

# EVENT GUIDE

## **Macclesfield Running Festival** **5k, 10k & Half Marathon** **Sunday 29th October 2023**



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East Cheshire NHS

**EAST  
CHESHIRE**  
NHS Charity

Together, we can make a difference

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Run For Charity

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Join us Again!





## TRAVEL

Address: Macclesfield Leisure Centre, Priory Ln, Macclesfield SK10 4AF

### Public Transport:

Getting there from the Train station will need careful planning. Be sure to give yourself plenty of time!

The nearest train station is Macclesfield, which is a 10 minute drive or taxi to the start.

### By Car:

There is limited parking at the leisure centre, please arrive early if planning to park here. We recommend using [www.parkopedia.com](http://www.parkopedia.com) to find suitable alternatives in the area.



what3words

If using the app What3Words, use the words [///deals.cuts.cubs](https://www.what3words.com/deals.cuts.cubs) for exact event village location



## Race Pack Collection Time:

Half Marathon – 7:30- 8:30am

10k – 8:00-9.00am

5k – 8:15-9.15am

## Start Times:

Half Marathon – 9am

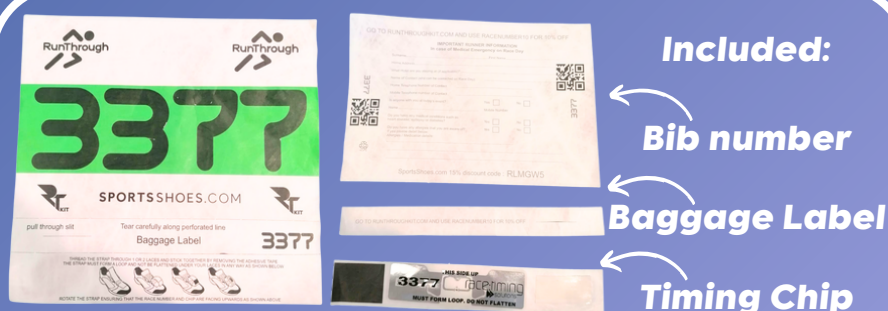
10k – 9.30am

5k – 9.45am

## RACE PACK COLLECTION

- **\*\*IF YOU'VE ENTERED PRIOR TO THE 12TH OCTOBER 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.
- If you have received your pack, simply turn up and run, you don't need to check in.

[CLICK FOR ENTRY LIST](#)



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](#)



**GET RACE READY**

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at

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Terms & Conditions apply. See website for details.

**Code valid until 29.10.23**

## SPECTATORS

## COFFEE

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

## 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:**  
**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**

We will have marshals all around the course as well as directional arrows, trail flags and distance signs.

Half Marathon Runners will follow yellow mile markers 1-13.

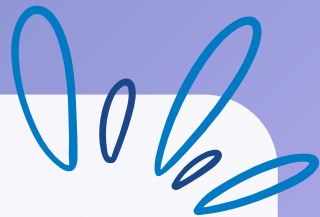
10k runners will follow green km markers 1-9.

5k runners will follow red km markers 1-4.

Please familiarise yourself with the course before you start. There will be some areas of the course where the distances will split from each other, and other areas where the distances merge back together. Look out for distance specific signage (e.g. a directional arrow with '10k' wording on), and listen for marshal instructions.

Please discard all litter and bottles within the signed litter zones. These will be just past each of the water stations.

