

# EVENT GUIDE



**Northampton  
5k, 10k & Juniors  
Sunday 26th May 2024**



# Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P9

Juniors



P12

The Course



P13

Finish Line & Event T-shirts



P16

Results & Photos



P17

RTKit



P18

Northamptonshire Health Charity



P19

Run for Charity



P20

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

**KATIE**



**JAMES**



**ROB**



**CAMERON**



# TRAVEL

Address: Sixfields Stadium, Upton Way, Northampton NN5 5QA

## From The South

Leave the M1 at Junction 15A and take the A43 towards Northampton. Continue straight on and the stadium will appear on the right.

## From The North

Leave the M1 at Junction 16 and take the A4500 towards Northampton. Continue straight on and the stadium will appear on the right.

## Parking

Parking will be available in the stadium's West car park (opposite the West stand/reception) and the North overflow car park (on Walter Tull Way opposite Nuffield Health gym).

There will be no parking in the South car park as this is being used for the event village.

There are also multiple car parks in the town centre that are a short walking distance from the event village, many of which are free or have cheaper fares on a Sunday.

## Train

Northampton train station is a 30 min walk from the stadium. Please plan your journey in advance, as Sunday services may be limited.



what3words

***If using the app What3Words, use the words  
///oldest.zoom.sunset for exact event  
village location***



# Race Pack Collection

## Race Pack Collection Times:

10k- 7:30- 8:30am  
5k- 7:45- 8:45am  
Juniors- 9:15- 10:15am

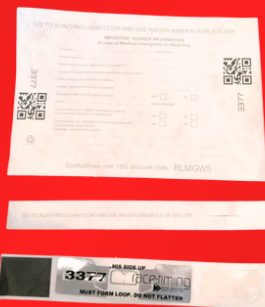
## Start Times:

10k- 9:00am  
5k- 9:15am  
Juniors- 10:45am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 13TH 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\*\*](#)



