

10th WIGAN 10K

2022 EVENT GUIDE



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11TH SEPTEMBER 2022

Information for runners

Dear runner,

Thank you for registering to take part in this year's 10th Wigan 10k. As part of our continuing attempts to move towards a paperless event, we have created a Digital Event Guide to download. This Digital Racepack includes:

A map of both race routes, Wigan 10k & Wigan Family Mile (these may be subject to slight change before the race)

Instructions on how to attach your individual timing chip

A map detailing car parking. There is also ample on-street parking available.

Information from our organising charity <https://joiningjack.org/>

Information from our principal sponsor HW Moon Toyota Wigan

You will receive your official Racepack including your Runner Number, timing chip, a bag label and a sponsor form from Joining Jack in the post from August 22nd. Please remember to bring your timing chip, runner number (with the information on the back filled in) and bag label with you to the event, along with safety pins to fasten your number to your front.

Due to the demolition works currently taking place in the town centre, this year's races will both start and finish at a **NEW LOCATION** in **MESNES PARK** at the following times:

Wigan 10k 10am

Wigan Family Mile 12.30pm

As long as you have all of these with you, you don't have to sign in anywhere – you can just turn up, follow the signs to the start line and get ready to run!

A special bag drop area will be available at the Bandstand Area in Mesnes Park for all runners to leave their belongings if they wish to do so.

Please encourage your family and friends to come along to cheer you on and soak up the unique atmosphere of the Wigan 10k. This year will mark 10 years of our awesome event and 10 years for our organising charity Joining Jack, and we want to make it an extra special day to remember.

We will have a range of food and drink outlets available in the Bandstand area of Mesnes park selling a range of refreshments all runners will receive a finishers' bag with lots of goodies and the always brilliant 10k bling – it's a special one this year.

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Our category winners (prize details available on the 10k website www.wigan10k.co.uk and across our social media accounts) are:

First, second and third (male and female)

First over 40 (male and female)

First over 45 (male and female)

First over 50 (male and female)

First over 55 (male and female)

First over 60 (male and female)

First over 65 (male and female)

First over 70 (male and female)

First male and first female club teams (4 runners to count)

First corporate team (4 runners to count, mixed)

A bonus prize if our 2022 male and female winners can break the race records

Mens: 30mins 44secs Womens: 34mins 56secs

HOW TO GET THERE:


If you are going to be driving into Wigan, the postcode to use for sat-nav is WN1 1TU. This will get you to the park where you can follow signs for parking. Both Wigan Bus Stations and the two train stations are only a few minutes walk from the start line - you can see both on the map of the town centre car parks which we have provided. Please note that there will be road closures in place on the route itself from 8.30am on the day, so be sure to plan accordingly if this is likely to affect your journey.

If you need any more information about the race, or tips on training for the event, our website www.wigan10k.co.uk features all the latest news and a FAQs section which will answer any queries. This will be updated regularly, so please take a look.

We will also be sending out updates via email, so please keep an eye on your junk folder to make sure these don't accidentally end up in there. If you would like to contact someone about the race, you can email us on info@wigan10k.co.uk and we will respond during office hours.

You can also keep in touch through our event social media accounts:

 @Wigan 10k

 @wigan10k

 @Wigan10K

Lots of luck, stay safe, we hope you have a great day - see you on the start line!

The Wigan 10k Team

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Instructions for correct fitting of your Disposable Pro Trainer Tag

Check your timing chip and make sure that it matches your race number.

Our timing chip for running is provided on a self adhesive water proof strap. This Timing chip will be supplied with your race number and supplied printed with your race number. The number on your tag should therefore match your race number.



Step 1 & 2

Take the strap and thread through either 1 or 2 laces with the logo and your race number facing outwards



Step 3

Peel off the 3M Sticker & press the 2 tabs together firmly using the blue square as a guide, ensuring that you have created a loop.



Step 4

Rotate the strap so that your race number is visible and the blue square part of the timing chip sits against your trainer. Tighten your laces to secure.



