# EVENT GUIDE

## TheWigleyGroup Warwick Half Marathon & Juniors Sunday 4th February 2024





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## Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

### The RunThrough Team



### TRAVEL

Address: Warwick Racecourse, Hampton St, Warwick CV34 6HN, UK

### Public Transport:

Warwick Station is about a 20-minute walk away or a 6minute taxi from the racecourse and has regular trains from London Marylebone, Stratford Upon Avon, Birmingham Snow Hill and Leamington Spa.

### By Car:

From the M40, take exit 15 for the A425 to Warwick, from here there will be Brown Racecourse signs leading to the venue.

### Parking:

There is no parking available on site at the racecourse. There are a number of council owned car parks around the racecourse, these are likely to fill up very quickly so please arrive early.

Please note as the route runs through Hampton Road Car park, if you choose to park here, it will not be possible to leave the car park until after 12.30pm.

There are several pay and display car parking options and street parking in the surrounding area. We advise using the links below to find a space.

Sainbury's is a short 10minute walk from the event village and has ample spaces. Parking at Sainsbury's is free for 2 hours, for longer stays, you'll need to download the Horizon app and book a space in advance of the event day.



If using the app What3Words, use the words ///point.drape.excuse for exact event village location.

<u>Use Parkopedia to find a parking spot HERE.</u>

<u>See the council's recommended car parks HERE.</u>

## **Race Pack Collection**



Half Marathon – 7:30 – 8:30am Juniors - 10:00 - 11:00am

## **Start Times**:

Half Marathon – 9.00am Juniors - 11:30am

- \*\*IF YOU'VE ENTERED PRIOR TO THE 19TH JANUARY 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.



## to all runners in today's Warwick Half Marathon & Juniors from everyone at

# The Wigley Group

Real Estate

Development

Construction

WC)

Proud sponsors since 2020

Find out more at www.thewigleygroup.com

## GET RACE READY

Ale t

## SPORTSSHOES.COM

Use code:

# RT2404

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

### #NoFunStandingStill

Terms & Conditions apply. See website for details.

### Code valid until 04.02.24

## SPECTATORS COFFEE & FOOD DOGS

There'll be multiple food vans attending each offering a range of different hot and cold food items.

Spectators are more than welcome to come along and watch from the Event Village.

Sadly dogs are not permitted within the



venue or race course.

## TOILETS

The toilets used for the event will be a combination of portable toilets located in Hampton Road Car Park, and venue toilets in the Grandstand.

If you live locally we recommend using the toilets at home.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop in 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 room.
- Collect your bag after your race.



## **RETREATS | CAMPS | WORKSHOPS**

### FOR RUNNERS OF ALL ABILITIES

FOUNDED BY







## WARM UP & RACE START

We will have a short warm up approximately 15 minutes prior to the start of the race in the event village.



From the warm up, we will call out estimated finish times to get all runners lined up and ready to run. Please do not head to the start line before this time.

## **DURING THE RACE**

We will have marshals all around the course as well as mile signs and arrows.

The route starts and finishes within the Racecourse and is run entirely on closed roads.

The stunning views, buzzing atmosphere and enthusiastic local support will keep you motivated every step of the way and with the final 2km slightly downhill, you can enjoy a strong finish to this unforgettable half marathon.

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.

The junior race follows a 1km circuit around the perimeter of the Racecourse Grandstand before finishing across the main finish line.

