

# EVENT GUIDE



## **Run Aintree** **5k, 10k & Half Marathon** **Sunday 14<sup>th</sup> December 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**



**REUBEN**



**KANE**



**COL**



**GRAHAM**



**SIGN UP TODAY**



**St. Joseph's Hospice is proud to be the official Charity Partner for Run Aintree in 2025!**

Our team has been providing compassionate end-of-life care to local families for over 50 years. Every year, we care for around 150 patients with life-limiting, end of life conditions from across Merseyside and West Lancashire, and support over 500 loved ones and family members, all from our 31-bed hospice in Thornton near Crosby.

The impact St. Joseph's Hospice has on the lives of local people is enormous but, as an independent charity, we have a huge task on our hands. It currently costs £11,500 every day to keep St. Joseph's Hospice running. Sadly, the cost of providing hospice care is rising and the small amount of NHS funding we receive is continuing to fall.

With your help we can care for more families and keep hospice care free and accessible to everyone in Merseyside and West Lancashire.

**Please sign up to Run Aintree and join #TeamStJosephs! Together, we will be able to continue providing compassionate end of life nursing care for our community for another 50 years.**

**How you can help?**

**Secured your place at this year's Run Aintree?** Run as part of #TeamStJosephs and help us continue to provide vital end-of-life care for local families at one of the toughest times in their lives.

**Come and say HELLO!**

We will be there on the day to cheer you on so please come and say hello and find out more about the difference your support will make to local families.

Thank you for your support. We couldn't do what we do without you.

**To find out more about the hospice, or to join #TeamStJosephs, contact us now at:**

 [www.stjhospice.org.uk](http://www.stjhospice.org.uk)

 **0151 932 6044**

 [fundraising@stjhospice.org.uk](mailto:fundraising@stjhospice.org.uk)



# TRAVEL

**Address: Aintree Racecourse, Ormskirk Road, Liverpool, L9 5AS**

## Travel By Car

From the South, leave M6 at J21A and join M62 west. Leave M62 at J6 to join M57, follow signs for races. From the North, leave M6 at J26 and join M58, follow signs for races. From Mersey Tunnels follow signs for Preston, then for A59, then signs for races.

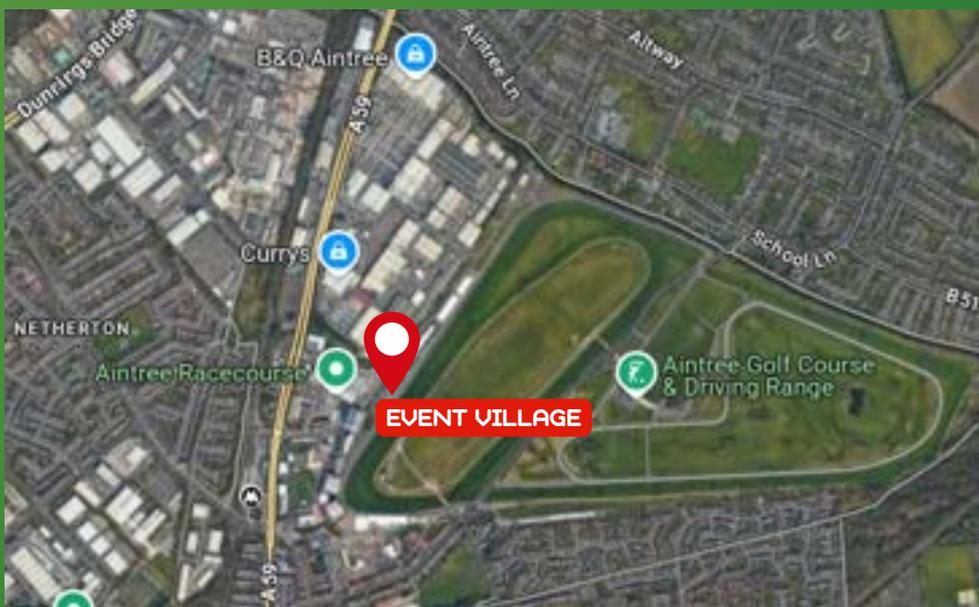
There is limited on site parking. We recommend arriving before 9am if you wish to park on site. For alternative parking options please use Parkopedia.

## Travel By Bus

Aintree can be reached by bus on services: 300, 310 and 345 both to and from Liverpool. For further information on bus routes, contact Merseytravel on 0151 236 7676 or visit [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk).

## Travel By Rail

The easiest way to reach Aintree is by train. The nearest mainline station to Aintree is Liverpool Lime Street. Liverpool Central Station is just a short walk from Lime Street, where you can catch a train to Aintree. Aintree Station is directly opposite the racecourse. Use the route planner at [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk), to find out train times.



what3words

Event Village

///trim.safely.broom

# RACE PACKS

## Start Times

HM	10:00am
10K	10:45am
5K	10:55am

## Race Pack Collection Times

HM	8:30-9:30am
10K	8:15-9:15am
5K	8:25-9:25am



FOR ENTRIES BEFORE THE 26TH NOVEMBER,  
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 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**



**Parking**



**Spectators  
Welcome**



**Dogs**



## BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the Lawn Bar 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 room.
- Collect your bag after your race.



