

# EVENT GUIDE



Gateley /



**Leeds Running Festival**  
**5k, 10k & Half Marathon**  
**Sunday 21st 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**



**BECCI**

**COL**



**TOM**



# TRAVEL

Address: Mansion Lane, Roundhay, Leeds, LS8 2HH

Roundhay Park is situated approximately 3 miles North of Leeds City Centre off the A58 Wetherby Road at Oakwood. Alternatively, Roundhay Park is accessible from the A6120 Leeds Ring Road.

Please be aware that parking on site is limited. We recommend car sharing and the use of public transport.

Nearby car parks are marked on the map [HERE](#).

## BY BUS

Roundhay Park can be reached by buses to and from Leeds City Centre 2 & 12.

You can find the First Bus journey planner via [THIS LINK](#).



what3words

***If using the app What3Words, use the words ///number.safe.plants for exact event village location.***





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# *Run your own race*

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# Race Pack Collection

## Race Pack Collection Times:

Half Marathon – 7:30-8:30am  
10k – 8:20-9:20am  
5k – 8:20-9:20am

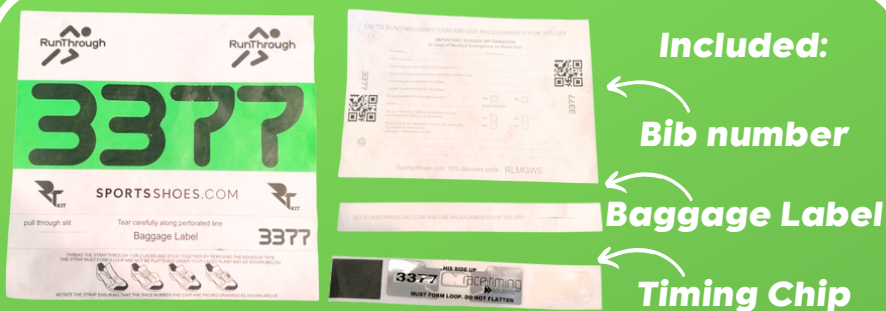
## Start Times:

Half Marathon – 9:00am  
10k – 9:50am  
5k – 9:50am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 5TH APRIL YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***

- 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\*\*](#)



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\*\*](#)





# TEST THE LATEST NIKE SHOES AT THE LEEDS RUNNING FESTIVAL

Look out for the SportsShoes x Nike trial van



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

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





## SPECTATORS

## COFFEE

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

## TOILETS



There will be portable toilets available to use in the event village.

If you live locally we recommend using toilets at home.

