

EVENT GUIDE



Heaton Park

5K, 10K & 10 Mile

Wednesday 13th August 2025



YOUR RACE EXPERIENCE



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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

CORINNE



SOPHIE

TIM



COL

GRAHAM



TRAVEL

Address: Heaton Park, Middleton Rd, Higher Blackley, Manchester, M25 2SW

By Car:

There is plenty of pay & display parking a few minutes walk from the race start, you can see more details on parking [HERE](#).

By Foot/ Bike:

We advise driving to one of Heaton Park's many car parks, and walking from there:

M25 2GT: St Margaret's Road entrance (12 mins)

M25 2SW: Smithy Lodge entrance (12 mins)

M25 0DL: Sheepfoot Lane entrance (12 mins)

M25 1SS: Metrolink Entrance (14 Mins)

M25 1JH: Grand Lodge (20 mins)

On arrival, you will find the event village below the hall, pinned below.



what3words

[Event Village:](#)

[///remote.chief.early](http://remote.chief.early)

RACE PACK

Start Times

10Mile: 18:30

10k: 19:00

5K: 19:10

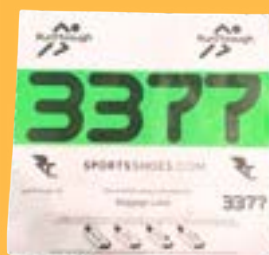
Race Pack Collection Times

10Mile: 17:00-18:00

10k: 17:30-18:30

5k: 17:40-18:40

- 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.



Included

Bib number



Baggage Label



Timing Chip

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



Parking



**Spectators
Welcome**



BAG DROP

- Please limit the number of belongings you bring to the event.
- 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

For this event, we will be using portable toilets located in the event village & on the course.

You can also use the toilet blocks located at the hall, a short walk from 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, race staff & members of the public.**
- **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 prior to the start of each race. From here, we will call out estimated finish times to get all runners lined up on the track and ready to run.

DURING THE RACE

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

10 Mile will follow Yellow mile signs 1-9. - Mini loop + 3 Laps

10k will follow Green km signs 1-9. - 2 Laps

5k will follow Red km signs 1-4. - 1 Lap

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only their safety but allow for the best experience throughout the race.

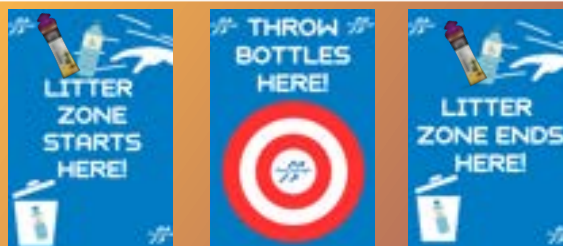
Please also be aware that we will have a safety bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

*Please note - This event takes place on public paths that may also be used by pedestrians. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.

Please drain and discard all litter and emptied 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.

A limited number of SiS gels will also be provided at the water station. If you choose 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