*Failure to attach your timing chip correctly could affect your results



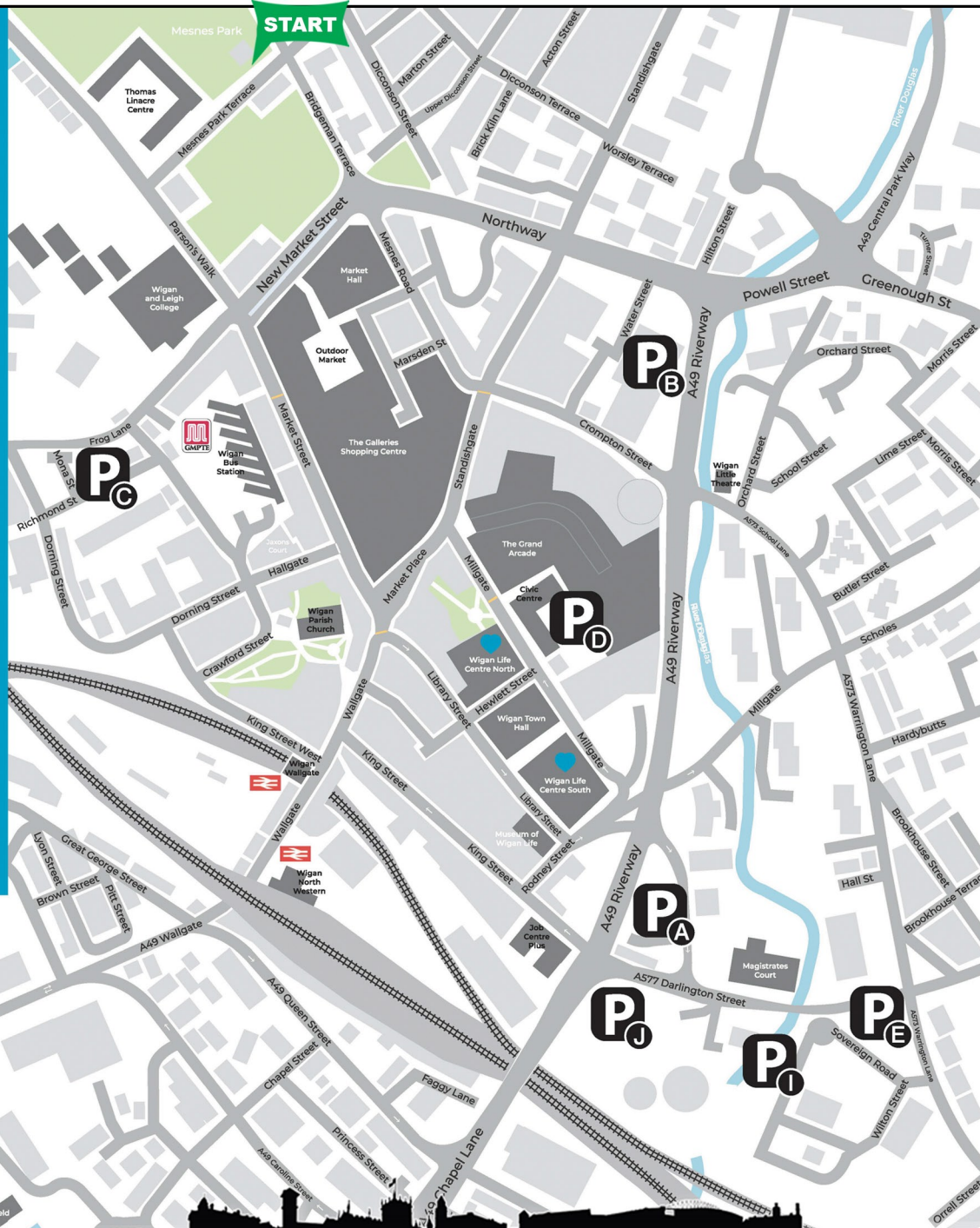


Wigan Town Centre Car Parks

ENJOY FREE WEEKEND PARKING

- A** Harrogate Street
- B** Water Street multi-storey
- C** Mona Street
- D** Civic Centre
- E** Sovereign Road
- F** Trencherfield Mill
- G** Pennyhurst Street
- H** Haig Street
- I** Pepper Mill Lane
- J** Chapel Lane

Roadside parking is not covered in this offer.



Please note

Limited street parking is available however please allow for the road closures put in place between 9am - 1.30pm

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10 WIGAN 10K ROUTE MAP

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ASSOCIATE SPONSORS:







IN AID OF:



WIGAN NEWSPAPERS
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KEY

-  WATER STATION
-  MUSIC
-  OUT
-  BACK

SUPPORTING PARTNERS

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WIGAN FAMILY MILE ROUTE MAP

PRINCIPAL SPONSOR:

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KEY



WATER STATION



ENTERTAINMENT

SUPPORTING PARTNERS



Mesnes Park



Wigan 10k/
Team JJ HQ



START

FINISH

WIGAN
CRICKET CLUB

WIGAN & LEIGH
COLLEGE

Parsons Walk

Mesnes Park Terrace

Bridgemann Terrace

ASSOCIATE SPONSORS





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Model shown is MY22 Aygo X Exclusive 1.0 VVT-i Meta 55k. £19,645 including options. Chili Red b Home Pearl-effect paint at £220. Prices correct at time of being published. Terms and conditions apply. *3.9% APR Representative only available on new retail orders of Aygo X between 1st July 2022 and 31st October 2022 and registered and financed through Toyota Financial Services by 30th September 2022 on a 42 month AccessToyota (PCP) plan with 0% deposit. Toyota Financial Services is a trading name of Toyota Financial Services (UK) PLC, registered office Great Bingham, Bingham Heath, Epsom, Surrey, KT19 9JZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Offer may be varied or withdrawn at any time. 3,000 miles per annum, excess miles over contracted targeted at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Participating Toyota Centres. Affordable finance through AccessToyota (PCP). Terms and conditions apply. Toyota Financial Services may pay the Toyota Centre a commission for introducing you to them. Commission may be calculated based on either a fixed amount relating to the vehicle you are financing, a percentage of the amount you borrow, or a combination of both. Toyota Financial Services may also make other types of payment to the Toyota Centres for introducing you to them. Any such amounts will not affect the amounts you pay to Toyota Financial Services under your finance agreement.

