

September 1st 2024 10am

WWW.WIGAN10K.CO.UK



Thank you for registering to take part in this year's 12th Wigan 10k. As part of our ongoing 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 copy of the route and a bag label in the post from August 12th.

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.

As long as you have your Runner Number and timing chip, you do not have to sign in anywhere – you can just turn up, follow the signs to the start line and get ready to run! NB/ If you sign up after 9am on Tuesday, August 27th you will need to pick up your racepack from the Joining Jack Information Desk in the bandstand area of Mesnes Park, open from 8am.

Due to the continuing building works taking place in the town centre, this year's races will once again start and finish in MESNES PARK at the following times:

Wigan 10k 10am Wigan Family Mile 12.30pm

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. We will have a variety of food and drink outlets available in the Bandstand Area of the park selling a range of refreshments.

All runners will receive a finishers' bag with lots of goodies and the always brilliant 10k bling, we are currently working on this year's awesome design with our event partners ADM Leisurewear.

Please see page 11 of this guide for details of category winners & prize details, which are also available on the 10k website www.wigan10.co.uk and across our social media accounts.

#### **HOW TO GET THERE:**

If you are 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 Station 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: Twitter @Wigan10K Facebook @Wigan10k and Instagram @Wigan10k

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

The Wigan 10k Team







### Please note

Limited street parking is available however please allow for the road closures put in place between 8am - 1.30pm

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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

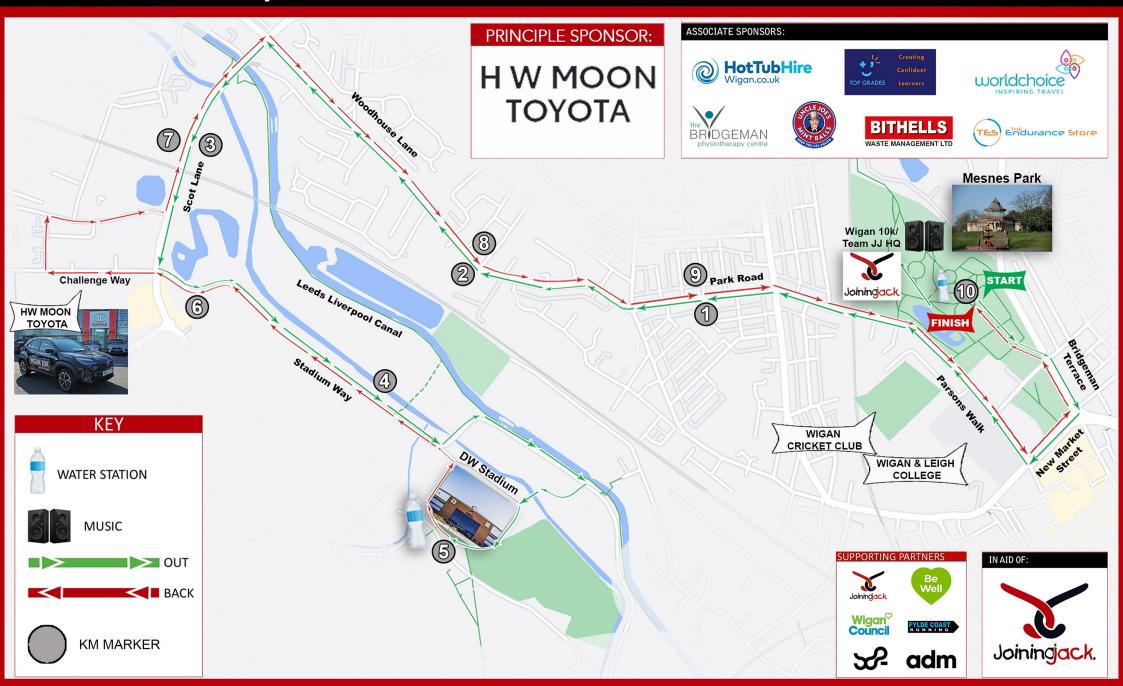
Rotate the strap so that your race number is visible and the blue square part of the timing chip sits against your trainer. Tighten your laces to secure.



<sup>\*</sup>Failure to attach your timing chip correctly could affect your results



