

EVENT GUIDE



RUN HEATON PARK



Run Heaton
5k, 10k, Half Marathon & Juniors
Sunday 7th April 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



JESS



HANNAH



TOM



GRAHAM



COL

TRAVEL

Address: Heaton Park, Middleton Rd, Higher Blackley,
Manchester, M25 2SW

For sat nav use for entrances and walking times at a steady walking pace:

M25 2GT: St Margaret's Road entrance (12 mins)

M25 2SW: Smithy Lodge entrance (12 mins)

M25 0DL: Sheepfoot Lane entrance (12 mins)

M25 1SS: Metrolink Entrance (14 Mins)

M25 1JH: Grand Lodge (20 mins)

There is plenty of pay & display parking a few minutes walk from the race start, you can see more details on parking [HERE](#).



what3words

If using the app What3Words, use the words [///remote.chief.early](#) for exact event village location.



Race Pack Collection

Race Pack Collection Times:

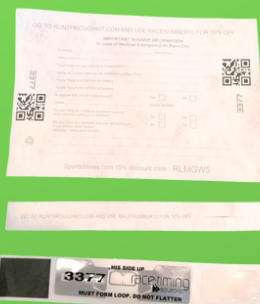
HM - 8:00- 9:00am
10k - 8:30-9:30am
5k - 8:40-9:40am
Juniors - 10:30-11:30am

Start Times:

Half Marathon - 9:30am
10k - 10:00am
5k - 10:10am
Juniors - 12:00pm

****IF YOU'VE ENTERED PRIOR TO THE 22ND 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.



Included:

Bib number

Baggage Label

Timing Chip

[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](#)



A woman and a man are shown in a dynamic pose, stretching on a cobblestone path next to a river. The woman, on the left, is wearing a white t-shirt and red shorts, holding her right foot behind her head. The man, on the right, is wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, a stone bridge and a city building are visible across the water.

GET RACE READY

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RT2413

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 07.04.24

SPECTATORS COFFEE

There will be hot drinks and snacks available to purchase in the event village.

TOILETS



For this event, we will be using portable toilets located in the event village.

You can also use the toilet blocks located at the hall, a short walk from 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 each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

The course is all on paths within the park. We will have marshals all around the course as well as arrows and distance signs.

Half Marathon runners will follow yellow Mile signs from 1-13.

10k runners will follow green KM signs from 1-9.

5k Runners will also follow the green KM signs, from 6-9.

The 5k is one lap, while the 10k is 2 laps. The Half Marathon is 4 laps with an additional 'mini-lap' at the start.

At the end of each lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left turn). Please remove headphones to be able to listen to the marshal instructions.

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only your safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

There will be a water station on each lap of the course.

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

We recommend also bringing your own drinks 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.



