

# EVENT GUIDE



## Wolverhampton 10k

Sunday 24th March 2024



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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**



**CALLUM**



**TOM**



**TOM**



**HANNAH**

**ROWAN**

**GRAHAM**



# TRAVEL

**Address: Molineux Stadium, Waterloo Rd, Wolverhampton, WV1 4QR**

## Car

There is no parking on site at Molineux Stadium.

If you plan to drive to the event, we advise you to plan your journey in advance to avoid delays. We recommend using the website [Parkopedia.com](https://www.parkopedia.com) to help plan your parking.

## Train

Wolverhampton station is the nearest train station and is a 15 minute walk from Molineux Stadium.

## Bus

Wolverhampton bus station is located in the city centre next to the train station. There is also a bus stop right outside Molineux and the National Express West Midlands service numbers 3, 4 and 5 stop here.

## Metro

Wolverhampton St George's Metro stop is located a 15minute walk from the stadium, and has links from Birmingham.

***Visit [Parkopedia](https://www.parkopedia.com) to find a suitable parking spot here***

***[Click here for the West Midlands Metro route planner.](#)***

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



what3words

If using the app What3Words, use the words  
[///useful.grows.lend](https://www.what3words.com/en////useful.grows.lend)  
for exact event village location



# Race Pack Collection

**Start Time:**

9:00am

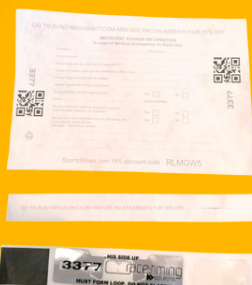
**Race Pack  
Collection Times:**

7:30-8:30am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 8TH 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](#)**



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 leg back. 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**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**RT2411**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 24.03.24**



## SPECTATORS

## COFFEE

Spectators are more than welcome to come along and support runners. We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Any spectators wanting to watch the start and finish from within the Stands will require a REE SPECTATOR TICKET available [HERE](#).

Any ordered before the 5th March will have been posted with your race pack. Any ordered after this date can be collected at the Information desk in the event village.

Sadly dogs are not permitted within the stadium, unless guide dogs.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop area inside the Stan Cullis stand.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop area.
- Collect your bag after your race.

## TOILETS

For this event we will be using the toilets located in the Stan Cullis stand, which can be accessed from the event village.



## RUNNER RETREATS



## RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF  
ALL ABILITIES

FOUNDED BY



**FIND OUT MORE**



# <sup>+</sup>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.



## **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 in the stadium and ready to run.

## **DURING THE RACE**

The race will start and finish in the Molineux Stadium, the home of Premier League football club Wolverhampton Wanderers. The remainder of the course will be on closed roads around Wolverhampton.

Each kilometre will be accurately marked out with distance signs 1-9km. There will be also plenty of helpers along the course to keep you on track and encourage you all the way to the finish line.

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.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this section, just past 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 signed litter zones.

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.







# 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 ↗



# COURSE MAP



## Course Map



[CLICK FOR INTERACTIVE MAP](#)



