

EVENT GUIDE



Colchester Stampede 10k Sunday 28th April 2024



Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P11

The Course



P13

Finish Line



P15

Mind, mid & North East Essex



P17

Run For Charity



P19

Results & Photos



P20

RTKit



P21

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!

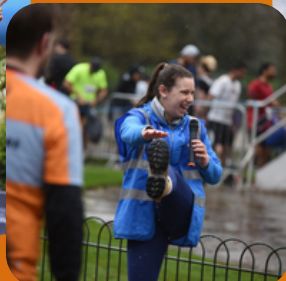
Wishing you the best on race day!

The RunThrough Team

LAURA



ABBY



ROSS



EMMA



KEIRAN



OTIS



TRAVEL

Address: Colchester Zoo, Maldon Road, Stanway, Colchester, CO3 0SL

We recommend you arrive as early as possible, as with many large sporting events there will be traffic coming into the venue. Please plan your journey accordingly!

By Car

Colchester Zoo is located just south of Colchester. Take the A1124 exit (Junction 26) off the A12 following the brown elephant signs and using the new Stanway Western Bypass.

From the M25: About 40 minutes from Junction 28 of the M25 to reach the A12.

From Southend: About 1 hour's journey, 40 miles using A127 and A130 to reach the A12.

From Hertfordshire: About 1 hour's journey – 50 miles using A414 or A120 to reach the A12.

From Stansted Airport: About 50 minutes journey, 30 miles using A120 to reach the A12.

Colchester Zoo is situated on Maldon Road in Stanway.

The car park will open at 6:45am and we would advise arriving before 7:30am to avoid queuing into the carpark. Please expect a short queue if arriving after 7:30am. There will be plenty of FREE parking available for all runners and spectators next to the event village.

By Rail

The nearest stations are: Colchester North and Marks Tey.

We advise planning your journey before the race to ensure you arrive at the train station with as much time as possible. Colchester North and Marks Tey train station are a 4 mile walk from the zoo, or a 10minute taxi.

For more information regarding how to get to the zoo visit the site [HERE](#)



what3words

If using the app What3Words, use the words
///quits.inclined.firmly for the event village.

Race Pack Collection

Start Times:

9:00am

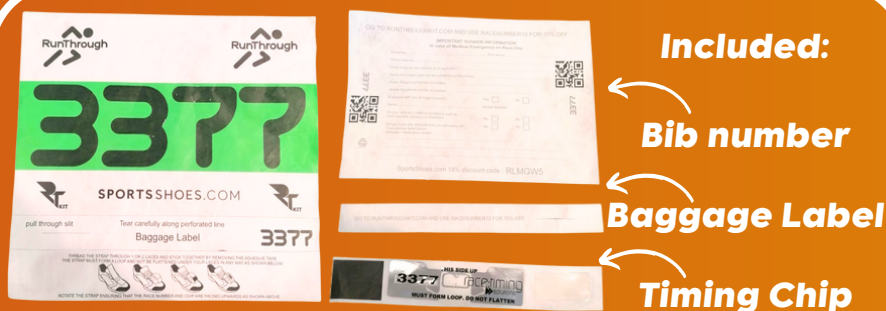
**Race Pack
Collection Times:**

7:30-8:30am

****IF YOU'VE ENTERED PRIOR TO THE 8TH APRIL YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If you have not received your pack in advance, or have any queries please 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](#)



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:

QVFIT9

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 28.04.24

SPECTATORS

COFFEE

We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Spectator tickets for friends & family wanting to enter the zoo are available to book at an exclusive discounted rate up until Saturday the 27th April at 9pm.

[Tickets can be pre-purchased HERE](#)

Passholders are not required to pre-book in advance.

Full price will be available to purchase on the day in line with usual Zoo opening hours, after 9:30am.

You can access the zoo from 8.30am to gain limited viewing around the giraffe and elephant paddocks and spectate the runners finishing. Please note you won't be able to spectate the start from here.

Sadly dogs are not permitted within the zoo or on the course.

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 room.
- Collect your bag after your race.



TOILETS

We will be using portable toilets located in the event village.



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



FIND OUT MORE



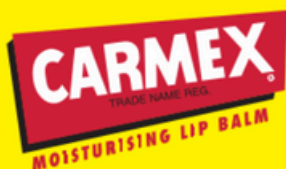
Healthy-hydrated lips all day

Fast acting
relief

Restores and
protects

Long-lasting
results

soothes · relieves · moisturises





WARM UP & RACE START

We will have a warm up in the event village in front of the stage 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 arrows, KM markers and motivational signs.

