

EVENT GUIDE



GUILDFORD
10K



Guildford 10k & Junior 2k
Sunday 8th October 2023

Crossroads
Care Surrey

Your Race Experience

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Join us Again!



TRAVEL

Event Address: High Street, Guildford Town Centre, GU1 3AJ

CAR

Guildford Town Centre is located just over an hour west of London, just off the A3.

Although there is no specific event parking, we recommend you check out the Parkopedia website [CLICK HERE](#) to find parking for the event. Castle Car Park, Bright Hill Car Park and Bedford Road Car Park are all suitable pay and display options just a short walk from the event village.

TRAIN

Guildford Train Station and London Road Train Station are both only a 15minute walk from the event village. If planning to travel by rail, please be aware Sunday services may be limited.



For the exact event village location use the words
///payer.expose.verbs

RACE PACK COLLECTION

Start Times:

10k: 8:00am
Juniors: 8:10am

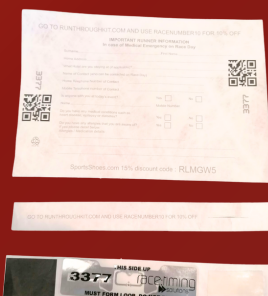
Race Pack Collection Times:

6:30-7:30am

****IF YOU'VE ENTERED PRIOR TO THE 22ND 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



Step 1



Step 2



Step 3



Step 4



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 08.10.23

SPECTATORS

COFFEE

Spectators are more than welcome!

There will be several cafes and shops open on and around the high street serving hot drinks and food. See the last page for all the deals!



TOILETS

For this event we will use portable toilets and public toilets both 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 Guildhall [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.



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 called to the start in estimated 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 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 a closed road route towards Clandon, along Epsom Road and the A25 and back again.

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 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.

