

# EVENT GUIDE

## Macclesfield Running Festival

### 5k, 10k & Half Marathon

Sunday 27th October 2024



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# 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

**JESS**



**JAMES**



**COL**



**CAT**



**ROSS**



**GRAHAM**



# TRAVEL

Address: Macclesfield Leisure Centre, Priory Ln, Macclesfield  
SK10 4AF

## Public Transport:

Getting there from the Train station will need careful planning.  
Be sure to give yourself plenty of time!

The nearest train station is Macclesfield, which is a 10 minute  
drive or taxi to the start.

## By Car:

There is limited parking at the leisure centre, please arrive early  
if planning to park here. We recommend using  
[www.parkopedia.com](http://www.parkopedia.com) to find suitable alternatives in the area.

There is also parking available at The King's School in  
Macclesfield. This can be accessed from either [HERE](#) or [HERE](#).  
However please be mindful that this road will be closed from  
08:35 and will not reopen until the last runner has passed  
through this part of course (planned reopening at 11:15)



what3words

If using the app What3Words, use the words  
[///deals.cuts.cubs](#) for exact event village location

## Start Times:

Half Marathon – 9am

10k – 9.30am

5k – 9.45am

**PLEASE NOTE,  
THE CLOCKS GO BACK  
ON THE MORNING OF THE RACE**

## Race Pack Collection Time:

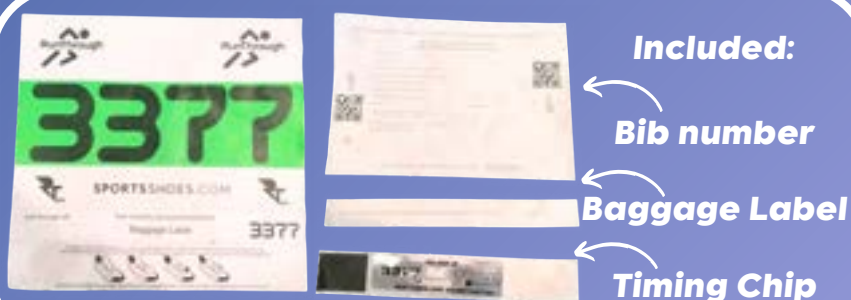
Half Marathon – 7:30- 8:30am

10k – 8:00-9.00am

5k – 8:15-9.15am

- **\*\*IF YOU'VE ENTERED PRIOR TO THE 11TH OCTOBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***
- If you have received your pack, simply turn up and run, you don't need to check in.
- If your pack hasn't arrived or you've entered after this date, 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 & RESULTS\*\*](#)



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\*\*](#)



OFFICIAL PARTNER

*in the*  
**ENDLESS  
ENERGY  
GLYCERIN MAX**



AIRY LANDINGS

**DNA TUNED**

ELECTRIC TOE-OFFS

**BROOKS**

**SHOP NOW**

## SPECTATORS

## COFFEE

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

## TOILETS

For this event, we will use portable toilets located in 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**



# Supercharge your run.

Never miss a beat with earbuds that combine complete openness to your surroundings with rich, private sound only you can hear.

Designed for all-day wear with light-as-air-grip that won't slip, water and sweat resistance and up to 7 hours of play time.\*



**Bose Ultra  
Open Earbuds**

\* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.



## **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**

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

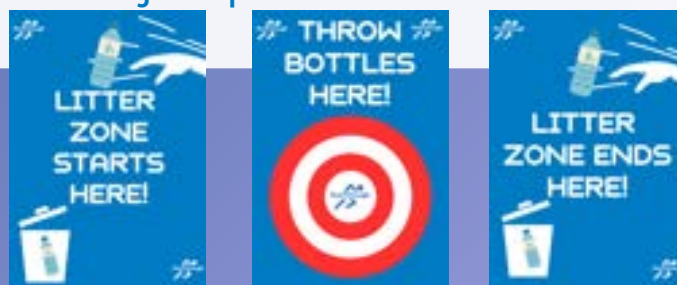
Half Marathon Runners will follow yellow mile markers 1-13.

10k runners will follow green km markers 1-9.

5k runners will follow red km markers 1-4.

