

EVENT GUIDE

NIKE ALTRINCHAM 10K
PRESENTED BY SPORTSSHOES.COM

Sunday 7th September 2025



ALTRINCHAM10K



PRESENTED BY **SPORTSSHOES.COM**

YOUR RACE EXPERIENCE



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SHOES
.COM



NIKE ALTRINCHAM 10K

presented by

SPORTSSHOES.COM

Test and trial the Nike Vomero 18,
Vomero Plus, Structure 26 and
Pegasus Premium.

Altrincham 10k

Event guide

The Christie Charity is delighted to be the partner charity of the Altrincham 10K for the third consecutive year. Good luck to everyone taking part.

The Christie is one of Europe's leading cancer centres, treating over 60,000 patients a year. Your support means cancer patients have access to world leading research and technology ensuring they have the best possible experience and outcomes.

The Christie Charity only exists because of the fantastic support from all our amazing fundraisers like you. By running for Team Christie, you're helping fund life-saving projects that will benefit cancer patients both now and in the future.

Get involved:

- Start fundraising by setting up a JustGiving page [here](#).

SET UP MY JUSTGIVING PAGE

- Already have your place? Request your sponsorship pack [here](#), or contact us at events@christies.org or 0161 446 3400.

Join Team Christie and receive:

- A free Team Christie running shirt
- Fundraising and training support
- Race day assistance
- An unforgettable experience



Join The Christie
against cancer

The Christie Charity

Registered charity no. 1201654

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



GRAHAM

COL

JAMES

CALLUM

BEATRICE

STEPHEN

ROB

TRAVEL

Address: Cross Street, Altrincham Town Centre, WA14 1EQ

Please arrive early and car share where possible. As with many sporting events, please anticipate queues arriving at the venue.

- Car:** Altrincham is a short 30 minute drive from Manchester City Centre, with plenty of transport links via the M56. There are multiple car parks in the town centre that are a short walking distance from the event village, many of which are free or have cheaper fares on a Sunday. We recommend you check out the Parkopedia website [CLICK HERE](#) to find parking for the event. Goose Green car park is located within the course so in order to use this car park you will have to arrive before 8.30am. Be aware that Stamford New Road will be closed from 6am, so please plan your journey accordingly.
- Tram:** Altrincham tram stop is less than a 1 minute walk from the event village. There are regular trams that run frequently from Manchester City Centre to Altrincham Town Centre, taking approximately 30 minutes. If you are travelling via the East Didsbury or Manchester Airport lines there is a quick change at Trafford Bar; if you are travelling from Eccles/MediaCityUK there is a change at Cornbrook.
- Train:** Northern trains run a service through Altrincham on the Chester-Manchester line, however please check train times ahead of the event as this service runs less frequently on a Sunday. Altrincham train station is located less than a 1 minute walk from the event village.
- Bus:** Several bus routes take you through Altrincham Town Centre, including the 11 from Stockport, 88 from Macclesfield / Knutsford and the 263 Manchester. Please remember to check Sunday timetables. Information for all bus routes can be found on the Transport for Greater Manchester website.



what3words

[Event Village:](#)

[///pies.sprint.carbon](http://pies.sprint.carbon)

RACE PACK

Start Time

9:30am

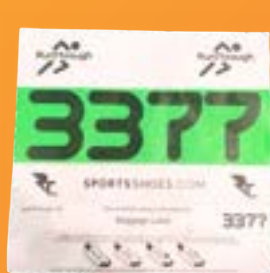
Race Pack Collection Times

8:00-9:00am



**FOR ENTRIES BEFORE THE 24TH AUGUST
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.



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 nearby



**Spectators
Welcome**



**see page 17-18 for local
deals & offers!**



TOILETS

There will be portable toilets available to use in the Event Village. If you live locally we recommend using toilets at home.

BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- Bag drop is within the town hall for those who need it.- This can be found [HERE](#)
- 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.

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.

