

EVENT GUIDE



nuun
HYDRATION

Shakespeare
MARATHON
& HALF MARATHON



Shakespeare
Marathon & Half Marathon
Sunday 21st April 2024
Presented by Nuun

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

JAMES



JAMES

JOE



CHRIS

ROWAN



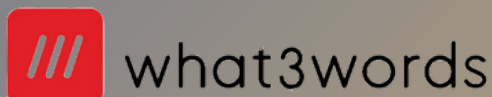
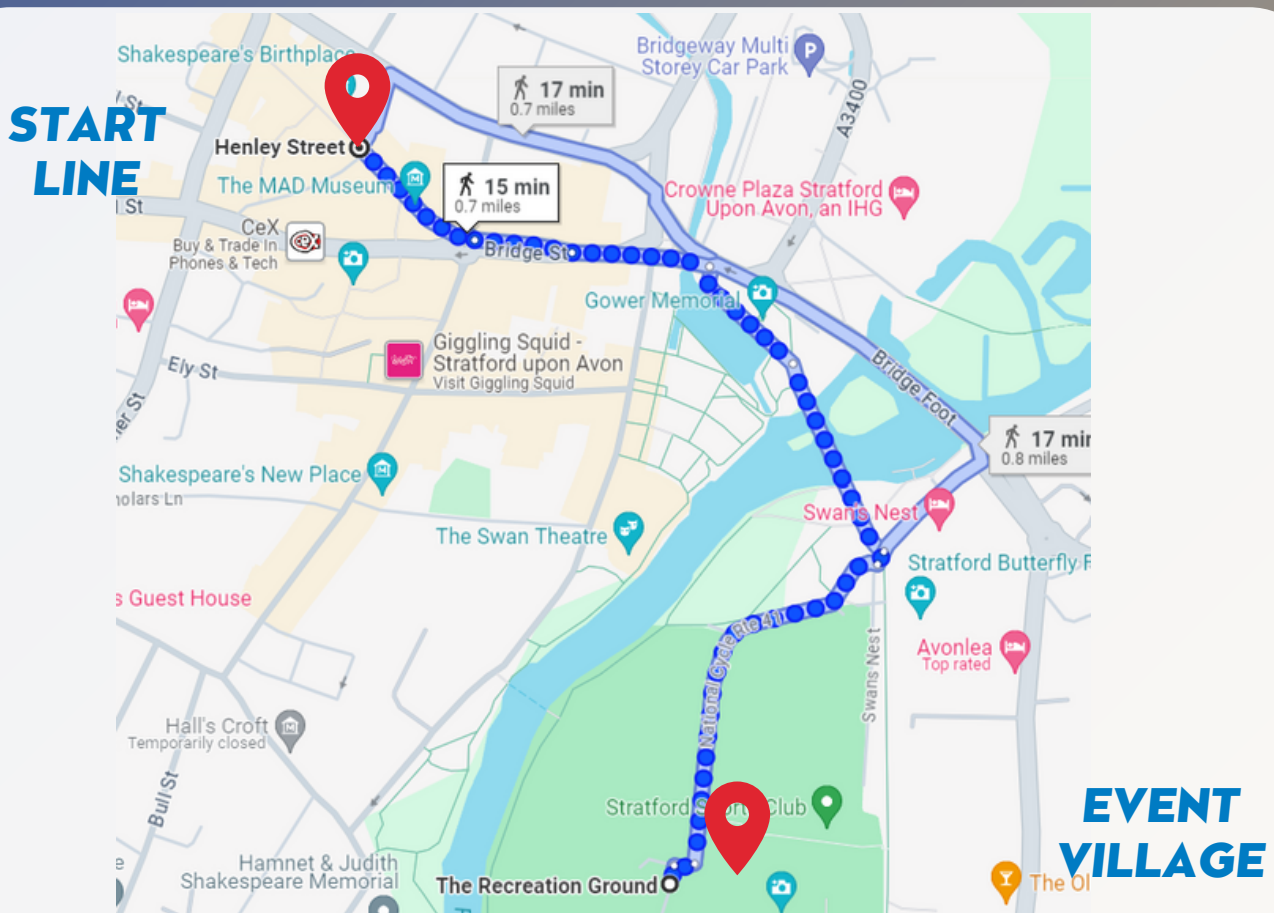
TRAVEL

