



EVENT GUIDE



Rugby Half Marathon
Sunday 1st October 2023

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Join us Again!



TRAVEL

Address: Hart Field, Rugby CV21 3UB

By Car

Hart Field sports ground is located just 1.2miles outside of Rugby town centre off the A428.

If driving to the event, please plan in advance as local parking options will fill up quickly. We recommend you use parkopedia.co.uk to find a suitable parking spot.

There is limited parking at Rugby Town FC [HERE](#). Please note this a 15minute walk to the event village so we advise arriving early if planning to park here.

By Rail

Rugby train station is located just 1.6miles from the event village (6min drive or 30min walk). Please check rail times ahead of the race as Sunday services may be limited.



what3words

For the exact event village location use the words
//blues.spring.scenes

For the entrance to the event village use the words
///mess.voice.cowboy

RACE PACK COLLECTION

Start Times:

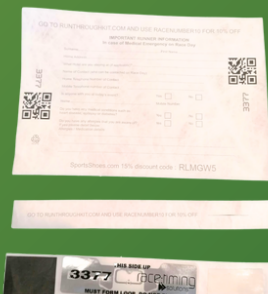
9:00am

Race Pack Collection Times:

7:30 - 8:30am

- ****IF YOU'VE ENTERED PRIOR TO THE 15TH 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](#)



Included:

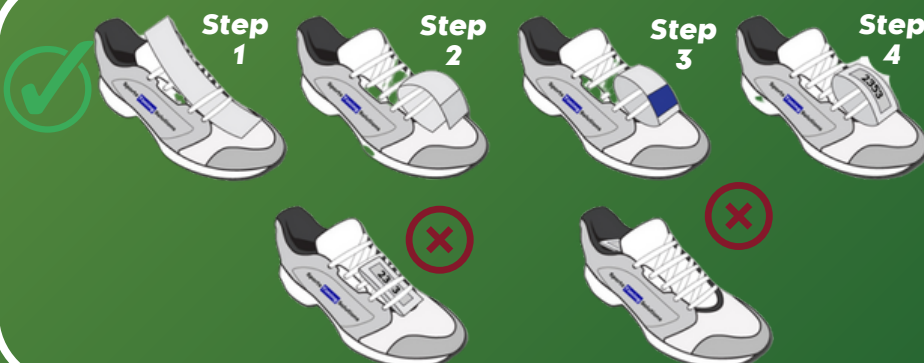
Bib number

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!





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Terms & Conditions apply. See website for details.

Code valid until 01.10.23

SPECTATORS

COFFEE

We will have a coffee van along with our RunThrough Kit and event 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 >](#)

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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 to line up in pace order. 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 an undulating loop around Rugby and onto the country lanes towards Barby. At around 6.5 miles, runners will begin a 2nd lap of these country lanes. At the end of the 2nd lap, the route heads onto the old Great Central Railway to head back into Rugby for the finish.

Due to the nature of some sections of the course looping back along the same roads, 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 or pass to have a clear path on your left 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.

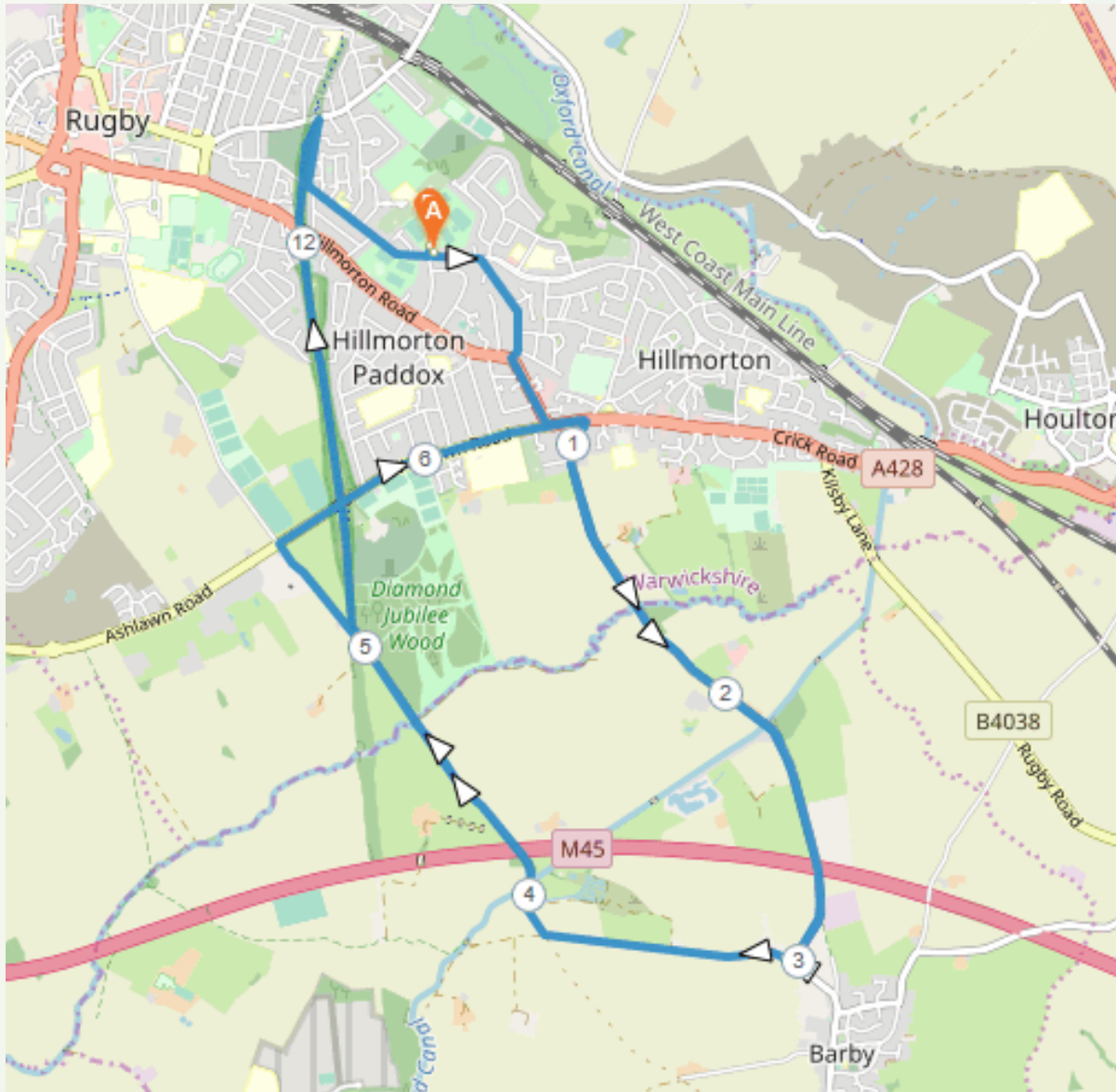
REFRESHMENTS

There will be 2 bottled water stations out on the course, both of these you will pass twice. Please help yourself to these as you pass. They will be at approximately 1mile, 4miles, 7miles and 10miles.

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.



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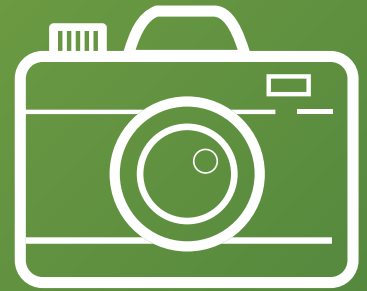


Take your running to the **next level**



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 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?

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 bottled water stations out on the course which you will pass at 1mi, 4mi, 7mi & 10mi.

Am I allowed to wear headphones?

Headphones are not permitted as runners are asked 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!



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