



EVENT GUIDE

Morpeth 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



TRAVEL

Address:

Morpeth Market Place, Morpeth, Northumberland, NE61 1HG

By Car:

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

PLEASE NOTE- Bridge Street, Oldgate (from New Market to Pretoria Ave.) and New Market (from Carlisle View to Manchester Street) will be closed from 6am. Please plan your routes accordingly.

If you'd prefer to avoid the town centre, we advise parking at county hall car park and jogging in to the event village (1mile)

Public Transport:

Morpeth Train station is a short 13-minute walk from the event village. Please plan your travel in advance as Sunday services may be limited.



RACE PACK COLLECTION

Start Time:

A race: 9:00am
(sub 40min)
B race : 9.25am
(40min+)

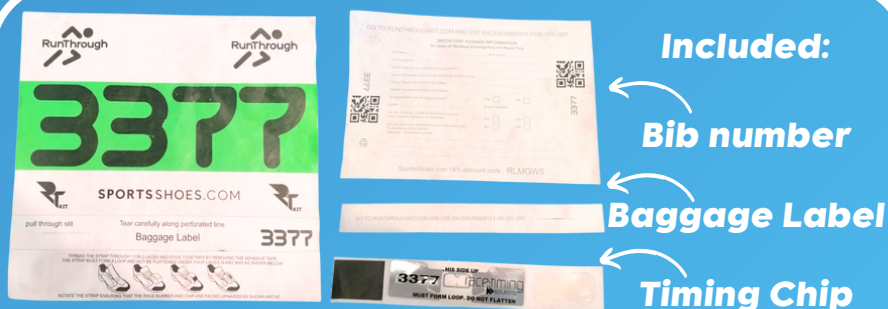
Race Pack Collection Times:

A: 7:30-8:30am
B: 7:55-8:55am

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

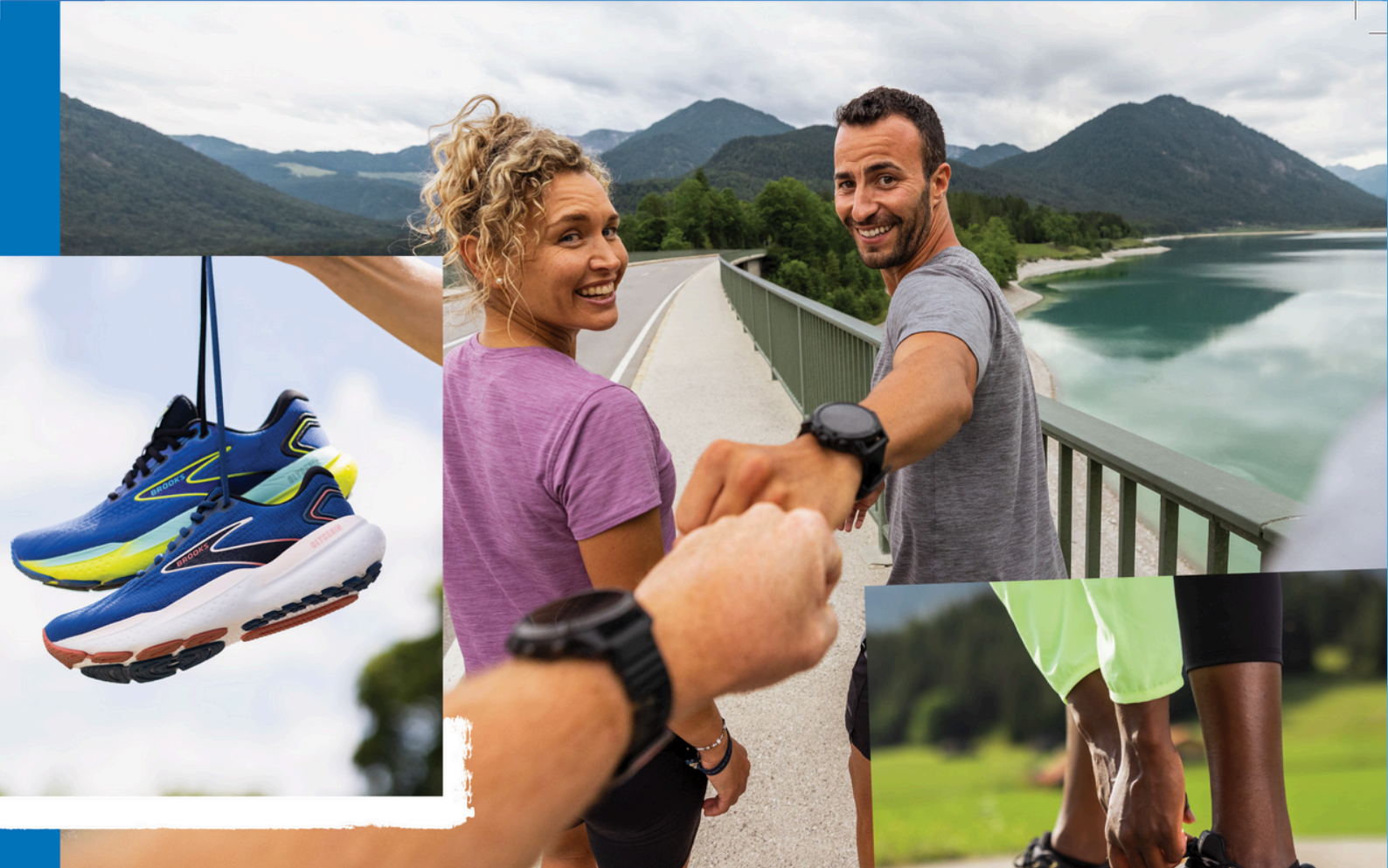
- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe 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 our RunThrough Kit and other stalls in the event village along with local cafes open in the area.