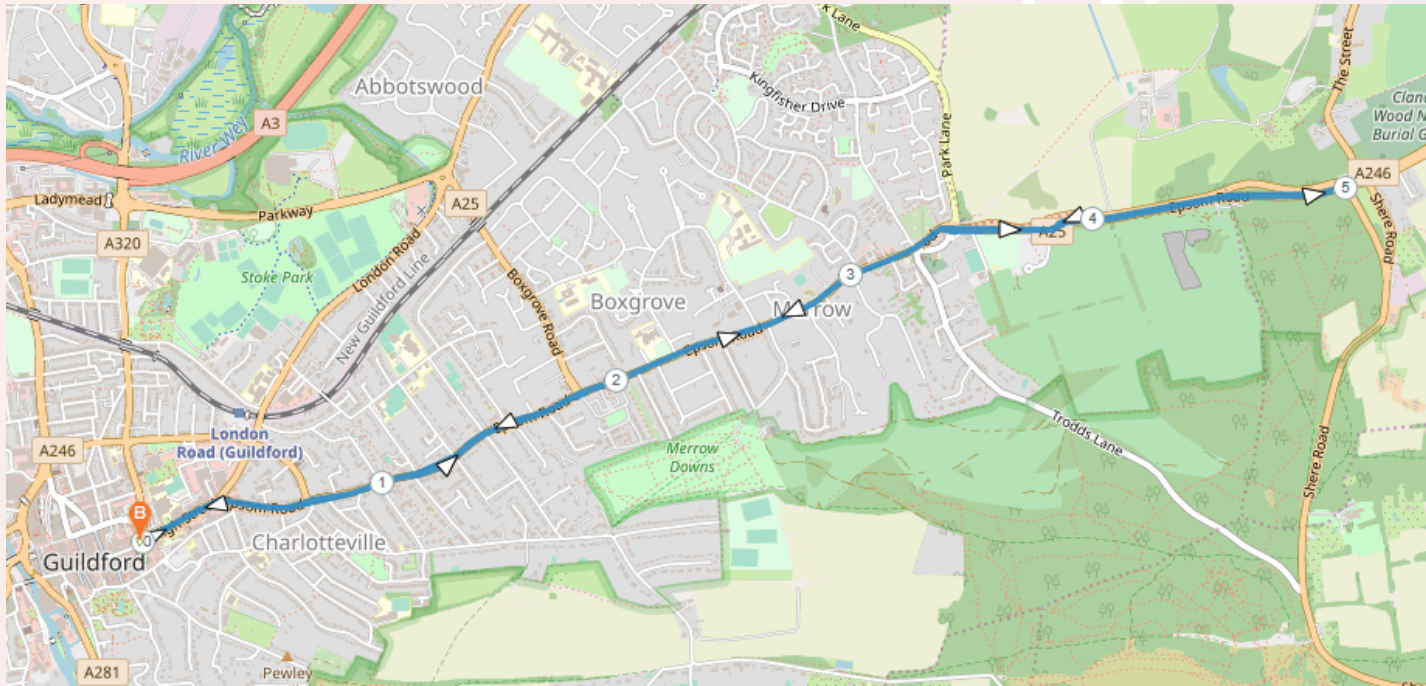
REFRESHMENTS

There will be a water station at the 5k point, just after the U-turn. Please help yourself to this as you pass.

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

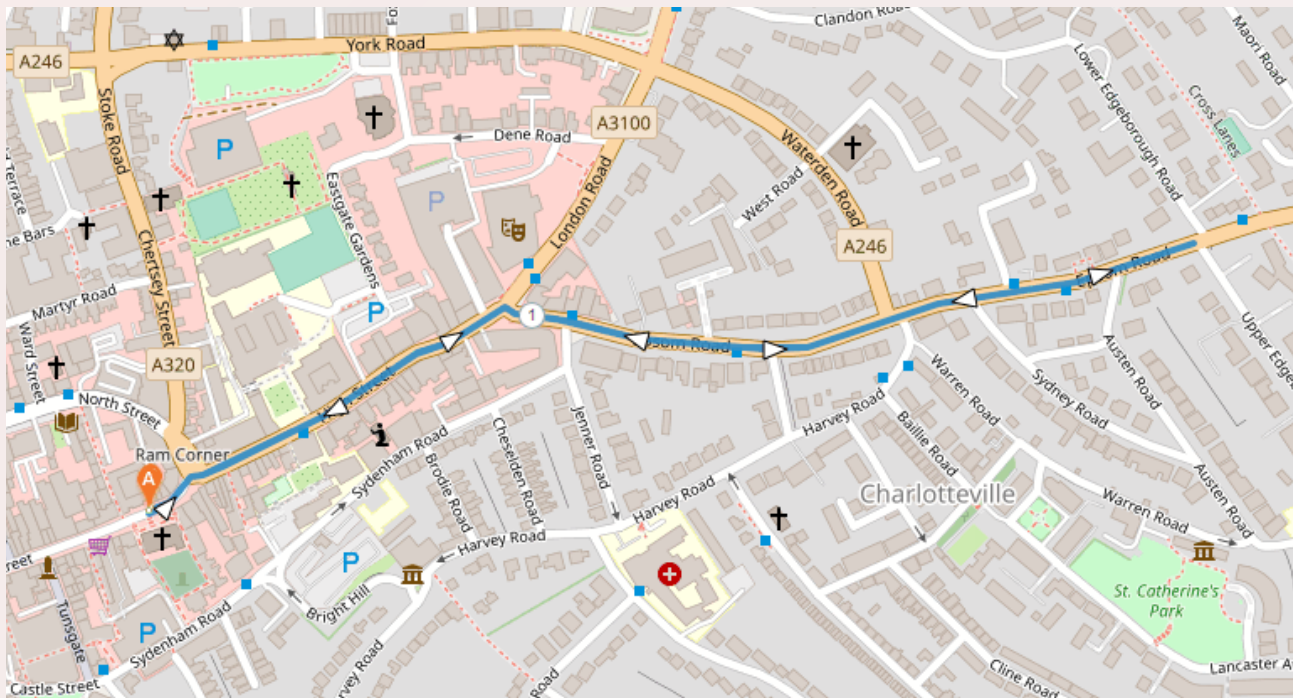
We recommend bringing your own drinks to stay hydrated in the lead up to the event.

