

# EVENT GUIDE

## *Jubilee Bridge Half Marathon & 10k Sunday 2nd June 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

GRAHAM



COL



ROB



TOM



CALLUM



HANNAH



KATIE



# TRAVEL

Address:

Silver Jubilee Bridge, Runcorn WA8 0DT

By Car:

There are several car parks and street parking located around Runcorn and Widnes, within walking distance of the event village. Please search [Parkopedia](#) to locate these.

PLEASE NOTE- the Jubilee Bridge will be closed from 6am for the event. Access to Runcorn from the Widnes side will be via the Mersey Gateway Bridge.

Please ensure you allow yourself extra time to travel, following any road closure diversions.

Public Transport:

[Runcorn train station](#) is a short 8-minute walk from the event village.





# RACE PACK COLLECTION

**Start Times:**

9:00am

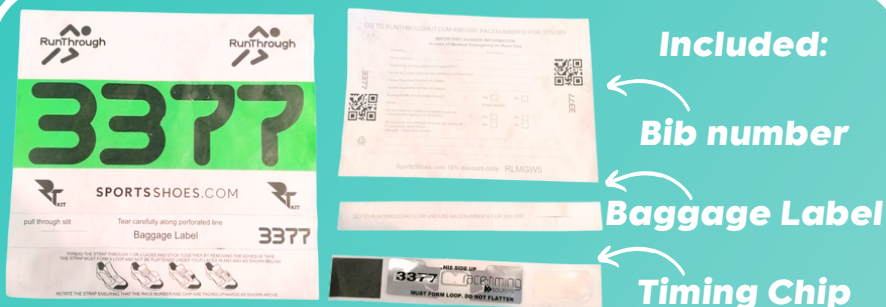
**Race Pack  
Collection Times:**

7:30-8:30am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 20TH MAY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***

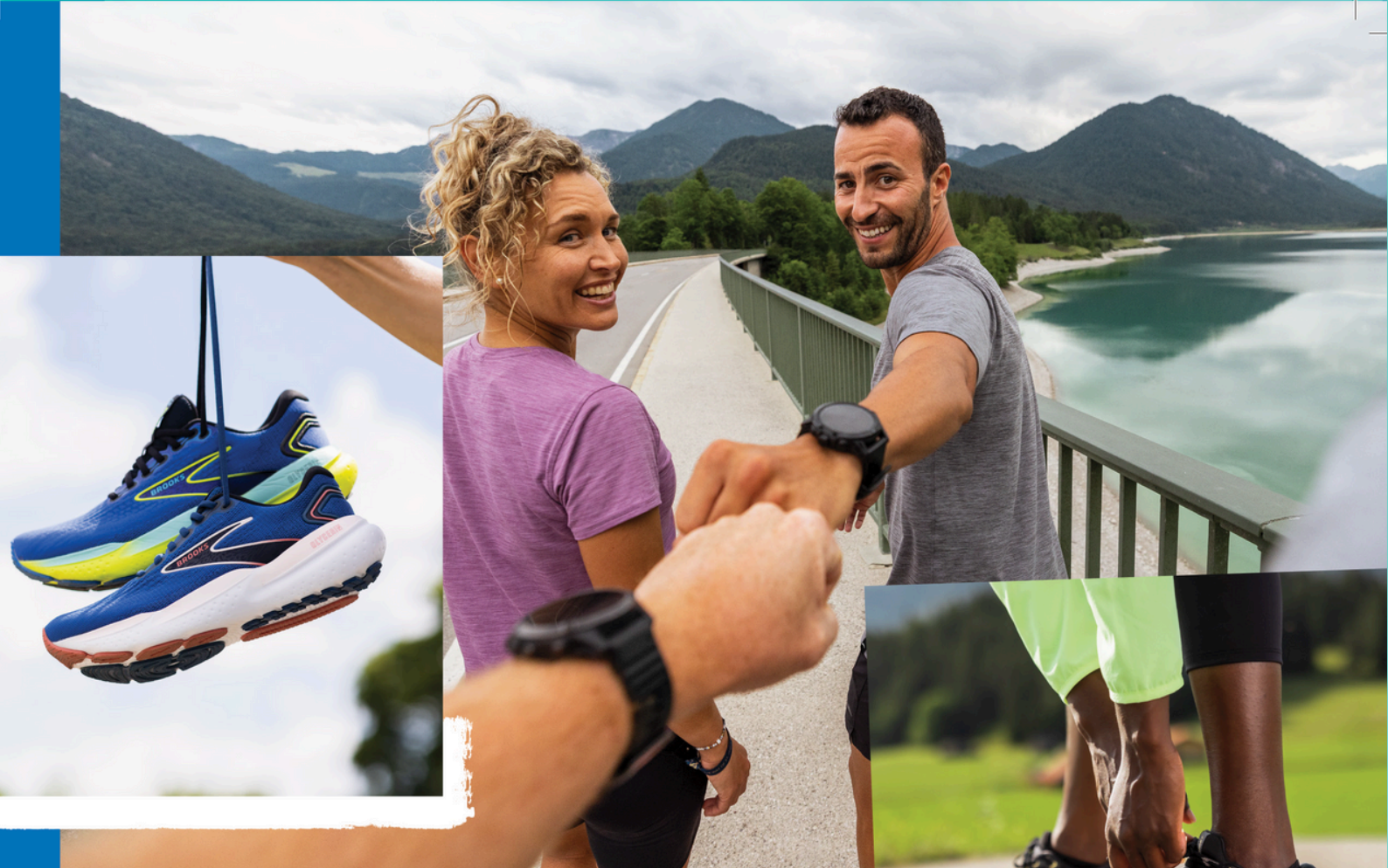
- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe 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