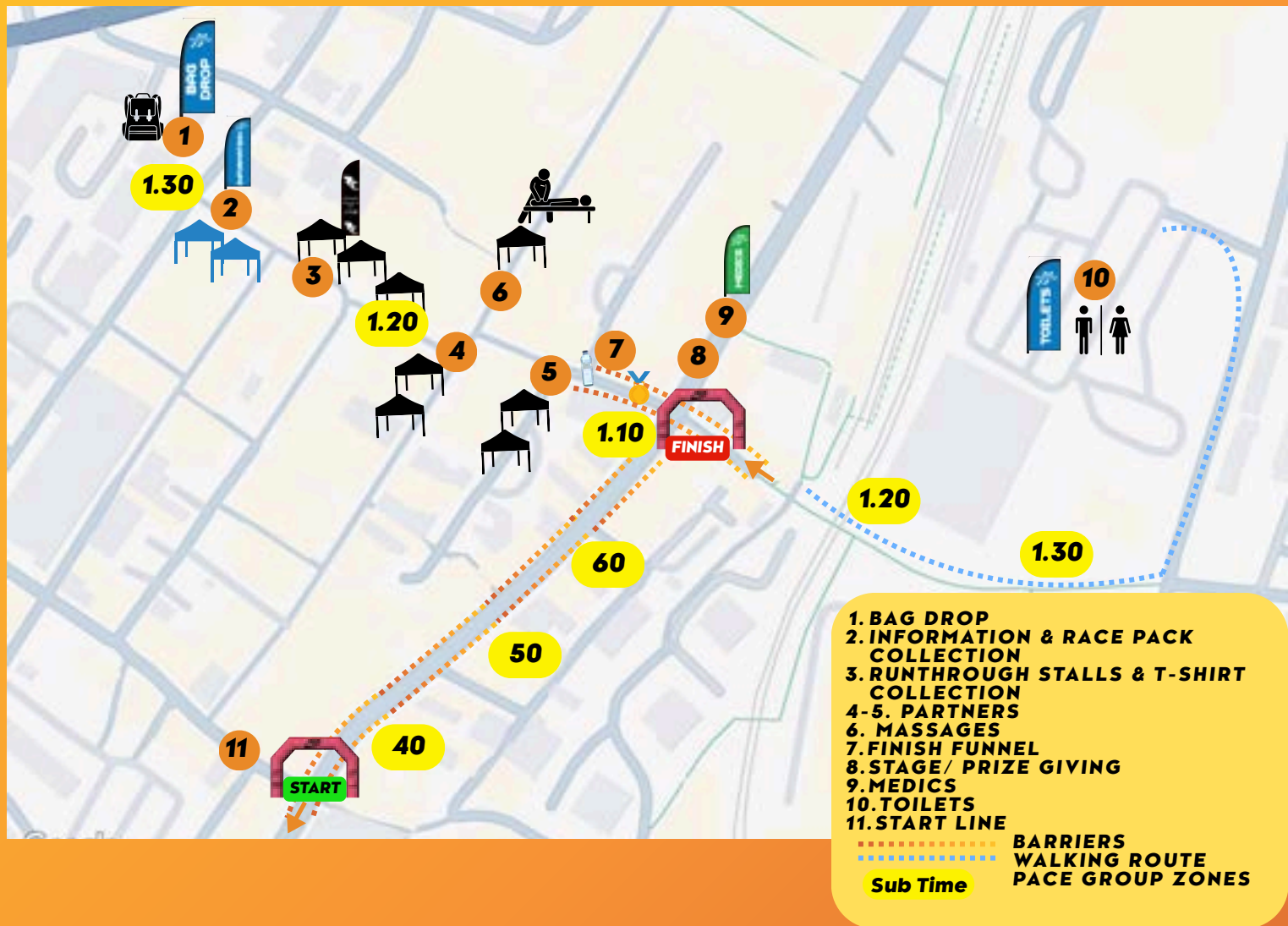
Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **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.

EVENT VILLAGE MAP



ARRIVAL & RACE START

On arrival, please familiarise yourself with the event village, and allow plenty of time to navigate around.

