

EVENT GUIDE



Gateley



Birmingham Running Festival
5k, 10k, Half Marathon & Juniors
Sunday 12th May 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

ROWAN



GRAHAM



CAMERON



KATIE



COL



TRAVEL

Address: Sutton Park, Park Road, Sutton Coldfield, B73 6BT

If using public transport, it's a short walk to the main entrance at Town Gate from either the bus station in central Sutton Coldfield or the Sutton Coldfield rail station.

Sutton Coldfield is less than half a mile away from the event village.

There are several entrances to the park. Car parks are marked on the Sutton Park website linked below.

There is very limited parking available on site so we recommend carpooling and taking public transport.

There are plenty of car parks within a 15-minute walk of the event village. As on-site parking is extremely limited, we recommend planning your journey in advance.

Please note, the address given is the entrance to the park, the Event Village is located a short walk away from the main visitor centre, and 'Town Gate' Car Park.

The park is easily accessible by both foot and cycle. Cycle parking is available in the park.

**See Sutton Park
Car Parks [HERE](#)**

**Use Parkopedia to find a car
park outside of the park [HERE](#).**



what3words

For the exact event village location use the words
[///system.across.seats](#)

RACE PACK COLLECTION

Start Times:

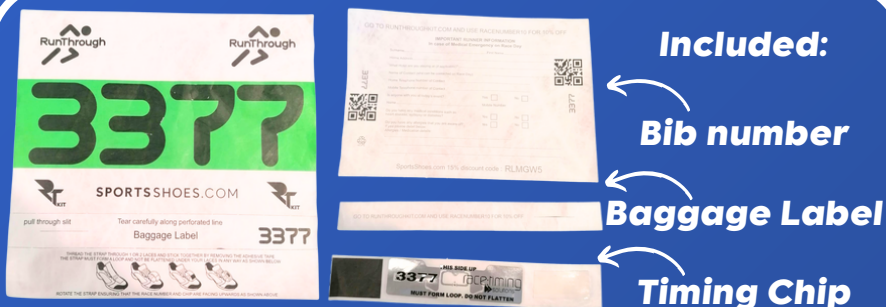
Half Marathon – 9:00am
10k – 9:45am
5k – 9:55am
Juniors - 11:30am

Race Pack Collection Times:

Half Marathon- 7:30-8:30am
10k- 8:15-9:15am
5k- 8:25-9:25am
Juniors- 10:00-11:00am

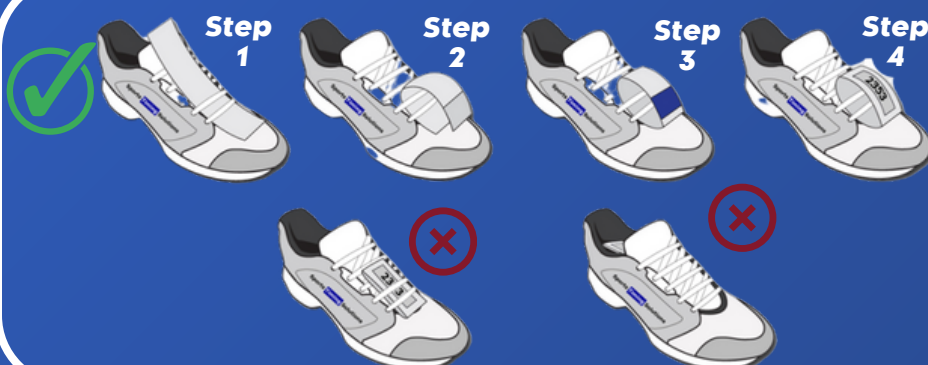
- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

[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](#)



Gateley /

Run your own race

Legal and professional
advisers to people and
businesses

gateleyplc.com



SPECTATORS

COFFEE

There will be coffee and food vans located in the event village serving snacks and hot drinks.

Spectators are more than welcome to spectate from within the event village, or walk around the park.

