

# EVENT GUIDE



**East Yorkshire  
Half Marathon & 10k  
Sunday 28th 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

**KATIE**



**JESS**



**HANNAH**



**TOM**



**CHRIS**



**CAMERON**



# TRAVEL

**Address: Burton Constable Hall, Skirlaugh, Hull HU11 4LN**

## By Car:

Burton Constable Hall is located just off Pasture Lane, just off the A165 between Hull and Skirlaugh.

As there are limited public transport routes, we recommend car sharing where possible, and arriving early in anticipation of any queues into the venue.

There is free parking on site, and will be sign posted from the entrance to the Hall. There will be marshals present to help you park on arrival.

Please note, as this is a road closed race, the road's around the venue will be closed throughout the morning- please see the full road closure timings [HERE](#).

We recommend arriving at least one hour before the race, as with all major events expect there to be short delays on arrival to park your car. Any spectators should also plan to arrive early to ensure they're not caught out by the closures in place.

## Public Transport:

The nearest train station is Hull. From here you can catch a 35minute taxi to the Hall.

## Bikes:

You are more than welcome to cycle to the race, you can leave any bikes at the bag drop marquee, which will be staffed throughout the event.



what3words

use the words [///drank.haircuts.surnames](#) for exact event village location.

use the words [///tortoises.whistle.doors](#) for the main entrance to the hall.

# Race Pack Collection

## Start Times:

Half Marathon- 9:00am  
10k- 9:30am

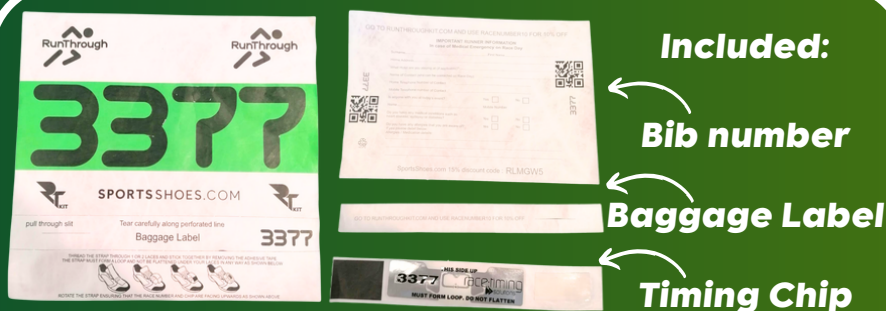
## Race Pack Collection Times:

HM- 7:30-8:30am  
10k- 8:00-9:00am

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

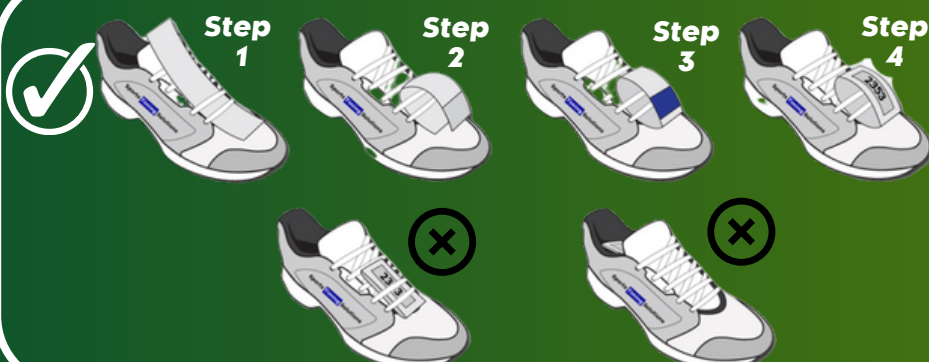
- If you have not received your pack in advance, or have any queries please make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