## TOILETS

For this event we will use toilets located within the racecourse stands.

These will be signposted 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 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](mailto: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 and ready to run.

## DURING THE RACE

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

**Half Marathon - follow yellow Mile markers 1-13 - Out & back + 4 laps**

**10k Runners - follow green KM markers 1-9 - 2 Laps**

**5k Runners - follow green KM markers 1-4 - 1 Lap**

The course includes the paths within and around the Racecourse as well as the surrounding roads.

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 everyone's safety but allow for the best experience throughout the race.

Please drain and discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass shortly after the water station.

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!**

# COURSE MAP

## 1 Lap



**[CLICK FOR INTERACTIVE MAP](#)**

## 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.



# 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.

Alternatively, check out our Christmas Range 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.)*

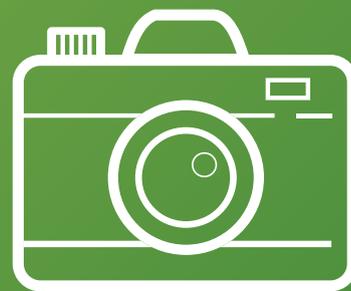
[\*\*PURCHASE AN EVENT T-SHIRT\*\*](#)

[\*\*PURCHASE A CHRISTMAS 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.

## VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://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. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year increments.

This will further be categorised as Female, Male or Open (non-binary, or those who prefer not to say)

What is the minimum age for this event?

5k-11 | 10k-15 | Half Marathon- 17

Is there a time restriction to complete the race?

No, however, please contact us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 3hrs as we may need to make special arrangements on the course and in the 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. Your race pack and everything associated with your entry fee has 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 as you pass on each lap.

Am I allowed to wear headphones?

Headphones are not permitted unless bone conducting. Should you choose to wear these, please keep the volume low and remain aware of your surroundings and marshal instructions.

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 free parking for the event, please arrive early to avoid any queues on entry.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of runners on the paths around the course and grandstand. Dogs are not permitted on site.

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

Half Marathon- Men's Sub 67:30 mins, Women's Sub 75 mins

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

# <sup>+</sup>nuun HYDRATION

## Hydration starts here



### SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

### ULTRA



Don't let dehydration slow you down. Optimised electrolyte and Carbohydrate formula.

**Hydrate your journey, embrace the challenge and make every step count!**

**Good Luck Runners!**  
You've got this with Nuun Hydration!

Click to follow @nuunhydrationuk

#nuunuk

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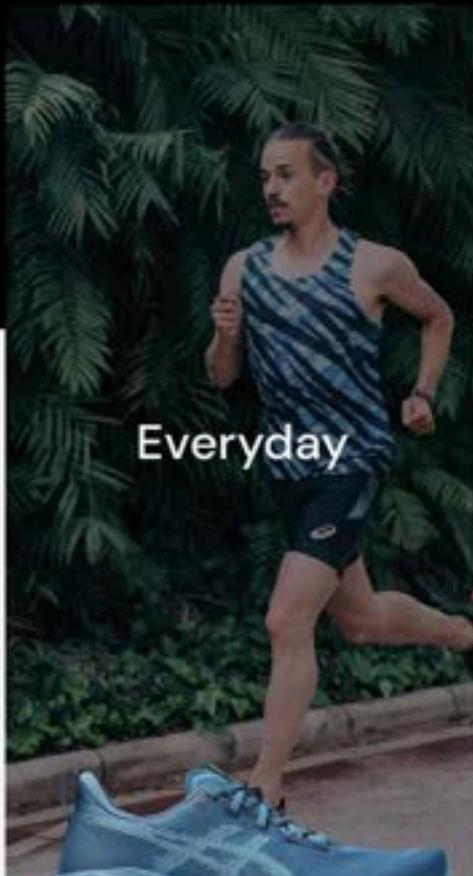
#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