Please familiarise yourself with the course before you start. There will be some areas of the course where the distances will split from each other, and other areas where the distances merge back together. Look out for distance specific signage (e.g. a directional arrow with '10k' wording on), and listen for marshal instructions.

Please drain and discard all litter and bottles within the signed litter zones. These will be just past each of the water stations.



**LOOK OUT FOR THE LITTER ZONE SIGNAGE!**

## **REFRESHMENTS**

There are water stations which you will pass at 3.5, 7, & 10 miles on the Half Marathon route, and at 5k & 8k on the 10k course, please help yourself to these as you pass. The 5k will not pass a water station.

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**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**W4KHXN6BV**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**15% OFF new Autumn/Winter 24 ranges at Sportsshoes.com\***

**Code valid until 28.10.24**

\*Exclusions apply

# COURSE MAP

HM



10K

5K

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR 5K 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.

*(Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect- if this is the case, we will ensure your items are posted out.)*

**[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

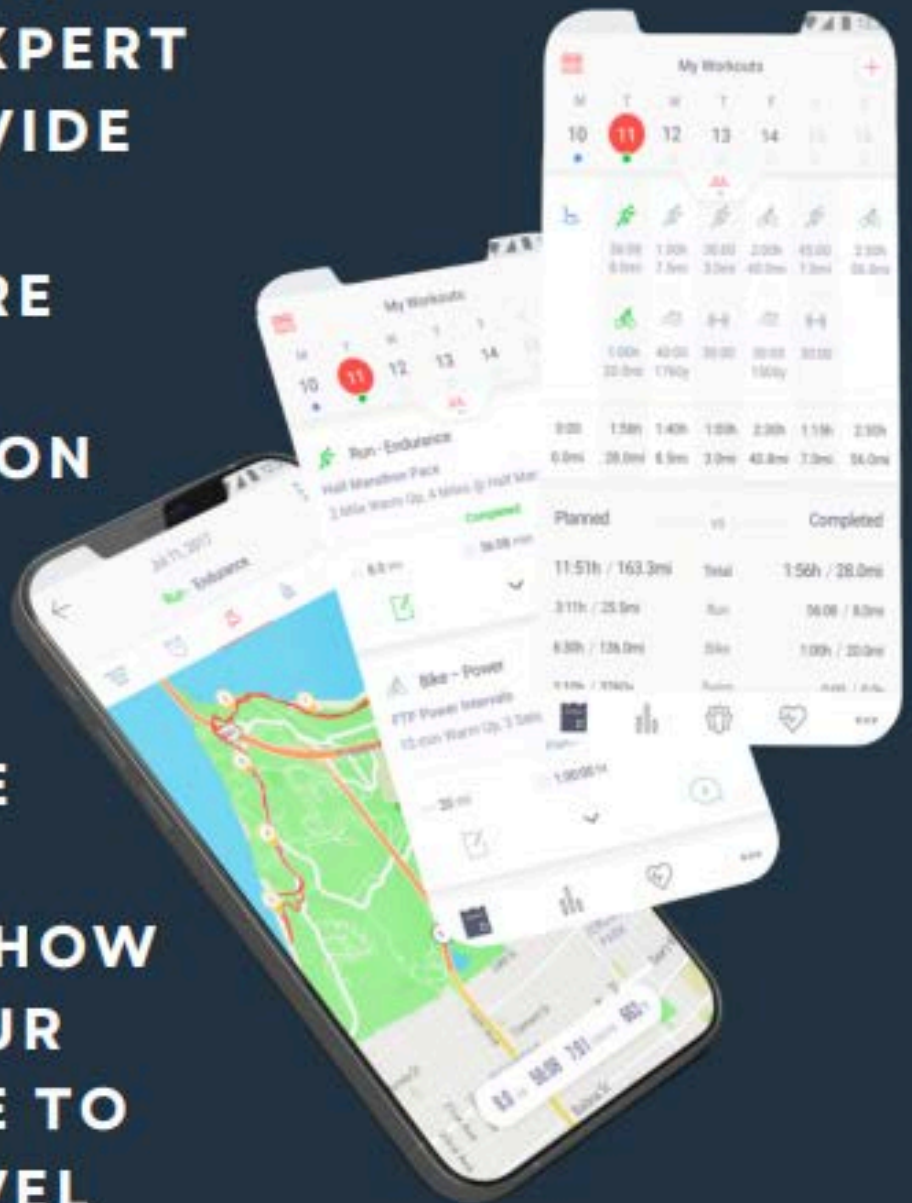
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

