

EVENT GUIDE

RUN ALTON TOWERS 10K & JUNIORS

Saturday 15th November 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



JADEN KATIE JAMES JOE BEATRICE TOM KIRSTEN



GEORGIE SARAH CALLUM EMMA ROB CHRIS STEPHEN TIM



SOPHIE KANE GIAN GRAHAM REUBEN CLAIRE JAMES

Run For Sick Kids



Birmingham Children's Hospital is one of the UK's leading specialist paediatric centres, caring for 100,000 children and young people every year from across the country.

Every patient and family that walks through the hospital's doors benefits from its charity, which exists to make a real difference to poorly children during difficult times. Whether that's through a newly refurbished playroom or ward, a state-of-the-art piece of equipment or even a toy at Christmas.

Charitable donations allow Birmingham Children's Hospital to be at the forefront of what's possible, ensuring patients and families receive the best care, treatment, experience and environment.



It's not too late to use your Run Alton Towers place to join **#TeamBCH** and run for the hospital's sick kids.

Simply set up a fundraising page on JustGiving and ask your friends and family to donate. Just scan the QR code to get started.

Every sign up to run for the charity makes a real difference to sick kids and their families at difficult times. For a full list of upcoming events you can take on to support them, visit: bch.org.uk/events



TRAVEL

Address: Alton Towers, Farley Ln, Alton, Stoke-on-Trent, ST10 4DB

Travel By Car

Please arrive early as there may be queues into the car park, along with up to a 20minute walk from your car to the event village.

We advise arriving before 8am.

Alton Towers Resort is located between the M1 and the M6 and is well signposted. Depending on your direction, the nearest junctions are:

M1 Northbound – Junction 23a

M1 Southbound – Junction 28

M6 Northbound – Junction 15

M6 Southbound – Junction 16

Please drive with care as the roads in the area can be very narrow in places.

Some Sat Nav systems may take you down a local farm track (especially if you're coming from the B5417). Please follow the road signs for the last few miles.

Travel By Rail

Uttoxeter Train Station:

Uttoxeter station is the nearest train station to Alton Towers, just 10 miles from the resort. Uttoxeter station is just a 20 minute drive away from the resort or 30 minutes by bus.

Stoke on Trent Station:

Stoke on Trent rail station is 15 miles from Alton Towers Resort. A local taxi would take around 25 minutes to the resort.



what3words

Park Entrance [///delighted.pulps.fizzled](#)

Event Village [///spaces.funky.frog](#)

RACE PACKS

Start Times

10k: 10:00am
Juniors:
age 10+ 11:30am
Under 10- 11:40am

Race Pack Collection Times

10k: 7:30-9:30am
Juniors: 9:00- 11:00am

**FOR ENTRIES BEFORE THE 31ST
OCTOBER,
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 located outside the turnstiles.
- 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.
- In addition to your race pack, all runners and spectators require an entry ticket to get through the turnstiles.

You will have received an email with a code to redeem your tickets for entry into the resort. Both runners AND spectators will need to redeem these tickets to be able to enter the resort on arrival pre-race.

You must redeem your tickets BEFORE the day of the race. Please note, if you enter or purchase a ticket after midnight on 14th November then you can collect your entry tickets from the registration desks.

RACE PACKS



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



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, staff and 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

FACILITIES

Toilets



Refreshments



Parking



**Spectators
Welcome (Ticketed)**



BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be a bag drop marquee located at the bottom of the Event Village.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop area.
- **Please collect all belongings after your race and before going on the rides.**



FACILITIES

For this event, we will use portable toilets located in the event village as well as venue toilets which will be sign posted around the park.

There won't be any showers available, but runners are welcome to leave and re-enter the park after the race if you'd like to nip home or to the car to freshen up. If doing this, please get your hand stamped on exit and keep hold of your entry ticket.

SPECTATORS

Spectators will be required to show their ticket on arrival to the park. These can be downloaded from your pre-race email.

