

EVENT GUIDE



HSW Solicitors Nantwich 10k Sunday 17th March 2024

HSW Solicitors
HALL SMITH WHITTINGHAM LLP



NANTWICH RUNNING CLUB
Run Better Together

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

KATIE



JAMES



JESS



COL



TOM



GRAHAM



ROWAN



TRAVEL

Address: Nantwich Town Square, Nantwich CW5 5DB

Car

There are many car parks in Nantwich which are available to use. We recommend using Parkopedia to plan your journey in advance to avoid delays. Please be aware that the car parks closest to the town square will fill up quickly.

Train

Nantwich station (CW5 5SS) is the nearest train station and is an eight minute walk from the Event Village.

Bus

Nantwich bus and coach station (CW5 5LJ) is located just around the corner (4 minute walk) from the event village.

[Click here for the National Rail route planner](#)

[Visit Parkopedia to find a suitable parking spot here](#)



For exact event village location, use the [words ///loitering.boot.script](#)

Start Time:

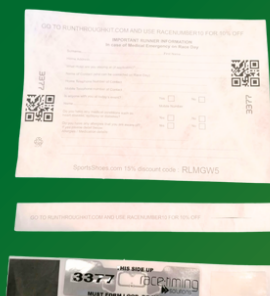
9:00am

**Race Pack
Collection Times:**

7:30-8:30am

- ****IF YOU'VE ENTERED PRIOR TO THE 4TH MARCH 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

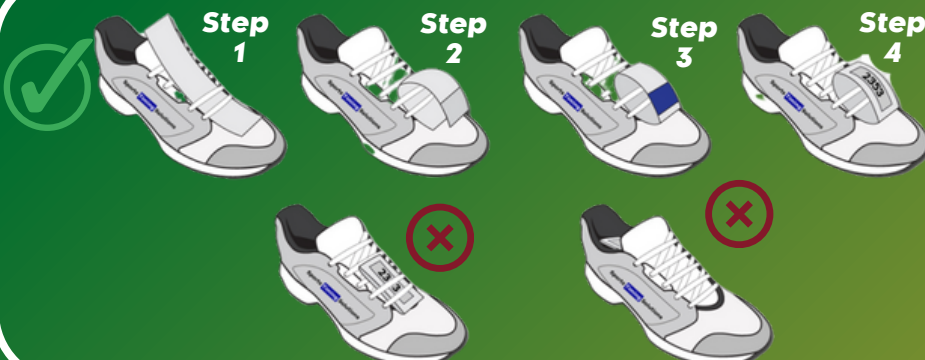
Baggage Label

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**](#)



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SPECTATORS

COFFEE

Spectators are more than welcome!

There will be stalls located in the event village, along with several coffee shops in the local area:

Nantwich Bookshop Coffee Lounge and Chatwins Cafe are both kindly opening at 8am and offering 10% discount to runners that show their race number.

Enzo cafe will also be opening at 09:00 and offering coffee and a breakfast sandwich deal.

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 a 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

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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

This closed road 10k will start and finish in Nantwich town centre and follows a scenic, fast route around the local country lanes.

There will be marshals all around the course as well as distance signs and arrows.

There will be km markers counting from 1-9.

Please note, there is a short section of road just after the water station with potholes, please be careful and listen to marshal instructions in this section.

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 the water station.

REFRESHMENTS



There will be a water station at the 5km point along the course. If using the water station, please be respectful of local residents by throwing used bottles in the litter zones provided.

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.

⁺nuun

HYDRATION

Hydration starts here

NEW!