The race will start in the zoo, heading past the animals and then lead out on to the closed roads around Colchester before finishing back in the event village.

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 just after the water station.

Please also be aware that we will have a safety bike ahead of the lead runners to prevent any collision around the course.

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 bins provided.

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

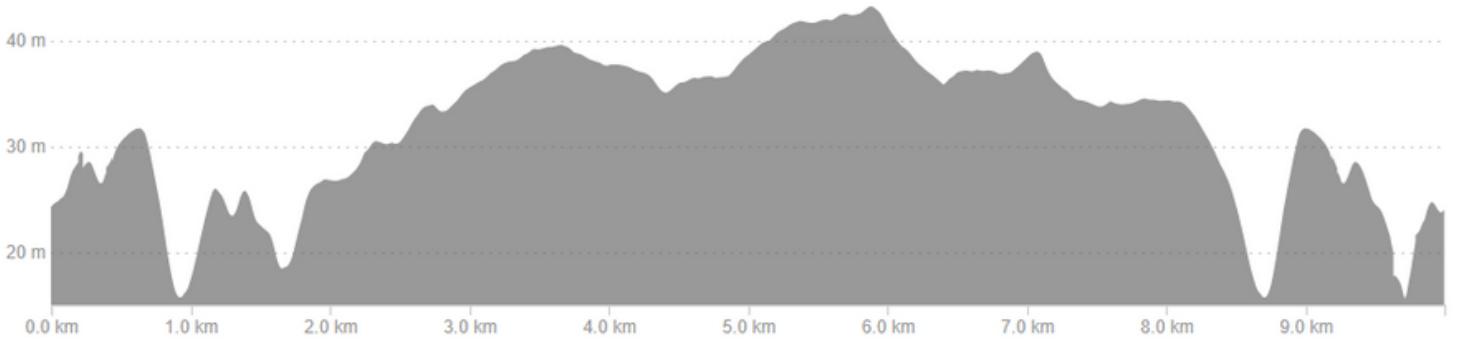
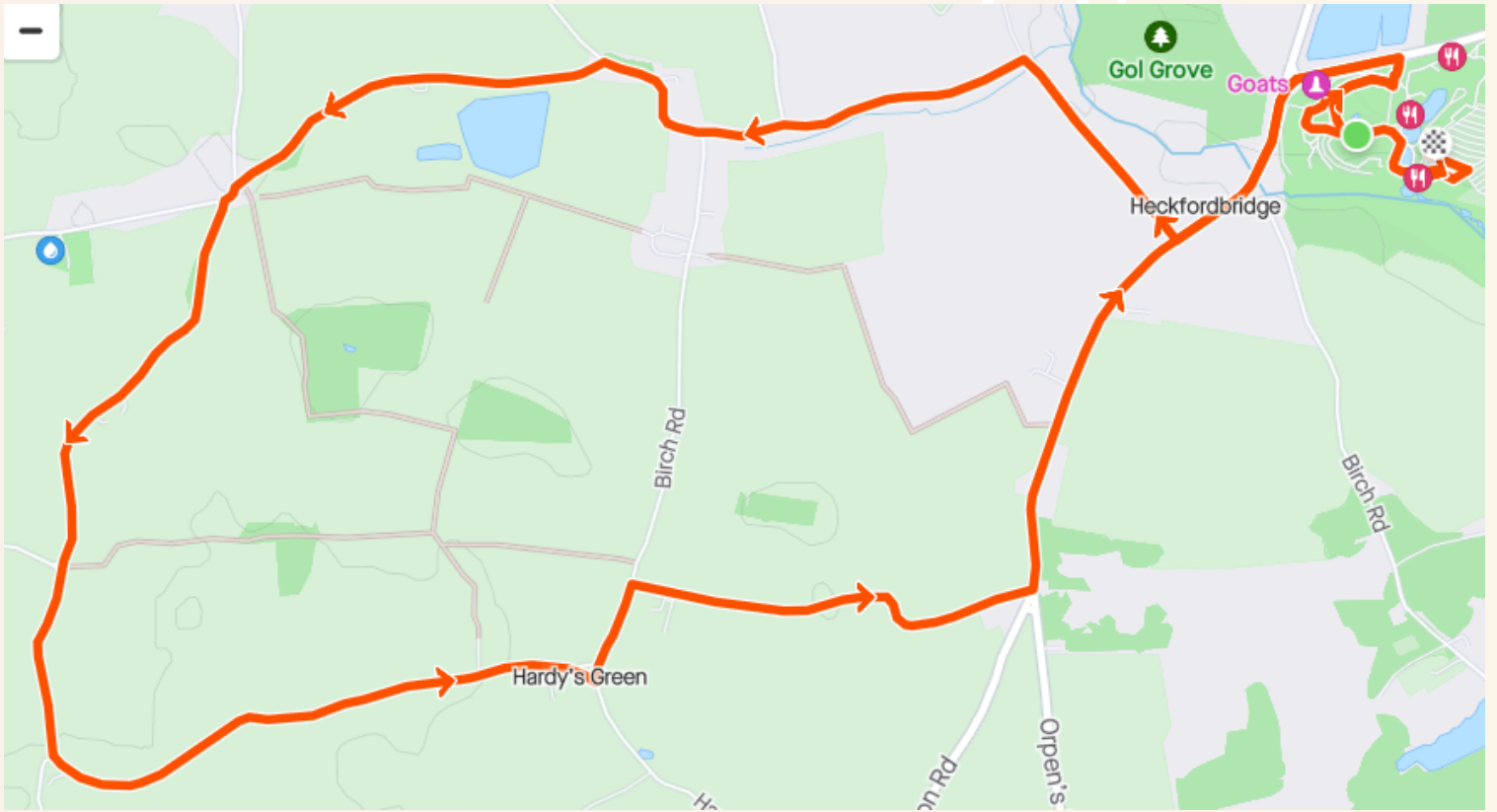
#nuunuk