## WGAN 10K ROUTE MAP



## WAGAN FAMILY ROUTE MAP



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## **KEY**





### **SUPPORTING PARTNERS**











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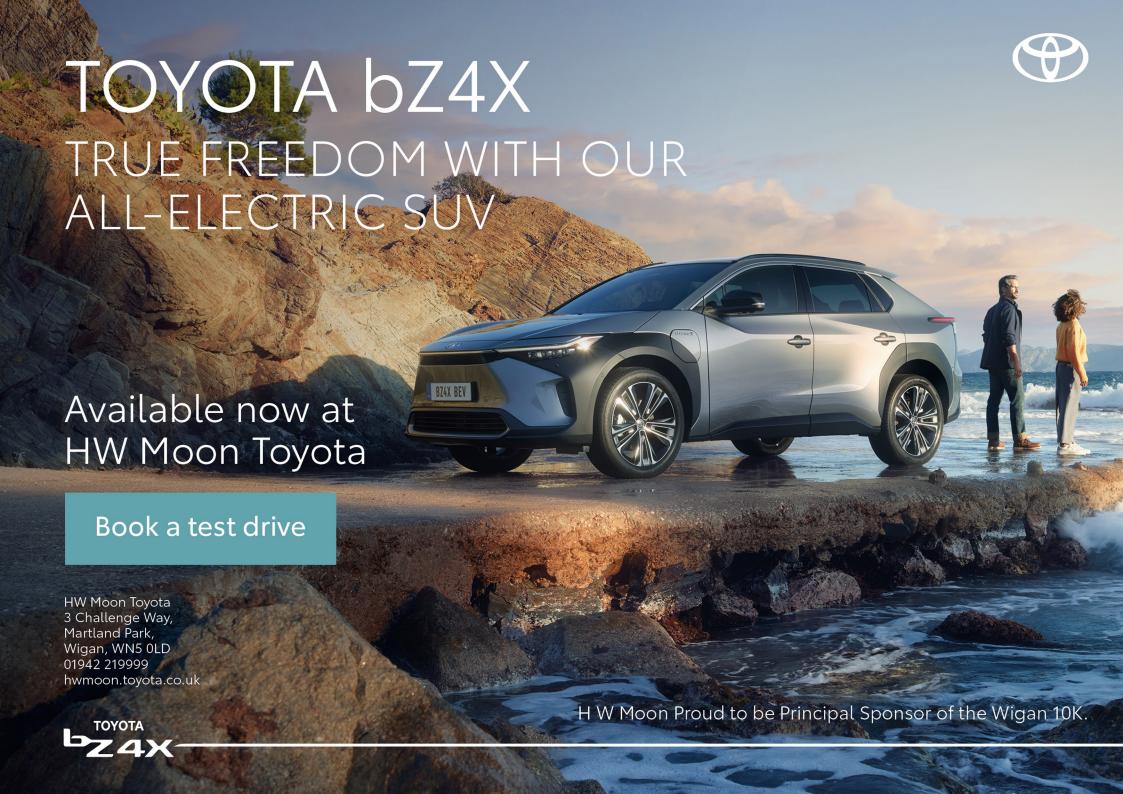
Available now at HW Moon Toyota

Book a test drive

HW Moon Toyota 3 Challenge Way, Martland Park, Wigan, WN5 0LD 01942 219999 hwmoon.toyota.co.uk

H W Moon Proud to be Principal Sponsor of the Wigan 10K.







## Wigan 10k 2024 Prizes

We are pleased to announce the prizes for the 2024 12th Wigan 10k, in association with our event associate partners The Endurance Store.

First male £150 TES voucher & Trophy
First female £150 TES voucher & Trophy
Second male £100 TES voucher
Second female £100 TES voucher
Third male £50 TES voucher
Third female £50 TES voucher

First over 40 (male and female) £20 TES voucher First over 45 (male and female) £20 TES voucher First over 50 (male and female) £20 TES voucher First over 55 (male and female) £20 TES voucher First over 60 (male and female) £20 TES voucher First over 65 (male and female) £20 TES voucher First over 70 (male and female) £20 TES voucher

First male and first female club teams (4 runners to count) £15 TES voucher each
First Corporate Team (4 runners to count, mixed) FREE ENTRY to 2025 event
New Race Record Male £50 cash prize from Joining Jack – time to beat 30mins 44secs (2019)
New Race Record Female £50 cash prize from Joining Jack – time to beat 34mins 21secs (2023)

PLEASE NOTE: The Winners' Presentation will take place at the Bandstand Area of Mesnes Park at 12.15pm immediately before the Family Mile Race.

All winners will be contacted by The Endurance Store in the week following the event to receive vouchers.

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#### 12 years of the Wigan 10k and Joining Jack

We are absolutely thrilled to be bringing you the terrific 12th Wigan 10k in conjunction with our organising charity Joining Jack. It's amazing to think how far we have come since that inaugural event when runners lined up on the start line on Market Street in 2013. We have seen our numbers grow since that first event with a record 3,610 in 2016, At the time of writing, we are already well on our way to smashing 2023's total runners - our biggest since the pandemic - when we raised an awesome £35,000 for Team JJ. We are hugely proud to be the original flagship fundraising event for Joining Jack and delighted to be celebrating 12 years alongside Team JJ. Here's a look back at the Wigan 10k over the past 12 years.

2013

Tour de France and
Olympic champion
Bradley Wiggins was our
official Race Starter setting
off some familiar faces - 3-time
Mayor of Greater Manchester
Andy Burnham and
Wigan MP Lisa Nandy

2014

Special shout out to Runner 120 taking on the 10k dressed as Cookie Monster while Wigan and GB Legend Andy Farrell acted as official starter before leaping from the stage to take part in the race. 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 lining up on the startline, and our BIGGEST EVER live line-up with our lovely friend James Walsh, frontman with Starsailor headlining on the main stage on Market Street

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
countdown

2018

No records this year so
we're dedicating 2018 to our
incredible JJ Army – more than
80 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 a new sponsor
– our amazing friends at
HW Moon Toyota Wigan
doubling up as Title Sponsors
of both the 10k and the
Run Wigan Festival
for double celebrations

2022

An historic day as the
Wigan 10k moves to a brand
new home over at Mesnes Park
and a new chapter for runners,
transforming into a community
event with food and drink
and a party in the park

2023

Our biggest event
since the pandemic, selling
out a week before and a
brand new Women's Race Record
for Gemma Steel from Charnwood
AC, 34mins 21secs, and she
barely looked out
of breath!

2024

a new story to be written on September 1 ... but for now:

To date the Wigan 10k has raised close to £350,000 for Joining Jack helping to fund the promising research, clinical positions and clinical trials, which will change the future for ALL boys living with Duchenne. It has also raised thousands of pounds more for so many local and national charities, and has seen more than 23,000 runners cross the finish line – a fantastic effort from everyone involved!

#terrific12thwigan10k, #seeyouonthestartline #TeamJJ #makeadifference







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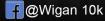




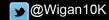












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