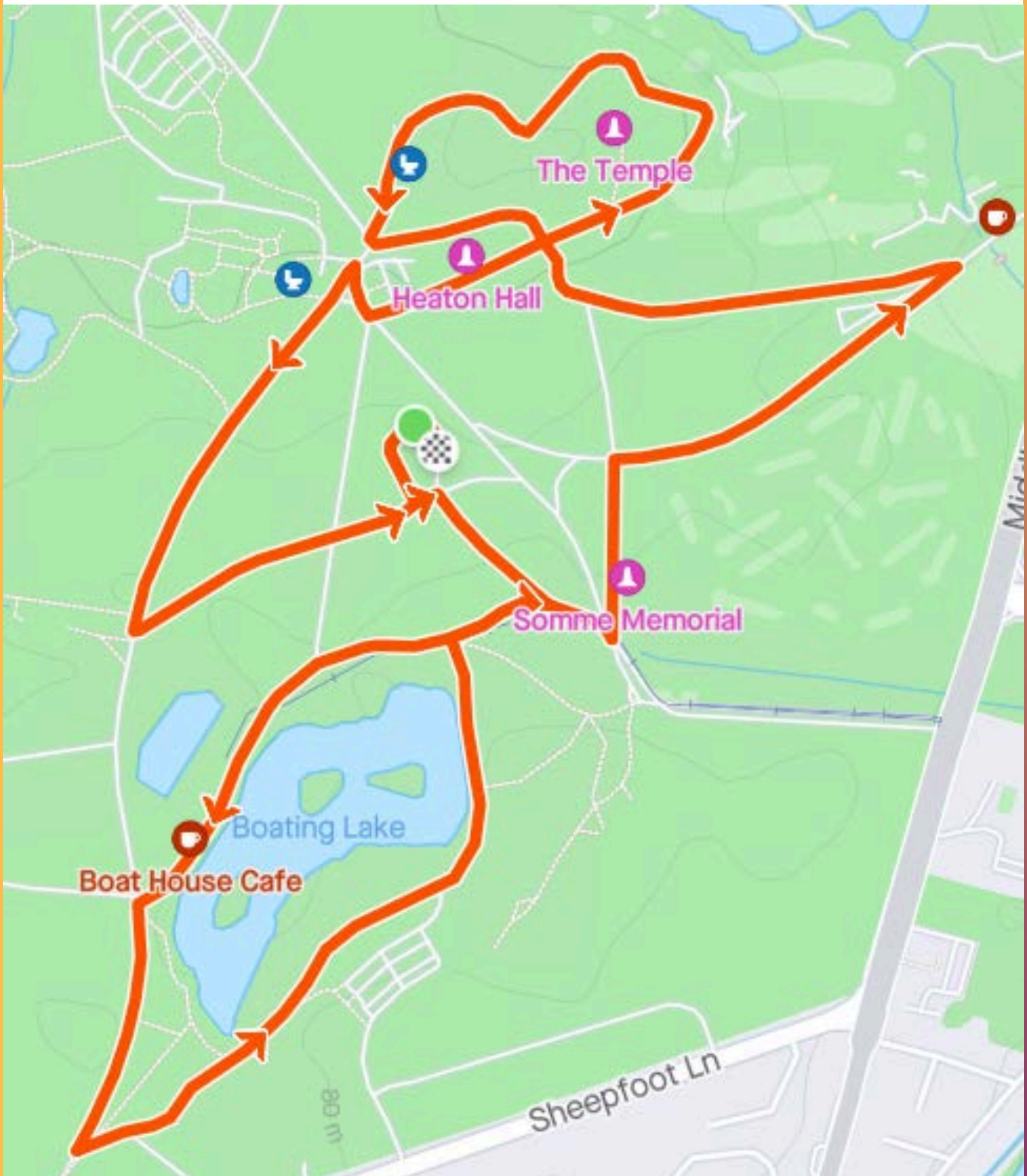
There will be a water station on each lap of the course.
There will also be a bottle of water waiting for you at the finish line.

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

COURSE MAP



1 LAP OF THE ROUTE



[**CLICK FOR 1 LAP 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.

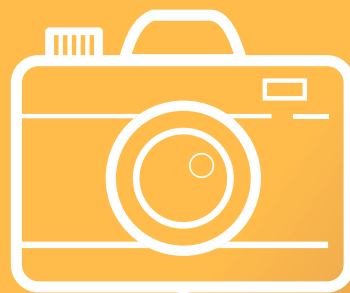
(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)

[PURCHASE AN EVENT T-SHIRT](#)



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 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**

GET INVOLVED!

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

PACERS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT

VOLUNTEERS & FINISH LINE FRIENDS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



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?

5k-11 | 10k-15 | 10Mi-17

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@runthrough.co.uk if you plan to take more than 2hrs 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. 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 plenty of pay & display parking a few minutes walk from the race start. Use the postcode M25 2SW to locate the park. We recommend car sharing and the use of public transport.