## **REFRESHMENTS**



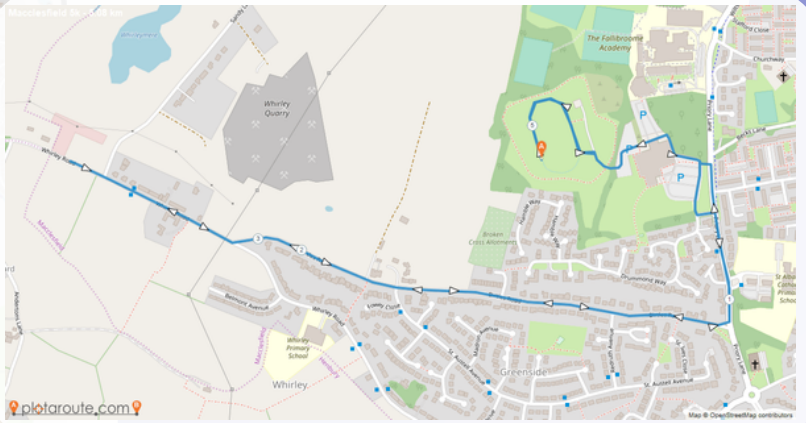
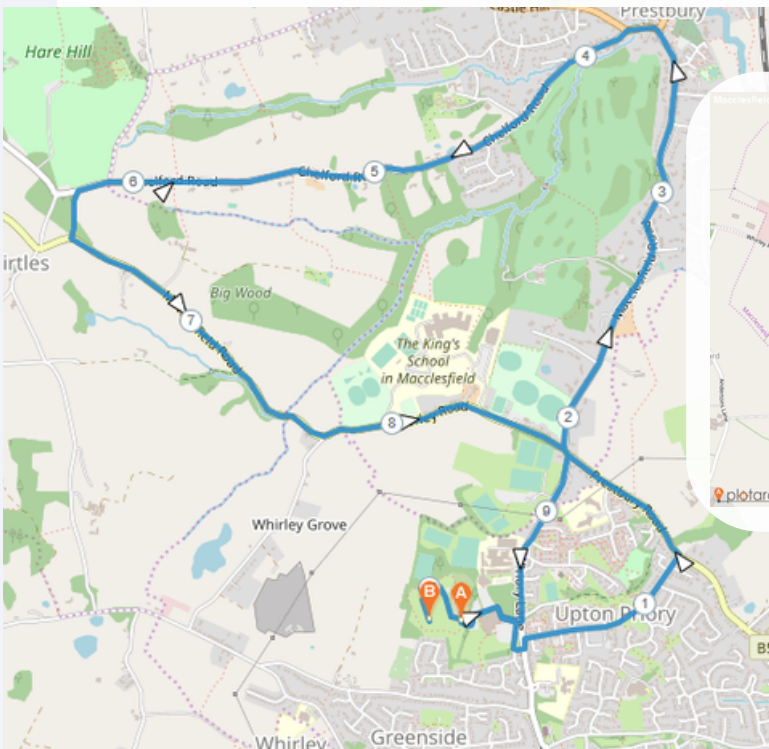
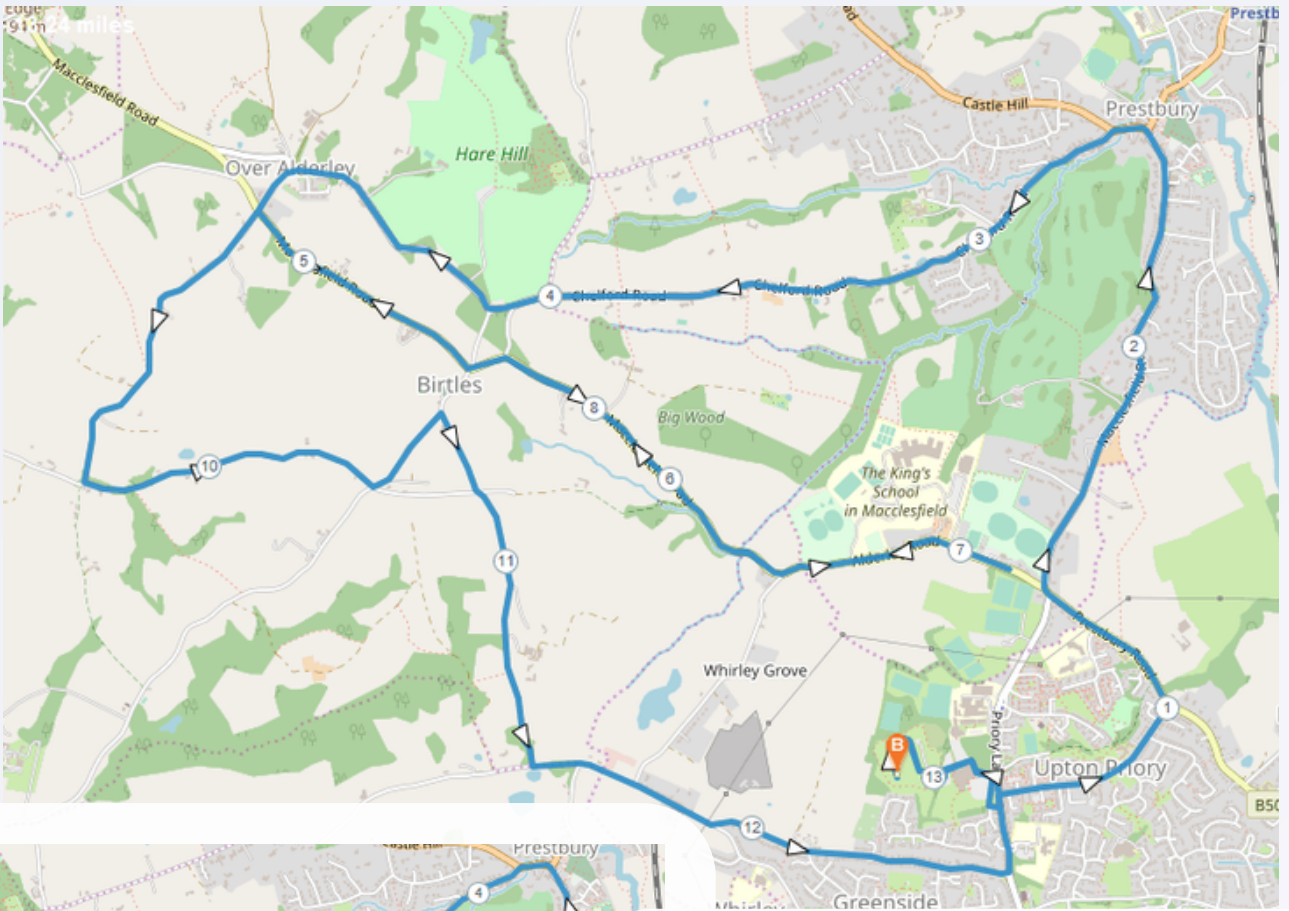
There are water stations which you will pass at 3.5, 7, & 10 miles on the Half Marathon route, and at 5k & 8k on the 10k course, please help yourself to these as you pass. The 5k will not pass a water station.