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

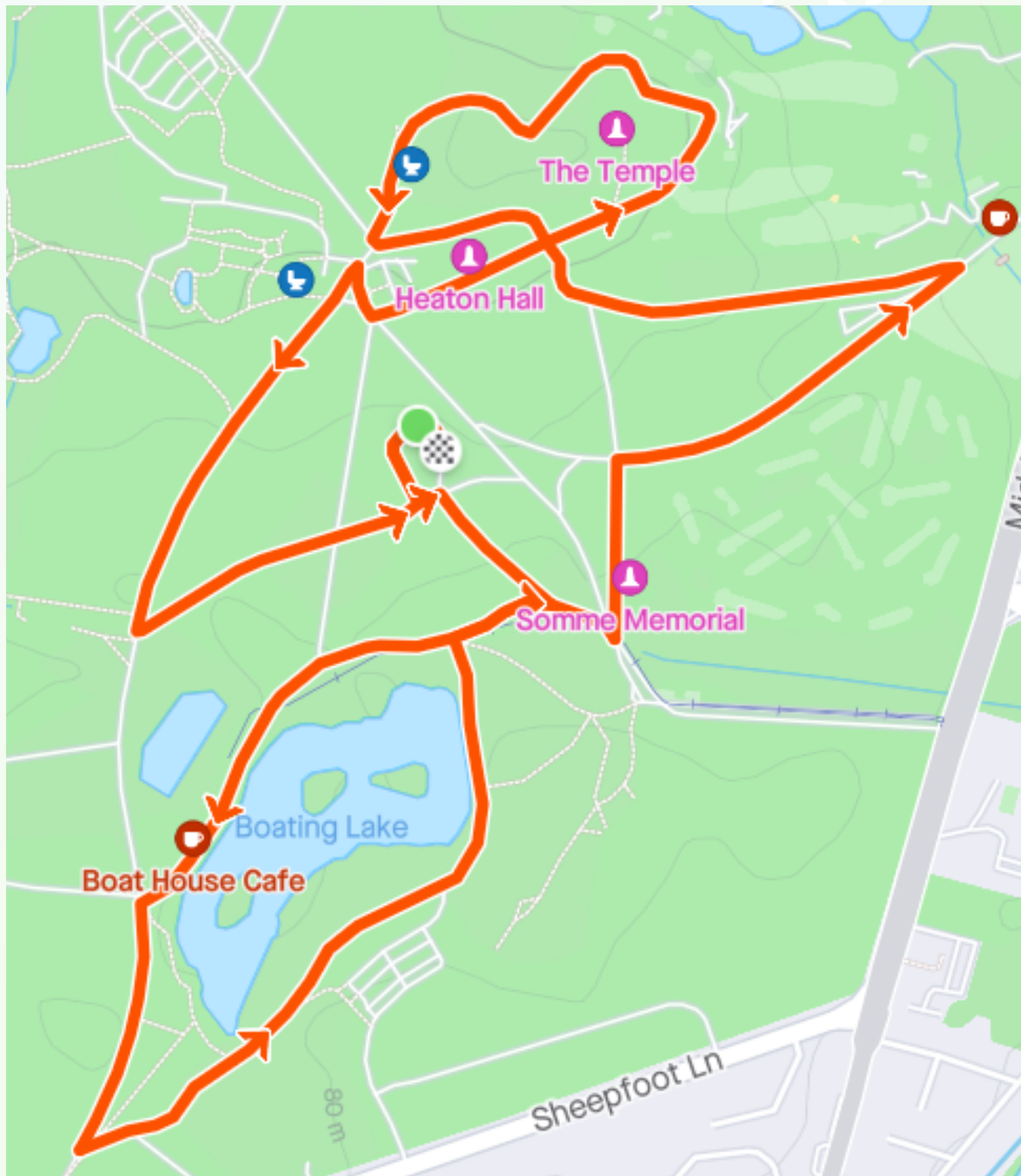
#nuunuk

#nuuniverse

#nuunhydration

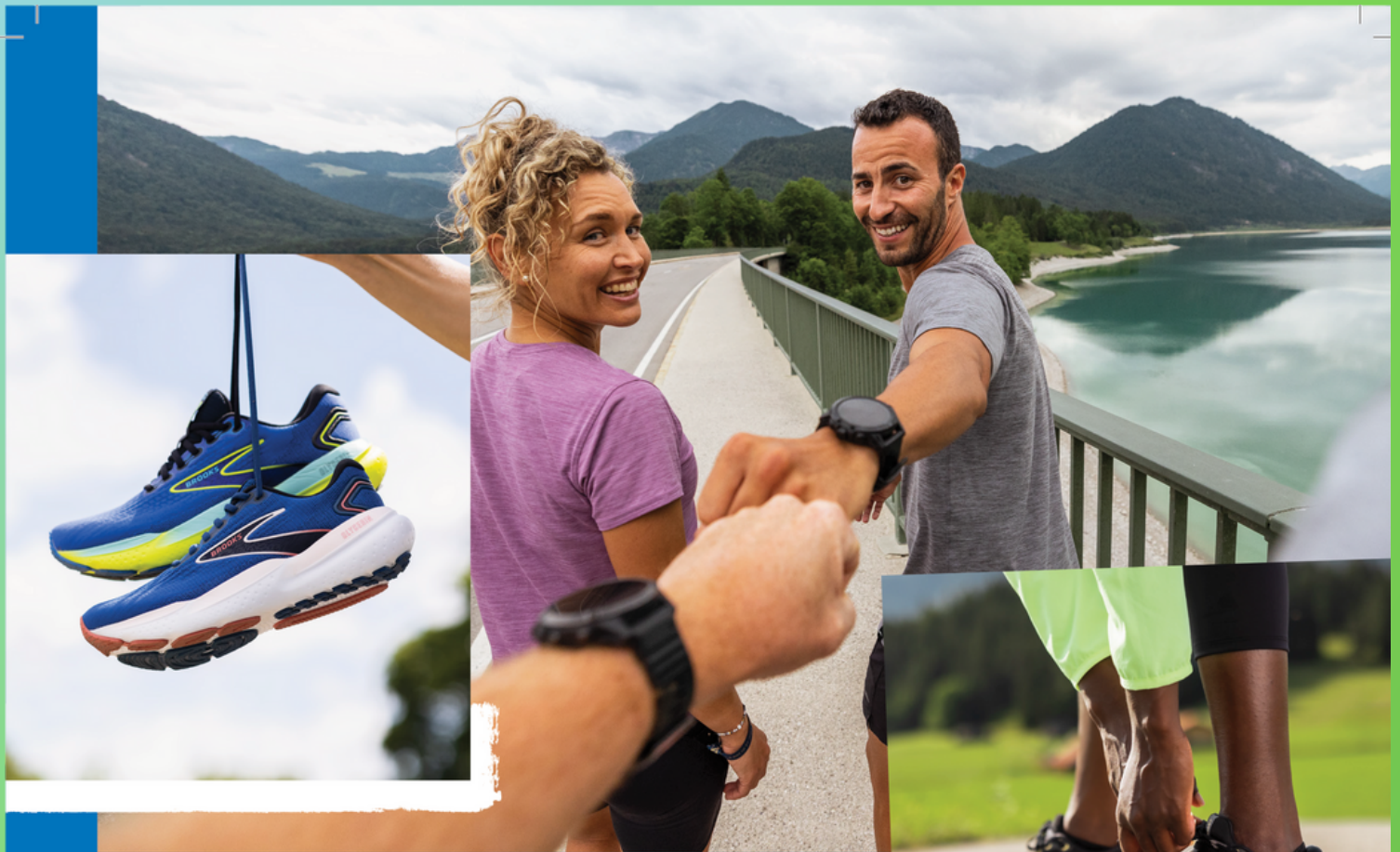
Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

[CLICK FOR JUNIOR RACE 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 ↗



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 would like to purchase our brand new Run Heaton Park Event T-shirt please head to the RT Kit stall on the day of your race, where we will have these for sale.

If you'd like to pre-order a T-shirt, you can do so via the link below, if you then show your order confirmation to our kit stall staff on the day, we will have your item ready for collection!



[PURCHASE AN EVENT T-SHIRT](#)



CRUNCHY CORN "OFF THE COB"

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*in comparison to potato crisps

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SIMPLE
INGREDIENTS




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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 

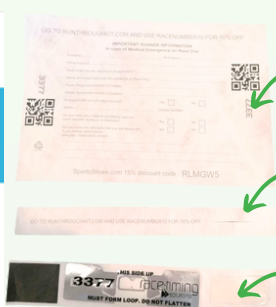
USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



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 11.45 and walk to the start together.
- The race will start at 12.00 and will follow a 1.2km loop around the park. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races 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!



Bib number

Parent/guardian
wristband

Timing Chip





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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.
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Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY



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

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

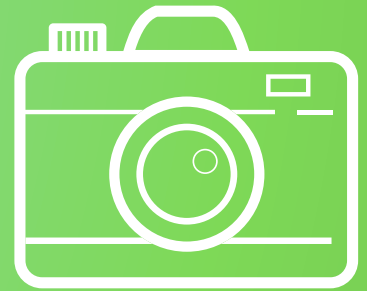
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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!

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



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 £65 credit for race entries to any of our awesome events 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.

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 | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the junior 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?

No, everyone is welcome, however please get in contact with us at 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 or swap distances?

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 a bottled water station out on the course for you to help yourself to on each lap.

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 should I park for the event?

There is plenty of pay & display parking a few minutes walk from the race start.

Use the postcode M25 2SW to locate the park. We recommend car sharing and the use of public transport.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route.

Will there be a prize giving?

The top 3 male and female participants, and 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: 5k Men's Sub 14:30, Women's Sub 16:00mins

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

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

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



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by...**



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Interested in supporting an event? email: sam.williams@runthrough.co.uk