



WARRINGTON RUNNING FESTIVAL
5K, 10K HALF MARATHON & JUNIORS
PRESENTED BY NEW YORK BAGEL CO.
SUNDAY 20TH SEPTEMBER 2026

EVENT GUIDE

IN SUPPORT OF:





YOUR RACE EXPERIENCE

03 WELCOME

06 TRAVEL

07 RACE PACK

08 EVENT VILLAGE

09 WARM UP & RACE START

10 DURING THE RACE

11 COURSE MAPS

12 FINISH LINE

13 JUNIOR RACE

14 RESULTS & PHOTOS

**15 OUR PARTNERS
AND OFFERS**



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



SOPHIE

JAMES

KATIE

ISOBEL

GRAHAM

CALLUM



TOM

ROB

HARRY

JAKE

KIRSTEN



Making Every Day Count
Registered Charity No. 511592



St Rocco's Hospice is incredibly proud to be the Headline Charity Partner of RunThrough's Warrington Running Festival for the third year running.

We're so excited to be part of this fantastic community event once again and can't wait to see all of our amazing runners out on the course!



On the Day

This year, we have over 80 incredible runners taking on the Warrington Running Festival. Keep an eye out for our runners in their bright yellow St Rocco's running vests, as well as our 40+ bespoke vests kindly sponsored by Clarity Procurement Solutions Ltd

Our team will also be in the Event Village throughout the day, supporting and cheering on our participants. Please come over and say hello!

To every person taking part for St Rocco's Hospice, we want to say a huge thank you. We're incredibly grateful that you have chosen to take on this challenge in support of the hospice, and we can't wait to cheer you across the finish line.

Your Fundraising Matters!

St Rocco's Hospice provides specialist palliative care and support to people in the Warrington community living with life-limiting illnesses. Our care is provided free of charge to patients and their families, helping people receive the care, comfort and support they need at some of the most difficult times in their lives. By fundraising for St Rocco's, you are helping us continue providing vital care and support to local patients and their families. It's not too late to join our team! If you already have a place and you would like to support us with your fundraising, set up a JustGiving page and ask your friends & family to sponsor you.

To find out more about St Rocco's Hospice, please visit:
www.stroccos.org.uk



www.stroccos.org.uk



01925 575780



Registered with
FUNDRAISING
REGULATOR



Lockton Ln, Bewsey,
Warrington WA5 0BW



FULL OF
NEW YORK
Flavour



For every runner entered, we will donate
2 packs of bagels to Magic Breakfast

THE
GOOD
WE
SHARE



www.newyorkbakery.co.com



GET YOUR SHOES READY TO RUN ALONG WITH OVER 150K RUNNERS!

MAGIC BREAKFAST

Magic Breakfast exist to
END MORNING HUNGER
as a barrier to learning
for children and young
people in the UK.

One in seven children and
young people are at risk of
starting the day hungry



Magic Breakfast makes a difference
to over **350,000** children and young
people each day by providing
nourishing breakfasts that help
them learn and thrive!



TO FIND OUT MORE VISIT
magicbreakfast.com

Scan me
to donate!



TRAVEL

Address: Bank Park, Sankey St, Warrington, WA1 1UH

Bike/Foot:

We strongly recommend that anyone who lives within 2km of Bank Park to walk or cycle to reduce traffic congestion around the road closures and car parks. For those cycling, we will have a bike lock rack in the event village.

By Car:

If driving to the event, please plan in advance as local parking options will fill up quickly. We recommend you use www.warrington.gov.uk/carparks to find a suitable parking spot.

Prior to driving to the event, please familiarise yourself with the road closures in place [HERE](#) to ensure your safe route to the venue.

Please note, parking restrictions will be in place on Crosfield Street, if planning to use street parking please park elsewhere.

Please consider parking further afield and walking to the venue to avoid congestion and road closures which can be seen [HERE](#).

Please check the opening times of local car parks, as some may not be open on Sunday mornings.

Public

Transport:

Warrington Bank Quay rail station is just a few minutes walk from the event village and is on the Liverpool to Manchester line.

Please check timetables and plan accordingly.



what3words

Event Village:

///tribune.items.grew

RACE PACK

START TIMES

HM	9:00am
10K	9:00am
5K	9:15am
JUNIORS	11:30am

RACE PACK COLLECTION TIMES

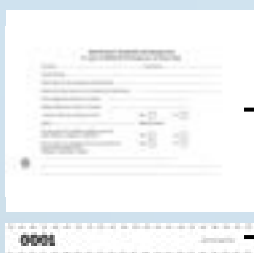
HM	7:00-8:30am
10K	7:00-8:30am
5K	7:15-8:45am
JUNIORS	10:00-11:00am



FOR ENTRIES ON OR BEFORE THE 2ND SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 17th September please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 2nd September, 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 or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER
& TIMING CHIP

— BAGGAGE LABEL



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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets available to use in the Event Village & on the course.

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.
- 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.