Please note the toilets are located a short walk away in the Planet Ice Car Park.

You will notice Yellow pace boards located around the event village, starting with the quickest times by the start, and increasing by 10mins towards the top of the village and towards the toilets. (See above map).

30mins prior to the race start, please congregate in the area that corresponds with the time you're aiming to run.

From here, you will be directed into the start funnel in estimated pace order to start the race.

Please listen out for announcements and marshals' instructions to get lined up ahead of the race, and be patient in getting across the start line.

DURING THE RACE

We will have marshals around the course and directional arrows and km signs.

You will follow red KM Signs - 1-9KM

The course starts and finishes in the town centre and follows a relatively flat, closed road course around Altrincham & Hale.

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 just after the water station.

If you choose to carry your own gels/fueling, 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 at the 5k point, please help yourself to this as you pass.

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 MAPS



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.

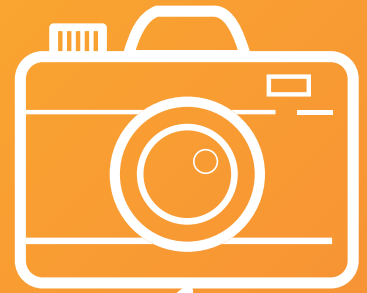
(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



[PURCHASE AN EVENT T-SHIRT](#)

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

What is the minimum age for this event?

10k-15

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 90mins 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?

Yes, we will have a bottled water station out on the course which you will pass at 5k. Please drain 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 as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route and road closures in place. These can be seen [HERE](#).

Will there be a prize giving?

There will be a prize giving on the stage for the overall top 3 male and female. 1st 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:

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

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

Vomero 18

Comfort and speed take the driver's seat in the Vomero 18, the ultimate everyday running shoe. Feel the benefit of cushioning and run further than you felt possible.



Vomero Plus

Take maximum cushioning to the next level with the Vomero Plus. It provides an ultra-comfortable ride for long runs thanks to a mountainous stack of full-length ZoomX foam, the most responsive foam in the industry.



Structure 26

The Structure 26's supportive cushioning provides steadiness for everyday runs. A full-length ReactX midsole provides a cushioned and stable transition from heel to toe off.



Pegasus Premium

Pegasus Premium is your launchpad to smarter, faster and faster, more responsive training. Go harder for longer in Nike's greatest tech.

[Shop Now](#)

ALTRINCHAM 10K

Sunday 7th September 2025



Best Places to Watch

Stamford New Road
Railway Street
The Downs

Bag Drop

OYEZ Arts

Altrincham Town Hall,
25 Market Street,
WA14 1PF

**Race starts
9.30am**

Stamford New Road

Event Village on Cross Street & Shaw's Road



Free Drink for Runners & 20% off Drinks at Bar Etna for all

20% discount on drinks for all plus a FREE San Pellegrino Aranciata for runners while stocks last
Bar Etna, 74 Stamford New Rd, WA14 1BS

Lunch Saver Menu at Bunzy Burgers

Delicious lunches from £3.95, open from 11am - 5pm
Bunzy Burgers, 54 Stamford New Rd, WA14 1EE

Early Opening at Cheshire Tap

Open from 11am for post run pints. Bookings available for inside & the courtyard
Cheshire Tap, 36 Railway St, WA14 2RE

15% Discount for Runners and Supporters from 12pm onwards at Dadar

Show your race bib or medal & get 15% off food. Supporters dining with runners get the same perk too
Dadar, 21 The Downs, WA14 2QD

Breakfast Offer & Early Opening at Domus Italia Altrincham

Coffee & croissant for £5.00, open from 8.30am
Domus Italia, 84-86 Stamford New Rd, WA14 1BS

Free Snack & a Drink for Runners with Valid Ticket at Everyman Cinema

FREE cake & coffee OR soft drink & small popcorn for medal holders at Everyman Cinema - this can only be redeemed with a valid ticket for a film on 7th September
Everyman Cinema, 74-78 George Street, WA14 1RF

Free Matcha for Runners at Gran T's Coffee House

Free matcha for all medal holders between 10am and 12pm
Gran T's Coffee House, 29 Stamford New Rd, WA14 1EB

Breakfast Offer & Discount for Runners at Mabel's Café & Tea Rooms

Sausage or bacon sandwich & a drink for £5.50 to takeaway or eat in
Plus 20% discount for runners
Mabel's Café and Tea Rooms, 6 Lloyd St, WA14 2DE

Massage Offer from The Massage Company

£15.00 off any introductory massage (sports, deep tissue, Swedish or maternity) - quote 'Altrincham 10k' when booking 0161 249 6030. First time customers only
The Massage Company, 3 Lloyd St, WA14 2DD

Discount for Runners at Memories

All runners get 10% when ordering food & drinks
Memories Café Bar, 2b Cross St, WA14 1EQ

Double Espresso Offer at MOST Bakery

Double Espresso for the price of a single for all runners
Open 8am-1pm
MOST Bakery, 3-5 Cross Street, WA14 1EQ

Alty 10K Meal at Pho You

Chicken Pho, Chicken Gyoza & a bottled drink for £14.95 on race day only
Pho You, 45 Railway St, WA14 2RQ

Meal Deal at Pita Box

Get a Pita or a wrap, fries & a drink for £11.30
Pita Box, 81 George St, WA14 1RN

Free Trial Class & 50% Off Your First Month at Orangetheory Fitness

Open to anyone looking to join a great fitness community & get results
Orangetheory Fitness, 4 George St, WA14 1SF

20% off Drinks for Runners at Otters in a Pot

20% off drinks for all runners when showing your medal
Otters in a Pot, 1-3 Stamford New Rd, WA14 1BD

Breakfast Offer at Oxford Road Café

Sausage, bacon or egg barm with a coffee & a hash brown for £6.00
Oxford Road Café, 19 Ashley Rd, WA14 2DP

Discount for Runners at Sabai

50% off a reformer session for all runners. Use code FIFTYOFF when booking
Sabai 30 Central Way, WA14 1SB

Capture & Share your Running & Fundraising Stories at Share Your Story

Open from 9-12am to offer advice & supplies to capture memories
£1 will be donated to The Christie charity for every film, disposable camera, item of stationery & book sold
Share Your Story, 85 George St, WA14 1RN

Breakfast Offer at Two Brothers Coffee

Bacon roll & hot or iced drink for £7.50
Two Brothers Coffee, 53 Stamford New Rd, WA14 1DS



@VisitAltrincham



@VisitAltrincham



@VisitAltrincham

⁺nuun

HYDRATION

Hydration starts here

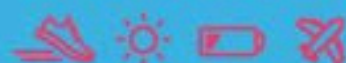


SPORT



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!

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Official Partner

Click to follow @nuunhydrationuk

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

THE PERFECT RUNNING PAIR



9G

PLANT
PROTEIN



NATURAL
INGREDIENTS



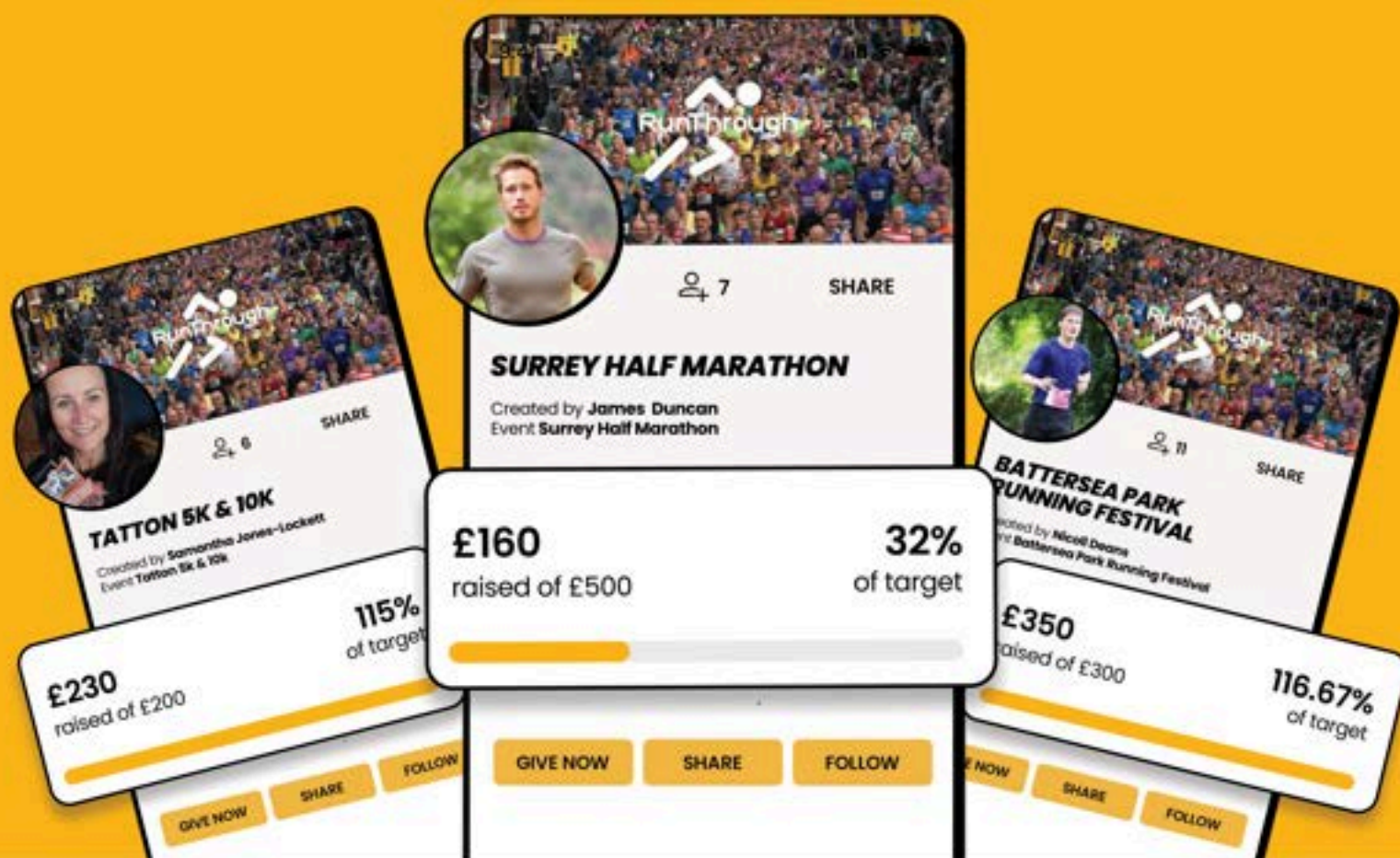
SOURCE OF
FIBRE

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

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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



22G
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT
APPROVED



AIM FOR 60G OF
CARBOHYDRATES
PER HOUR





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TARGETED
ANTI-INFLAMMATORY RELIEF



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ANTI-INFLAMMATORY
TARGETS THE SOURCE OF PAIN



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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



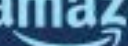
TRY OUR FLAVOURS



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:
RUNTHROUGH20
amazon.com/lovecorn



Running, but your makeup isn't.

From sweat-proof beauty to post-run selfcare,
LF is here for all your beauty needs.

LOOKFANTASTIC is proud to be the Official Beauty Sponsor of the
Altrincham 10K 2025, brought to you by RunThrough
Events.

VISIT OUR STAND TO GET

15% off

LF until October 6th, and drop by the
LF store for iconic beauty prizes.

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A BADLY FITTING
SPORTS BRA CAN
REDUCE YOUR STRIDE
LENGTH BY 4CM?

THAT'S AN EXTRA
MILE OVER A
MARATHON...