**START TRAINING TODAY**



# East Cheshire NHS Charity is our Headline Charity Partner 2024!

## Help transform the everyday in your local NHS

East Cheshire NHS Charity goes above and beyond standard Government funding to make your local NHS that extra special. From supporting staff health and wellbeing to providing toys to brighten up our young patients' days to making long stay patients feel more at home – our mission is to make a visible difference.

## How you can help

Secured your own place in an event?

Why not support East Cheshire NHS Charity with your place!

You can set up a JustGiving page [here!](#)



Visit [their website](#) to find out how you can get involved and support your local NHS Charity.

**EAST  
CHESHIRE**  
NHS Charity

Together, we can make a difference



**WIN**  
A RUNNING BUNDLE  
WORTH  
**£460\***



# IT'S NOT TOO LATE TO MAKE YOUR RUN COUNT.

Now's the perfect time to make your run count. Start fundraising on givestar today to make an impact, effortlessly.

**START FUNDRAISING**



### BIGGER DONATIONS

Contactless donations directly on your phone with 'tap to pay'.



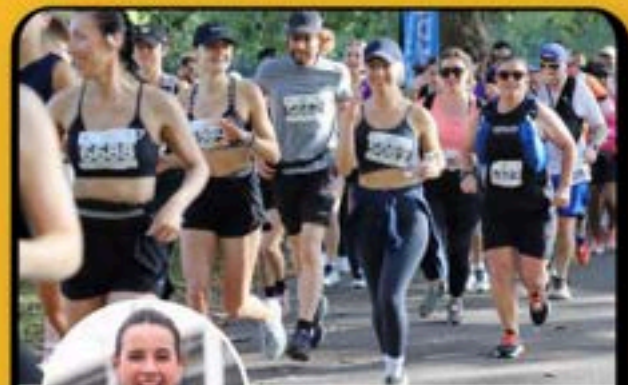
### MORE CHOICE. MORE IMPACT.

Split donate. Fundraise for up to four charities at once.



### ULTIMATE CONVENIENCE

End to end fundraising on givestar's free app.



### RunThrough Fulham 10k

Created By Jane Smith

GIVE NOW

SHARE

FOLLOW

**£1,402.22**  
raised of £2,000

**73%**  
of target

I'm taking part in the RunThrough Fulham 10k and I'm raising money for Macmillan, please show your support!



OFFICIAL FUNDRAISING PLATFORM

\*Prize competition T&Cs [here](#).



Registered with  
**FUNDRAISING  
REGULATOR**

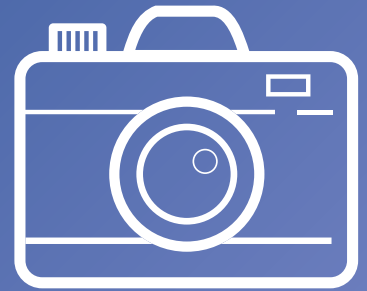
Certified



Corporation

## 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)**

# GET INVOLVED!

**Here at RunThrough we are always looking for likeminded people to join our community.**

## PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

## VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



**[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)**

# 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, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

5k-11, 10k-15, HM-17

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 3 bottled water stations out on the Half Marathon course and 1 on the 10k course for you to help yourself to. Please empty any bottles before discarding.

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?

There is limited parking at the leisure centre and at Kings School, please arrive early if planning to park here. We recommend using [www.parkopedia.com](http://www.parkopedia.com) to find suitable alternatives in the area.

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.

Will there be a prize giving?

There will be a presentation on the day for the top 3 male and females in each distance on the stage. 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

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

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



**Supported  
by...**



**EAST  
CHESHIRE  
NHS Charity**

Together, we can make a difference



**SPORTSSHOES.COM**

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