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.

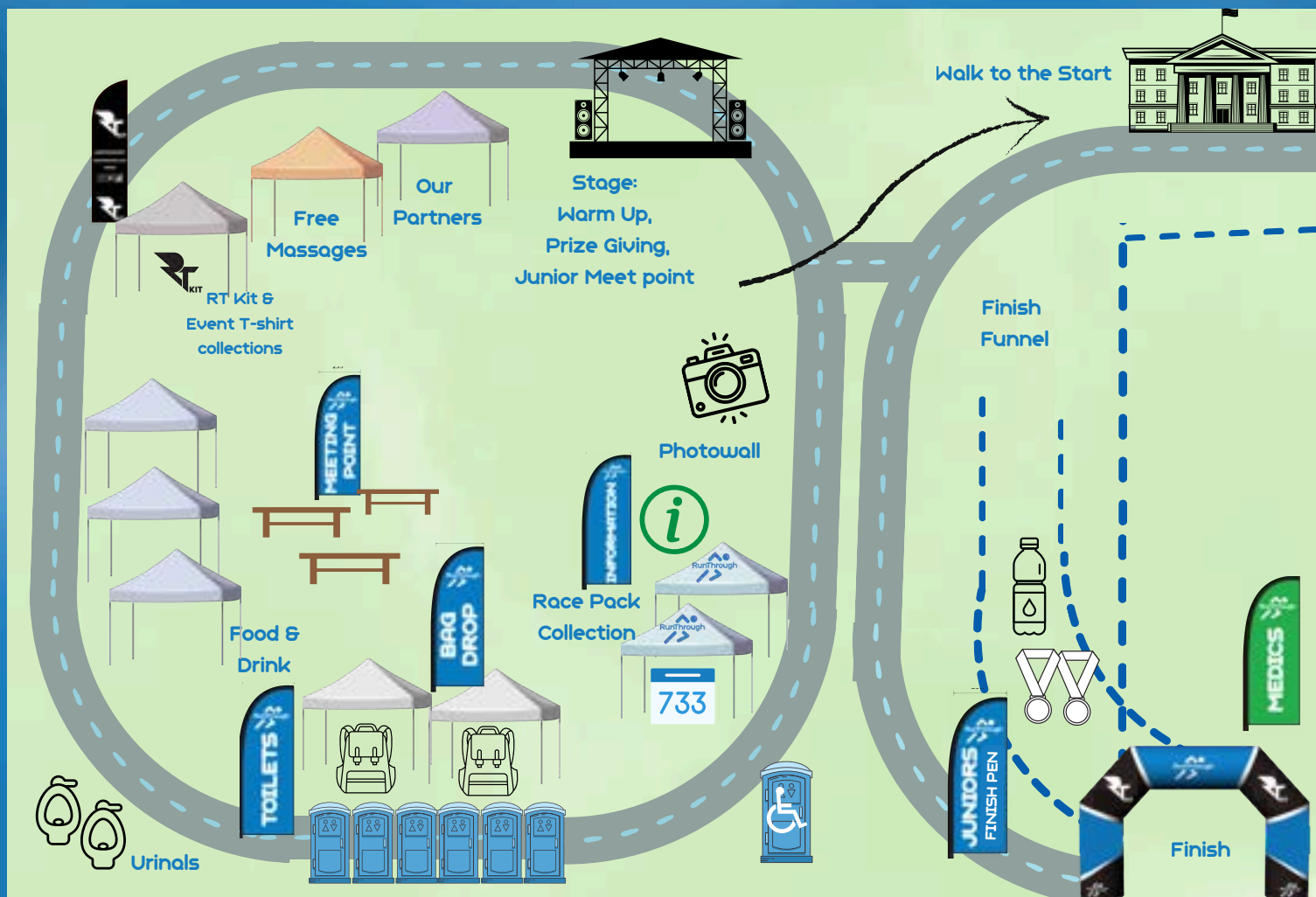
Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **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.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

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



WARM UP & RACE START

We will have a warm up taking place in the event village at 8:40am.

From here, 10k & Half Marathon runners will be directed to line up together based on your estimated finish time. Please wait for your estimated time to be called before heading to the start.

Please listen out for marshals' instructions and look out for the pace signs in the event village to get lined up ahead of the race.

Both the 10k & Half Marathon will start together at 9:00am.

The same format will be followed to line 5k runners up from 9:05 to start at 9:15am.

DURING THE RACE

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

5k will follow red KM Signs - 1-4KM

10k will follow green KM signs 1-9KM

HM will follow red New York Bakery branded MILE signs 1-13Mi

The races will start on Winmarleigh Street and follow a road closed route towards Victoria Park. From here the course will follow the Trans Pennine Trail alongside the Manchester Ship Canal to the Cantilever Bridge.

On crossing the bridge there will be a junction where 10k runners will turn to head back, and half marathon runners will continue out towards Stockton Heath. This will be clearly signed and marshalled.