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



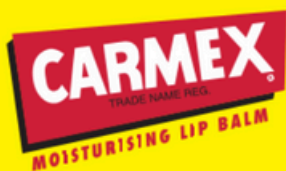
Healthy-hydrated lips all day

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 15 minutes prior to the start of each race.

From here, we will call out estimated finish times to get runners lined up and ready to run.

DURING THE RACE

We will have marshals all around the course as well as directional arrows and distance signs.

10k runners will follow Green KM signs 1-9, the 5k will follow Red KM signs 1-4 and Half Marathon runners will follow Yellow mile signs 1-13.

The entire course is inside Sutton Park following a 5km loop on the roads and paths around the park. (The route doesn't go on the grass).

Half Marathon – 4 laps (with an out and back at the start)

10k – 2 laps

5k – 1 lap.

At the end of each lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the event village).

Due to the nature of a lapped course we ask that you remain to the right 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 left and ensure not only your 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 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.

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 drinks to stay hydrated in the lead up to the event.

GET RACE READY

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⁺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

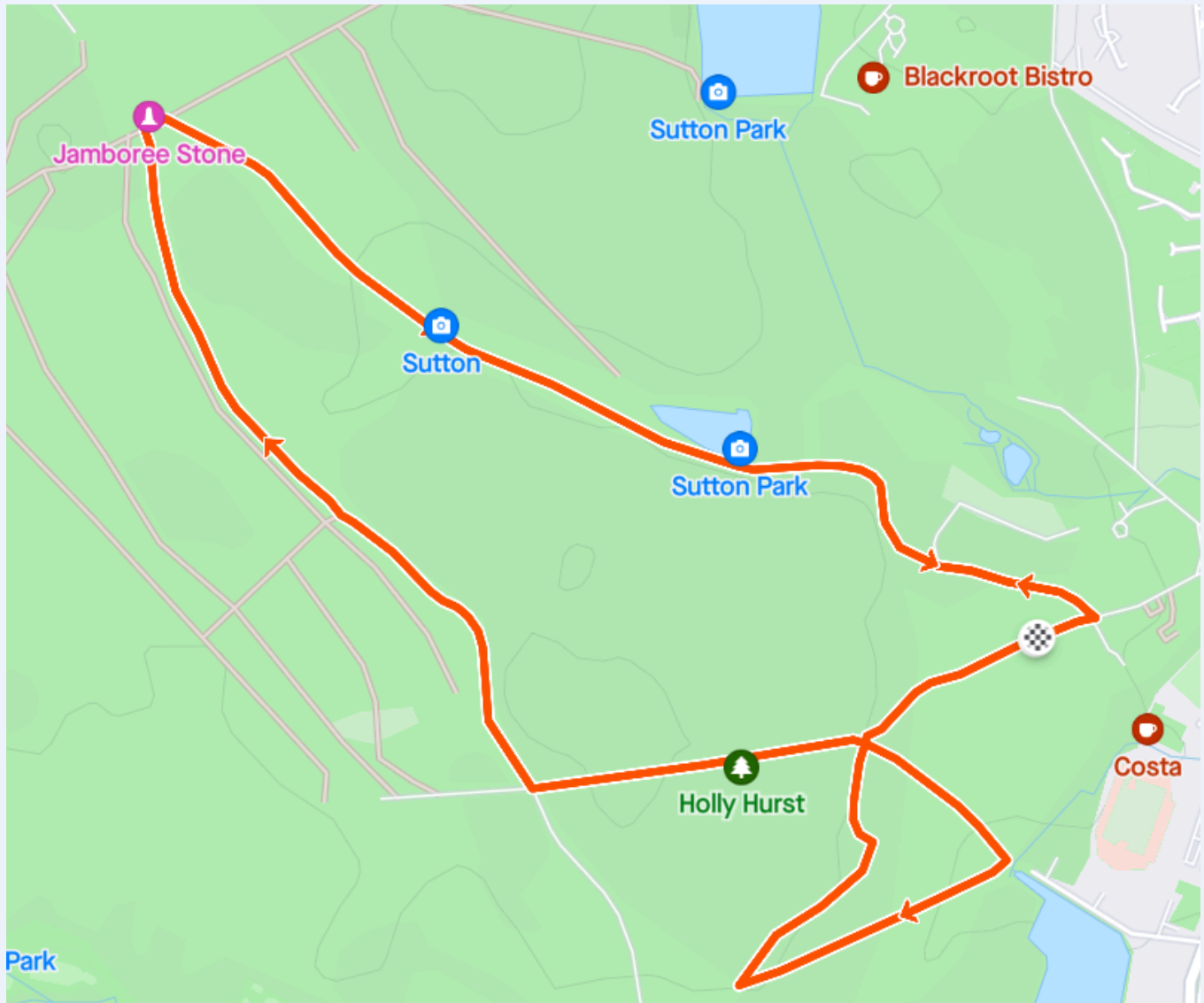
#nuunuk

#nuuniverse

#nuunhydration

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

COURSE MAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR JUNIORS 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.



Event T-shirts!

If you'd like to pre-order an event T-shirt in advance of the race, you can do so below, please then 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!

Event T-shirts will also be sold at the RunThrough Kit stall on the day!

[**PURCHASE AN EVENT T-SHIRT**](#)



CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***

**in comparison to potato crisps*

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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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!



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your next order 