#nuuniverse

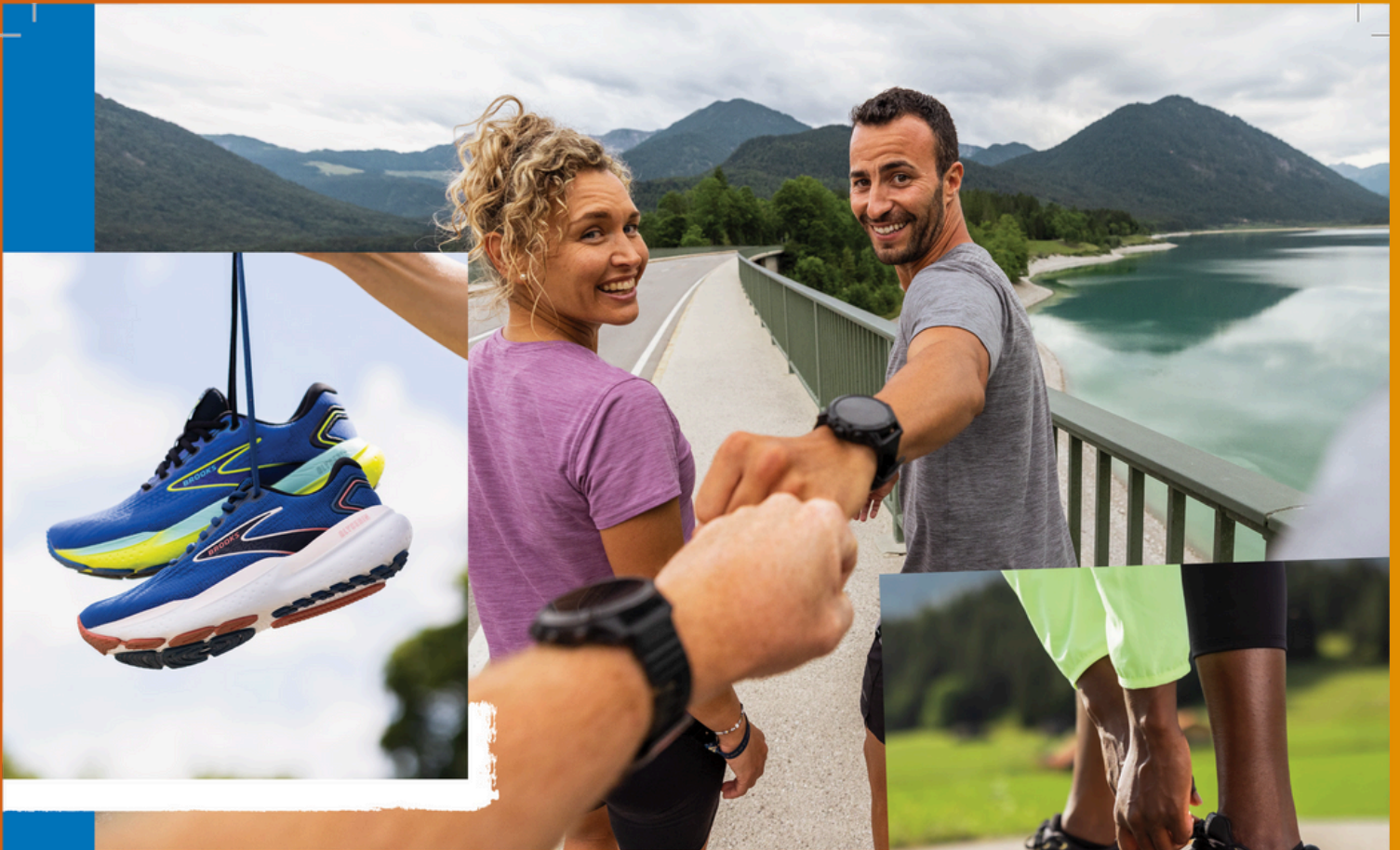
#nuunhydration

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

COURSE MAP



[**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



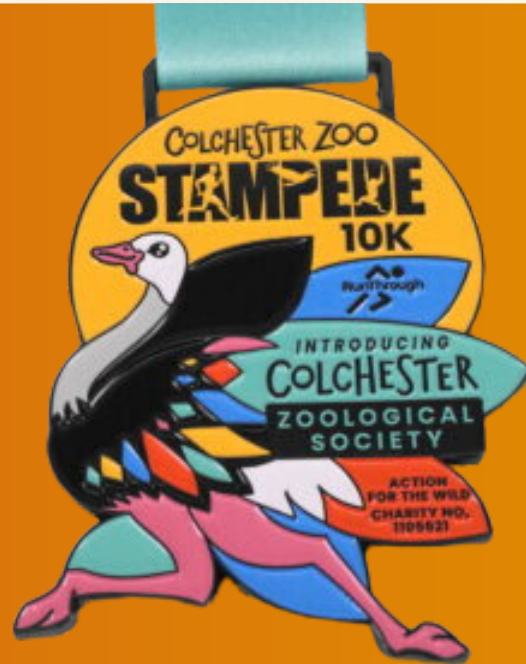
THE FINISH LINE

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.

ZOO ENTRY

Runners can gain free access to the zoo, and a discounted rate in the zoo's catering outlets after the race. Simply show your medal to gain access!

Spectators can pre purchase entry tickets for a discounted rate [HERE](#)



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

Good luck to all the Colchester Stampede 2024 runners!



On 28th April 2024 you will run wild at the Colchester Stampede 2024 – and we'll be there cheering you on every step of the way!

- 1 in 4 people will experience a mental health problem of some kind each year in England.
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England.

We offer hope and support for good mental health, so that no one feels alone.

We listen to our communities and offer compassionate and inclusive mental health services, resources, and practical support to promote wellbeing for everyone.

We are part of the national charity Mind Federation, but we are financially independent and rely on donations and fundraising events to continue our work in our communities.