The 5k will follow the same start, upon approaching Halla Way you will complete a U turn to head back to the event village, following the same route as the 10k & half marathon.

On completing a loop around Lumb Brook Road, New Lane and Broad Lane, the half marathon route will meet back with the 10k at the Cantilever Bridge. Both distances will return via Knutsford Road back into town, finishing under the Golden Gates in Bank Park.

There will be a lead bike guiding the way for both distances.

After crossing the Cantilever Bridge at 4 miles (6.5 km), 10k runners must keep left, and Half Marathon runners must keep right, to ensure that they follow the correct course. There will be signage and marshals in place to direct you, please ensure that you are aware of your surroundings and listen to marshal instructions.

Please drain and discard all litter and bottles within the signed litter zones, which will be shortly after each water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

A limited number of SiS gels will also be provided at the 2nd HM 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.

Please note there is a 3hr cut off on this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There will be a water station at 4miles, 7.5miles and 11.5miles on the Half Marathon course.

The 10k will pass the water station at 6km.

(Please note there won't be a water station on the 5k route).

There will be a bottle of water waiting for you at the finish line.

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.



Please note, 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.

**LOOK OUT FOR THE
LITTER ZONE SIGNAGE!**



COURSE MAPS

HALF MARATHON



[CLICK FOR HM
INTERACTIVE MAP](#)

10K



[CLICK FOR 10K
INTERACTIVE MAP](#)

5K



[CLICK FOR 5K 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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoodie 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 kit, but would like to purchase some, 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 HERE



JUNIOR RACE

T-SHIRTS



[CLICK TO PRE-ORDER](#)

(Please note, these are pre-order only, any on the day purchases will be posted out)

1 MINI LAP



[CLICK FOR JUNIORS INTERACTIVE MAP](#)

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out).

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/ guardian throughout the event.

Meet by the big blue flag by the info tent 20mins prior to the start time.

We'll have a group warm up at 11.15 and walk to the start together.

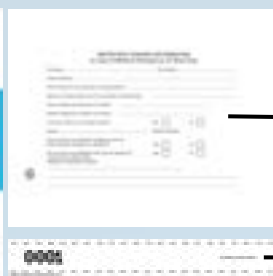
The race will start at 11.30 and will follow a 1mile closed road loop. There will be a lead bike and marshals along the course.

You will finish at the same finish as the other races and be funnelled into a finish pen.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!



INCLUDED:

— BIB NUMBER AND
ATTACHED TIMING CHIP

— ADULT WRISTBAND



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

RESULTS & PHOTOS

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!



SOCIAL MEDIA

Q runthroughuk



Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com



GO FURTHER SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- **£40 - 5K/10K**
- **£65 - HALF MARATHON**
- **£100 - MARATHON/ULTRA**

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



Here at RunThrough we are always looking for like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

ST. PIERRE

PART OF
GRUPO
BIMBO



GREAT BURGERS – DESERVE – GREAT BRIOCHE



EAT AVEC RESPECT

AVAILABLE IN STORES NATIONWIDE

WWW.STPIERREBAKERY.COM

Lace up your shoes and set your sights on greatness

Let's go Team



uk.tdsynnex.com



TD SYNnex

MAKE NATURE YOUR POWER



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK



THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

[Shop now](#)

BROOKS



OFFICIAL PARTNER



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

Provided on course for every runner to help fuel your performance.



**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



OFFICIAL VITAMIN PARTNER

Energy to test your athletic skills?

There's a  for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

SPORTS
SHOES
.COM

**UNRIVALLED
IN RUNNING**



GET 15%^{*}
OFF

**Find your discount code on the
back of your race bib.**

*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

NOTHING BUT OUR PERSONAL BEST

SINCE 19:57

**Watsons
Solicitors**

SPONSOR OF WARRINGTON RUNNING FESTIVAL

From supporting local initiatives
to imparting our expertise.
IT'S SOMETHING WE HAVE ALWAYS DONE



watsonssolicitors.com



**Watsons
Solicitors**



Watsons Solicitors is a trading name of Watsons Solicitors Warrington LLP a Limited Liability Partnership registered in England and Wales with registered number OC36012 whose registered office is 13 Bird Street, Warrington, WA1 1DU. A list of members is available for inspection for inspection at its registered office. Any reference to a Partner in relation to Watsons Solicitors Warrington LLP means a member of Watsons Solicitors Warrington LLP. Watsons Solicitors Warrington LLP is authorised and regulated by the Solicitors Regulation Authority number 508547.

evolution

YOUR NEXT PERSONAL BEST MIGHT NOT BE ON THE COURSE

Speak to Evolution about building a
successful career in consultative sales

Rebecca Savage
Senior Talent Acquisition Partner
Rebecca.Savage@evolution.tech





RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

[FIND OUT MORE](#)



[BOOK YOUR SPOT →](#)



Supported by...



 TD SYNnex Watsons Solicitors evolution



BROOKS



POWERED BY
givestart

SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk