

EVENT GUIDE



Cheshire 10k, 10 Mile & Juniors Sunday 22nd October 2023

CHESHIRE
10K & 10 MILE



CHESTER

Your Race Experience

P3

Arrival



P4

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P7

During the Race



P8

Juniors



P9

The Course



P10

Finish Goodies & Event T-shirts



P13

Run For Charity



P14

Results & Photos



P15

RTKit



P16

Join us Again!



TRAVEL

**Address: Cheshire County Sports Club, Mannings Ln, Chester CH2
4EU**

The sports club is located just off the A41, accessible from the M56 & M53.

There is limited free parking available on site, at Upton-by-Chester High School, and University of Chester Creative Campus. If you're planning on parking at any of these, please arrive early to ensure a spot.

We advise using parkopedia.com where possible to plan ahead and find alternative parking in the area.

Bache (BAC) is the closest train station, just 1.4miles from the event village, and is served by Merseyrail. If planning to travel by rail, please plan your trip in advance as Sunday services may be limited.



 what3words [use the words //driveway.relishing.judges for exact event village location.](https://www.what3words.com/driveway.relishing.judges)

Start Times:

10 Mile – 9:00am
10k – 9:30
Juniors – 10:45am

Race Pack Collection Times:

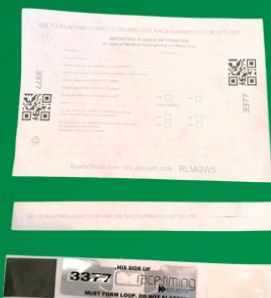
10mi - 7:30 - 8:30am
10k - 8:00 - 9:00am
Juniors - 9:15 - 10:15am

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

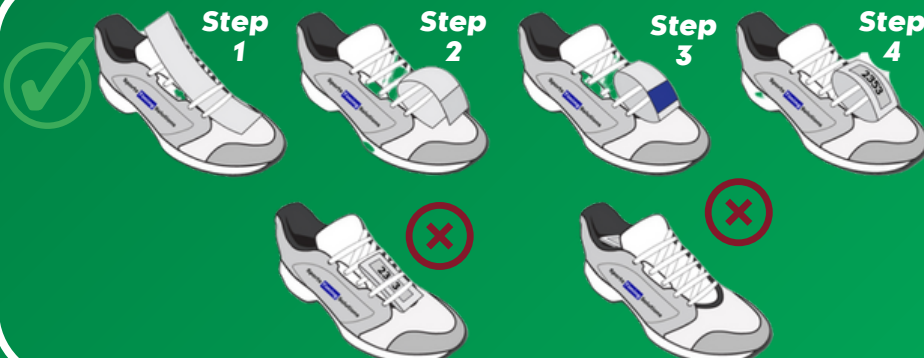
Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)





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Terms & Conditions apply. See website for details.

Code valid until 22.10.23



SPECTATORS ✓ **COFFEE** ✓

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

TOILETS



There will be portable toilets 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:
Peak District Trails Camp: 14th- 16th June 2024
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

There will be marshals all around the course as well as distance signs and arrows.

For the 10mi there will be Yellow signs counting up from 1 to 9mi.

The 10k will follow green signs, from 1 to 9km.

The route follows a fast course on country roads in the Cheshire countryside, around Hoole Bank, Picton and Wervin before finishing back at Cheshire County Sports Club.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass just after each water station.

REFRESHMENTS

There are water stations located at 3 miles, 5.5 miles and 8 miles on the 10 mile course, and at 3k & 7k on the 10k route.

There will also be a bottle of water waiting for you at the finish line.

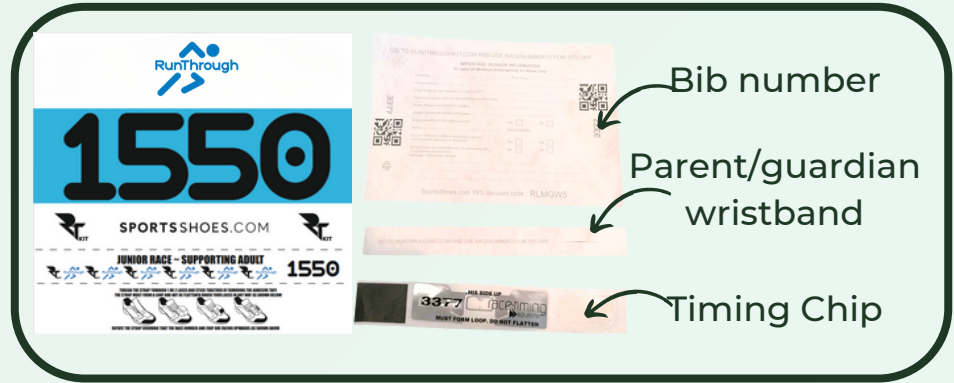
We recommend bringing your own water to stay hydrated in the lead up to the event.