For more details on our services across Mid and North East Essex including The Mental Health Toolkit training for individuals and businesses, please visit www.mnessexmind.org

Did you know you can run for us in 2025?

We are thrilled to be the chosen charity again in 2025 for the Colchester Stampede and we'd love to welcome you to our team! Just email fundraising@mnessexmind.org or call us on 01206 764600 to register your interest.

Looking for a charity to run for in this year's race? There's still time to join our team and start fundraising. Set up a fundraising page in a few easy steps by [following this link](#).



ACTION FOR THE WILD

Charity No. 1105621

SUPPORTING CONSERVATION PROJECTS WORLDWIDE

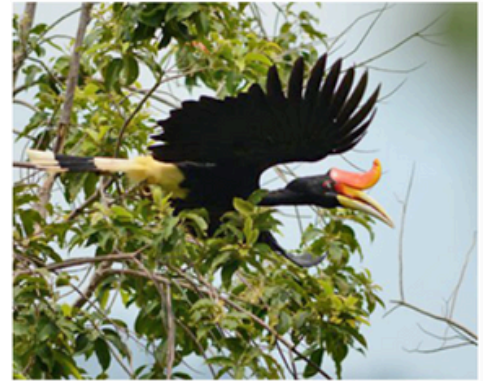
Colchester Zoological Society (Formally know as 'Action For The Wild') has always cared passionately about the world's threatened species, and created its charity Action for the Wild to assist projects worldwide.

part of your entry to participate in the race has been donated to the charity.

It provides both financial and technical assistance, and aims to raise awareness among local people in community conservation programmes, as well as supporting conservation research.