We will have coffee & food vans along with our RunThrough Kit and events stalls in the event village.



## TOILETS

There will be portable toilets within the event village.

## 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**



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**R771GNBB1QZC7**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 02.06.24**





## **WARM UP & RACE START**

We will have a warm up in the event village 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 together.

Both races will start at 9:00 together.

## **DURING THE RACE**

Both routes head out over the iconic Silver Jubilee Bridge to Halebank. Here the 10k will turn back to return along the bridge. The Half Marathon will complete an additional 2 laps of a loop along the surrounding countryside roads before rejoining the 10k to finish back on the bridge.

There will be marshals, distance signs and arrows to guide you around the course.

The 10k will follow green 1-9km signs, whilst the half marathon will follow yellow 1-13mile signs. There will also be pacers to help you keep on track!

Please also be aware that we will have a safety bike ahead of the lead runners of each distance. They will be vocal whilst leading the way so be sure to listen out for any additional instructions.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within these areas that you will pass just after each water station.

## **REFRESHMENTS**

There will be a water station at the 5k point in the 10k, and at 3mi, 6.5mi and 10mi on the half marathon.

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

We recommend bringing your own drinks as well to stay 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

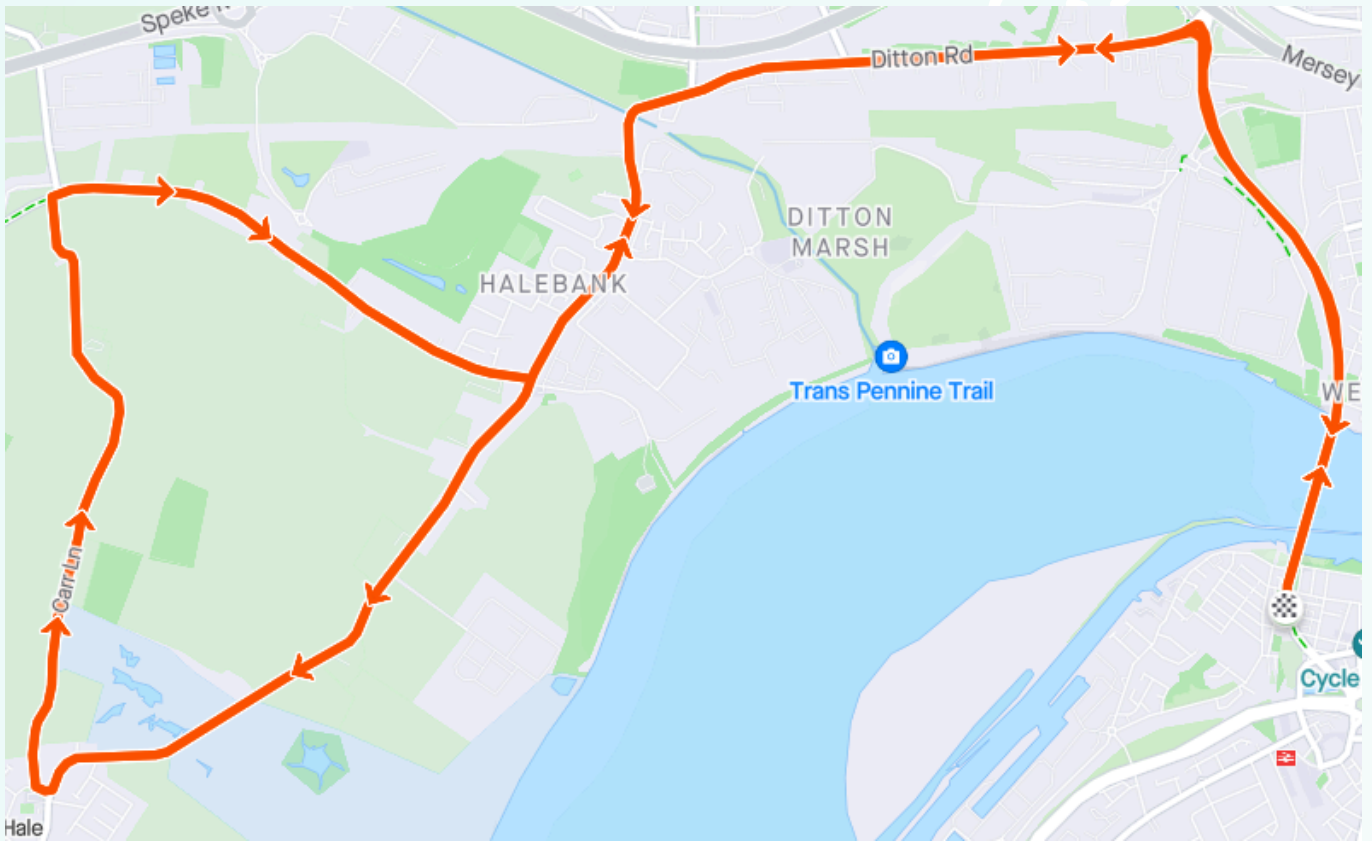
#nuuniverse

#nuunhydration

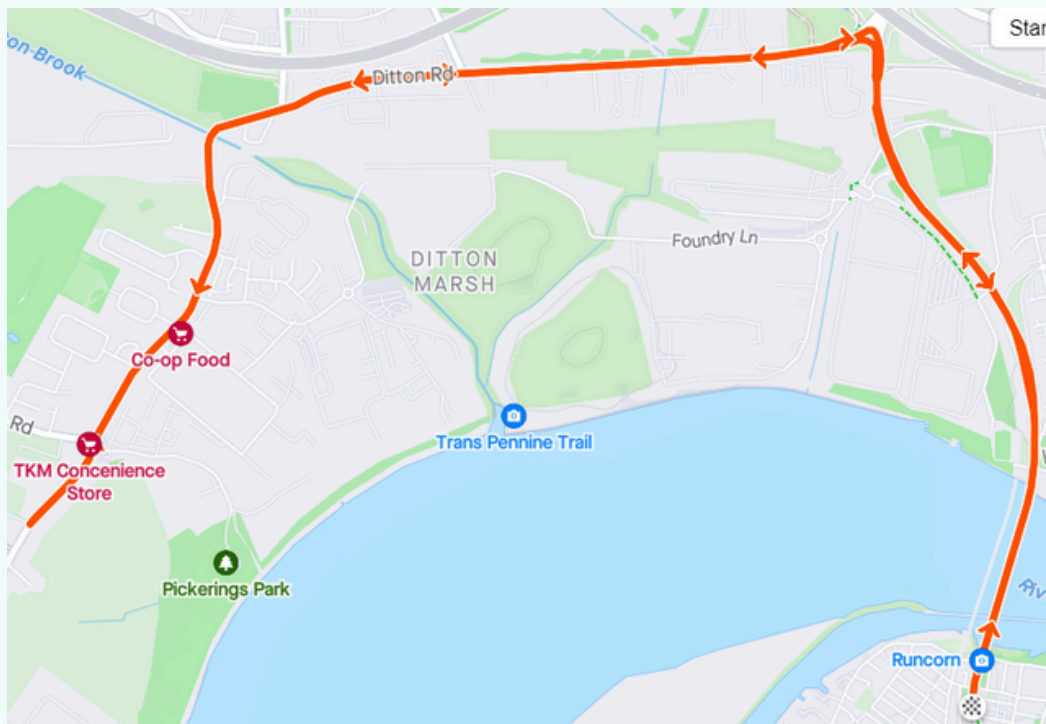
Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



