

EVENT GUIDE



WOMEN'S RUN SERIES

HEATON PARK 5K & 10K
SUNDAY 17TH MAY 2026



YOUR RACE EXPERIENCE

**WOMEN'S
RUN SERIES**

WHAT YOU CAN EXPECT PRE RACE

7:30-9:00am

Arrival - pg.4



8:30-9:30am

Race Pack Collection - Pg.5



7:30am- 12:30pm

Event Village - Pg.6



ALL YOU NEED TO KNOW ABOUT THE RACE

9:40-9:50am

10:00am

Warm Up & Race Start - Pg.7



10:00- 11:45am

During the Race - Pg.7



The Course & Spectator Zones - Pg.8



AFTER YOUR RACE

10:15- 12:30pm

Finish Line - Pg.9



Instant

Same day

Results & Photos - Pg.10



ADDITIONAL INFORMATION

Get Involved - Pg.11



Our Partners - Pg.12



WELCOME

**WOMEN'S
RUN SERIES**

At Women's Run Series, our mission is to create a truly safe and inclusive space for women's running, empowering individuals to embrace a healthy and active lifestyle.

We are dedicated to increasing female and ethnic minority participation in running events, ensuring that everyone, regardless of background, feels welcome and supported.

By partnering with grassroots groups and initiatives, we aim to foster the growth of women's sport, championing diversity and promoting physical and mental well-being through the power of running.

Together, we strive to build a vibrant community where every woman has the opportunity to thrive and inspire others to do the same.

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 the event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The Women's Run Series Team!

THE TEAM



CORINNE



GEORGIE



SARAH

ADDRESS: HEATON PARK, MIDDLETON RD, HIGHER BLACKLEY, MANCHESTER, M25 2SW

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

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](#).

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)

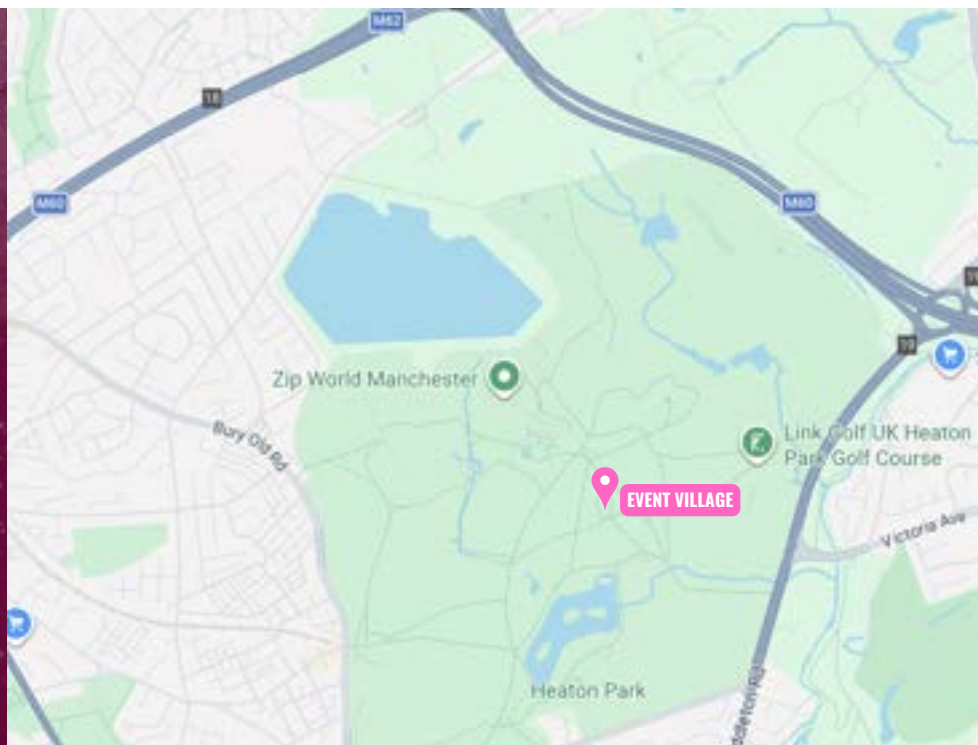
M25 1SS: Metrolink Entrance (14 Mins)

M25 1JH: Grand Lodge (20 mins)

By Foot/ The park is easily accessible by both foot and cycle.

Bike: Cycle parking is available in the park.