SPORT



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



ULTRA



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

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

 @nuunhydrationuk

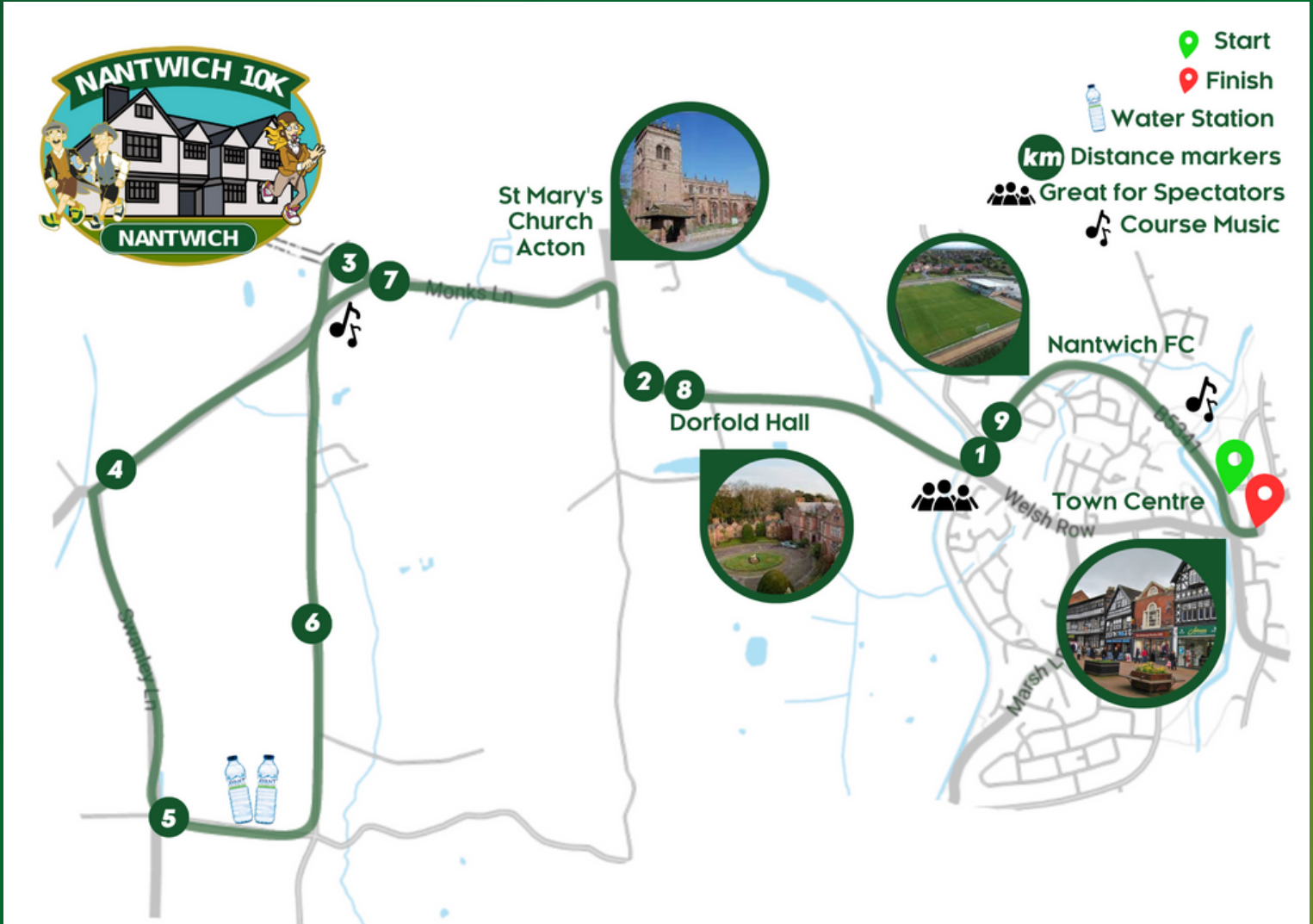
#nuunuk

#nuuniverse

#nuunhydration

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

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



Scan or click
the QR Code ↗

INFO@THENANTWICHCLINIC.CO.UK

01270 627118



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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](#)

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**It's never too late to start fundraising
for a charity of your choice!**

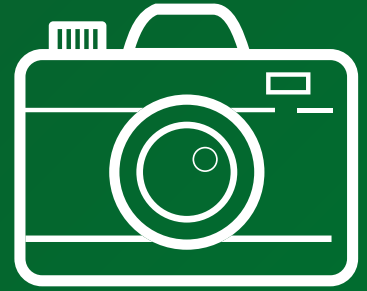
Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
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Start a GoFundMe

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 North Page on Facebook.

If you #RunThroughNorth 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**

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**We're counting
down the days!**

We're looking forward to seeing you all at the Nantwich 10k!

Likewise have teamed up with Caudwell Children and will be fundraising for their incredible charity at the Nantwich 10k. **100%** of the funds raised will go towards improving the lives of disabled and autistic children!

Come and find us in the event village.

likewise.



**caudwell
children**

Changing Children's Lives
RCN 1015970
SC 045874



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 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?

15

Is there a time restriction to complete the race?

Please note there is a 90minute cut off due to the road closures. Please get in contact with us at north@runthrough.co.uk if you plan to take more than 90 minutes 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?

There is a water station at 5km, please help yourself to this as you pass.

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 the road closures in place.

Will there be a prize giving?

There will be a prize giving on the day for the top 3 male and female participants. 1st 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 [HERE](#).

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



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