

EVENT GUIDE

Ladybower Reservoir

Saturday 14th October 2023

Half Marathon & 50k


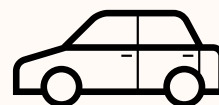
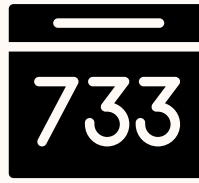

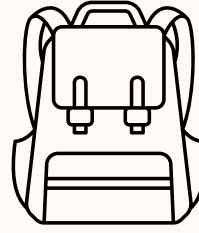


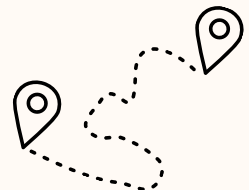


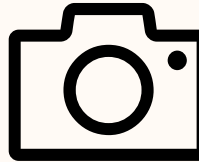





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TRAILS RACE DIRECTOR'S WELCOME



James Tilley, RunThrough Trails Race Director

I am incredibly excited to welcome you all to the Ladybower Reservoir Half Marathon and 50k in just a few short days. With so many runners travelling to this incredible part of the world, myself and the whole team have been working hard to put on the highest quality event possible.

For this event to sell out, in only its second year, makes the team's efforts so worthwhile. The response to last year's race was so positive that we couldn't wait to start planning and scheming about how we could improve it this time around!

Our team is made up of passionate runners and outdoor enthusiasts, who are so lucky to get to do something that we love every day. We have come together as individuals to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. So whether this is your first RunThrough Trails event or you have run with us before we hope you will go away after the race having fully experienced this and then want to keep coming back year after year!

My personal journey over the last decade has taken me from being a complete novice to now participating at an elite level on the international stage. This means that I am in a unique position from which I can relate to runners of all types and experience levels. I believe this is testament to the brand and environment we have worked hard to create with our races, so that people of different levels and experiences all aspire to come and run in one of our events.

I know that, for example, we have many runners for whom this will be their first time taking part in any trail race, as well as plenty of runners who have competed in many ultra distance trails races throughout their lives.

To each and every one of you I wish you nothing but luck for race day! I'm sure you will go through some tough moments, but this is why we take on such challenges. To test ourselves and to step outside of our comfort zones in order to learn more about who we are. It is also of the utmost importance to me and my team that you do so in the safest way possible.

With this in mind I will personally be heading out at 3am on race day with a few members of our team to make sure that nothing was disrupted overnight and to do a final check on conditions before our pre-race runner briefing.

I can't wait to see each and every one of you on race day so please do come and say hello, I'll be there setting you off at the start and, the best part of my job, welcoming you over the finish line!

All the best and see you soon!