Event village (inc bag drop, toilets & finish): The Recreation Ground, Stratford-upon-Avon CV37 7LS
Start line: Henley Street, Stratford-upon-Avon

There is no specific event parking, please use Parkopedia.com to find somewhere suitable. We advise car sharing where possible.

Please be aware road closures will be in place from 7am- these can be seen [HERE](#).

Stratford Upon Avon Train Station is a 1.1mile walk from the event village. Please check train times in advance of race day, as Sunday services may be limited.



If using the app What3Words, use the words [///wires.couch.stages](http://wires.couch.stages) for the event village.

and [///arch.tent.bump](http://arch.tent.bump) for the exact start location.

nuun
HYDRATION

Shakespeare
MARATHON
& HALF MARATHON

Hydration starts here

GOOD LUCK

all the Shakespeare Marathon
& Half Marathon Runners!

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.

Stay Hydrated!

Use Nuun, before, during and after your race.

Scan the QR code & receive
20% OFF**

Use code:
Nuun20



@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

*Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise. **Code valid from 21st April – 5th May.

Race Pack Collection

Start Times:

9:00am

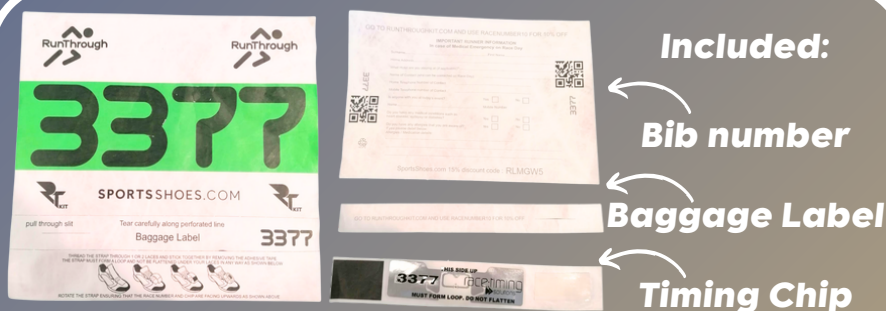
**Race Pack
Collection Times:**

7:30-8:30am

****IF YOU'VE ENTERED PRIOR TO THE 5TH 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:

RT2415

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 and food stalls located in the Event Village. There will also be a number of cafe's open around the start area.

TOILETS



We will be using portable toilets located in the event village. Please note, this is a 15minute walk from the start line, please arrive early to use these.

There will also be a limited number of portable toilets at the start area.

There will also be toilets that the marathon will pass at approx 12 miles into the race.

BAGGAGE

- Please limit the number of belongings you bring to the event. We advise leaving belongings with any spectators attending with you.
- There will be a bag drop within the event village for those who need it.
- Please note this is a 15minute walk from the start line. Please drop your bag with enough time to walk to the start.
- 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.

**RUNNER
RETREATS**



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



FIND OUT MORE



WARM UP & RACE START

From the event village, runners will be directed to the start line. We will have a warm up taking place around the start pens 15 minutes prior to the race start.

Please look out for the pace signs to help you line up in pens of similar paced runners.

Both races will start together.

DURING THE RACE

There will be marshals all around the course as well as arrows and motivational signs. You will follow yellow mile signs counting from 1-13 for the Half Marathon, and 1-26 for the full marathon.

The race follows 1 lap for the half marathon and 2 laps for the marathon. The majority of the route follows closed roads around Stratford-upon-Avon and the Warwickshire countryside, with the remainder on the Stratford Greenway footpath, a hard compact footpath.

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 runners 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.