JUNIOR RACE!

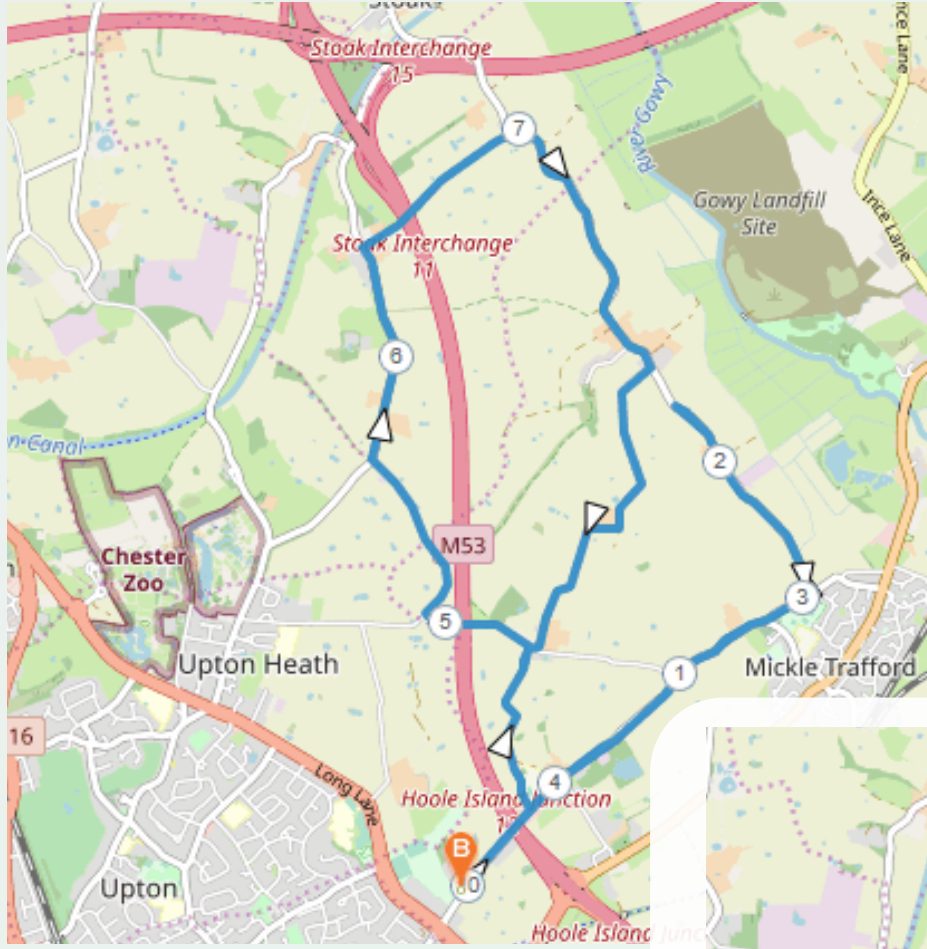


- Collect your race pack from registration. This will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in the event village 10mins prior to the start time.
- We'll have a group warm up at 10:35 and walk to the start together.
- The race will start at 10.45 and will be a 1km out & back loop.
- You will finish at the same finish as the adult race and be funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye out for our big blue flag!