# COURSE MAPS



[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)



[CLICK FOR 10K 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 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](#)**







## GROUP FS LTD

Supporting the charity  
State of Mind Sport at  
Jubilee Bridge Half Marathon  
& 10k



## Our Core Sectors



Commercial & Industrial



Education & Social  
Housing



Private Sector



Leisure



New Build & Property  
Management

## Contact Us

0151 257 8888

[www.clpgroupfs.co.uk](http://www.clpgroupfs.co.uk)

# 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 order

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

# TOP FLIGHT 10K

## WHAT IS TOP FLIGHT?

Top Flight is a 12 Race Series across the UK with an Elite Prize Structure per race and for the overall series, with the aim to support the up and coming elite athletics scene in the UK. The aim of the series is to provide a new high level competition platform and to reward excellent performances.

## ATHLETE INFO

Top Flight athletes can sign in and collect your race pack from the designated TF marquee.

This will also act as your Bag Drop, and meeting point before the race start.

The race will start with the masses at 9:00am. Please gather at the start line 5minutes before to avoid the crowds.



**You can find out more about the series and all the athletes in the race by watching our Pre Race Show on RunThrough TV!**

## ELITE PRIZE MONEY

1ST - £450
2ND - £200
3RD - £175
4TH - £150
5TH - £125
6TH - £100
7TH - £75
8TH - £50
RUNTHROUGH RECORD - £500
COURSE RECORD - £200
UK LEADING TIME - £200

## SERIES PRIZE STRUCTURE

The winner of each series race receives 25 points, the second-place finisher 18 points, with 15, 12, 10, 8, 6, 4, 2 and 1 points for 3-10th.

Best of 3 scores count to overall series total and a chance to win the series prize money at the end of the year.

1st-8th Prize money per event will be awarded to all performances under qualifying time of Sub 30m00 (Men) 33m15 (Women).



**HARRIET BLOOR - 3RD BUCS X-COUNTRY CHAMPIONSHIPS 2024**

**CHARLIE DAVIS - RANKED 11TH IN UK OVER 10K IN 2021 AS U23**

**KIRSTY LONGLEY - ENGLAND REPRESENTATIVE OVER 10K**

**ETHAN DUNN - LISBURN 10K WINNER 2023**

**GEORGINA WESTON - 35:16 PERSONAL BEST**

**MATTHEW LEAHY - 30:56 10K PERSONAL BEST**



**JUBILEE BRIDGE  
LEADING ENTRIES**





**WHAT'S  
YOURS?**  
STATEOFMINDSPORT.ORG

## State of Mind Sport is the official Jubilee Bridge Half Marathon & 10k charity partner

State of Mind Sport is a charity that harnesses the power of sport to promote positive mental health among our sportspeople, fans and wider communities, and ultimately to prevent suicide since 2011.

“All donations contribute to our delivery programmes using trained former sportspeople supported by expert clinicians in mental health to deliver a range of mental fitness options. The donations help us to continue our work saving lives and breaking down the stigma of mental health.” Dr Phil Cooper RMN, MBE.

## How you can help?

If you have secured your own place in the Jubilee Bridge Half Marathon & 10k running events run as part of #TeamSOMS and help us to continue our life saving work.

Come and say hello on the day at our gazebo where our events team will be there to cheer you on and have a chance to experience our virtual reality rugby league referee experience in the event village or pick up a free mental fitness card or car air freshener.

Find out more on how to join our team and fundraise [here](#).