SPORTSSHOES.COM

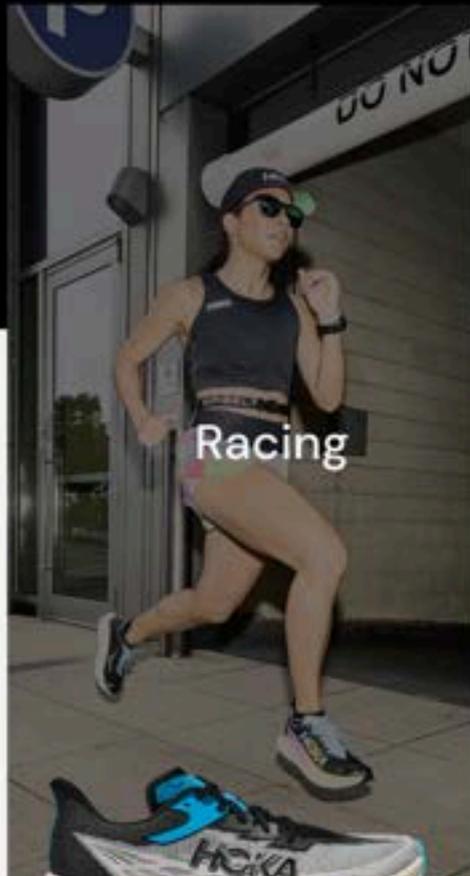
Get 15% off our  
latest launches\*



**asics.**

**NOVABLAST 5**

The Asics Novablast 5 is a great and lightweight everyday running shoe that offers an extra bounce on steady runs.



**HOKA**

**ROCKET X 3**

The Hoka Rocket X 3 is a super fast carbon shoe, built for achieving your personal best.



**RUN**

**PEGASUS TRAIL 5**

The Nike Pegasus Trail 5 provides responsive cushioning and a waterproof Gore-Tex wet weather protection for trail running.

CHECK YOUR PRE RACE EMAILS FOR YOUR DISCOUNT CODE!

Ts&Cs apply\*

Get 15% off AW25

# THE PERFECT RUNNING PAIR



**9G**  
PLANT  
PROTEIN

  
NATURAL  
INGREDIENTS

  
SOURCE OF  
FIBRE

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

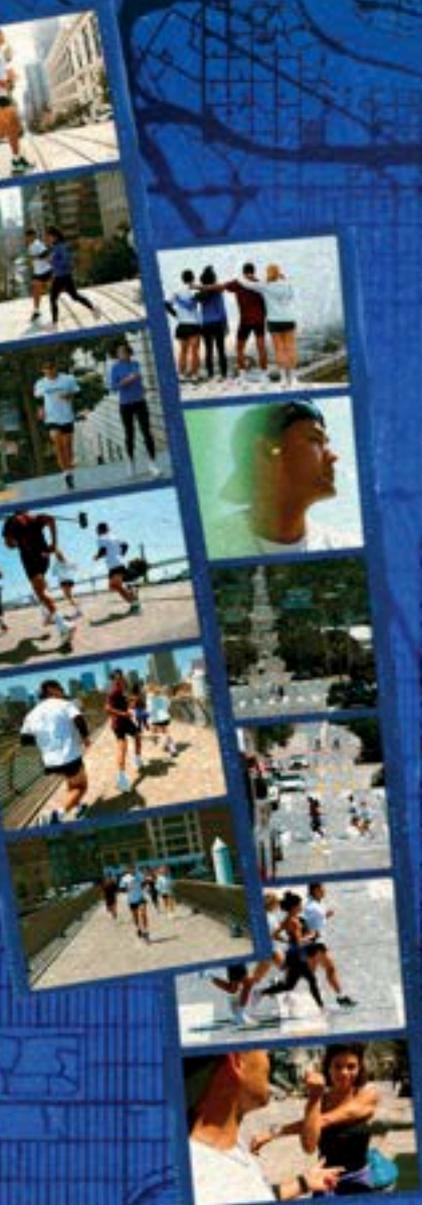
# BROOKS

*Let's Run There*

**MAX SOFTNESS.  
MAX ENERGY.  
MAX RUN.**

*in the*

**GLYCERIN MAX 2**



Go on a run that never runs out in the Glycerin Max 2. Dual-cell DNA TUNED cushion is optimized for soft landings and powerful toe-offs to help you truly tune out and max your run.



# 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 event pages on the Givestar platform. Each screen features a profile picture of the event creator, the event name, the amount raised, the target amount, and the percentage of the target reached. The 'Surrey Half Marathon' screen is the largest and most prominent, showing £160 raised of £500 (32% of target). The 'Tatton 5K & 10K' screen shows £230 raised of £200 (115% of target). The 'Battersea Park Running Festival' screen shows £350 raised of £300 (116.67% of target). Each screen also has a 'GIVE NOW' button and a 'SHARE' button.

Event Name	Created by	Amount Raised	Target Amount	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%



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



22G  
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT  
APPROVED



AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR





# MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



UP TO 12 HOURS OF TARGETED ANTI-INFLAMMATORY



POWERFUL ANTI-INFLAMMATORY TARGETS THE SOURCE OF PAIN



WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY\***  
\*vs non-medicated gel.

## THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

# 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



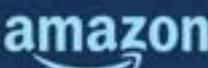
## TRY OUR FLAVOURS



## 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:  
**RUNRUNRUN**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)

The logo features a large, stylized 'RT' in black, with the word 'KIT' in a bold, sans-serif font to its right.

# RTKIT



**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)**

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

**FIND OUT  
MORE**

**FOUNDED BY**





**Supported  
by...**

***BROOKS***



**SPORTSSHOES.COM**

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