James Tilley

RunThrough Trails & Ladybower Reservoir Race Director



TRAILS

ARRIVAL

ADDRESS

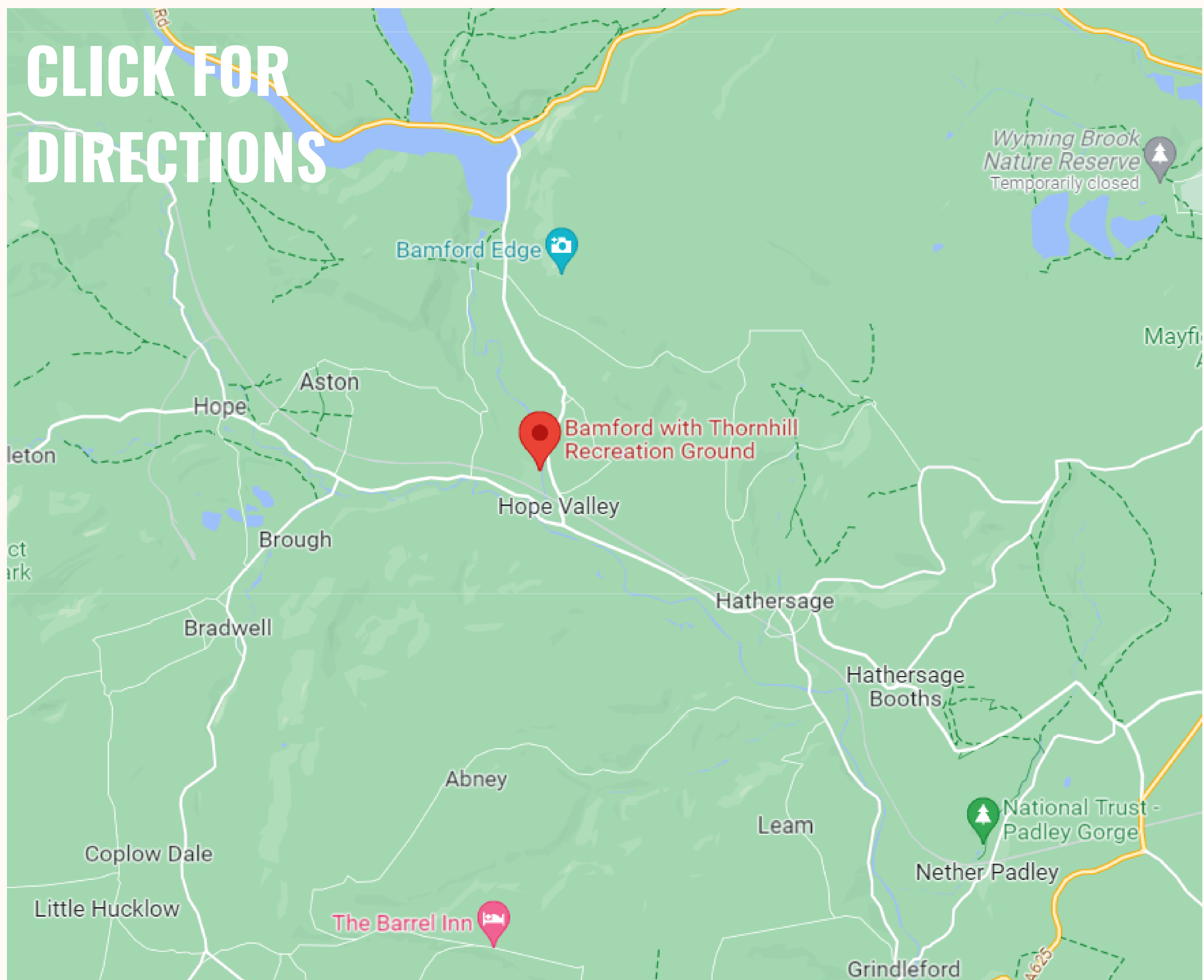
Bamford with Thornhill Recreation Ground, Station Rd, S33 0DA

TRAVEL

There will be free parking on site, which you will be directed to by our marshals on your arrival.

To access the car park, please arrive from Station Road, please do not use Thornehill Lane.

If using the app What3Words, use the words///reserves-surfaces-messy for exact event village location.





TRAILS

RACE PACK COLLECTION

START TIMES:

50K: 7:00am

Half Marathon: 9:00am

COLLECTION TIMES:

50K: 5:30-6:30am

Half Marathon: 7:30-8:30am

RACE BIBS & CHIPS:

****IF YOU'VE ENTERED PRIOR TO THE 29TH 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
- If you have received your pack, simply turn up and run, you don't need to check in

[CLICK FOR ENTRY LIST](#)

[CLICK FOR RACE BRIEFING VIDEO](#)

EMERGENCY DETAILS:

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!

TACKLE THE TRAILS LIKE A PRO

**Trail Running Camps for
runners of all abilities**

RUNNER RETREATS

Proudly supporting



TRAILS

FIND OUT MORE



TRAILS

KIT REQUIREMENTS

REQUIRED ITEMS (50k only):

- Phone/GPS watch
- Hooded waterproof jacket
- First aid kit (to include minimum blister plasters, bandage and tape to secure dressing)
- Spare long-sleeved base layer top
- Hat & gloves
- Whistle
- Mobile phone and/or GPS device (fully charged)
- Head Torch (Please be aware the 50k will start in the dark)
- Emergency foil blanket or bivi bag
- Emergency food & drink

RECOMMENDED ITEMS:

- Trail running shoes
- Hydration pack
- Technical running clothing
- Sunglasses
- Running Poles

MEDICS:

Please have the medics contact number saved, you may be required to contact the medical team if you or any other participants require medical treatment out on the course.

Their number is: 07598846683.