## **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)



# RUNTHROUGH TRAINING PLANS

POWERED BY

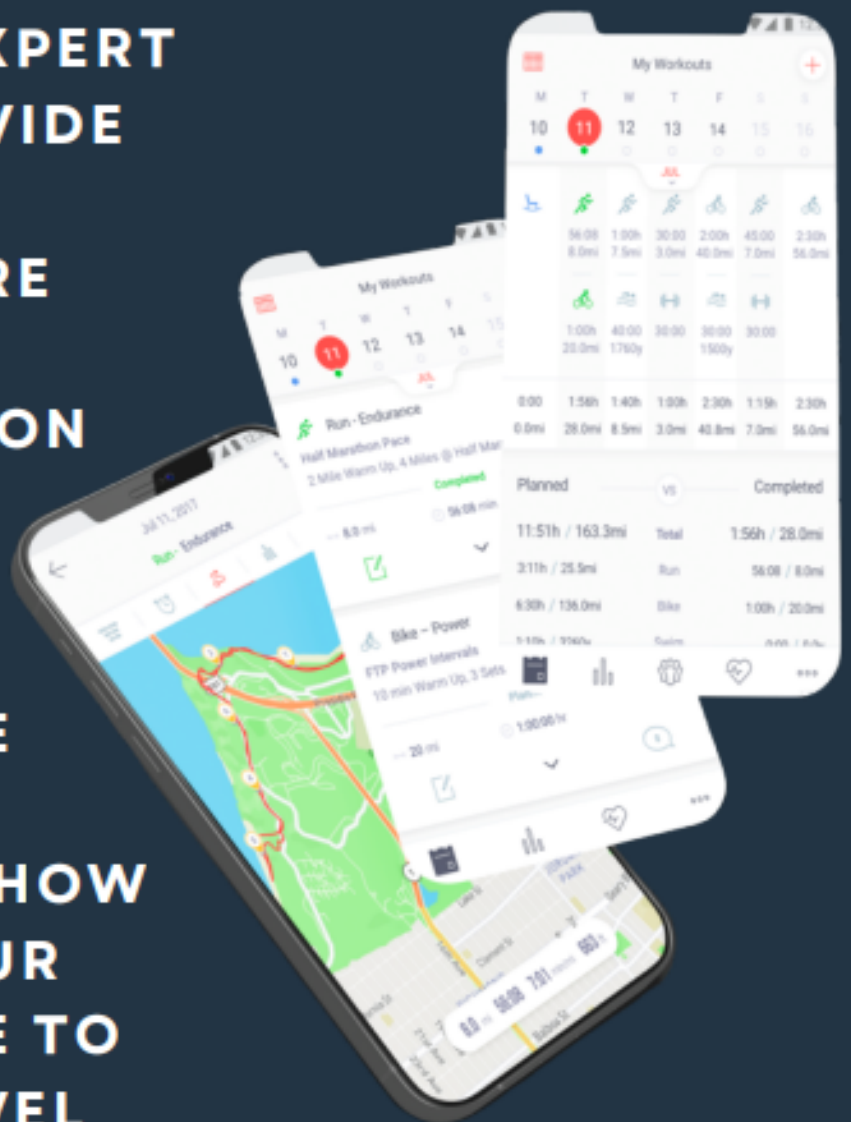


REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

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

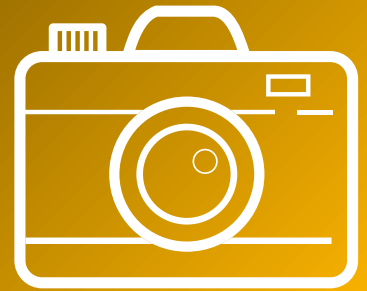
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 Midlands page 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!**  
**Fill out the form with your event day shoutout requests!**



**RESULTS AVAILABLE AT**  
**WWW.RESULTS.RUNTHROUGH.CO.UK**



# Compton Care: Wolves 10K official charity partner!

**Compton  
Care**

specialist  
palliative and  
bereavement  
support

Compton Care is delighted to be the charity partner of the Wolverhampton 10K again this year!

Compton Care provides specialist palliative and bereavement support to people with life limiting conditions and their families living in Wolverhampton, the Black Country, South Staffordshire and east Shropshire.

We provide high quality, accessible care and support, tailored to individual needs, at our purpose-built facilities or in the community, and are there for patients and their loved ones when they need us most.

## We care because you do

If you are running as part of #TeamCompton, we want to say a big thank you – without your support to raise awareness and vital funds we would not be able to be there for our patients and their families.

Why not pop along and say hello on the day to find out more about how we support the local community. Come and see us in the Event Village and give our mascot, Custard the Bear a wave! Or look out for the Compton Care cheer squads on route!

## Get involved

Thank you again for your support at the Wolverhampton 10K. If you're feeling motivated to take on another challenge for us, we've got a host of events lined up in the year ahead. Visit [events.comptoncare.org.uk](https://events.comptoncare.org.uk) for more information.

To find out more about the services we offer, contact our Advice & Referral Line on 01902 774570 or visit [comptoncare.org.uk](https://comptoncare.org.uk)



Registered charity number: 512387





# gofundme<sup>TM</sup>

***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***





**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](http://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 race credit 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 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?

10k-15

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](mailto:midlands@runthrough.co.uk) if you plan to take more than 90 minutes 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 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 a bottled water station which you will pass at 5km.

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 Information desk 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 and stadium to be sure you catch the finish! You're more than welcome to spectate around the course, however if you're following the race route, please be aware of road closures in place.

Will there be a prize giving?

There will be a prize giving on the stage at 10am for the top 3 male and female participants. First in each age group 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:

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

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



**Supported  
by...**



Compton  
Care



***BROOKS***

***RUNNER  
RETREATS***

gofundme<sup>TM</sup>

**LOVE,  
CORN.**

NEW  
LEVELS  
COACHING

**SPORTSSHOES.COM**