

EVENT GUIDE

MIDDLESBROUGH

Half Marathon & Juniors

Presented by Science in Sport

Sunday 2nd March 2025



YOUR RACE EXPERIENCE



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OFFICIAL ENERGY GEL PARTNER

FUEL YOUR RUN



Fast energy,
performance sports
nutrition scientifically
proven to help you go
further and faster



Science in Sport GO Isotonic Energy Gels are on course at all RunThrough UK running events fuelling runners so they can perform their best.





We are proud to announce The Teesside Family Foundation (TFF) as an official charity partner

TFF is a dedicated local charity that supports individuals and families across Teesside who are facing hardship, life-limiting illnesses, disabilities, or financial struggles. Their mission is to make a real difference in the lives of those who need it most.

How TFF Supports the Teesside Community:

- Respite Holidays – Giving families a break from daily challenges
- Specialist Equipment – Providing life-enhancing aids and technology
- My Dream Day Experiences – Creating unforgettable moments for children with illnesses or disabilities
- Grassroots Sports Funding – Supporting young athletes and community clubs
- Financial Assistance – Helping those struggling due to unforeseen circumstances

Run for a Cause


By running the Middlesbrough Half Marathon, you can make a direct impact on local people in need. Whether you choose to fundraise, donate, or simply spread the word, every contribution helps TFF continue its incredible work across the region.

Join us in supporting The Teesside Family Foundation and help us run #ForTeesside!

Find out more:
www.theteessidefamily.com

#MiddlesbroughHalf #TeamTFF
#ForTeesside

 www.theteessidefamily.com/

 enquiries@theteessidefamily.com



Registered with
**FUNDRAISING
REGULATOR**

WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

To inspire active nations through running.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything 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



BECCI



SOPHIE



GEORGIE



CHRIS



TIM

TRAVEL

Address: Centre Square, Middlesbrough, TS1 2BF

By Rail: Middlesbrough Train station is a 0.3 mile walk to the Event village. If planning to arrive by train, please check times in advance as Sunday services may be limited.

By Car: There are several car parks within Middlesbrough Town Centre. We advise using Parkopedia.com to find somewhere suitable. Please remember to pay and display where required.

Please be aware race route road closures will be in place from 7am. The exact timings and locations can be seen [HERE](#).



what3words

Event Village:

///dose.image.share

RACE PACK

Start Times

HM- 9:00am
Juniors- 11:30am

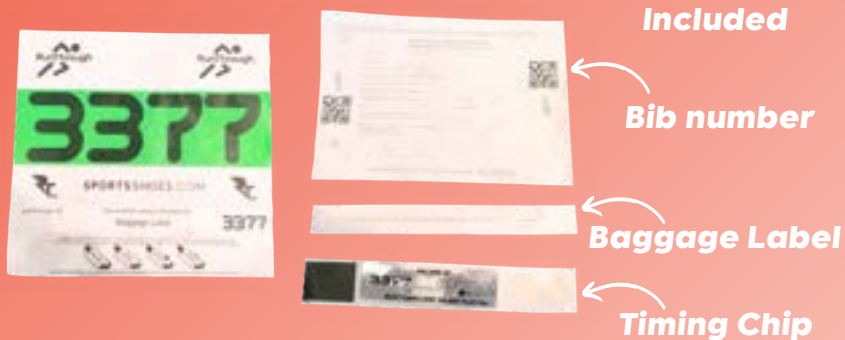
Race Pack Collection Times

HM- 7:30 - 8:30am
Juniors- 10:00-11:00am



**FOR ENTRIES BEFORE THE 14TH FEBRUARY,
YOUR RACE PACK SHOULD ARRIVE BY POST**

- 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 it 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](#)

Step 1



Step 2



Step 3



Step 4



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



On Site Parking



**Spectators
Welcome**



BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



TOILETS

There will be portable toilets within the event village.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.



WARM UP & RACE START

We will have a warm-up in the event village 15 minutes before the start of the race.

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

DURING THE RACE

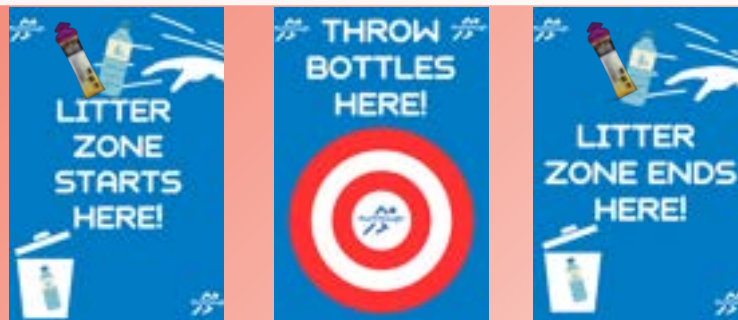
There will be marshals all around the course as well as mile signs and arrows.

