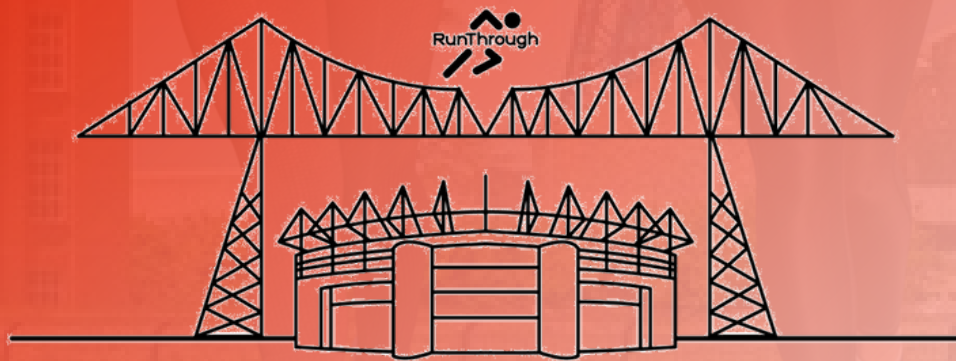


# EVENT GUIDE



**Middlesbrough  
Half Marathon & Juniors  
Sunday 3rd March 2024**

# Your Race Experience

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Join us Again!



# 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



**BECCI**



**JAMES**



**HANNAH**



**CHRIS**



**ROB**



**CHARLOTTE**

# TRAVEL

**Address: Centre Square, Middlesbrough, TS1 2BF**

There are several car parks within Middlesbrough Town Centre. We advise using [Parkopedia.com](https://www.parkopedia.com) to find somewhere suitable. Please remember to pay and display where required.

Please be aware race route road closures will be in place from 7am. The exact timings and locations can be seen [HERE](#).

Middlesbrough Train station is a 0.3 mile walk to the Event village. If planning to arrive by train, please check times in advance as Sunday services may be limited.



what3words

For exact event village location, use the words [///dose.image.share](https://www.what3words.com/dose/image/share)

## Start Times:

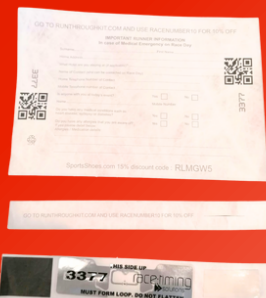
Half Marathon: 9am  
Juniors: 11:30am

## Race Pack Collection Times:

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

- **\*\*IF YOU'VE ENTERED PRIOR TO THE 16TH FEBRUARY 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](#)



**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](#)



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**RT2408**

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

**Code valid until 03.03.24**



## SPECTATORS

## COFFEE

Spectators are more than welcome!

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



## TOILETS

There will be 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.

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**



## **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, 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.

There will be mile markers counting from 1-13.

The race starts in Centre Square, outside the Town Hall and MIMA gallery. The road closed course then heads past Albert Park and Acklam Hall, before passing the home of Middlesbrough FC at Riverside Stadium. There is a short out and back section at nine miles, a perfect area for spectators to cheer you on, before looping around the town's docks to finish back in Centre Square.

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 3.5, 7, 10.5 miles. 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.



# nuun

HYDRATION

Hydration starts here

NEW!



## SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

**LEMON LIME**  
NATURAL FLAVOURS AND COLOURS  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
50g e

## ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
45g e

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

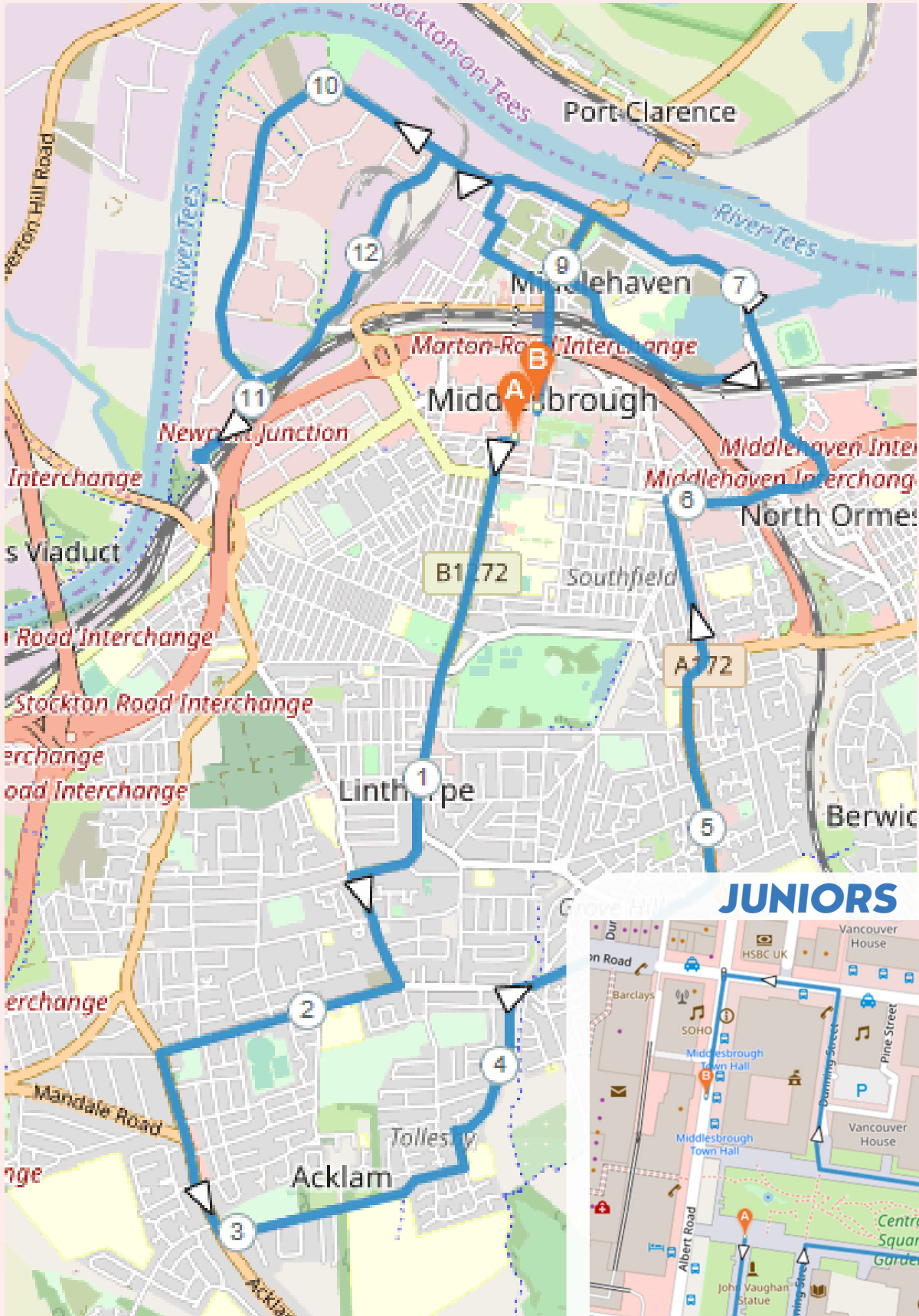
#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

# COURSE MAPS

## HALF MARATHON



[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](#)**



## **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**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS




## TRY OUR FLAVOURS



## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive 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!

**20% OFF**  
*your next order* 

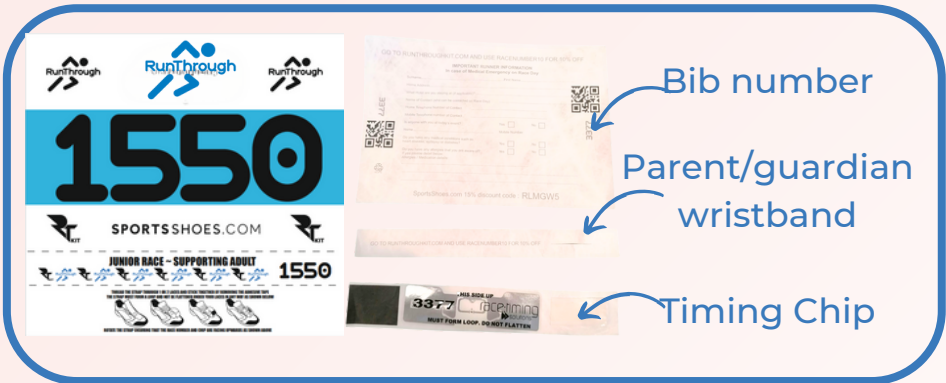
USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



# JUNIOR RACE!



- 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 15mins prior to the start time.
- We'll have a group warm up at 11.15 and walk to the start together.
- The race will start at 11.30 and will follow a 700m loop around the the event village. 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!





Every penny raised goes towards helping those on Teesside who need it most.

**#WELOOKAFTEROUR OWN**

**How you can support us**

Use your place at the Middlesborough 10k to run for us! Simply set up a JustGiving page [here!](#)

**HOW WE HELP:**



We are a Teesside charity committed to supporting local people and local causes throughout the Teesside area.

**THE TEESSIDE FAMILY .COM /EVENTS**



# 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.

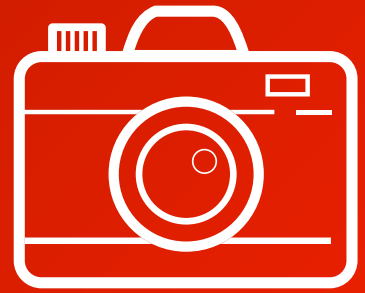
Share updates, thank donors, and get  
automatic transfers to your charity with  
GoFundMe's powerful fundraising tools.

**Start a GoFundMe**



## 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 #RunThroughNorthEast 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**



# 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](http://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

## 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 by 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?

Juniors-any age | HM-17

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?

Please note there is a 3 hour cut off due to the road closures. Please contact us at [north@runthrough.co.uk](mailto:north@runthrough.co.uk) if you plan to take more than 3hrs to complete your race.

## 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?

The water station locations are at 3.5, 7, 10.5 miles on the course.

## 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 route and road closures in place.

## Will there be a prize giving?

There will be a prize giving on the stage at 11:00am 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:

Men's Sub 67:30 mins, Women's Sub 73 mins

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



**RunThrough**



**Supported  
by...**



**SPORTSSHOES.COM**