

EVENT GUIDE



TRAILS

**Carsington Water
10k & Half Marathon
Saturday 20th April 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

JESS



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TOM

TRAVEL

Event village, half marathon registration & start line, finish for both races:

Carsington Water, Big Ln, Upper Town, Ashbourne DE6 1ST

10k start & registration:
Millfields Car Park, Ashbourne DE6 3JL

There is paid parking available at the venue. This is Number plate recognition and to be paid on exit.

Visitor Centre Car Park = £3 for two hours, £5 for the whole day.

Millfields Car Park = £2.50 for two hours, £4 for the whole day.

You can park at the 10k start or finish, please note, you will have to make your own way to the start, or back to your car after the race.

For dropping runners off, you can enter either car park for 15 minutes for free. If staying for longer, you will be required to pay.

Please note both races finish in the main Event Village, this is a 1.3 mile / 25 minute walk from the 10k start location.



what3words

If using the app What3Words, use the words ///waistcoat.headache.quarrel for the entrance to the main event village car park

and ///ringside.mull.mailing for the exact car park location.

Use the words ///narrow.after.heaven for the 10k start.

Race Pack Collection

Start Times:

HM- 9:30am
10k- 10:00am

Race Pack Collection Times:

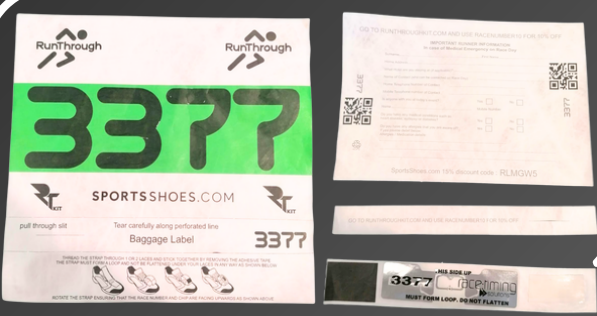
HM: 8:00-9:00am
10k: 8:30-9:30am

10k race packs are to be collected from the 10k Event Village at Millfields Car Park. Half Marathon race packs will be in the main Event Village by the start/finish line.

- 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.

[**CLICK FOR ENTRY LIST**](#)


Included:



← **Bib number**

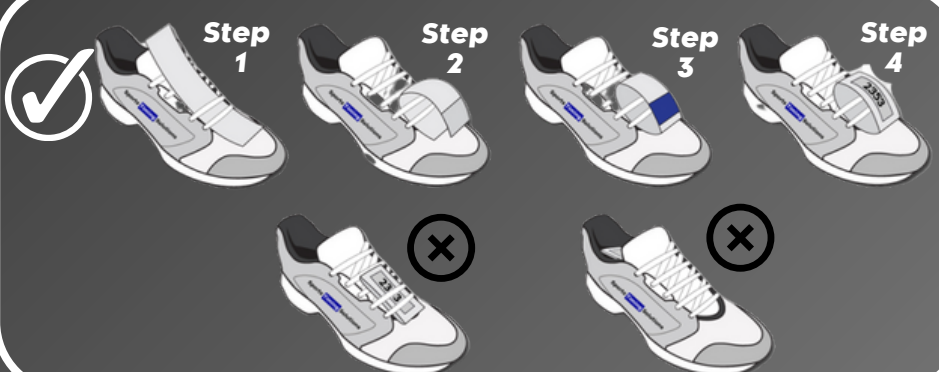
← **Baggage Label**

← **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**](#)



Step 1 ✓

Step 2

Step 3

Step 4

Step 5 ✗

Step 6 ✗

GET RACE READY

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at

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Use code:

QVFIT9

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 21.04.24

SPECTATORS

COFFEE

We will have a coffee stall available at both start lines.

Carsington Water visitor centre cafe will also be open from 9am and will be serving hot food and drinks.

TOILETS



We will be using toilets located behind the visitor centre.

There is also a toilet block located in Millfields Car Park at the 10k start.

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.

For the 10k, we will transport your bags from the start line to the finish, to be collected at the finish.

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 respective event villages 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 will be marked out by Trail Flags and small arrows. Please note, there will be no distance markers on the route. There will be marshals all around the course and at every major junction.

This race consists of an undulating route on trail paths around Carsington Water. The half marathon route is an out and back followed by 1 full loop of the reservoir. The 10k is almost one full loop of the reservoir.