# 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

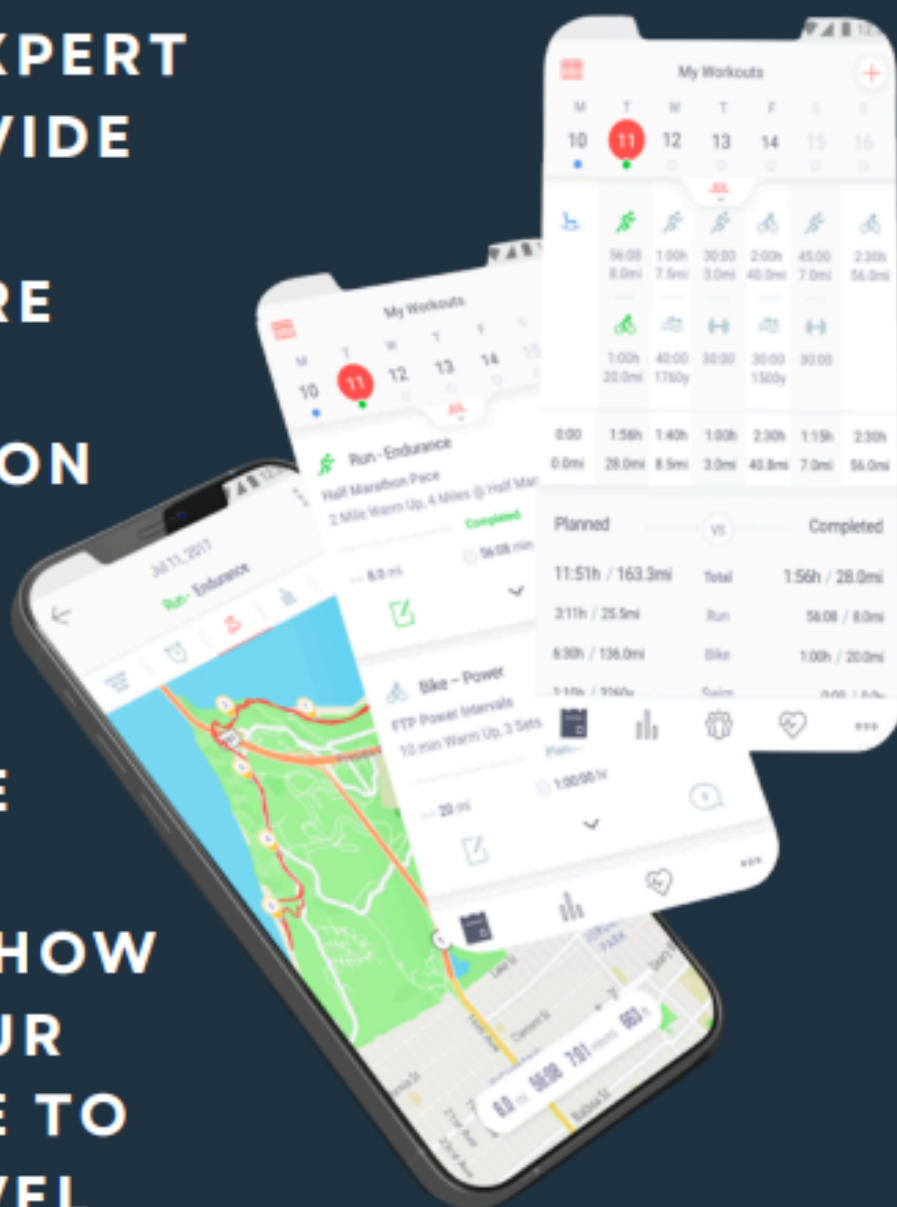
✔ INSPIRATION

✔ SUPPORT

✔ GUIDANCE

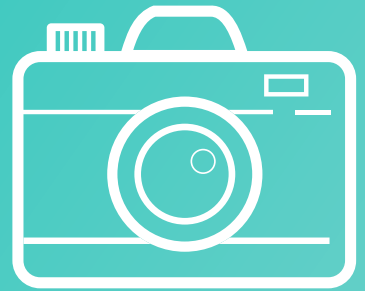
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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

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 Facebook Page.

To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!

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)**





**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- 10k | 17- Half Marathon

## 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 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 at 5k in the 10k, and at 3mi, 6.5mi & 10mi on the half marathon.

## 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.

## How should I get to the event?

We advise using [Parkopedia.com](http://Parkopedia.com) to find somewhere suitable to park. Please factor in time to walk from the car parks to the event village.

## 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 other runners on the course.

## Will there be a prize giving?

There will be a prize giving for the top 3 male and female finishers on the stage at approx 10:45. 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:

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

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



**Supported by...**



**WHAT'S YOURS?**  
STATEOFMINDSPORT.ORG



GROUP FS LTD



**RUNNER  
RETREATS**

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

**LOVE,  
CORN**



**SPORTSSHOES.COM**

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