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



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R771GNBB1QZC7

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#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 each race.

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

The A race will start at 9:00am, shortly followed by the B race at 9:25am. Please note, A-Race runners must pass the 5k mark in under 20mins to allow the B race to start. If you think you are in the wrong wave or would like to swap based on your estimated finish time, please email in or visit the Information desk on the morning of the race.

DURING THE RACE

This road closed course take in the famous landmarks of Morpeth, starting and finishing in front of the town hall clock tower.

This is an extremely fast, flat course that boasts real PB potential, whilst being accessible to beginners to run on a flat closed road circuit.

The course consists of 2 laps of a 5k out and back loop. There will be arrows, marshals and km signs 1-9 along the route.

Please also be aware that we will have a safety bike ahead of the lead runners of each race. 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 zone. There will be large bags and bins within this area that you will pass just after the water station.

REFRESHMENTS

There will be a water station at the 5k turnaround point.

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.

⁺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.

Private GP services



At **Nuffield Health Newcastle-upon-Tyne Hospital** there is no waiting for appointments, prescriptions or referrals. Appointments are available to anybody, and there is no need to be registered with an NHS GP.

- ◆ 30 minute appointments and short waiting times
- ◆ Onward referral available for diagnostic tests and consultations at our hospital
- ◆ Private prescriptions as required*
- ◆ All our private GPs also have NHS practices
- ◆ Medical examinations completed.

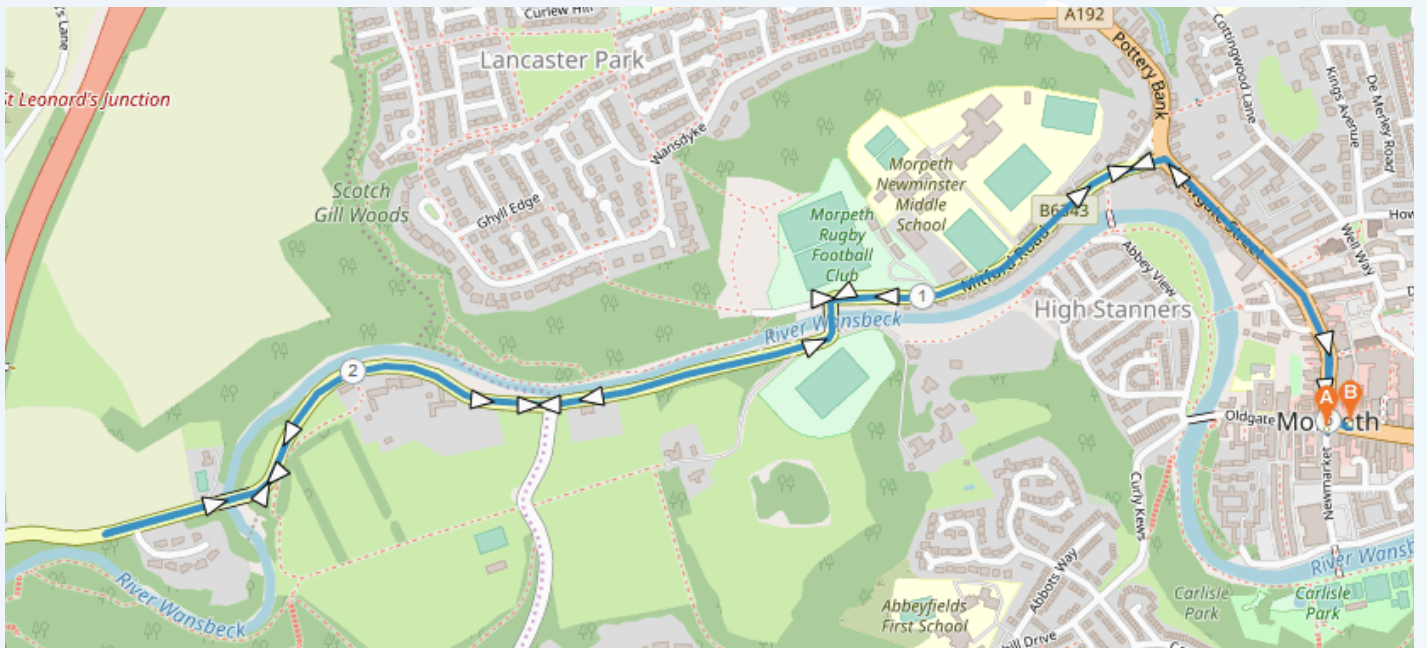


Visit nuffieldhealth.com/hospitals/newcastle-upon-tyne
or call **0191 281 6131**.

*Additional costs for these services



COURSE MAP



[CLICK FOR 10K INTERACTIVE MAP](#)

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



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your next amazon order

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



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**](#)

Barebells

**DELICIOUS
PROTEIN BARS**



**20 GRAMS OF PROTEIN
NO ADDED SUGAR**



Percy Hedley
FOUNDATION

The North East's Largest Disability Charity

Join next year

Morpeth 10k 2025

The money raised from your hard work would go towards supporting people with complex learning difficulties, disabilities and additional communication needs. Allowing us to continue to provide special education, care, support, accommodation and lifelong learning opportunities at our two schools, college, homes and Horizons lifelong learning service. Your support can be life changing. We hope to see you again next year!

Scan to book your space here



Charity Number: 515943



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**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

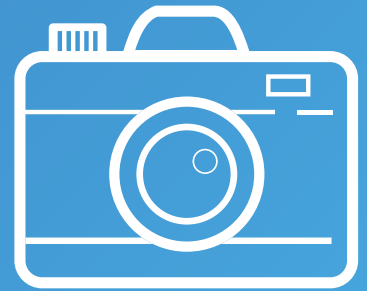
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 East Facebook Page.



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



If you #RunThroughNorthEast 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



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

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 if you plan to take more than 90mins 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?

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.

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 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?

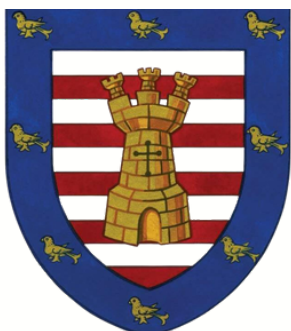
We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of other runners on the route.

Will there be a prize giving?

There will be a prize giving on the stage for the top 3 male and female in the A race at 9:45. 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
Check out our podium and photo wall to get your celebratory pictures!



Supported by...



**MORPETH
HARRIERS & AC**



Barebells



SPORTSSHOES.COM

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