TRAILS

EVENT VILLAGE

BAG DROP:

Please limit the number of belongings you bring to the event. The car park is directly next to the event village so we recommend leaving belongings in your cars where possible.

- 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

TOILETS:

There will be portable toilets available within the event village. If you live locally we recommend using toilets at home.

There will also be toilets at Aid Station 1 in Heatherdene Car Park.

SPECTATORS:



Spectators are more than welcome. There will be coffee and food vans located in the event village where you can watch the races start and finish.

Supporters are more than welcome to provide aid, nutrition and extra provisions on course. However if doing so, we ask you to please be careful to not impede on other runners and to take all litter home.

If heading out onto the course, we advise heading to Aid Stations 1 and/or 5 as they are accessible by car, with toilets and parking.

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Code valid until 15.10.23



TRAILS

THE RACE

RACE START:

There will be a mandatory race briefing 15minutes prior to your race start. Here the race director will talk through the course, required kit and important race information.

From here you will be called to the start based off your estimated finish time.

Both the 50k and Half Marathon will be set off in waves, starting in 30 second intervals to reduce congestion on the course.

DURING THE RACE:

The 50k will be marked with Red trail flags and A5 arrow signage, and the half Marathon will be marked with Blue trail flags and arrows.

For marking turns there will be a sign or a cluster of flags, or a combination of both. If you haven't seen a flag or sign for more than a few hundred metres, turn around and re-find the course. There will be no distance markers.

There are stiles and gates on route so please be cooperative and understanding of fellow participants should there be any queues at these.

We will have marshals positioned at key points to help you find your way.

All runners must have the GPS track downloaded to your Mobile phone and/or GPS device and are familiarised with the route prior to setting off.

Phone signal is adequate throughout the course, except on sections that are in valleys. If you need to get a phone signal in these areas, just walk uphill onto high ground and you will find some signal.

The use of poles is permitted.

The route utilises public walking paths. Please be respectful of other trails users during the race.



TRAILS

THE RACE CONTINUED

AID STATIONS:

In an effort to reduce waste, this race is bottle-free, meaning you'll need to pack your own cup for fluids at aid stations during the race.

We suggest that you bring either a hand flask, running vest with water bottles or a collapsible cup.

There are 5 Aid Stations along the 50k route and 3 along the half marathon (AS 1, 4 & 5). These will all provide water, coke, crisps, fruit, flapjack/brownies and energy gels.

We will also have marquees, chairs and foil blankets just in case the weather turns. We will have marshals and medics at all of these points, please inform a member of staff if you have any issues along the way.

We recommend staying hydrated in the lead up to the event.

Please ensure you carry all litter with you, and nothing is left out on the course. This includes all water bottles, gel and food wrappers.



Calling all Ladybower 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.



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...and more!



RUNNER RETREATS

Find Out More or Sign Up Here

Use code trail10 for 10% off



TRAILS

CUT OFF TIMES

CUT OFF TIMES (50k only):

There is a 12hr cut off on completing this race.

Each Aid Station has its own cut off time, as listed below.

If you have not reached an aid station by the required time, you will officially be removed from the race.

We will have a member of staff reverse walking the course from each cut off location. As they pass you, they will inform you that you have missed the cut off.

You are then welcome to walk back with our staff, who can ensure you reach the event village safely, or continue on entirely at your own risk.

Cut off times and locations are as follows (click text for location links):

- Aid Station 1- Heatherdene Car Park (13.2km) – 10.15am
- Aid Station 2- Kings Tree (26.8km)- 1:00pm
- Aid Station 3- Jubilee Cottages (35.2km)- 3.00pm
- Aid Station 4- A57 (41.2km)- 4.30pm
- Aid Station 5- Dennis Knoll (48.9km)- 6.15pm
- Finish- 52.9km- 7.00pm