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.

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

REFRESHMENTS

There are water stations that you will run past just after half way in the 10k, and at 3, 7 & 10.5 miles in the half marathon. Please help yourself to this as you pass.

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

We recommend 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

HM

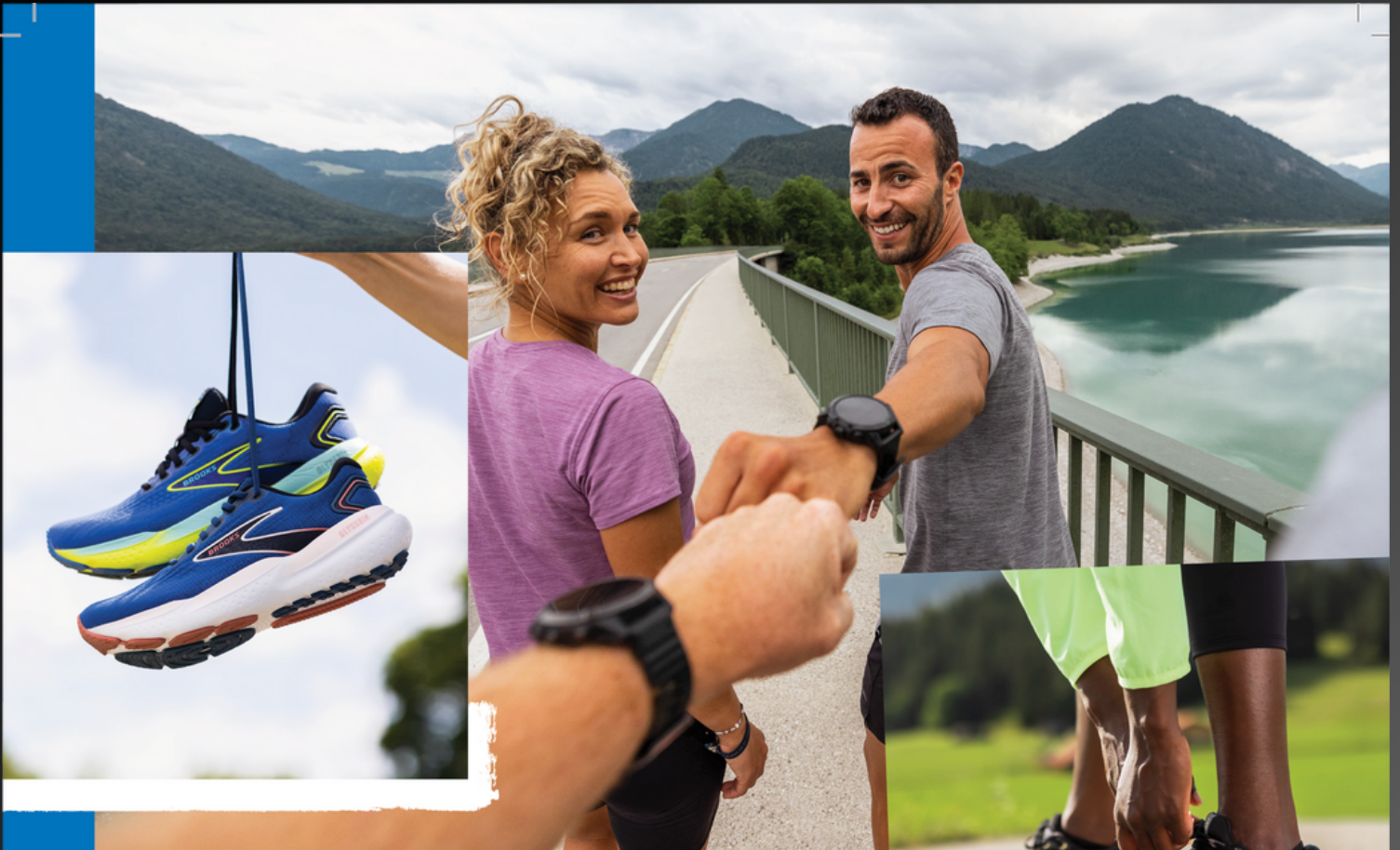


10K



[CLICK FOR 10k INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON 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 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 

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RUNTHROUGH20
amazon.com/lovecorn



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**It's never too late to start fundraising
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to raise money whilst going that extra mile.
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Share updates, thank donors, and get
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GoFundMe's powerful fundraising tools.

Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY

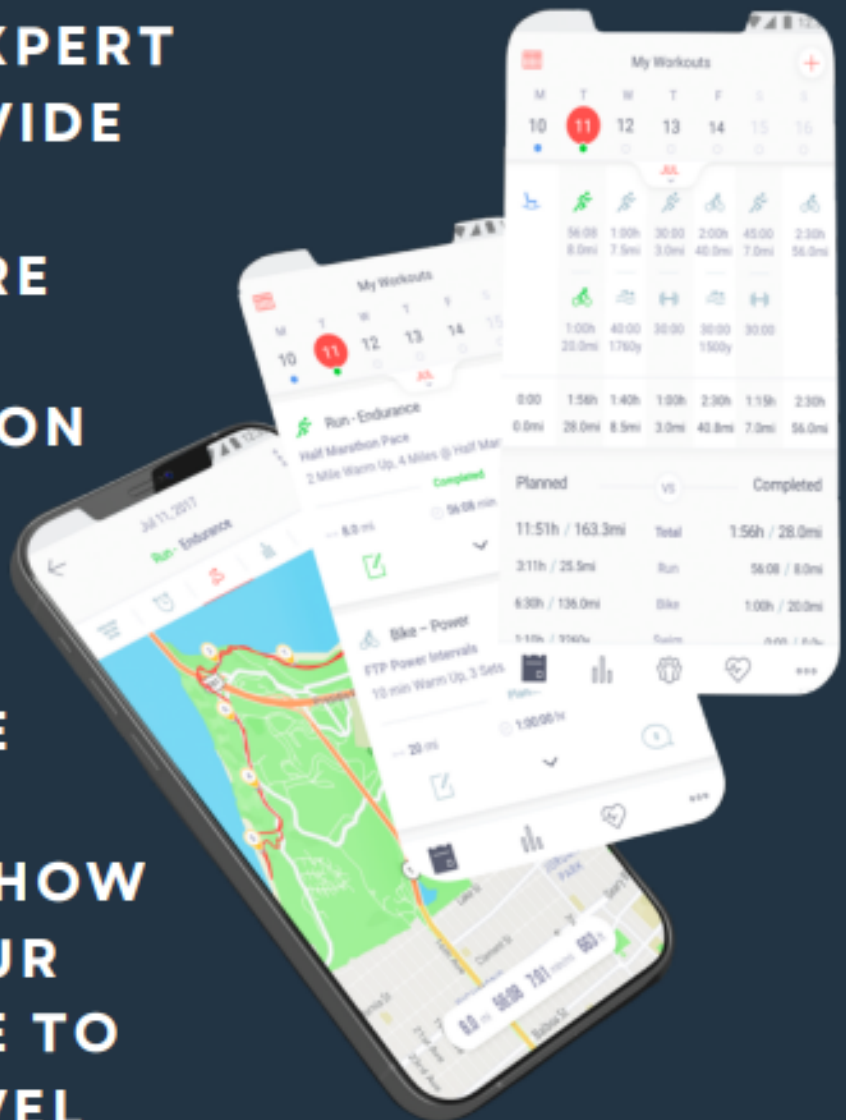


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

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

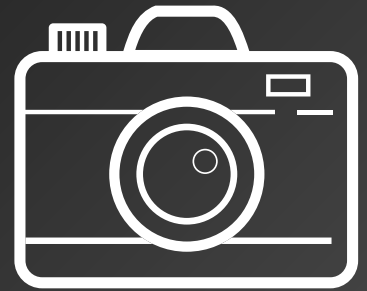
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 Trails page on Facebook.



If you #RunThroughMidlands & #RunThroughTrails 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**

The logo features a large, stylized 'RT' in black, with the word 'KIT' in a bold, sans-serif font positioned to the right and slightly below the 'T'.

**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



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 £65 of race credit to be used on 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?

10k-15, HM-17

Is there a time restriction to complete the race?

No, everyone is welcome, however 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 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 3 bottled water stations out on the Half Marathon course and 1 on the 10k 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 should I park for the event?

You can park at the visitor centre or at Millfields Car Park, please pay for parking on exit.

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 overall top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will be no presentation on the day. 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.

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

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



**Supported
by...**



SPORTSSHOES.COM

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