COURSE MAP



[CLICK FOR 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.



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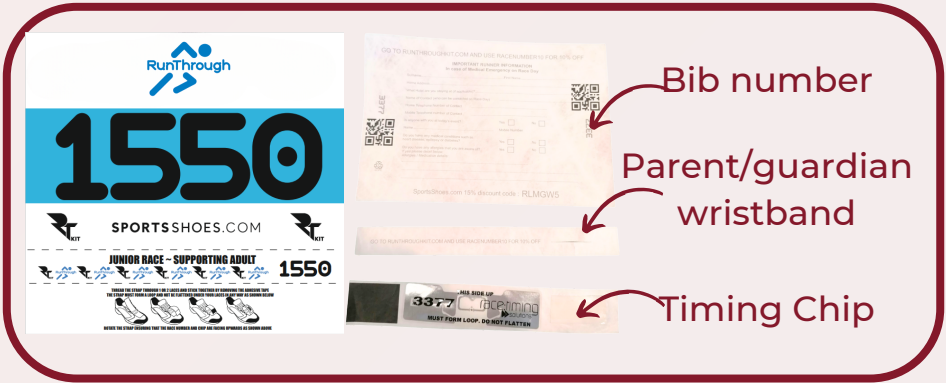
Terms & Conditions - Use code 'RUNFLYER23' in basket. Valid until midnight 31/03/24. Cannot be used in conjunction with any other offer or voucher code. Available online only while stocks last. Limited to 1 code per customer. 9BRAND Foods Ltd. reserve the right to withdraw or amend the offer at any time.



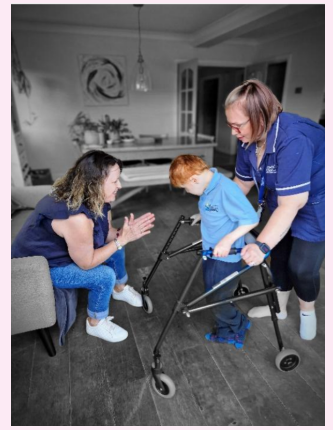
JUNIOR RACE!



- 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 8.05 and walk to the start together.
- The race will start at 8.10 and will follow a 2km out and back route. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the 10k race and be funnelled into a finish pen, just before the 10k runners start to finish.
- 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!



Crossroads Care Surrey



We are Crossroads Care Surrey – a registered charity that has been providing care and support to unpaid carers across Surrey for the last 40 years.

We put unpaid carers looking after a loved one at home at the heart of everything we do by offering them respite breaks from caring as well as providing end of life care in the home.

Our Carer Support Workers offer safe and caring support with all medical, behavioural and personal support needs so that the unpaid carer can take a much needed break from their caring duties.

Please visit [Crossroads Care Surrey](#) for further information and to view our most recent unpaid carer video.

We are proud sponsors of both The Guildford 10K and The Surrey Half Marathon in March 2024.

We can offer you half priced entry to both of these events in return for you fundraising on our behalf.

To support our work across Surrey please consider joining #TEAMCCS and running and fundraising for us. You can get in touch with us by emailing: fundraising@ccsurrey.org.uk or by calling 01372 677842 or set up a JustGiving page via the link below:

[Start Fundraising](#)

Thank you for reading and thank you for caring.



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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
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Start a GoFundMe

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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.