## 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



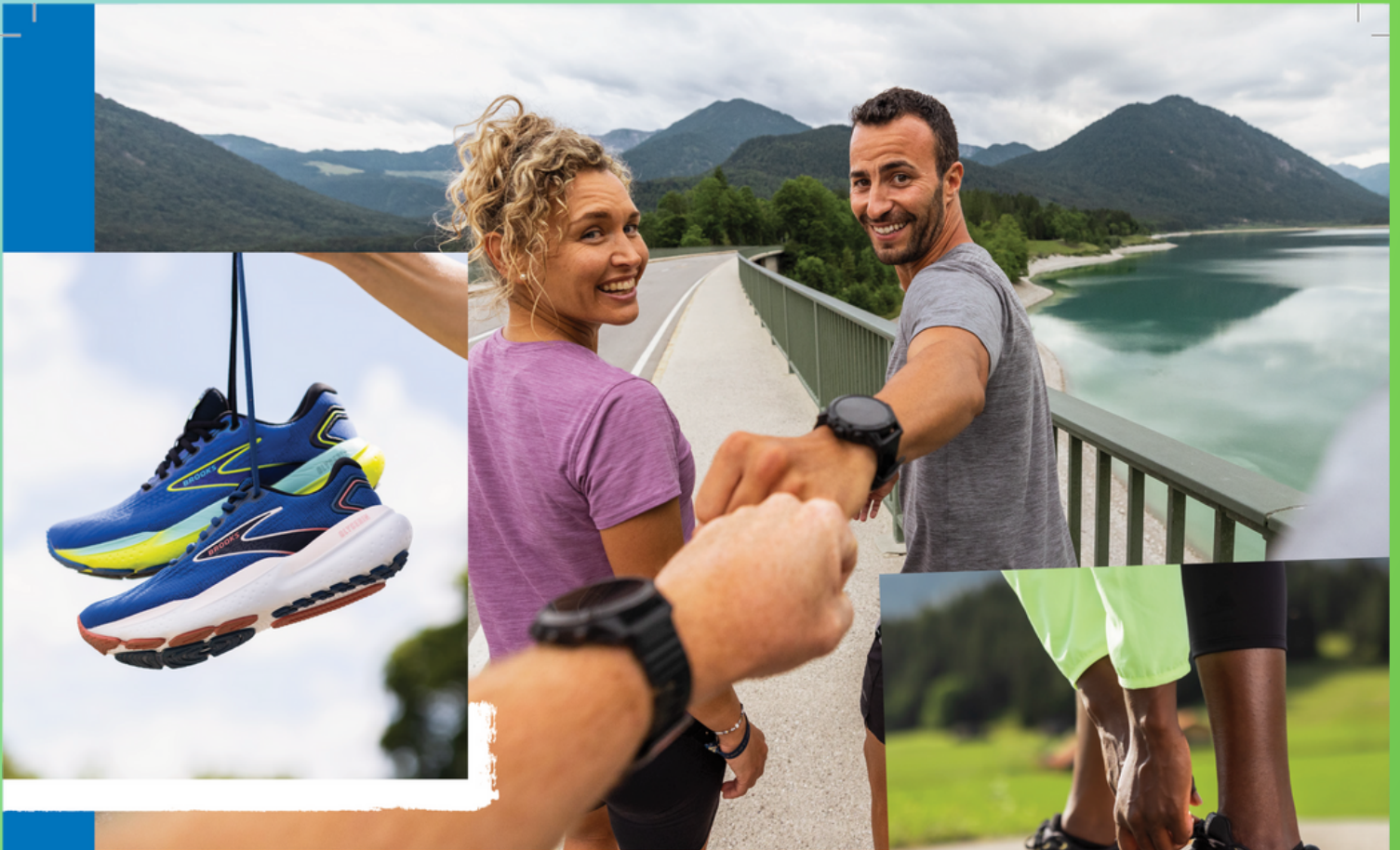
## RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF  
ALL ABILITIES

FOUNDED BY



[FIND OUT MORE](#)



# 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.

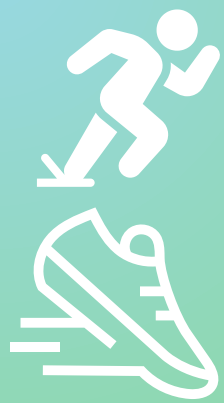
T&Cs apply

**BROOKS**



Scan or click ↗  
the QR Code





## **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**

There will be marshals all around the course. For the Half Marathon, yellow Mile signs will be around the course from 1-13. For the 10k please look out for green KM signs 1-9 , and for the 5k look out for green km signs 1-4.

The Half Marathon is 4 laps with an out and back at the start, the 10k is 2 laps and the 5k is 1 lap of the course.

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 the 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 of each distance 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 bringing your own water to stay hydrated in the lead up to the event.





**GET RACE READY**

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# 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.



## 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



**20% OFF**  
your next  amazon order

USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)