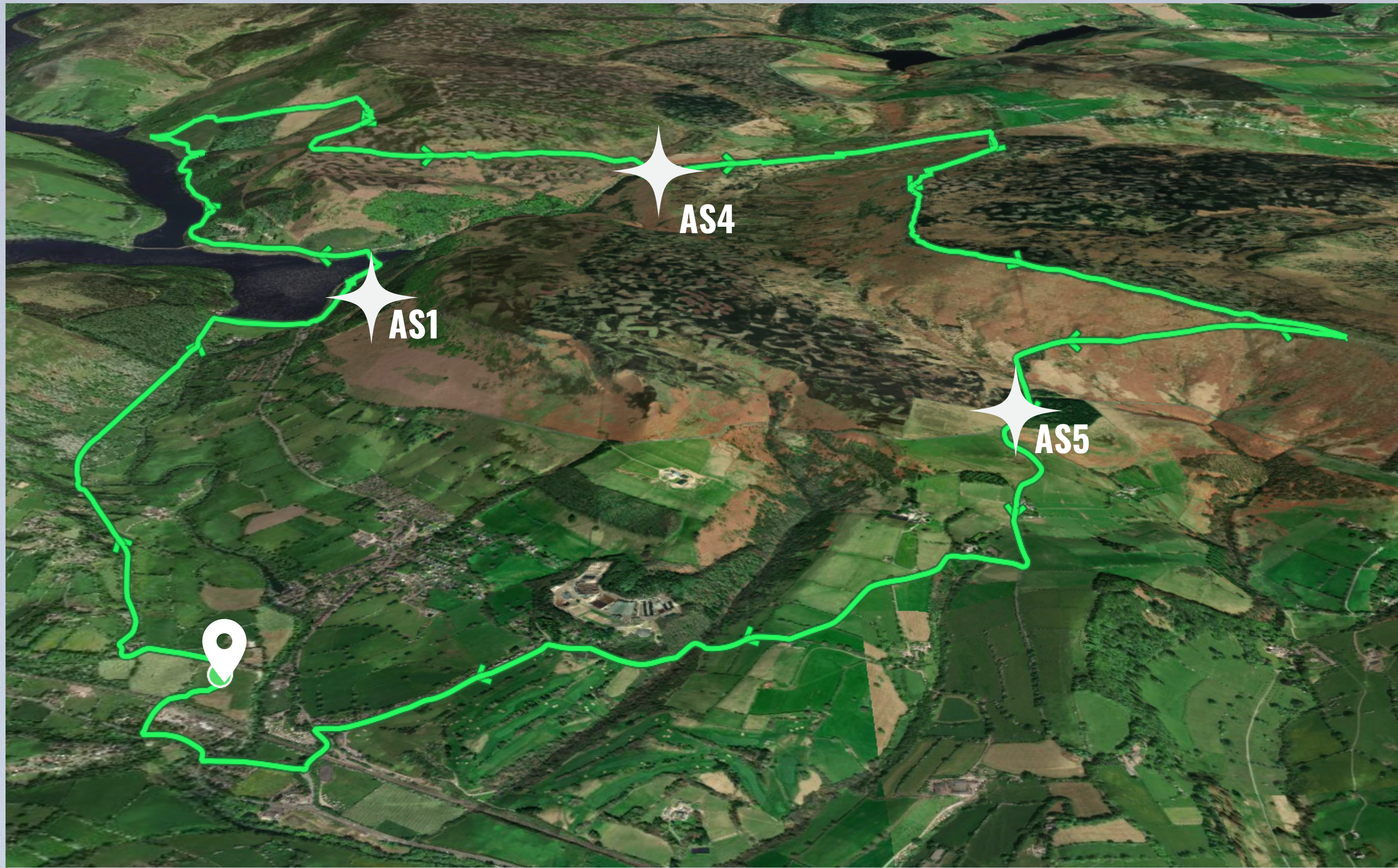
(These times take in to consideration elevation, distance and trail difficulty between stations.)