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

HM



10K

5K

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR 5K 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\*\*](#)

# CRUNCHY CORN "OFF THE COB"

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

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

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[amazon.com/lovecorn](https://amazon.com/lovecorn)

 FocalPoint

## Calling all Macclesfield Run Fest runners!



To find out more or  
register click here



At FocalPoint we make software that improves the accuracy of GPS. We're looking for volunteers to help us gather data during the run.



We will collect data from phone sensors which we will use to train our human motion models & improve positioning technologies for smartphones, running watches and more.



All data collectors will receive:

- **20% off your next RunThrough event!**

# ENHANCE YOUR MUSCLE REPAIR POST-RUN WITH BOUNCE PROTEIN BALLS



HIGH IN PROTEIN



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ZERO PALM OIL



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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.



# EAST CHESHIRE NHS Charity



Together, we can make a difference

Good Luck to all our runners! Thank you so much for choosing to run for us, we can't wait to cheer you on at the weekend.

## About us

East Cheshire NHS Charity is a local charity that works hand in hand with our incredible healthcare services to help them go above and beyond for patients, families and staff.

We believe that everyone deserves access to the best possible healthcare, and our mission is to support our local NHS to help them deliver it. We go beyond standard Government funding and support Macclesfield District General Hospital, Knutsford Community Hospital, Congleton War Memorial Hospital and our community services.

From supporting staff health and wellbeing to providing toys to brighten up our young patients' days to making long stay patients feel more at home – our mission is to make a visible difference.

## We support:

- Supporting the health and wellbeing of our incredible NHS staff
- Providing ward improvements from beds and furniture to new technology
- Staff room and patient waiting area improvements to enhance experience and wellbeing
- Volunteers to support and reassure patients and families

## How you can help

Secured your own place in an event? Why not support East Cheshire NHS Charity with your place!

You can set up a JustGiving page [here](#).

Follow us on social media – EastCheshireNHSCharity (FB) and ECNHSCharity (X)  
<https://eastcheshirenhscharity.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***

Welcome to  
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Our Official Training Provider  
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.

5K 5k Improvement Plan

13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan



+16 more plans...

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



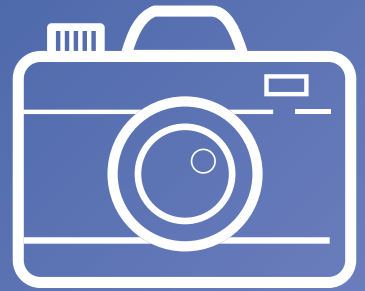
★ Trustpilot



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 @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**



**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.RunThoroughKit.com](http://www.RunThoroughKit.com)**





**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?

5K-11 | 10K-15 | hm-17

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, visit 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 which you will pass at 3.5, 7, & 10 miles on the Half Marathon route, and at 5k & 8k on the 10k course.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting as we require all runners 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 desk 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! You're more than welcome to head out, however if you're following the race course route, we ask spectators to be respectful of other runners and road closures in place.

Will there be a prize giving?

There will be a prize giving for the top 3 male and female participants in each distance. 1st place runners in each age group 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

HM Men's Sub 67:30 mins, Women's Sub 75 mins

10k Men's Sub 30:30 mins, Women's Sub 34 mins.

Check out our podium and photo wall to get your celebratory pictures!



RunThrough



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by...**



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CHESHIRE  
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**LOVE,  
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