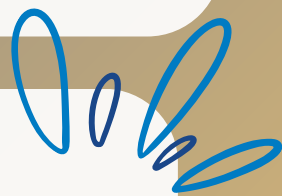
REFRESHMENTS

There are water stations approximately every 3 miles. Please help yourself to these as you pass. These can be seen on the route map [HERE](#).

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

Please note, gels will not be provided- please bring your own should you wish to use these.

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

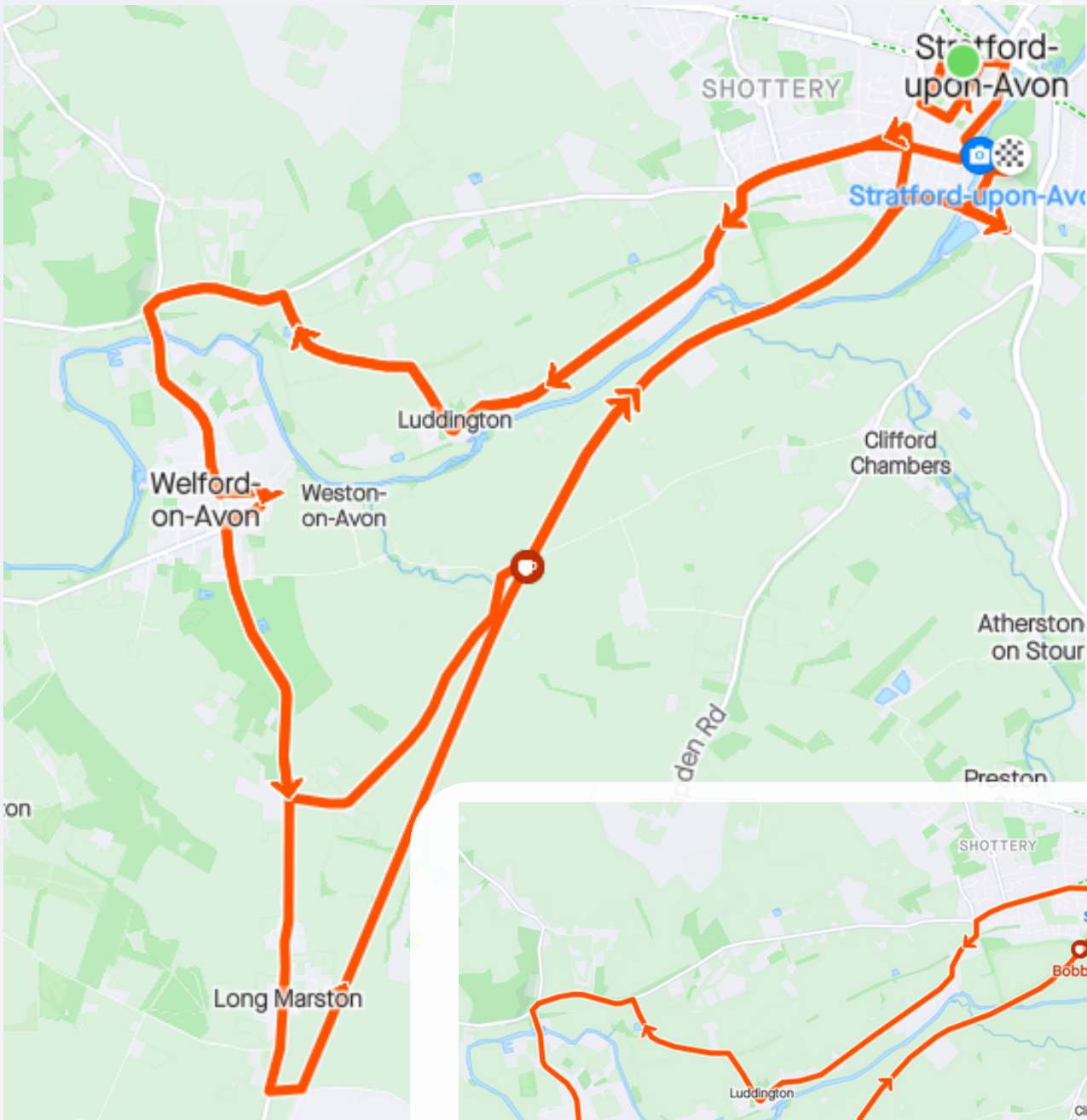
#nuuniverse

#nuunhydration

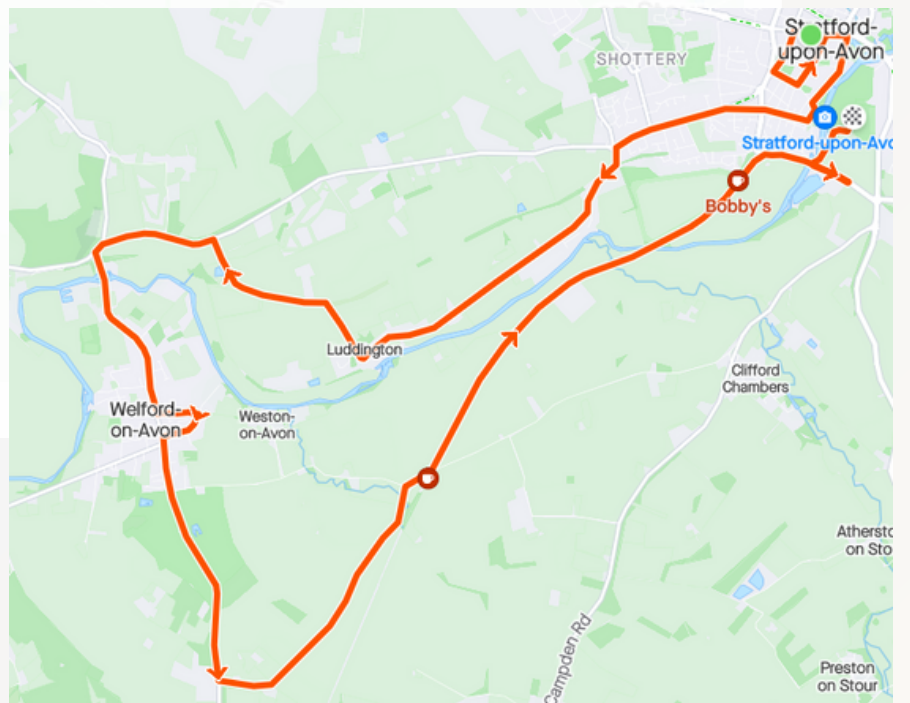
Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