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JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 11.15 and walk to the start together.
- The race will start at 11.30 and will follow a 800m loop around the park. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye out for our big blue flag!



Birmingham Hospice is our official 2024 charity partner!



Birmingham Hospice is proud to be your local hospice charity, providing exceptional care for patients and families in Birmingham, Sutton Coldfield, Solihull and Sandwell. Our patients are at the heart of everything we do, and have been throughout our combined 157-year history. We take care of our community when they need us most.

Join #TeamBrumsHospice today, and help make every moment matter...

Hospices are facing a funding crisis. Almost every hospice in the UK is budgeting for a deficit in 2023/24, with Hospice UK estimating a shortfall of £186 million across the sector. This is not sustainable in the long term and will result in hospices being forced to cut services, as some are already doing!

"Fundraising for the hospice to raise awareness of our mission, helps us to do what we do best – support patients and their families, to live the best quality of life they can."

Tarun Nayyar, Specialist Clinical Pharmacist

How can you help?

Secured your own place in any of the Birmingham Running Festival events? Run as part of #TeamBrumsHospice with your own place, and help us provide our expert, compassionate and personalised care at a time when costs are increasing and it's becoming harder to fund our vital services.

Come say hello on the day! We will be there on event day with our mascot, Hettie the Hedgehog. Our Events Team are ready to cheer you on, tell you more about what we do and get you hyped for your race! Come and see us in the Events Village or keep an eye out for our cheer squad out on the route. We are so thankful for your support and can't wait to see you!

Find out more, sign up or join our cheer team [here](#).

Or contact the Events Team at events@birminghamhospice.org.uk / 0121 465 2009





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to raise money whilst going that extra mile.
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automatic transfers to your charity with
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RUNTHROUGH TRAINING PLANS