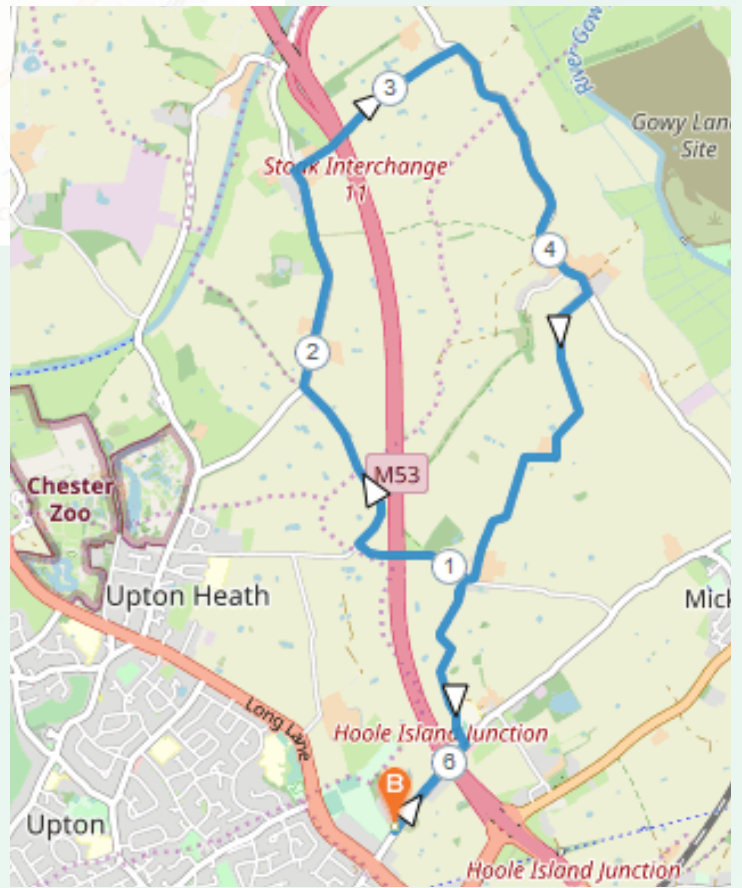


COURSE MAPS

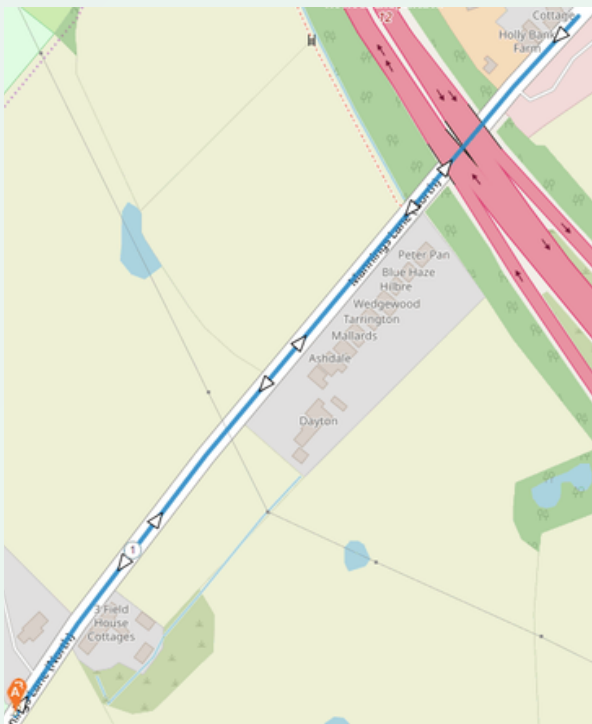
10Mi



10K



JUNIORS



[CLICK FOR 10MI INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR JUNIOR 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.



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

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*in comparison to potato crisps

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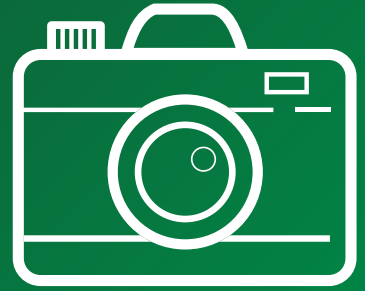
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to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.**

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

Start a GoFundMe

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 @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!

Fill out the form with your event day shoutout requests!



**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**



Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com



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?

Juniors-any age | 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 north@runthrough.co.uk if you plan to take more than 2.5hrs 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 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, speak to our staff on the information desk on the morning of the race to do this.

Will there be a water station on the course?

There is a water station located at 3 miles, 5.5 miles and 8 miles on the 10mile course, and at 3k & 7k on the 10k route.

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! If you're planning on heading out onto the race course, we ask spectators to be respectful of other runners on the paths.

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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