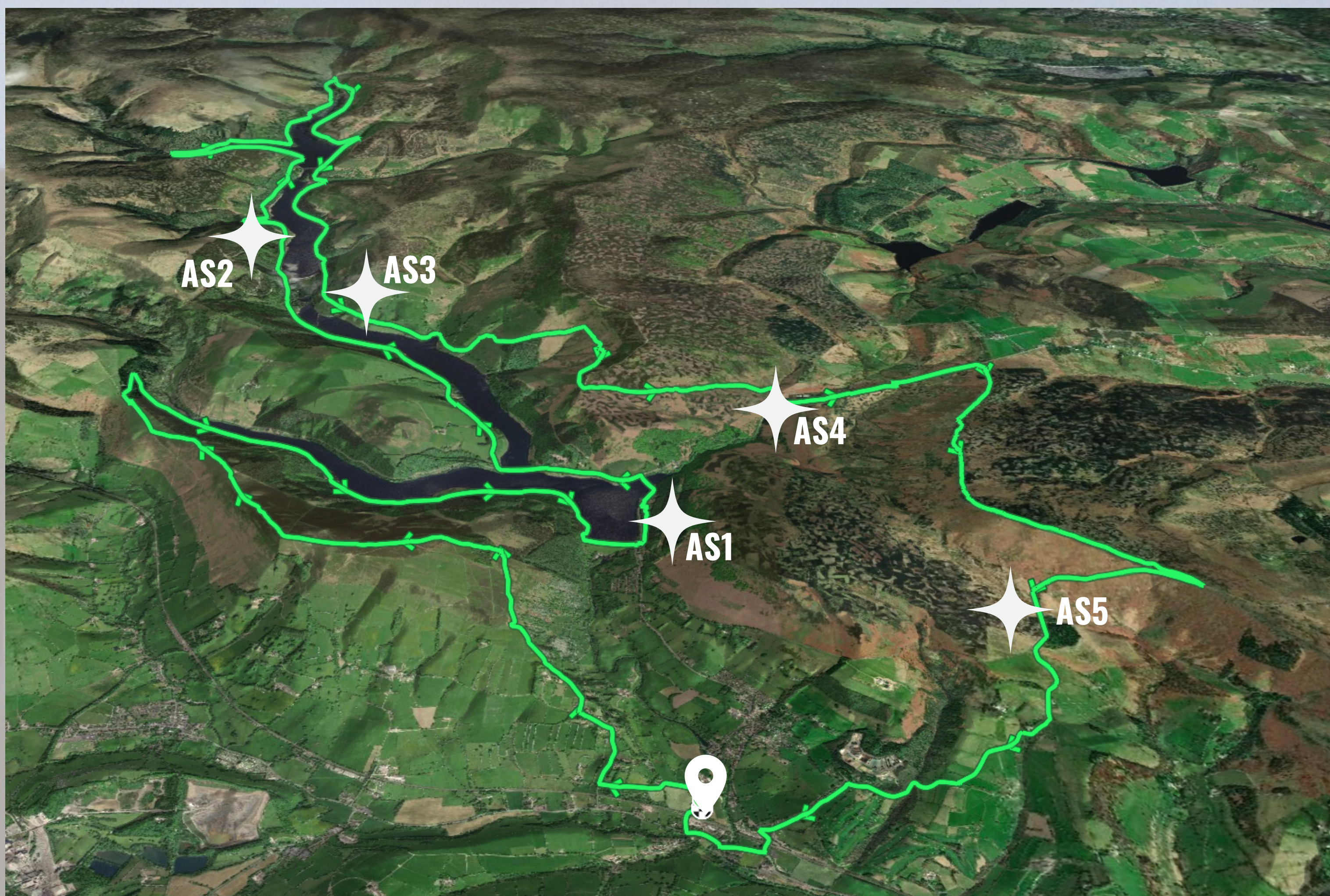
TRAILS

COURSES

Please note we have made some minor changes to the course this year, if you ran with us in 2022, please make sure you have the new route downloaded.



[CLICK HERE TO DOWNLOAD THE HALF MARATHON GPX](#)



[CLICK HERE TO DOWNLOAD THE 50K GPX](#)

The routes have been designed to utilise the best trails, take in the scenery and create an exciting runner experience. As with all trail races, the measurements are not an exact requirement, hence why these measure at 24km and 53km respectively.- Click [HERE](#) to watch our course preview video.



TRAILS

FINISH

EVENT T-SHIRTS:

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall in the event village, 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 [HERE](#).