POWERED BY



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

✔ STRUCTURE

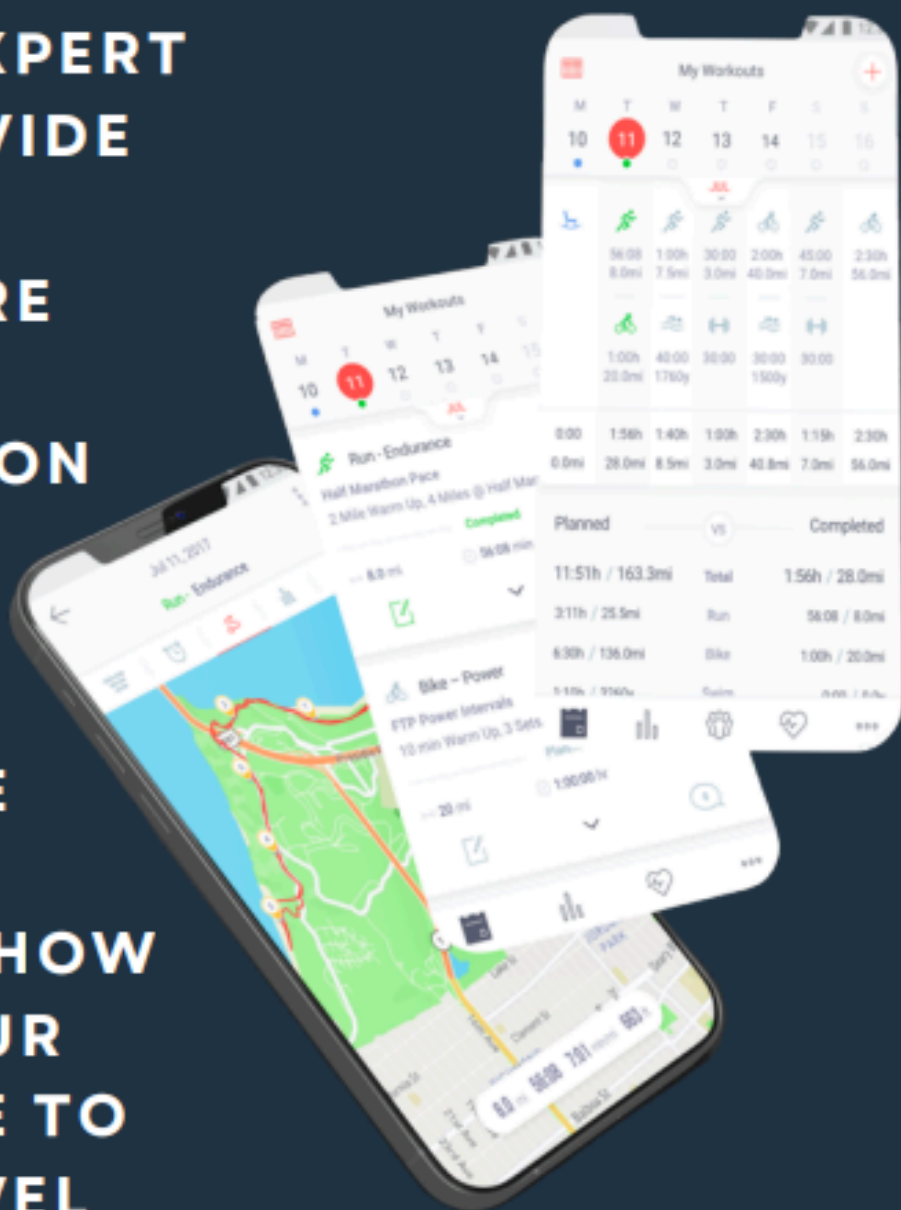
✔ INSPIRATION

✔ SUPPORT

✔ GUIDANCE

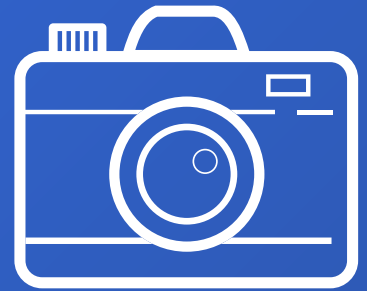
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 at @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**



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



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?

Juniors-any age | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

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 a bottled water station out on the course which you will pass on each lap of your race- (once for the 10k & 3 times on the Half Marathon- the 5k will not pass this).

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 is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of runners on the paths around the park.

Will there be a prize giving?

The top 3 male and female participants and age group winners 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:

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 75 mins

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



RunThrough



Supported
by...



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