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



what3words

Event Village:

///remote.chief.early

RACE PACK

**WOMEN'S
RUN SERIES**

Start Times

10k- 10:00am

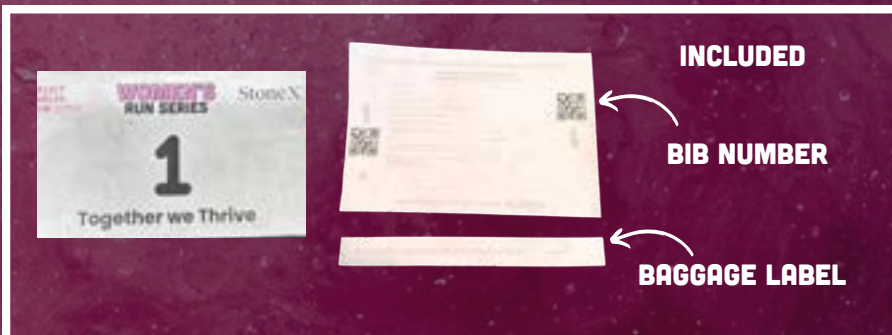
5k- 10:10am

Race Pack Collection Times

10k- 8:30-9:30am

5k- 8:40-9:40am

- 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.



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](#)



FACILITIES

Refreshments



On Site parking



Spectators
Welcome



TOILETS & CHANGING

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.

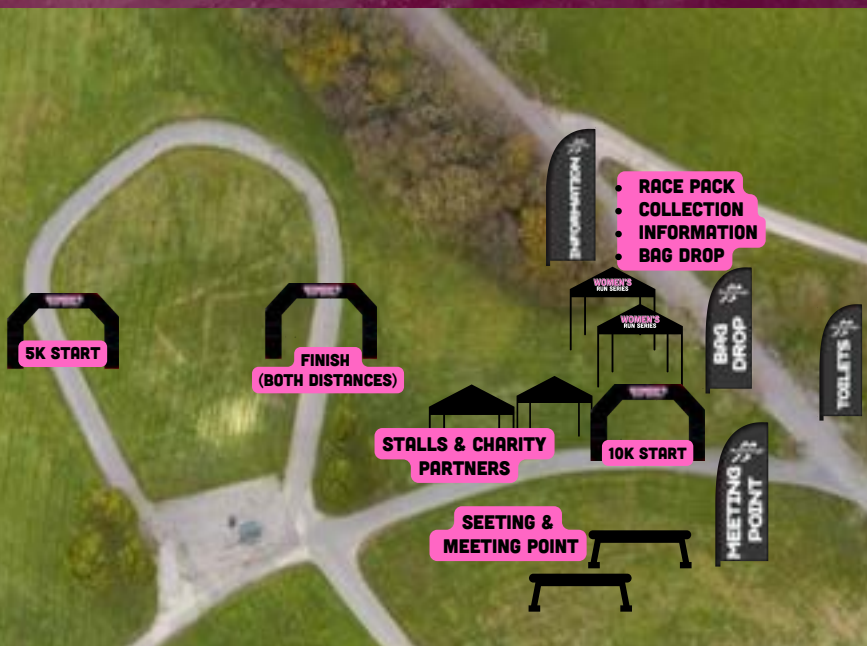
BAG DROP

- 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.

EVENT AREAS

For this event, male supporters are more than welcome.

Please just be aware this is a women's only race and we ask any men attending to be mindful of your surroundings and be considerate to all female participants on course and in event village.



WARM UP & RACE START

**WOMEN'S
RUN SERIES**

We will have a warm up in the event village 15min before the start of each the 10k.
We encourage all 5k & 10k runners to join this together.

From here, we will call out estimated finish times to get all 10k runners lined up and ready to run, followed by 5k runners.

DURING THE RACE

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

10k will follow Black km signs 1-9

5k will follow red km signs 1-4

10k – 2 Laps (once past the water station)

5k – 1 Lap (won't pass the water station)

At the end of a lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the event village).

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 your 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 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 and cyclists. 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.

WATER STATIONS

There will be a water station at the start of the 2nd lap for the 10k runners, the 5k won't pass a water station on the course.

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

Please drain and discard all litter and bottles within the signed litter zone, shortly after the 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.

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

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

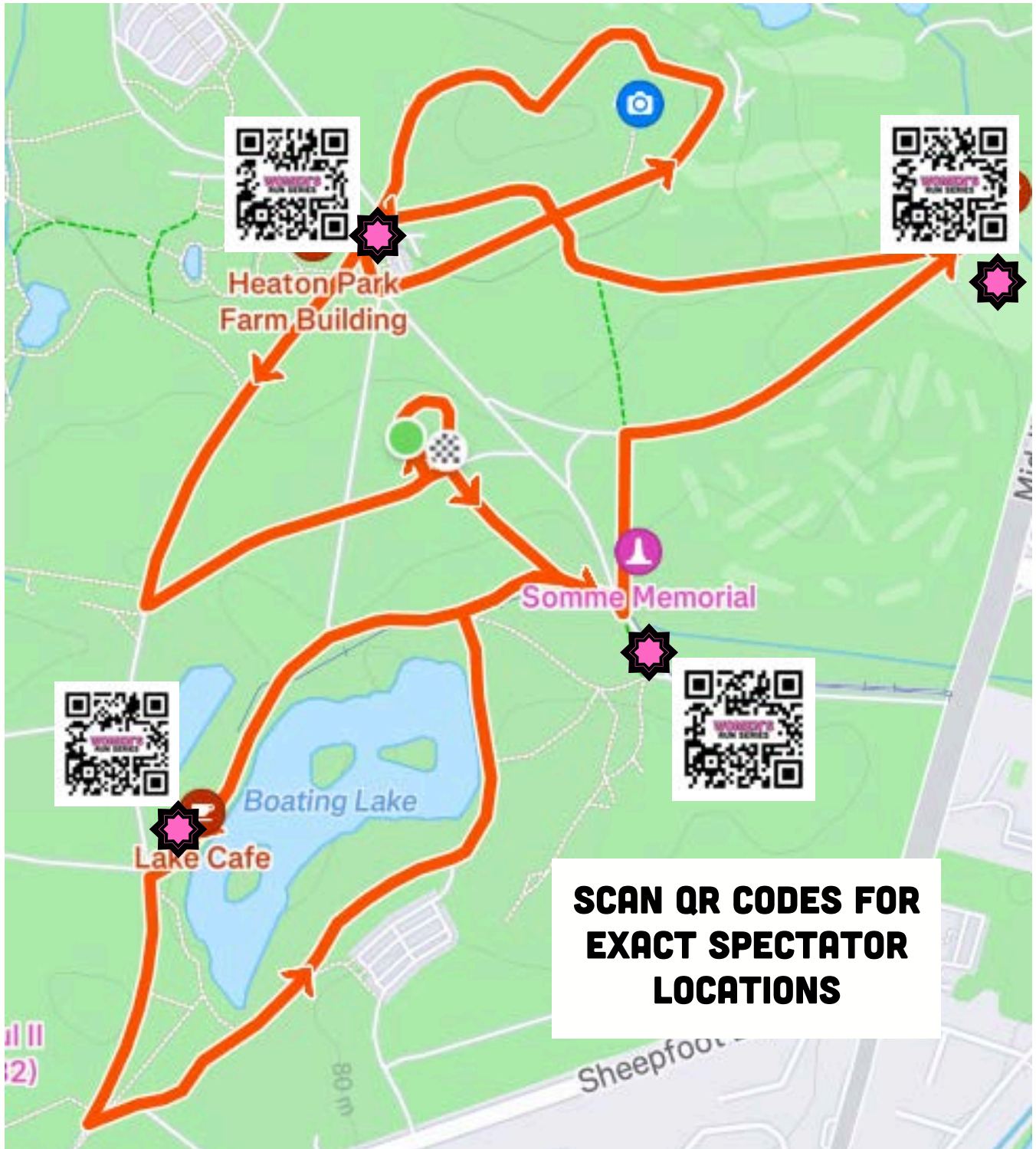


If you wish to wear headphones please do! However we ask that should you choose to wear headphones, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

COURSE MAP & SPECTATOR ZONES

**WOMEN'S
RUN SERIES**

1 LAP OF THE ROUTE



[CLICK FOR INTERACTIVE ROUTE MAP](#)
(10K WILL COMPLETE 2 LAPS | 5K WILL COMPLETE 1 LAP)

THE FINISH LINE

**WOMEN'S
RUN SERIES**

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!

RACE DAY ETIQUETTE

At the WRS we are massive advocates that running truly is for anyone.

Whilst at a Women's only event 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 pink High-vis jackets!) Or if you prefer you can email us at info@womensrunseries.co.uk.

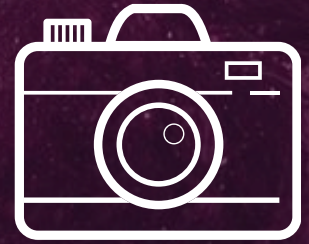
We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

PHOTOS & SOCIAL MEDIA

**WOMEN'S
RUN SERIES**

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

If you don't wish to have your photo taken or published online, please notify a member of the team at the information desk.



CLICK THE CAMERA TO VISIT THE PAGE!

SOCIAL MEDIA



#WomensRunSeries



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

If you don't wish to have your results published online, please notify a member of the team at the information desk or email in advance to info@womensrunseries.co.uk

EVENT MERCH

If you have purchased an event T-shirt or hoody with your race entry, please head to the RT Kit stall on race day, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt or hoody, but would like to purchase one, these are available on the [RTKit website](#).

(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 MERCH

GET INVOLVED!

VOLUNTEER AND RECEIVE RACE ENTRY CREDITS VALUED AT:

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

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



here at womes run series we are always looking for like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

WOMEN'S RUN SERIES



RunThrough's official partner for apparel
and event merchandise.



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

Event Name	Amount Raised	Target	Percentage of Target
TATTON 5K & 10K	£230	£200	115%
SURREY HALF MARATHON	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	£350	£300	116.67%



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](#)

**RUNNER
RETREATS**

MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)

WOMEN'S RUN SERIES



BROOKS



SPORTSSHOES.COM

ovacome..
ovarian cancer

women's aid
until women & children are safe

Bromley & Croydon



**RAPE
CRISIS**
SOUTH LONDON

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