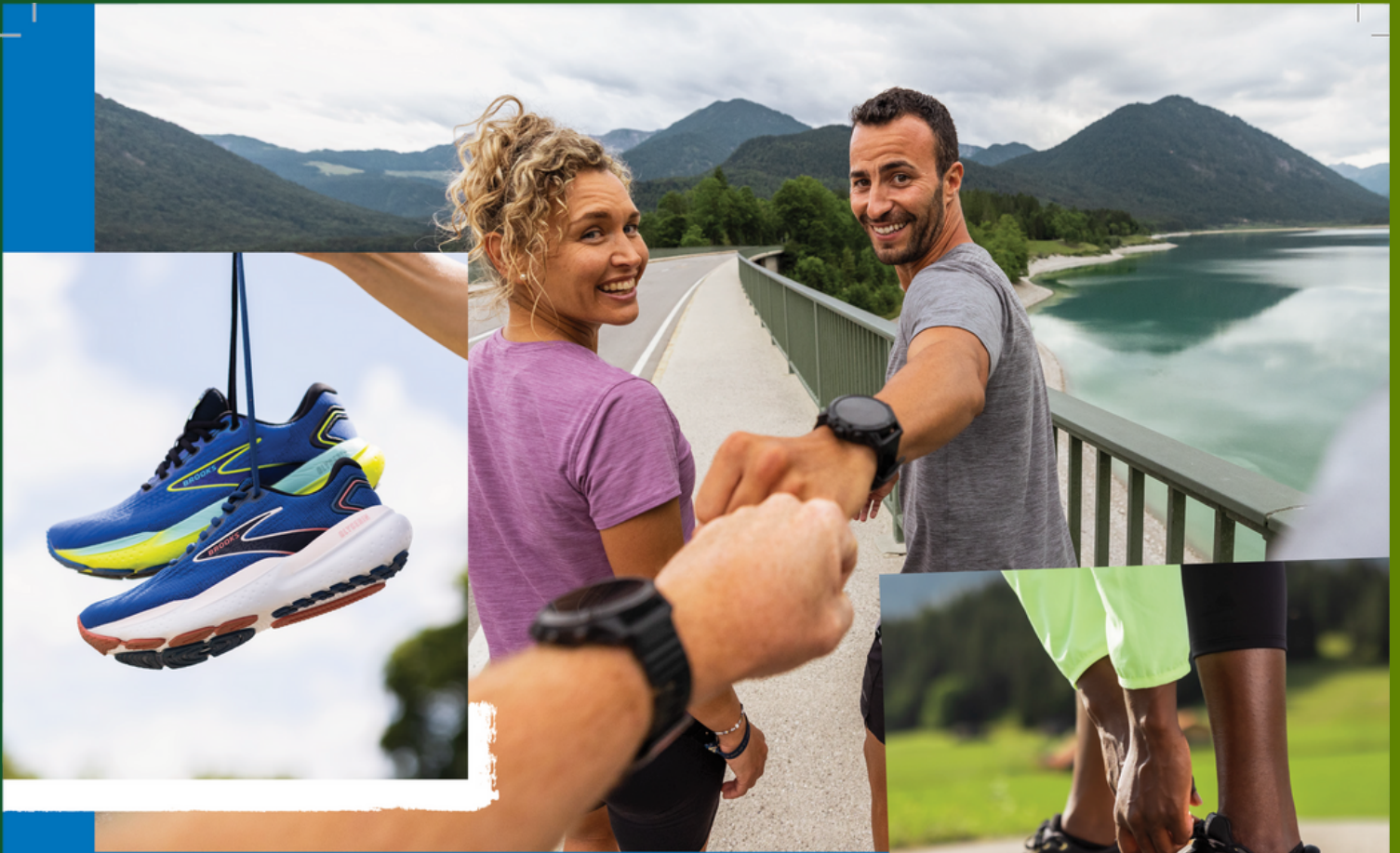
[CLICK FOR ENTRY LIST](#)



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](#)





# 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

## SPECTATORS

## COFFEE

Spectators are more than welcome to come along and support runners.

We recommend visiting the event village where we'll have stalls and refreshments.



## TOILETS

We will be using 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**

**FIND OUT MORE**

**FOUNDED BY**



# TEST THE LATEST NIKE SHOES AT THE EAST YORKSHIRE HALF & 10K

Look out for the SportsShoes x Nike trial van



[SPORTSSHOES.COM](https://www.sportsshoes.com)

[www.sportsshoes.com](https://www.sportsshoes.com)







## **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 distance signs and arrows. Half Marathon runners will follow yellow mile markers, 10k runners will follow green km markers.

The course follows a road closed loop around West Newton and New Ellerby, starting and finishing at Burton Constable Hall.

**There will be a number of locations where the half marathon & 10k races will diverge and come together, please be aware of the signage in place and listen for marshal 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 just after each 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 3, 5, 8.5 and 11.5 miles along the half marathon course, and at 5km and 7km on the 10k course.

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.



# <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.

# COURSE MAP



[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

**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**



## **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)

# Mental health support that **you can trust.**

Whatever you're going through, we're here.

- ✔ One to one support
- ✔ Group support
- ✔ NHS Counselling
- ✔ Bereavement support
- ✔ Information and advice
- ✔ Private counselling

Tel: 01482 240133

[info@heymind.org.uk](mailto:info@heymind.org.uk) / [www.heymind.org.uk](http://www.heymind.org.uk)

For 24/7 hours crisis support, please call

**Mental Health Support Line: 0800 138 0990**





# 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

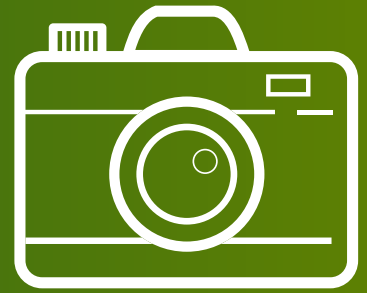
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 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.RunThroughKit.com](http://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 | Half Marathon- 17

## Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at [north@runthrough.co.uk](mailto: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 distance?

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 will be a water station at 3, 5, 8.5 and 11.5 miles along the half marathon course, and at 5km and 7km on the 10k course.

## 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 hall, 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:

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!



RunThrough



**Supported  
by...**



Mind  
Hull and  
East Yorkshire



***BROOKS***

**nuun**  
HYDRATION



**gofundme**<sup>TM</sup>

**RUNNER  
RETREATS**

**LOVE,  
CORN**



**NEW  
LEVELS  
COACHING**

**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)