COURSE MAP

MARATHON

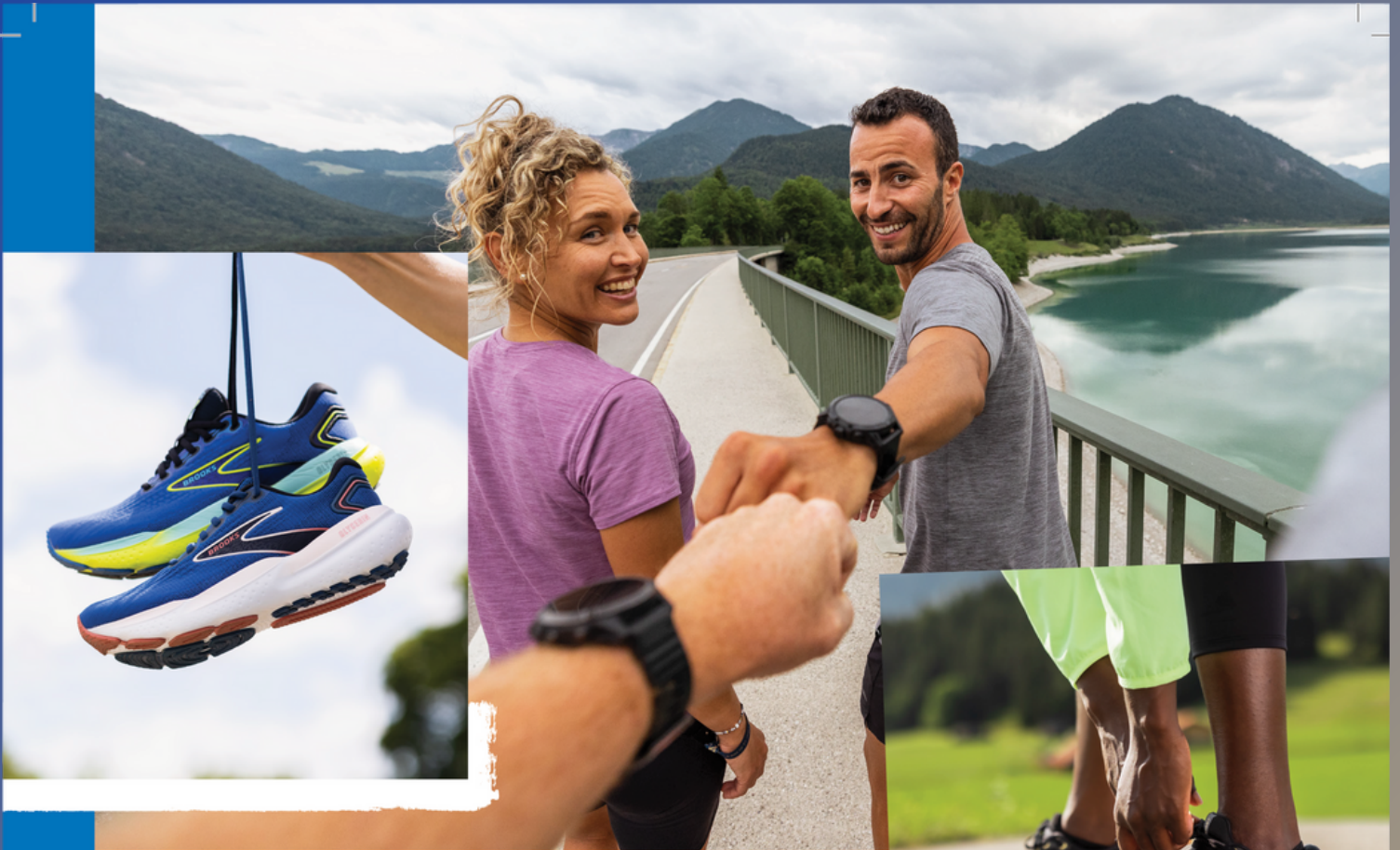


HALF MARATHON



[CLICK FOR MARATHON 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 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

The Shakespeare Hospice is delighted to be the official charity partner of The Shakespeare Marathon & Half-Marathon




25 YEARS

In 2024, The Shakespeare Hospice proudly marks 25 years of unwavering commitment to providing compassionate care and support to individuals and loved ones affected by life-limiting conditions. For 25 years, The Shakespeare Hospice has been a beacon of hope in our community, offering a haven for those navigating challenging times. Our dedicated team of clinicians, volunteers, and supporters has worked tirelessly to create an environment of warmth, understanding, and comfort.

We offer specialised care and support to patients, their loved ones and carers across South Warwickshire and the surrounding areas.




Our services are available to anyone registered with a GP in South Warwickshire

 [TheShakespeareHospice.org.uk](https://www.TheShakespeareHospice.org.uk)

 01789 266852

 tsh.referrals@nhs.net

 Church Lane, Shottery, Stratford-upon-Avon, Warwickshire, CV37 9UL

How can you help?

Secured your own place in The Shakespeare Marathon or Half Marathon? Why not run for The Shakespeare Hospice with your own place, and help raise vital funds for our incredible work. There is still time to set up a fundraising page, simply [click here](#) to get started!

We'll also be in the race village so please do pop by and say hello to hear more about the work we do!