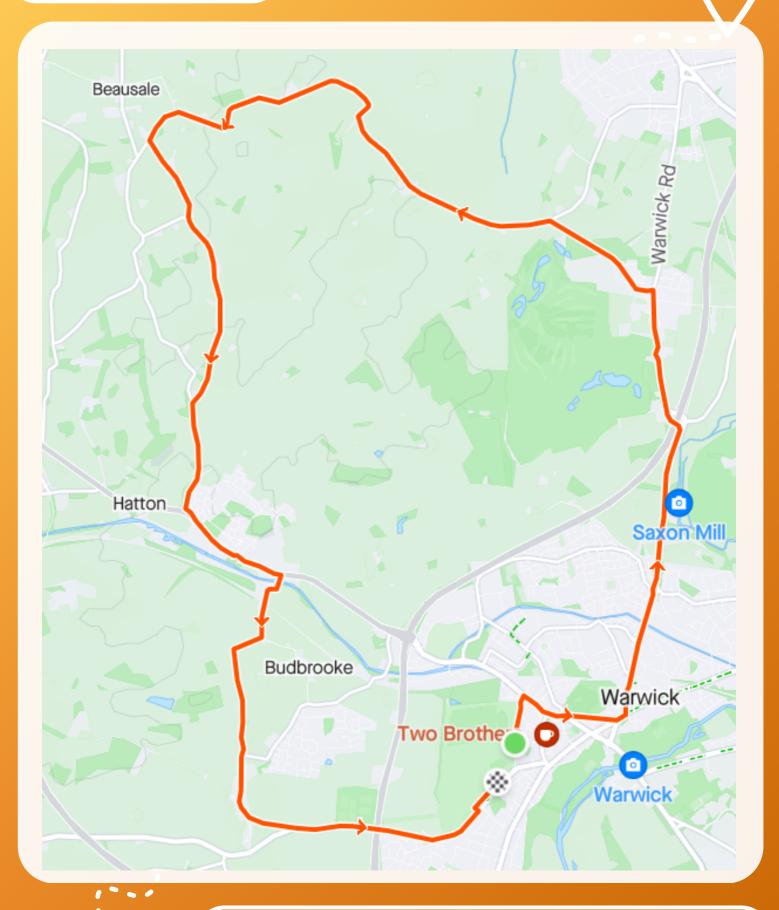
## REFRESHMENTS

There will be a water station at appoximately 3.5, 6.5 and 10 miles along the route.

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

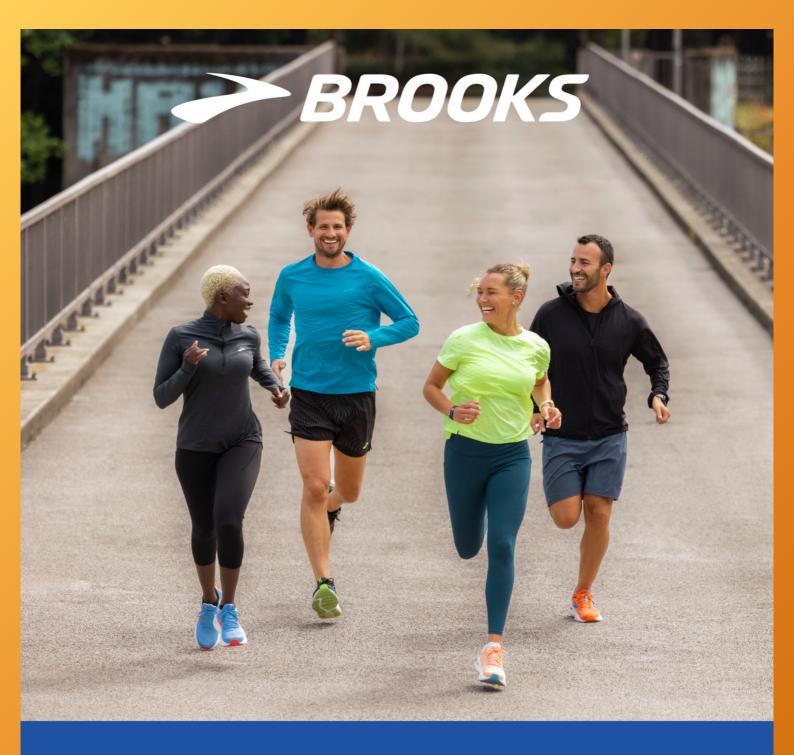
We recommend staying hydrated in the lead up to the event.





**CLICK FOR HALF MARATHON INTERACTIVE MAP** 

### **CLICK FOR JUNIORS INTERACTIVE MAP**



We are so excited to announce our partnership with RunThrough!

We believe running is a limitless source of positive energy and no matter your motivation we are here to help you keep showing up on your running journey.

