



RUN AINTREE 5K, 10K & HALF MARATHON SUNDAY 8TH FEBRUARY 2026

EVENT GUIDE

IN SUPPORT OF:





YOUR RACE EXPERIENCE

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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



KATIE

CORINNE

COL

KIRSTEN



University
Hospitals of
Liverpool
Charity

Aintree | Broadgreen | Royal

Caring for those you care about most

University Hospitals of Liverpool Charity is thrilled to be the Charity of the Year for Run Aintree 2026!

As the charity for hospitals local to Aintree, we're proud to bring this opportunity, to run the iconic Aintree racecourse. When you run for UHL Charity, you're helping to support friends, neighbours, loved ones and of course, people you will never meet.

Your support means that they can continue to provide the very best care for patients and staff at Aintree, Broadgreen and the Royal Liverpool Hospitals by going above and beyond stretched NHS budgets.

But we can't do it without you.



Get Involved:

Fundraise for us – Join Team UHL Charity

Donate – Your support helps us go further, reach more people, and make every moment of care count.

Five things we funded in 2025

- Patient essentials –warm clothes, toiletries and slippers for patients who come in with very little or nothing
- SEN packs to support those who might need calming down in A&E which can be a busy and stressful environment
- In-patient gifting on Christmas Day for patients who were unable to go home; some of whom didn't have any visitors on Christmas Day
- Improvements to our Aintree breast unit, enabling us to see more patients (due to open Spring 2026)
- We opened a brand new 'Frances Centre' at the Royal, dementia-friendly space designed to provide non-pharmacological therapies and support the wellbeing of our patients.

Registered charity number 1047988  Registered with FUNDRAISING REGULATORY



<https://www.uhliverpoolcharity.org/>



01517063153



Aintree University Hospital, Aintree Lodge, Longmoor Lane, Liverpool L9 7AL

TRAVEL

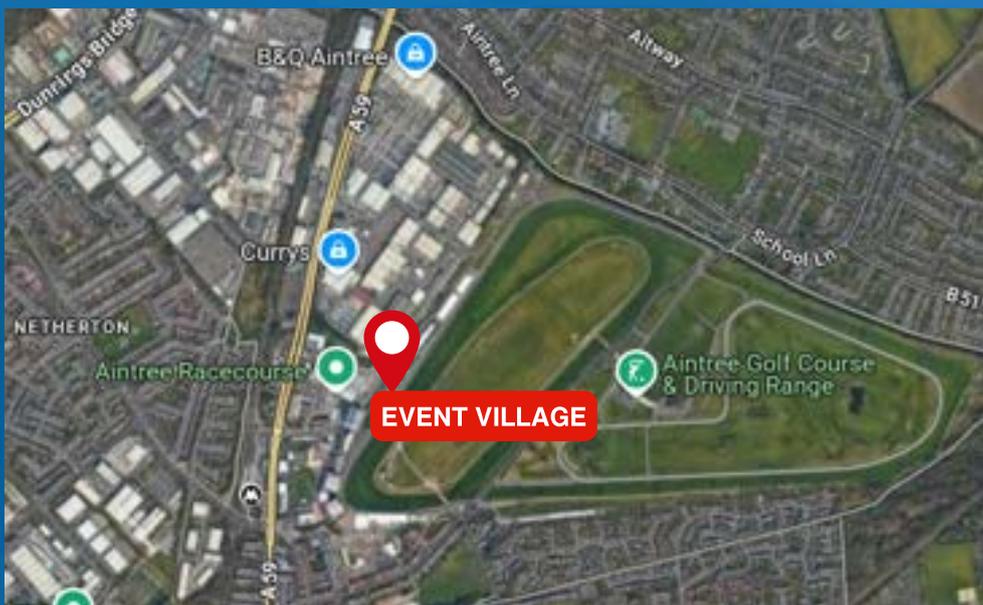
Address: Aintree Racecourse, Ormskirk Road, Liverpool, L9 5AS

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](#).