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FREE

VIRTUAL FITTING WITH THE EXPERTS TODAY!

Simply click the button below or head to
boobydoo.co.uk/book-a-fitting

BOOK NOW!

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RUNTHROUGH TRAINING PLANS

POWERED BY

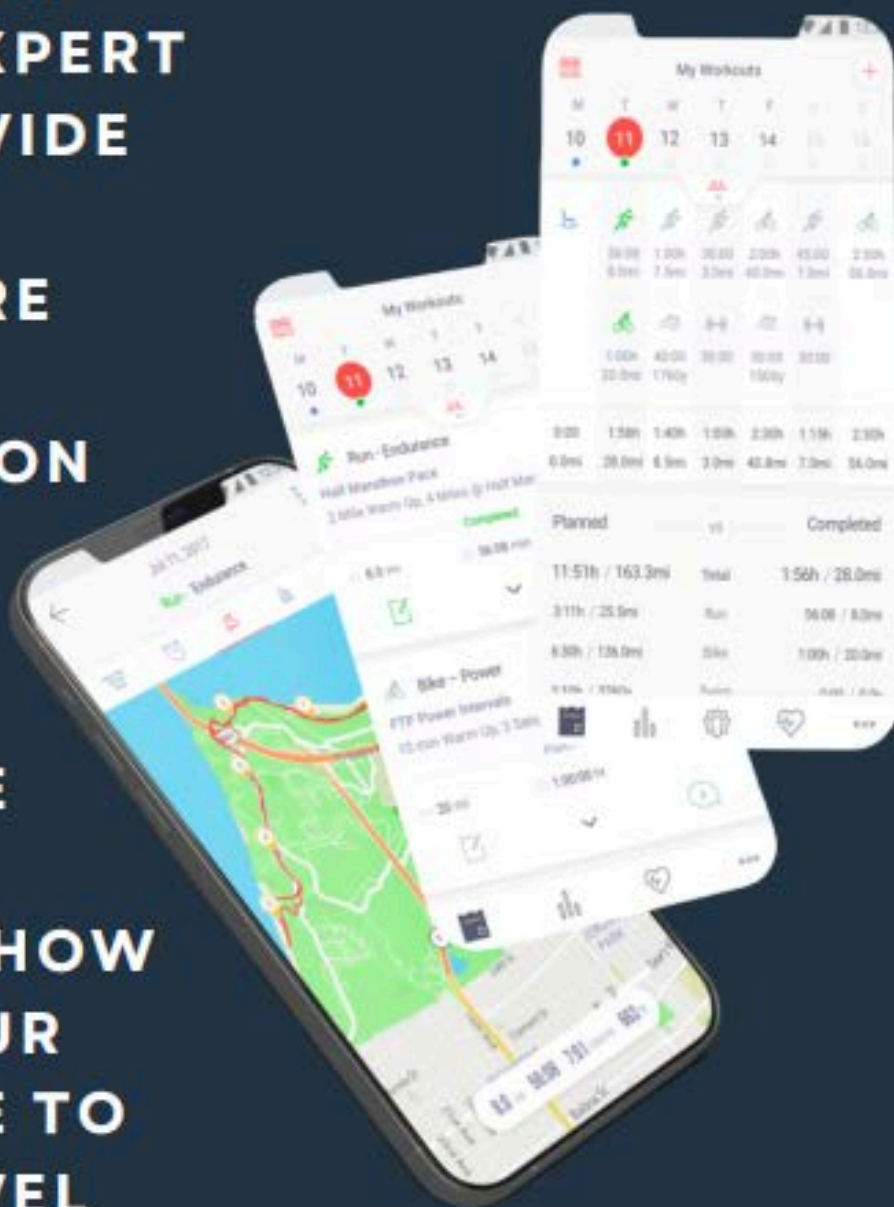


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

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

START TRAINING TODAY





**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

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF ALL
ABILITIES**

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MORE**

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Charity



**RUNNER
RETREATS**



SPORTSSHOES.COM



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