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

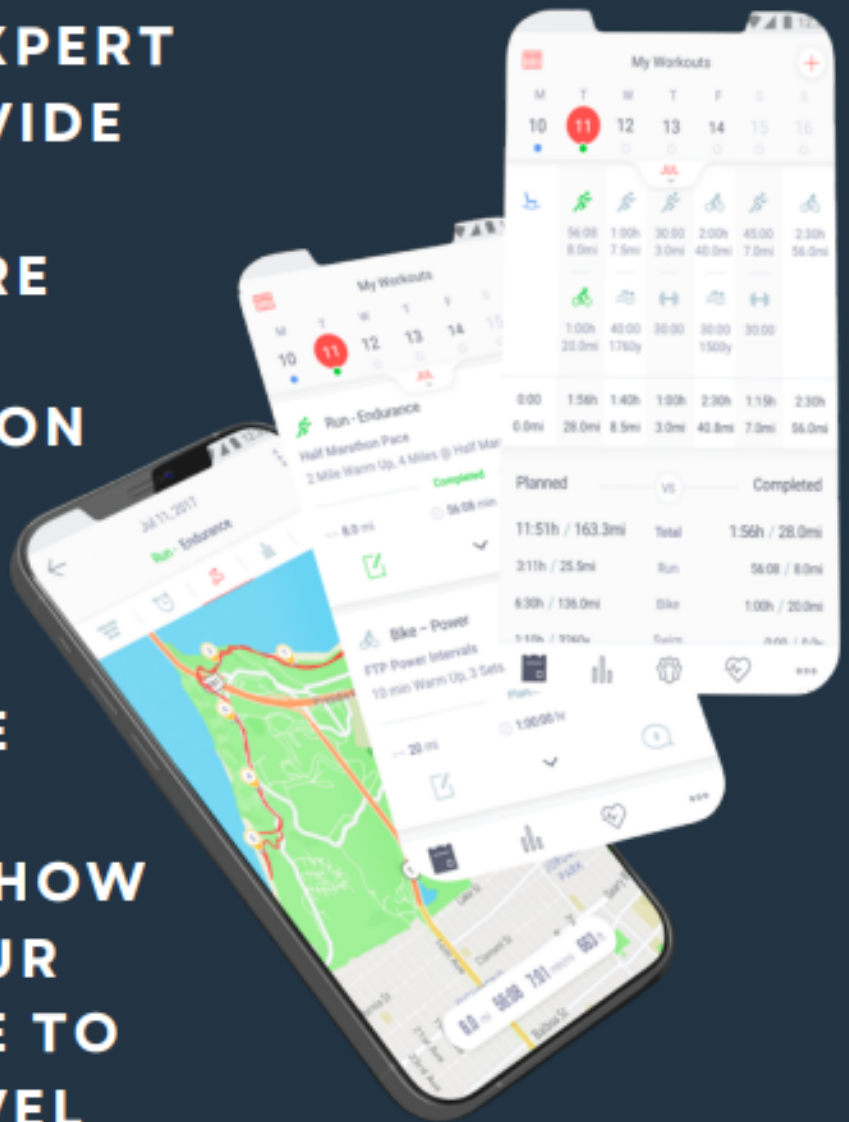


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

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

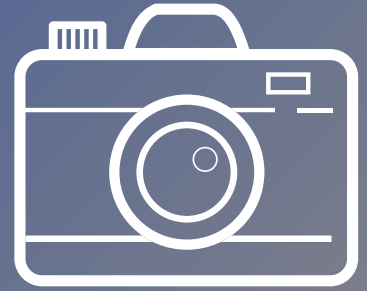
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 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!

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?

HM-17 | Marathon- 20

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 if you plan to take more than 6hrs to complete the Marathon or more than 3hrs for the Half Marathon 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 bottled water stations every 3miles 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?

We advise using Parkopedia to find somewhere suitable, there is no specific event parking.

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 after the overall top 3 male and female participants have finished each distance. 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:

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 mins

Marathon: Men's Sub 2hr25min, Women's Sub 2hr37min

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