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**Joining Jack**



TOYOTA C-HR DESIGN SELF-CHARGING HYBRID

1.9% APR | **£1,250**
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Model shown is MY22 Toyota C-HR Hybrid Design 1.8 VVT-i Auto £22,855 including optional Metallic paint at £570. Prices correct at time of being published. Terms and conditions apply. *1.9% APR Representative and £1,250 Finance Deposit Allowance only available on new retail orders of Toyota C-HR, between 1st July 2022 and 31st October 2022 and registered and financed through Toyota Financial Services by 30th September 2022 on a 42 month AccessToyota (PCP) plan with 0N-25% deposit. Toyota Financial Services is a trading name of Toyota Financial Services (UK) PLC registered office Great Burgh, Basing Heath, Spoken, Surrey, KT18 8JZ. Authorised and regulated by the Financial Conduct Authority. 1000 miles may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Offer may be varied or withdrawn at any time. 8,000 miles per annum, excess miles over contracted charged at 10p per mile. Toyota Centres are independent of Toyota Financial Services. Participating Toyota Centres. Affordable finance through Access Toyota (PCP). Terms and conditions apply. Toyota Financial Services may pay the Toyota Centre a commission for introducing you to them. Commission may be calculated based on either a fixed amount relating to the vehicle you are financing, a percentage of the amount you borrow, or a combination of both. Toyota Financial Services may also make other types of payment to the Toyota Centres for introducing you to them. Any such amounts will not affect the amounts you pay to Toyota Financial Services under your finance agreement.

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Joining Jack

Celebrating
10th
WIGAN 10K

10 years of the Wigan 10k and Joining Jack ... 10 of the best

We are absolutely thrilled to be bringing you the 10th Wigan 10k in conjunction with our organising charity Joining Jack's 10th birthday.

It's incredible to think how far we have come since that inaugural event when runners lined up on the start line on Market Street back in 2013.

We have seen our numbers grow since that first event with a record 3,610 in 2016, to almost 800 runners taking part in our 8th event the Virtual Wigan 10k of 2020 during the pandemic.

We are hugely proud to be the original flagship fundraising event for Joining Jack and delighted to be celebrating 10 years alongside Team JJ.

We thought we would mark our 10th birthday with 10 of the best in the past 10 years:

2013 Tour de France champion Bradley Wiggins was official Race Starter setting off some rather familiar faces in the shape of the Mayor of Greater Manchester Andy Burnham and Wigan MP Lisa Nandy

2014 The year of the Fancy Dress and a very special shout out to Runner No 120 taking on the tough 10k route dressed as Cookie Monster appearing on our pre and post-race photographs

2015 A double winner as Thomas Carson, Horwich RMI Harriers returned to defend the title he won in 2014, while Lauren Howarth, Leigh Harriers was fastest female and a magnificent 7th fastest overall

2016 A record 3,610 runners lined up on Market Street, and our BIGGEST EVER live line-up with our lovely friend James Walsh, frontman with Starsailor headlining on the main stage

2017 The inaugural Wigan 10k Family Mile and around 500 runners taking part – some without taking a breath, also the first year the main man Jack was our Official Starter with his infamous Race Countdown

2018 No records this year so we're dedicating 2018 to our awesome JJ Army – more than 50 volunteers who make our event possible and what it is on the day and who we couldn't do without!

2019 The Year of the Record Breakers the fast feet of Philip Robertson, Sale Harriers, 30mins 44secs, and Eleanor Whyman-Davis, Newquay Road Runners, 34mins 44secs claiming new Race Records

2020 Our FIRST EVER Virtual Wigan 10k, in the midst of the global pandemic. A fantastic show of support from our event supporters completing 10k on either the official route or a 10k of their choice

2021 The Wigan 10k returns with an awesome new sponsor – our amazing friends at HW Moon Toyota Wigan doubling up as Title Sponsors of both the 10k and Run Wigan Festival

2022 ... a new story to be written on September 11, but how about this for now:

To date the Wigan 10k has raised close to £300,000 for Joining Jack helping to fund the promising research, clinical positions and clinical trials, which will change the future for ALL boys living Duchenne.

The event has also raised thousands of pounds more for so many local and national charities, and has seen more than 20,000 runners cross the finish line – a fantastic effort from everyone involved!

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Celebrating

10th

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