5K 5k Improvement Plan

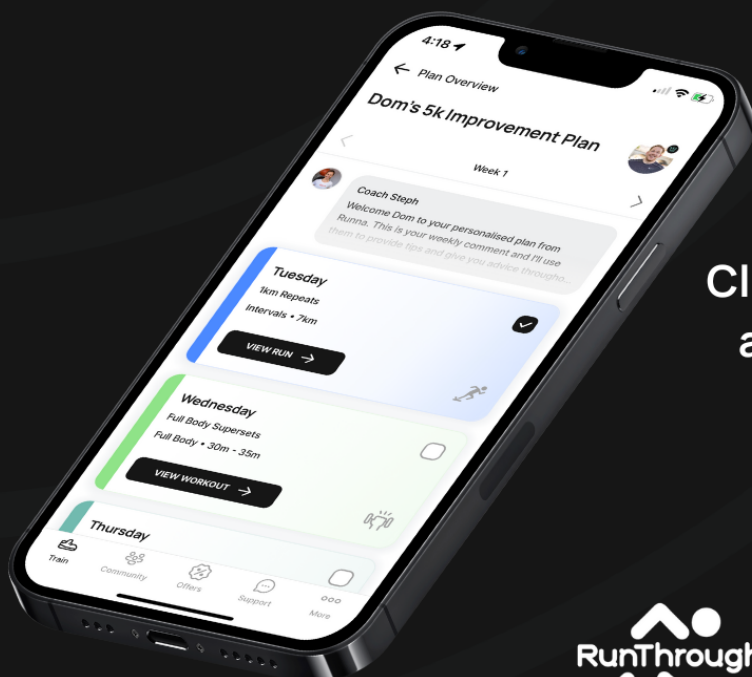
13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

STRAVA  WATCH GARMIN  COROS



Click **here** to download Runna
and start your 2 week **FREE**
trial

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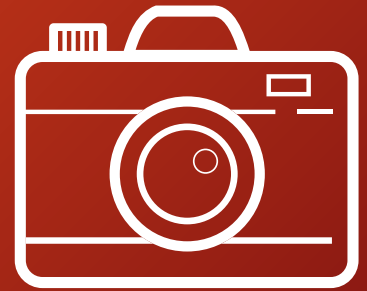


Take your running
to the **next level**



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 & #Guildford10k 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!

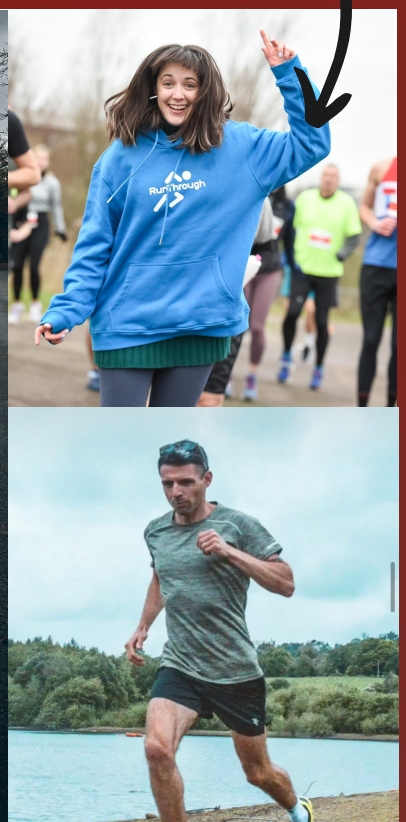
These Unisex products are comfortable, and designed with your daily workouts in mind.

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?

Juniors- any age,10k-15

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at info@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. The cottage Cafe located on the course [HERE](#) is a great place to watch the race.

Will there be a prize giving?

There will be a prize giving on the stage at 10:00am 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!

GUILDFORD TOWN CENTRE CAFE'S AND DEALS!

Gails Guildford:

Gails is a Coffee & Bakery located in the Tunsgate. Vouchers will be handed out with the medals, please show your voucher at the Gail's Guildford counter when ordering your drink. This free barista beverage voucher for Finishing Runners will be valid for 1 week, so you can claim your coffee on another day if you don't fancy it straight after the race!

Ole & Steen:

Ole and Steen is a Coffee & Bakery located on the High Street. They will be offering a 10% discount for all Finishing Runners - Please show your medal and bib number at the counter to receive your discount.

Solar Sister's:

Solar Sisters is a 'Zero Waste' Sustainability Cafe & Bakery located at the top of North Street (around the corner from the Start/Finish line). Discover their wide range of locally sourced food and household products. You can bring your own containers or use the ones provided. 10% discount on a hot beverage for Finishing Runners - Please show your medal and bib number at the counter to receive your discount. (Take-Away drinks not on offer).

Cafe Nero:

Coffee & Bakery located at the bottom of the High Street

Brown Bread:

Bakery located in the Tunsgate Arch





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