NOOTROPIC CLEAN ENERGY



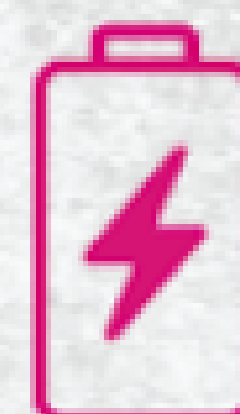
**SUPPORTS
IMMUNE
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FUNCTION**



**SUPPORTS
MUSCLE
FUNCTION**



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& FATIGUE**

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*in comparison to potato crisps

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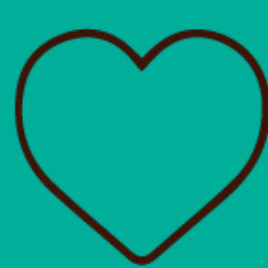
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HIGH IN
FIBRE



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OR LESS



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Start a GoFundMe



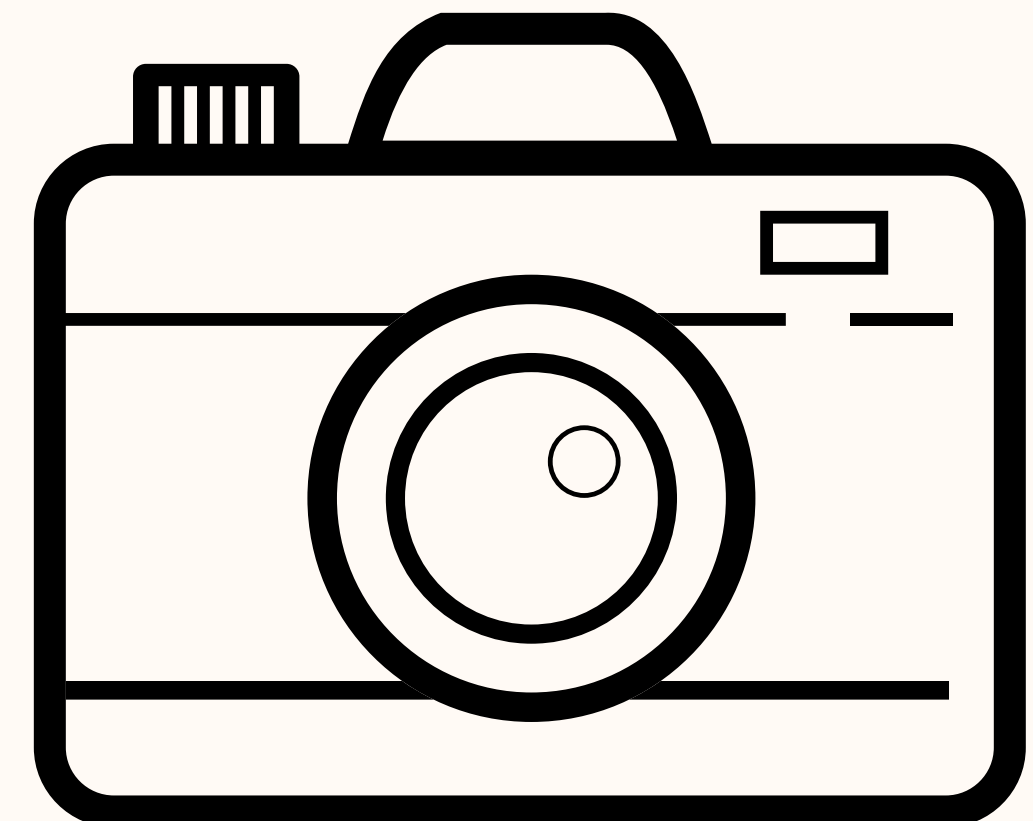
TRAILS

RESULTS & PHOTOS

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 icon to visit the event photos page.



SOCIAL MEDIA:

Make sure to follow and tag us on all of our social media accounts where you'll be able to check for updates such as pre event weather forecasts and pre event updates as well as being able to see lots of the amazing content we'll be capturing on event day.

Click the icons to visit our pages!

SHOUTOUTS:

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**



RT KIT

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



TRAILS

JOIN OUR TEAM



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!



Is the event chip timed?

Yes!

What is the minimum age for this event?

Half Marathon- 17 | 50k- 20

Is there a time restriction to complete the race?

Yes, there is a 12hr cut off on this race, please get in contact with us at north@runthrough.co.uk if you plan to take more than 12hrs 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, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

There will be 5 aid stations along the 50k route and 3 on the Half Marathon, where you can re-fill bottles/cups. However, there won't be any bottles provided.