You will follow yellow mile signs 1-13.

The race starts in Centre Square, outside the Town Hall and MIMA gallery. The road closed course then heads past Albert Park and Acklam Hall, before passing the home of Middlesbrough FC at Riverside Stadium. There is a short out and back section at nine miles, a perfect area for spectators to cheer you on, before looping around the town's docks to finish back in Centre Square.

Please drain and discard all litter, gel wrappers and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass just after each water station.

To help fuel your run SiS GO Isotonic Energy Gels will be provided at the second water station at mile 7. If you chose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.



LOOK OUT FOR THE LITTER ZONE SIGNAGE!

WATER STATIONS

There are water stations located at 3.5, 7, 10.5 miles.

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

We recommend bringing your own water to stay hydrated in the lead up to the event.

COURSE MAP



HALF MARATHON ROUTE



[CLICK FOR 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: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



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

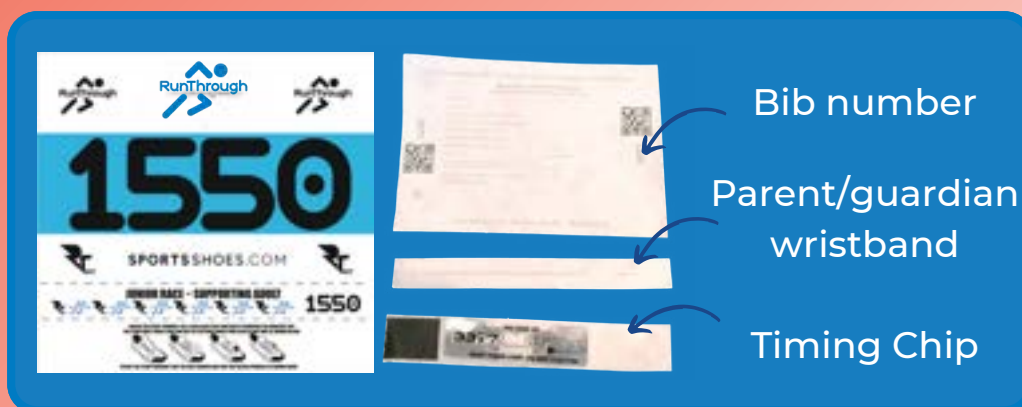


JUNIOR RACE



- 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 11:20 and walk to the start together.
- The race will start at 11:30 and will follow a 700m loop around the town. There will be marshals and signs along the route.
- 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!

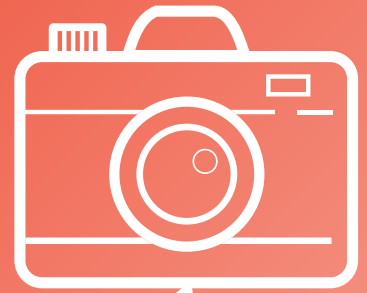
CLICK FOR INTERACTIVE MAP



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

PHOTOS

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!



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**

GET INVOLVED!

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

VOLUNTEERS & FINISH LINE FRIENDS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT

PACERS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

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

What is the minimum age for this event?

Half Marathon- 17 | Juniors- any age

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 info@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?

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?

There will be water stations at 3.5, 7, 10.5 miles on the course, please help yourself to these as you pass. Please empty 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 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 head out onto the course, however if you're following the race route, we ask spectators to be respectful of road closures in place, these can be seen [HERE](#).

Will there be a prize giving?

There will be a prize giving for the top 3 male and female participants. 1st place 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:

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!



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



22G
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT
APPROVED



AIM FOR 60G OF
CARBOHYDRATES
PER HOUR



THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



The image shows three smartphone screens displaying fundraising pages on the Givestar platform. Each screen features a profile picture, a circular profile picture of the fundraiser, the event name, the fundraiser's name, the amount raised, the target amount, and the percentage of the target reached. The 'Surrey Half Marathon' screen is the largest and is in the center, showing £160 raised of £500 (32% of target). The 'Tatton 5K & 10K' screen is on the left, showing £230 raised of £200 (115% of target). The 'Battersea Park Running Festival' screen is on the right, showing £350 raised of £300 (116.67% of target). Each screen has a 'GIVE NOW', 'SHARE', and 'FOLLOW' button at the bottom.