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 walk around the park, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will be no presentation on the day. 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

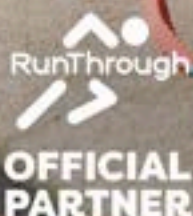
10k Men's Sub 30:30 mins, Women's Sub 34 mins

10 Mile Men's Sub 50:30 mins, Women's Sub 55 mins

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

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HYDRATION

Hydration starts here



SPORT



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SPORT ELECTROLYTES

LEMON LIME

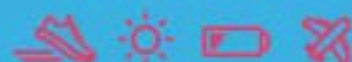
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22G
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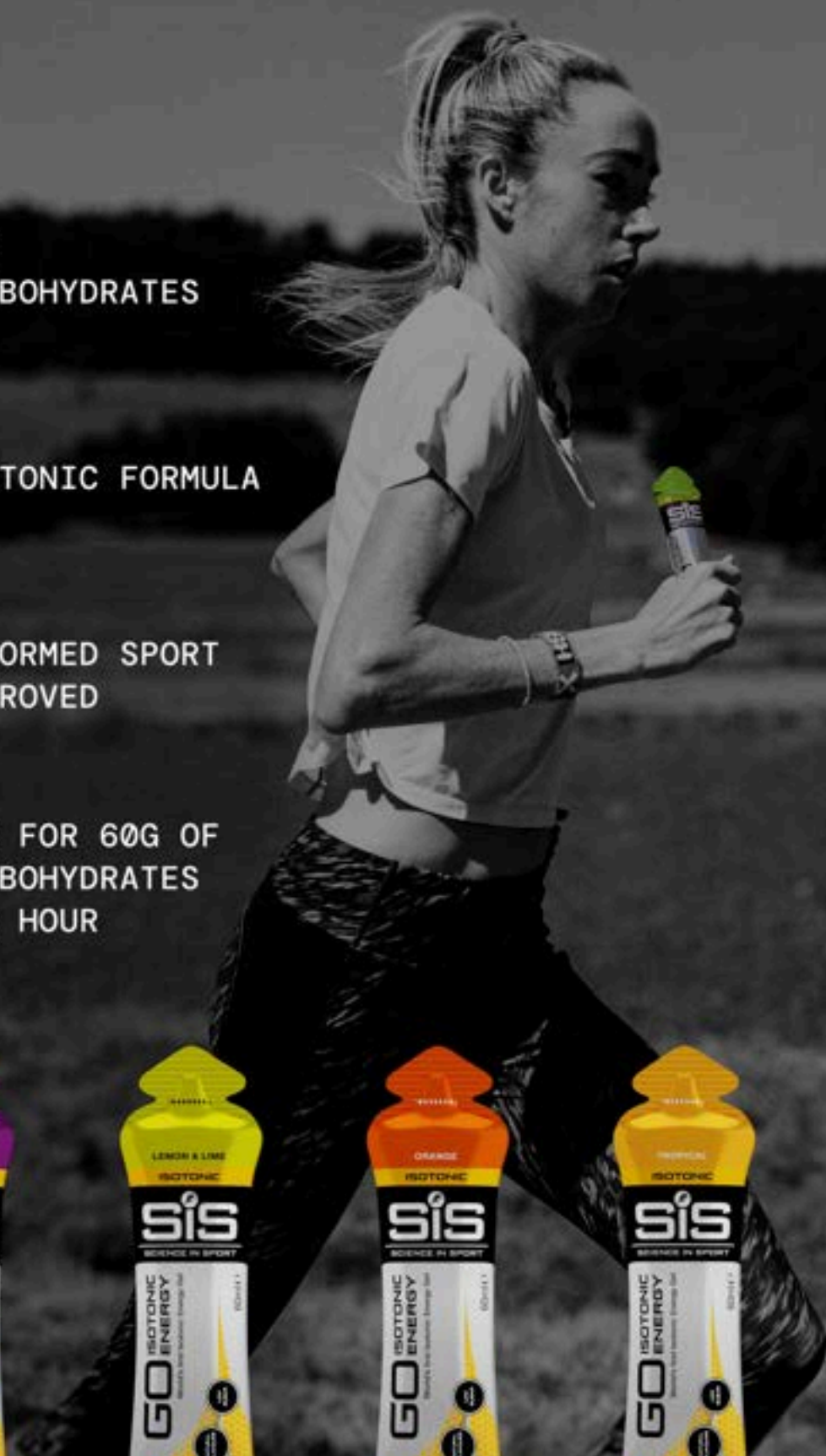
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AIM FOR 60G OF
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PER HOUR