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.



TRAILS

FAQS CONTINUED

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.

How should I get to the event?

Public transport is limited, we advise car sharing where possible.

Where is the best place to spectate?

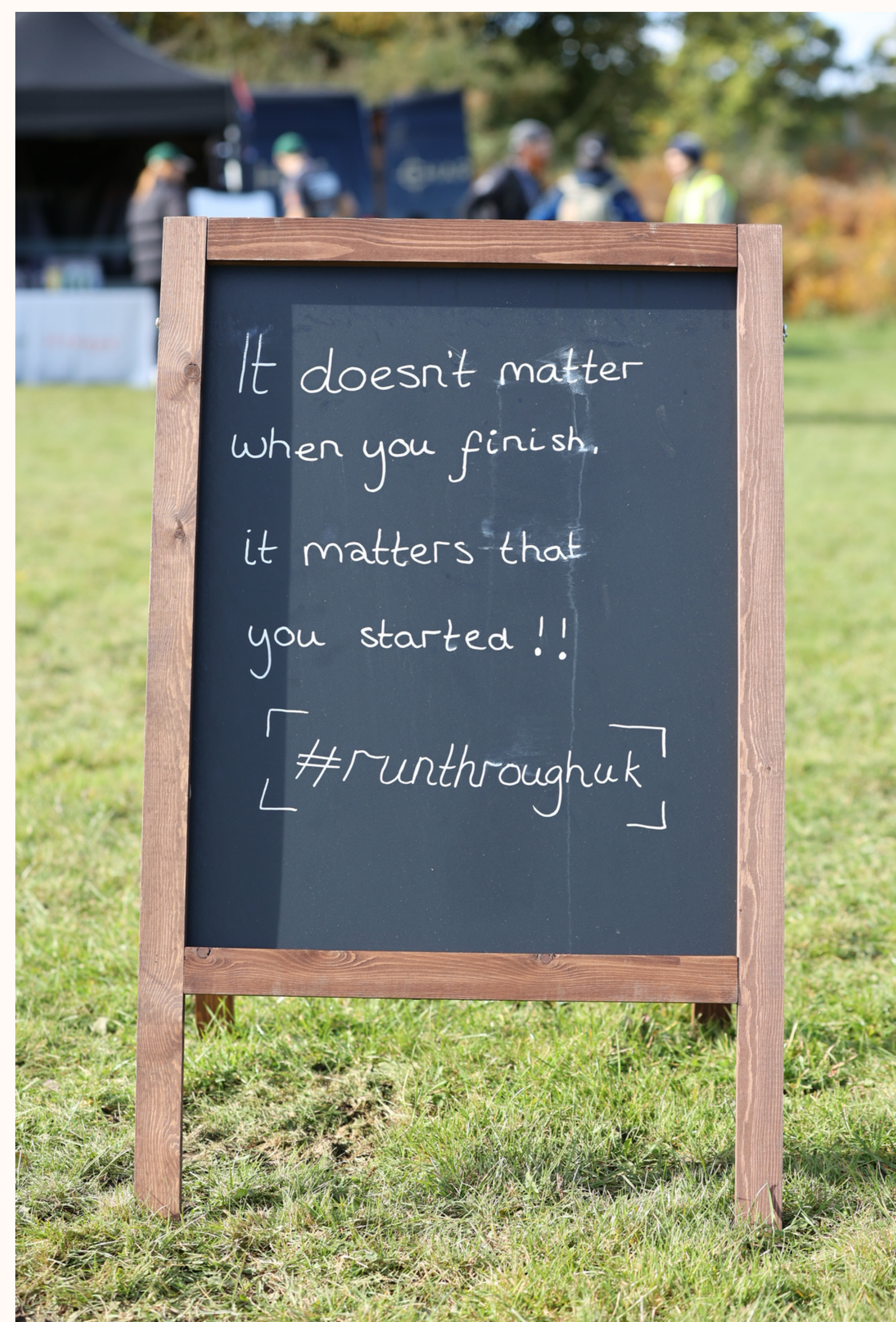
We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the route however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

Both distances will have it's own prize giving after the top 3 male and females have completed their race.

Age group winners can expect an email reward in the week following the event.

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





TRAILS

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