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.

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, to find out train times.



what3words

Event Village:

///trim.safely.broom

RACE PACK

START TIMES

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

RACE PACK COLLECTION TIMES

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



**FOR ENTRIES BEFORE THE 23RD JANUARY
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 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 FORM**](#)

[**CLICK FOR ENTRY LIST & RESULTS**](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



DOGS



TOILETS

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

These will be signposted from the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is 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.

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 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.

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.



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 MAP

1 lap of the course



[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.



THE MEDAL

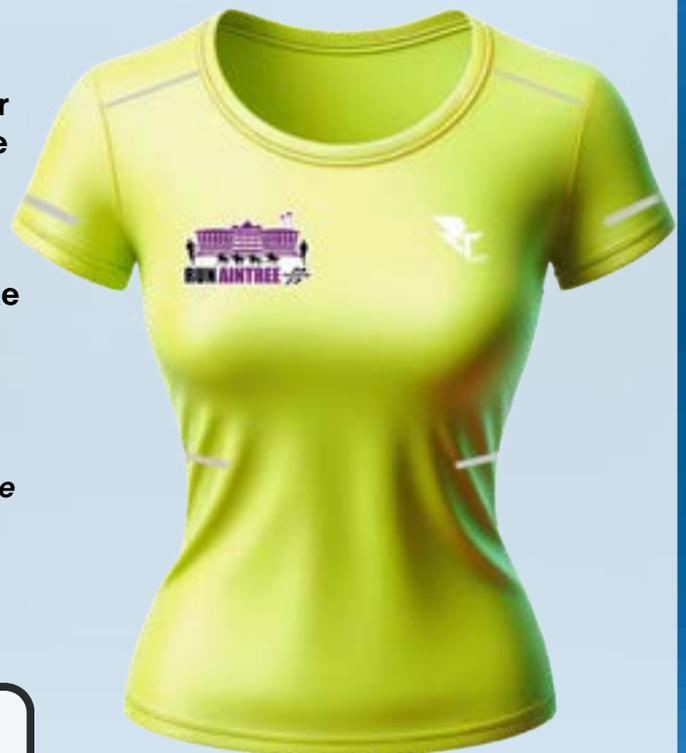


EVENT T-SHIRTS

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



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

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!



FOR FAQ'S
CLICK HERE

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

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 likeminded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



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

⁺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

#nuuniverse

#nuunhydration

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



THE SALE

SPORTSSHOES.COM

UP TO
80% OFF

The SportsShoes January Sale has landed. With thousands of products from the top brands, you won't want to miss out. You'll find hundreds of deals with up to 80% off, so you can refresh your kit and get ready to reach your goals in 2026.



HOKA
Cielo X1 2.0

£149.99 ~~£249.99~~

Shop Now

THE FUTURE IS HERE



in the new

GLYCERIN FLEX

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

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



The image shows three smartphone screens displaying fundraising pages on the Givestar platform. Each screen features a 'Runthrough' logo, a profile picture of the creator, the number of participants, and a 'SHARE' button. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event created by James Duncan. It has 7 participants and shows a progress bar for £160 raised of a £500 target, which is 32% of the goal. Below the progress bar are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. The left screen shows the 'TATTON 5K & 10K' event created by Samantha Jones-Lockett, with 6 participants and £230 raised of a £200 target (115% of target). The right screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event created by Nicolai Deans, with 11 participants and £350 raised of a £300 target (116.67% of target). Both side screens also have 'GIVE NOW', 'SHARE', and 'FOLLOW' buttons.

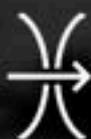


OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

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



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



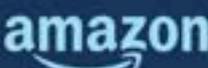
TRY OUR FLAVOURS



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

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

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF ALL
ABILITIES**

**FIND OUT
MORE**

FOUNDED BY





Supported by...



BROOKS



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Interested in supporting an event?
Email: partners@runthrough.co.uk