# + 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

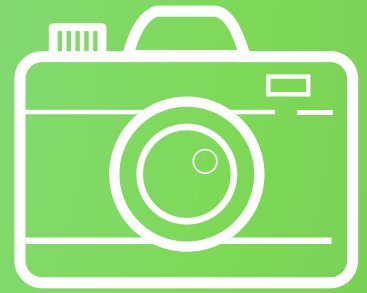
#nuunhydration

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



## 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**

# RUNTHROUGH TRAINING PLANS

POWERED BY

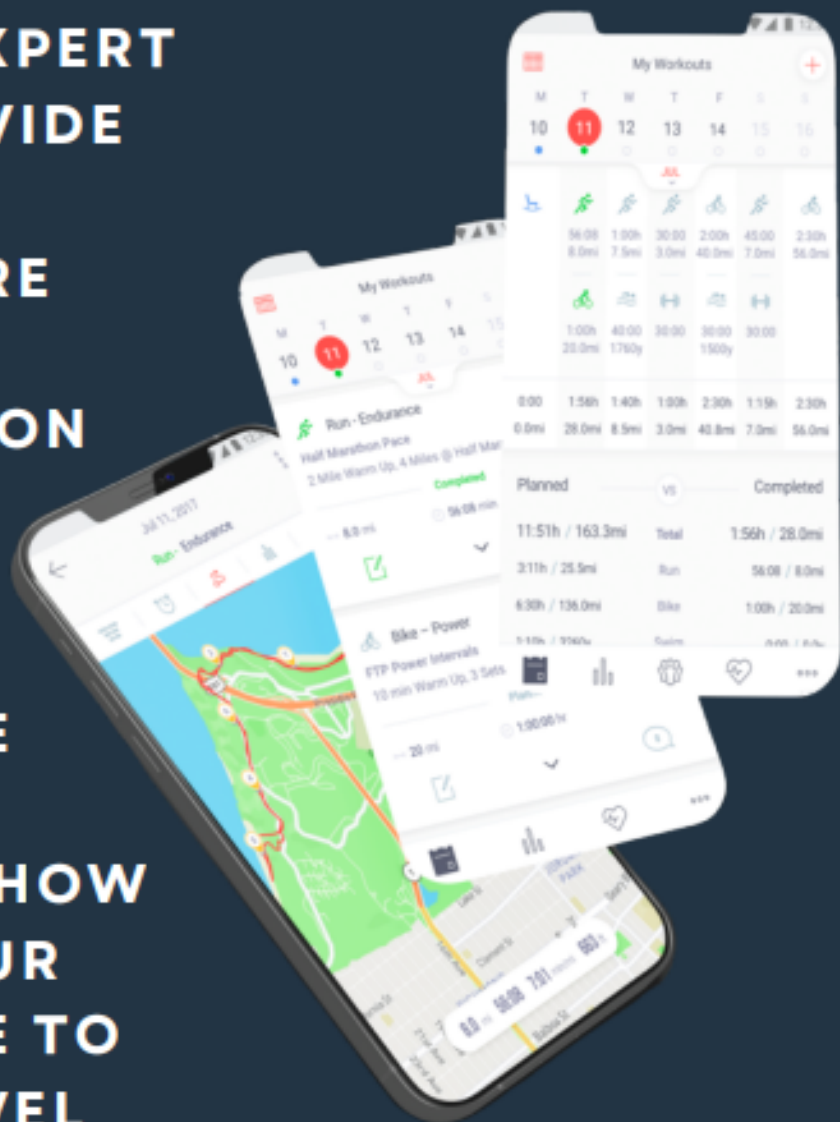


REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

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

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

**START TRAINING TODAY**







**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)**



LEEDS

# RUNNING FESTIVAL

SUNDAY 21ST APRIL AND  
SUNDAY 18TH AUGUST  
ROUNDHAY PARK

## **ST GEMMA'S HOSPICE ARE DELIGHTED TO BE APPOINTED AS THE OFFICIAL CHARITY PARTNER FOR THE LEEDS RUNNING FESTIVAL 2024**

St Gemma's is for people who have life threatening illnesses with difficult symptoms. Care is based on a simple idea – that the person is more than the illness. Each of us – sick or well – has unique physical, emotional, social and spiritual needs. St Gemma's tries to respond to these needs in ways that place the highest value on respect, choice and empowerment.

St Gemma's isn't only for patients with cancer. We also help people with other illnesses including neurological conditions such as motor neurone disease and end stage heart, lung and kidney conditions.

St Gemma's offers a wide range of expert services to support patients, their families and friends – not just in the Hospice building but also in people's own homes, including care homes across the Leeds community.

The running costs of St Gemma's Hospice are forecast to be around £13.9 million and the majority of this needs to be raised from the generous local community.

### **HOW CAN YOU HELP?**

- ♥ Fundraise for us – make your Leeds Running Festival efforts count by setting up a fundraising page for us
- ♥ Do your own thing to support St Gemma's – come and find us in the event village to chat further or contact Mia Senior on **0113 218 5197** or [mia.senior@st-gemma.co.uk](mailto:mia.senior@st-gemma.co.uk)





# 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***





**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?

5k-11, 10k-15, Half Marathon-17

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

## 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](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 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?

Nearby car parks are marked on the map [HERE](#). Please be aware that parking on site is limited. 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?

There will be a prize giving after each race for the top 3 male and female participants. 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!



**Supported  
by...**



Gateley



**St.  
Gemma's  
Hospice**  
Always caring



**SPORTSSHOES.COM**

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