud to be the lead charity partner for Cheshire Half Marathon 2024!**

We are a small national charity that supports anyone affected by multiple sclerosis (MS) - that's around 130,000 people in the UK.

Through our various services including our helpline, online activities, peer support groups and information booklets we aim to improve the understanding of MS and provide information and vital emotional support where it is needed most.

Would you like to make every mile matter for MS this year? Why not fundraise for us alongside your 2023 place? We would love to welcome you into our fundraising community that we call #TeamPurple! We don't receive any government or pharmaceutical funding and rely on people like you, to help keep our services running for those who need us.

Use the QR code above to set up a fundraiser!

<https://www.justgiving.com/ms-uk>

We'll be at the event next week, why not come over and see us? Look out for our **#TeamPurple** flags, we can't wait to meet you on the day.

Contact us <https://ms-uk.org/fundraising-contact-form/>

Call us on 01206 226500

Email [fundraising@ms-uk.org](mailto:fundraising@ms-uk.org) Visit <https://ms-uk.org/>





# 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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of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.

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10K 10k Plan


26.2 Marathon Plan

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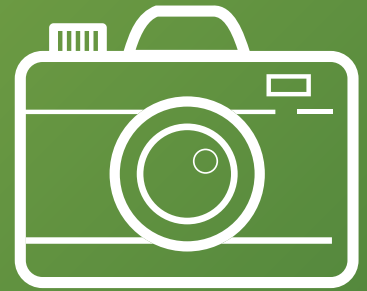


Take your running to the **next level**



## 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 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!

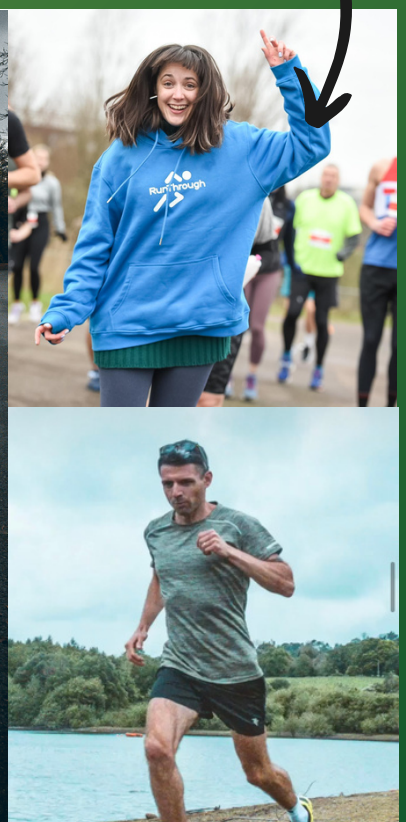
These Unisex products are comfortable, and designed with your daily workouts in mind.

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**





**VOLUNTEER WITH RUNTHROUGH!**

**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?

17-Half Marathon

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](mailto:north@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?

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 3mi, 6.5mi & 10mi.

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 10:45am 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:

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!





**RunThrough**



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