Through our partnership we will be helping the RunThrough community keep putting one foot in front of the other, from gear advice and inspiring stories to help motivate you to the finish line!

Click here to learn more



AVANT

## **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 Tshirt, but would like to purchase one, these are available below.

**PURCHASE AN EVENT T-SHIRT** 



# CRUNCHY CORN

- **50% LESS FAT\***
- 💙 HIGH FIBRE
- **O** LOW SUGAR
- **O** GLUTEN FREE

### FUEL YOUR RUN





Get CORN-petetive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!

# WILL YOU WIN THE GOLDEN TICKET?

- 1. Re-fuel and grab a LOVE CORN pack after your race
- 2. Check your LOVE CORN pack for a golden 'winner' sticker
- 3. If you're lucky enough to pick up the winning pack, take it to the RunThrough information desk to claim your prize!



### TRY OUR FLAVOURS





USE CODE: RUNTHROUGH20 amazon.com/lovecorn



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in front of the stage 15mins prior to the start time.
- We'll have a group warm up at 11:15 and walk to the start together.
- The race is 1km and it will start at 11:30. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the half marathon and 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!





# RUNTHROUGH TRAINING PLANS

REAL COACHES FOR REAL RUNNERS. OUR TEAM OF EXPERT COACHES PROVIDE

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

SO YOU KNOW HOW TO TAKE YOUR PERFORMANCE TO THE NEXT LEVEL

START TRAINING TODAY

H

11:51h / 163.3mi

- th

3:11h / 25.5mi

Bke-Po

1.56h 1.40h 1.00h 2.30h 1.15h 2.30h 28.0mi 8.5mi 3.0mi 40.8mi 7.0mi 56.0mi

0

A H

Completed

1:56h / 28.0mi





SWFT Charity are the official charity of Warwick, Leamington Spa, Stratford-upon-Avon and Shipston hospitals and other local NHS services across South Warwickshire.

All donations are used to enhance our local hospitals and services beyond the NHS standard.

Your donations help us to Sprinkle Some Magic on our local NHS hospitals and services, to create a more comfortable and calming environment for our patients and their families.

It's not too late to use your Warwick Half Marathon place to join Team SWFT. Simply <u>set up a fundraising page on JustGiving</u> and ask your friends and family to donate!

Visit us at www.swftcharity.co.uk, where you can find out more about the impact we make, how to donate or support, and what exciting events we have coming up in the future, including our historic Hadrian's Wall Trek this summer!



### Or visit us via our social channels:

Facebook Instagram LinkedIn

### Make your place count!

ofunding

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

### **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 #RunThroughMidlands 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

## STOCKTON HOUSE

### Modern conference & meeting space in the heart of the Warwickshire countryside



## Modern. Unique. Discreet. Exceptional.

Stockton House is a striking 19th century former country home set in the glorious Warwickshire countryside. Surrounded by five acres of grounds, the property offers a discreet, convenient location for any meeting or business event.

We are a passionate and knowledgeable team, and pride ourselves in offering our guests an exclusive, high-quality service rooted in traditional values.

At Stockton House you can take care of business, and let us take care of the rest.

### Get in touch & find out more...

- 01926 670 600
- stockton-house.co.uk

Follow us on f 🛩 in O

- info@stockton-house.co.uk
- Stockton House, Rugby Road, Stockton, Southam, Warwickshire, CV47 8LB

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 event entries and a £10 RunThrough Kit Voucher!

### **SIGN UP HERE!**

## FIND OUT MORE!



## F.A.QS

#### How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined off your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

### What is the minimum age for this event?

HM-17 | Juniors- any age

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 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?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

### Will there be a water station on the course?

Yes, we will have 3 bottled water stations out on the course for you to help yourself to.

#### 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 heading out onto the course, please be aware of road closures in place <u>HERE</u>

### Will there be a prize giving?

There will be a prize giving on the day for the top 3 male and female participants. Ist in each age group can expect an email reward in the week following the race. There will also be prize money aligned with our Top Flight structure which can be seen <u>HERE</u>.

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