Event	Created by	Amount Raised	Target	Percentage of Target
TATTON 5K & 10K	Samantha Jones-Lockett	£230	£200	115%
SURREY HALF MARATHON	James Duncan	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	£350	£300	116.67%

BROOKS SUPERCHARGED HYPERION ELITE 4 PB


RunThrough
OFFICIAL PARTNER



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**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.

THE PERFECT RUNNING PAIR



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PLANT
PROTEIN


NATURAL
INGREDIENTS


SOURCE OF
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN
BAR PARTNER OF RUNTHROUGH**

nuun

HYDRATION

Hydration starts here

NEW!



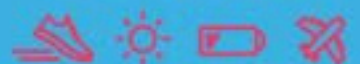
SPORT



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

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SPORTSSHOES.COM

Looking for your next running shoe?

Take 15% off our latest launches*

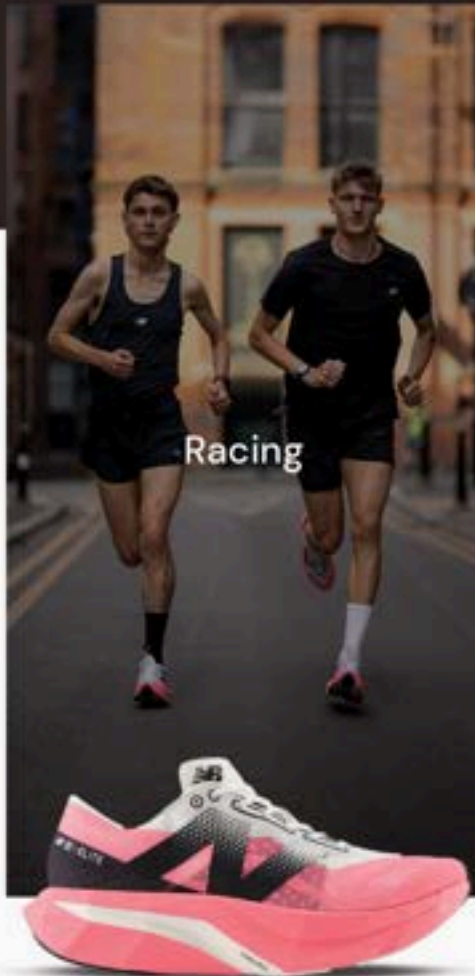


HOKA

MACH 6

The Hoka Mach 6 is the lightest, most responsive Mach shoe to date, made for enhanced energy return. It is the perfect shoe for faster training.

SEJ26E8435R
Code valid 07/02/25- 17/02/25

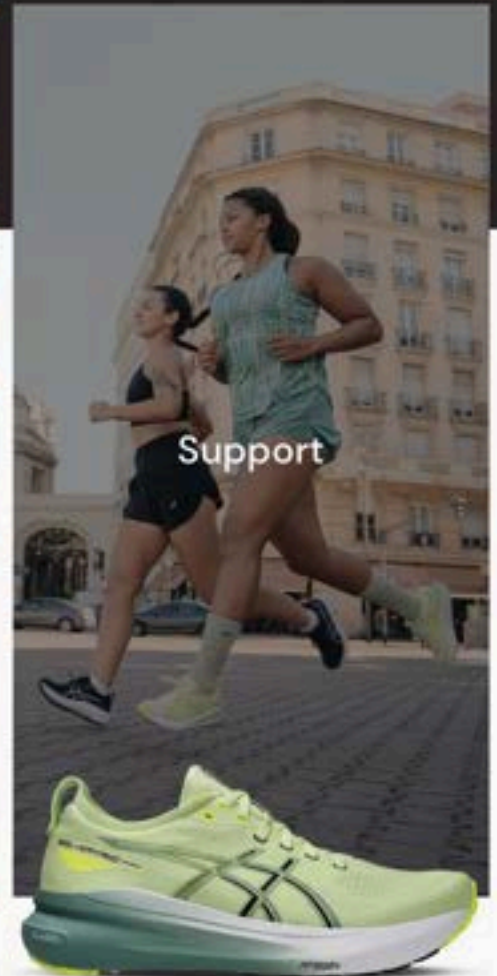


new balance

FUELCELL SC ELITE V4

The New Balance FuelCell SuperComp Elite V4 is a super light race day specific carbon plated shoe.