**Included:**

**Bib number**

**Baggage Label**

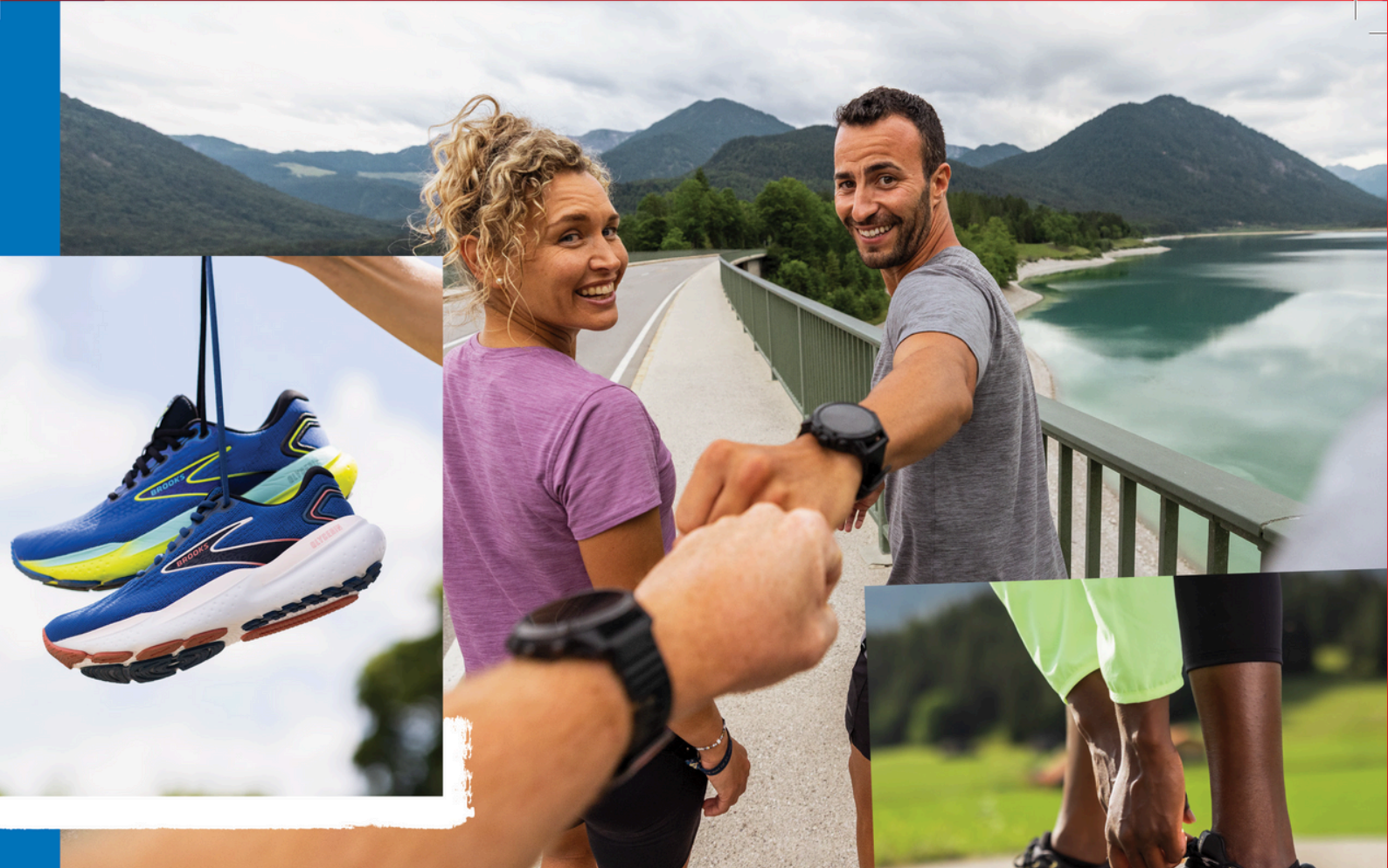
**Timing Chip**



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

# DOGS

Spectators are more than welcome!

There will be a coffee van along with other stalls located in the event village.

Sadly dogs are not permitted within the stadium, unless guide dogs.



## TOILETS

For this event we will be using the toilets located in the west stand, which can be accessed from 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 a bag drop area inside the Carr's Bar, located in the West Stand.
- 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](#)



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**R2QQO0UBQ7W**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 26.05.24**





## **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.

## **DURING THE RACE**

The start and finish of the races will be inside Sixfields Stadium and will take in a loop of the closed roads around Northampton.

Each kilometre will be accurately marked out with distance signs and there will be plenty of helpers along the course to keep you on track and encourage you all the way to the finish line.

The 10k will follow green km markers 1-9, and the 5k will follow red km markers 1-4.

Please also be aware that we will have a safety bike ahead of the lead runners in each distance.

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 at the 5km point along the 10k course. If using the water station, please be respectful of local residents by throwing used bottles in the litter zone provided.

There will be no water station on the 5k.

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.

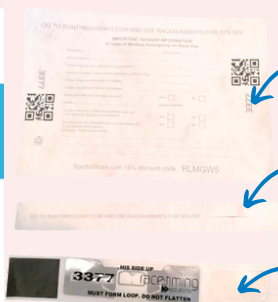




# JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in the event village 15mins prior to the start time.
- We'll have a group warm up at 10.30 and walk to the start together.
- The race will start at 10.45 and will follow a 800m out and back around the stadium. There will be a lead bike and marshals along the course.
- You will finish in the stadium at the same finish as the other races. From here we will have our own junior finish funnel for the junior racers to collect their goodies.
- Parents/Guardians, you are welcome to join in or you can cheer on your little ones on at the finish line.
- **Your little ones will not be able to leave the junior finish funnel until they are accompanied by their appropriate wristbanded adult. Please ensure your wristband is visible on collection. We will have a staff member in this area at all times.**
- When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian  
wristband

Timing Chip





# <sup>+</sup>nuun

HYDRATION

Hydration starts here

**NEW!**



## SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

**LEMON LIME**  
NATURAL FLAVOURS AND COLOURS  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 5g) 50g e

## ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 4.5g) 45g e

**Nuun is here to support every RunThrough runner.**

**Good Luck to all the runners!**

@nuunhydrationuk

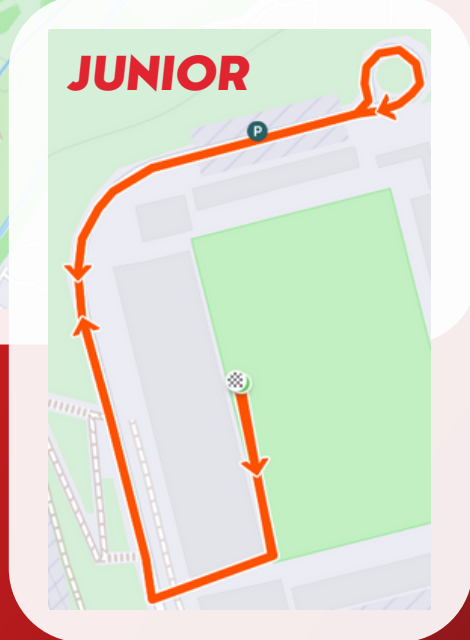
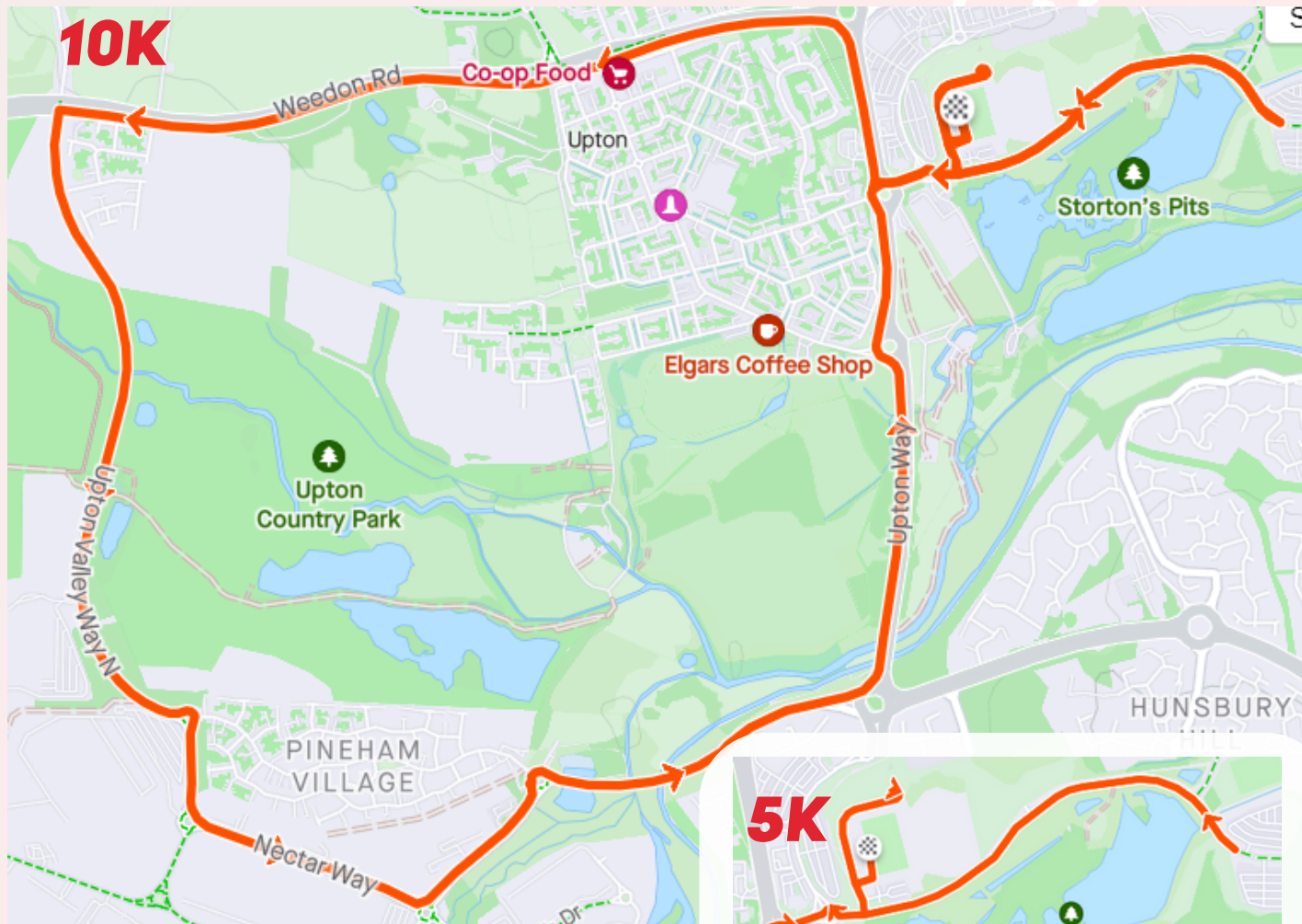
#nuunuk

#nuuniverse

#nuunhydration

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

# COURSE MAPS



[CLICK FOR 10k INTERACTIVE MAP](#)

[CLICK FOR 5k 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 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](https://amazon.com/lovecorn)



# RUNTHROUGH TRAINING PLANS

POWERED BY

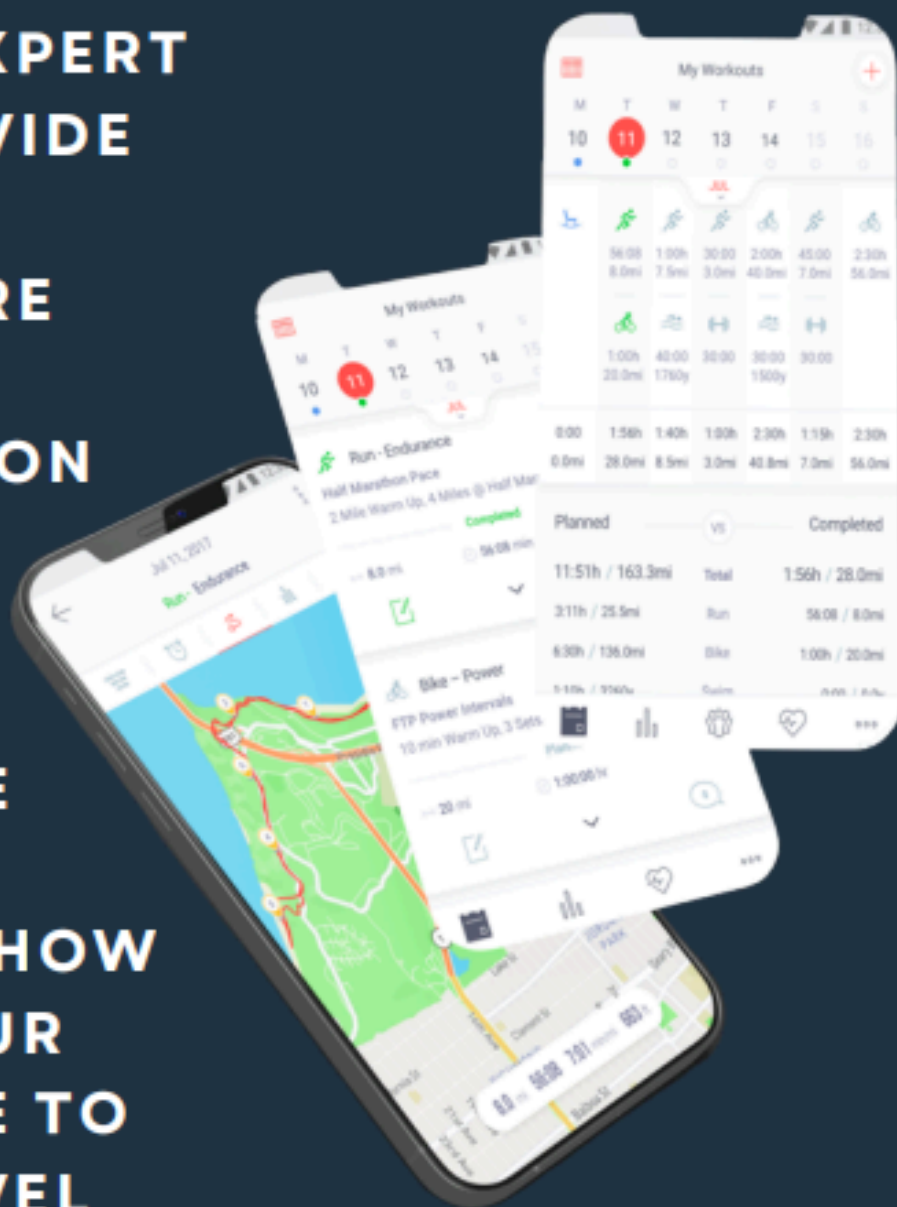


REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

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

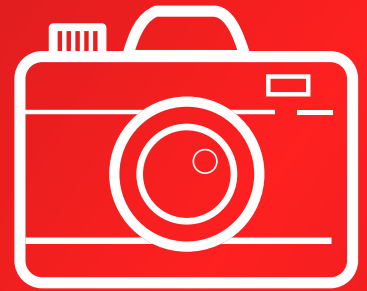
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 Midlands Facebook Page.

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

If you #RunThroughMidlands on Instagram with your race day collages, the best ones will feature on our page!



GONE  
RUNNING  
PODCAST  
WITH BEN SHEPPARD  
POWERED BY



**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)**



# Introducing this year's charity partner...



Northamptonshire Health Charity are the dedicated charity for Northampton General Hospital, Kettering General Hospital, and Northamptonshire Healthcare NHS Foundation Trust.

We raise money to make a difference for patients, their families, and the dedicated staff who care for them. By funding essential equipment, supporting ground breaking research, and improving facilities and staff areas, we aim to bring comfort and relief to those in hospitals across our community.



**Donate now to make a difference.**



[www.northamptonshirehealthcharity.co.uk](http://www.northamptonshirehealthcharity.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.QS

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

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?

Yes, due to road closures in place, please get in contact with us at [midlands@runthrough.co.uk](mailto:midlands@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 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?

Parking will be available in the stadium's West car park (opposite the West stand/reception) and the North overflow car park (on Walter Tull Way opposite Nuffield Health gym).

There will be no parking in the South car park as this is being used for the event village.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to spectate on route, however please note there will be road closures in place throughout the morning- these can be seen [HERE](#).

Will there be a prize giving?

There will be a prize giving in the event village for the top 3 male and female participants. 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:

5k Men's Sub 14:30, Women's Sub 16:00mins

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...**



**SPORTSSHOES.COM**

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