Since 2004, when Action for the Wild achieved charitable status, over £4.2 million has been donated to a broad spectrum of conservation projects worldwide, and encompasses a wide range of species from orangutans to vultures, hornbills to Komodo dragons and elephants to moths.

DONATE NOW





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

RUNTHROUGH TRAINING PLANS

POWERED BY

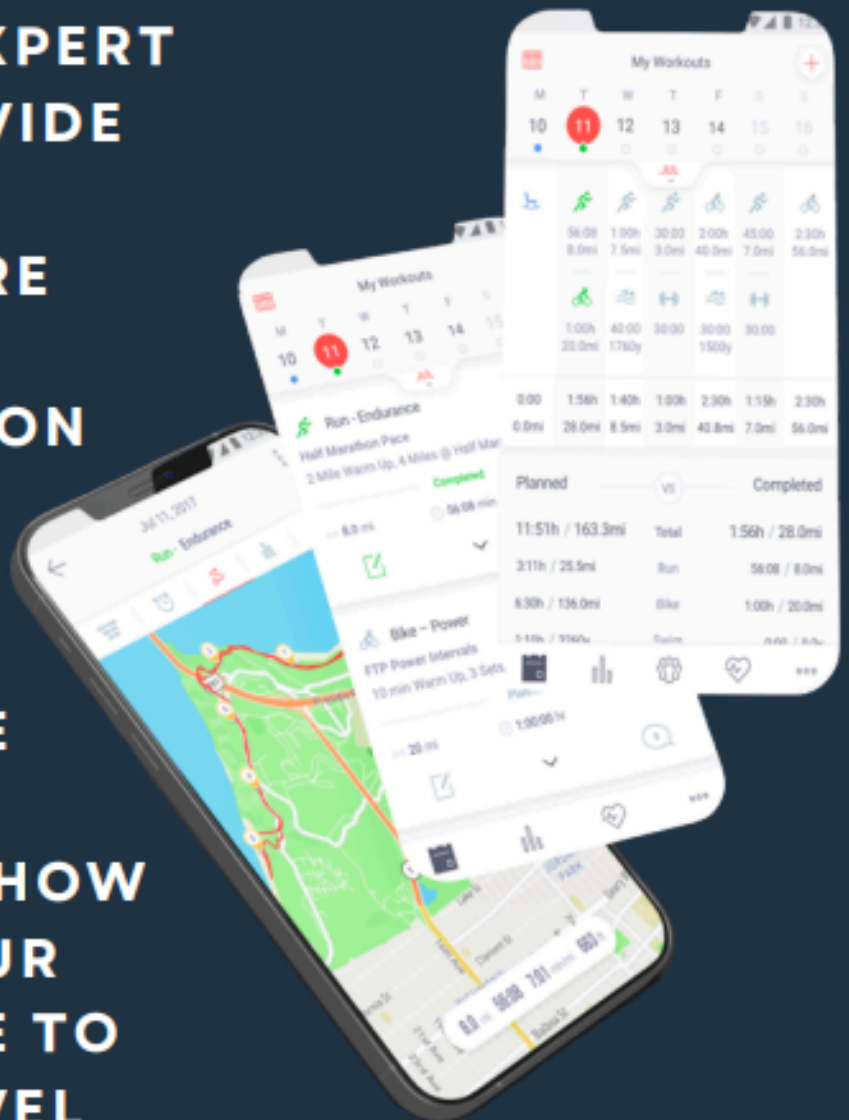


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

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

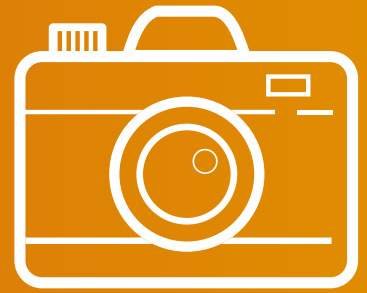
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 south page on Facebook.



If you #RunThroughSouth 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.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?

15

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at info@runthrough.co.uk if you plan to take more than 90mins 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?

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 at half way on the 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 located in the event village 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 parking at the zoo, please arrive early to avoid queues on arrival.

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 and road closures in place- [HERE](#)

Will there be a prize giving?

There will be a prize giving in the event village for the overall 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 (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

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...**



 **mind**
Mid and North
East Essex

COLCHESTER ZOO

nuun
HYDRATION

 **BROOKS**



 **gofundme**TM

**RUNNER
RETREATS**

**LOVE,
CORN**

 **NEW
LEVELS
COACHING**

SPORTSSHOES.COM

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