P82OG7R2C
Code valid 14/02/25- 24/02/25



asics

GEL-KAYANO™ 31

The ASICS Gel Kayano™ 31 is an innovative stability shoe suitable for long easy runs with maximum comfort.

Get 15% off \$525

Ts&Cs apply*

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**in comparison to potato crisps*

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SIMPLE
INGREDIENTS



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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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RUNTHROUGH20
amazon.com/lovecorn



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**FOR RUNNERS OF ALL
ABILITIES**

**FIND OUT
MORE**

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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

RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

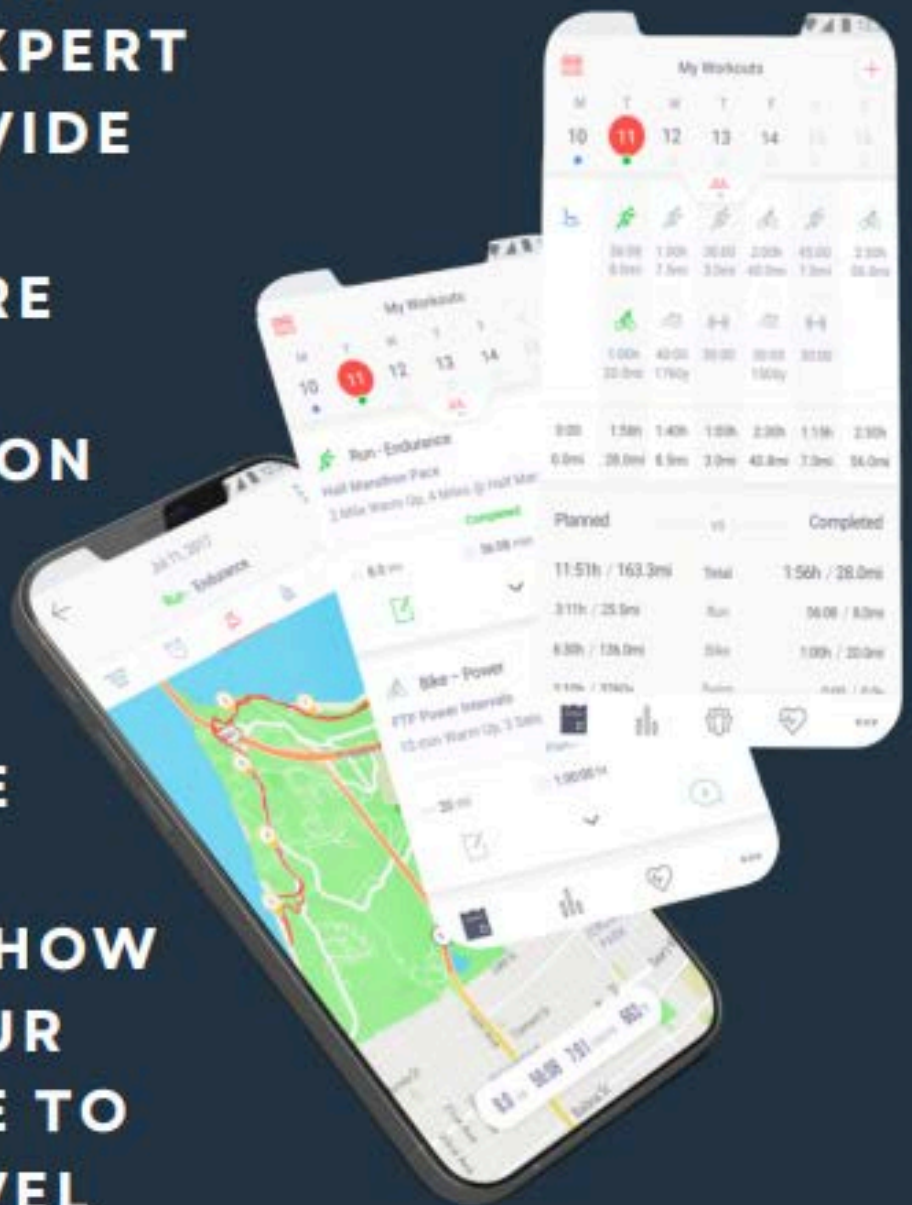
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

START TRAINING TODAY





**Supported
by...**



SPORTSSHOES.COM

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