**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

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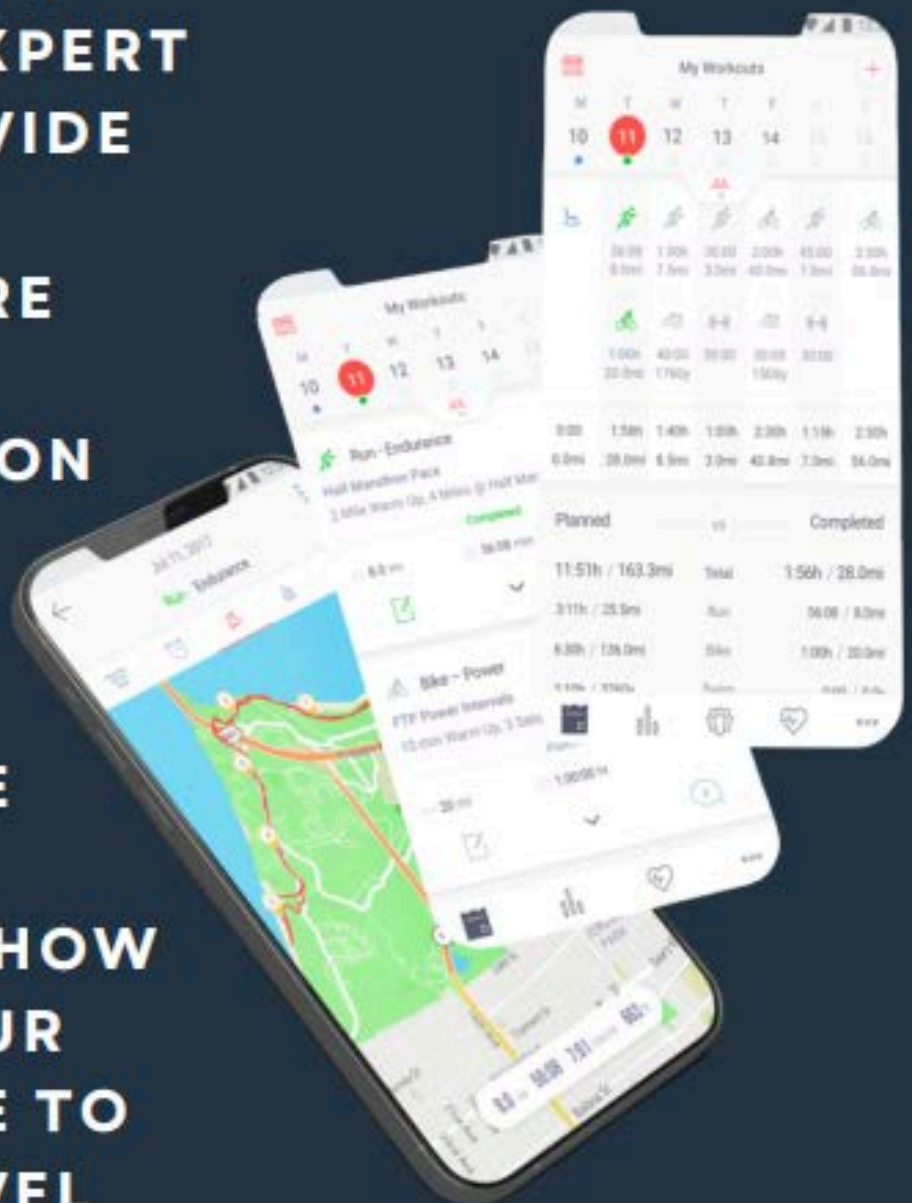


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

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- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
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Interested in supporting an event? email: sam.williams@runthrough.co.uk