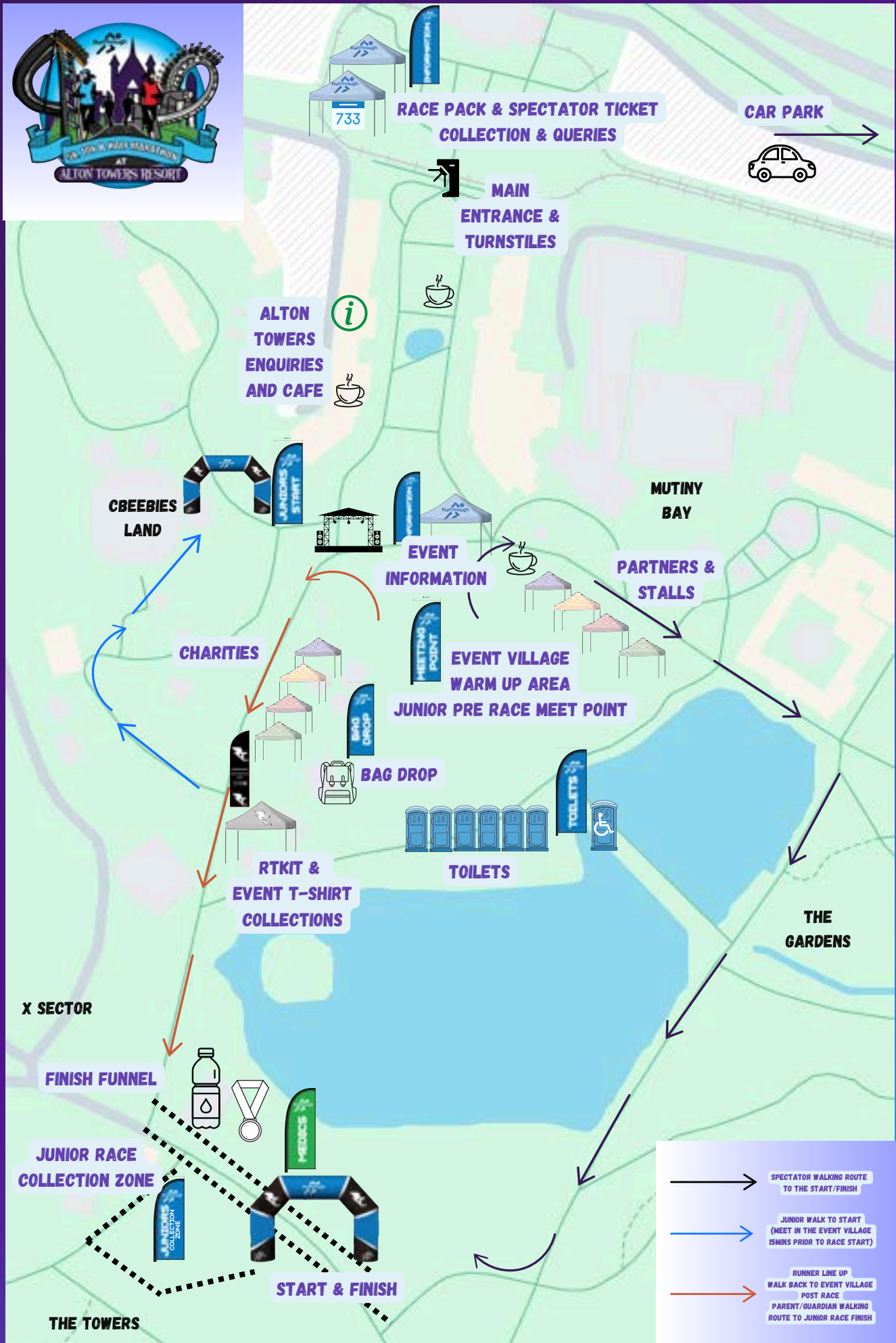
You will have received an email with a code to redeem your tickets for entry into the resort. Both runners AND spectators will need to redeem these tickets to be able to enter the resort on arrival pre-race. You must redeem your tickets **BEFORE** the day of the race.

There is no set arrival time, however we advise arriving before 9:30 to watch the start of the race. If you would like to watch the start of the race, you will need to be outside the castle prior to 9:40am.

After this time there will be barriers put into place for the race route that will restrict movement between the Event Village and the Start/finish area.

If you choose to stay in the Event Village at the start of the race, you will be required to wait here until after 10.25, when the access route to the finish line is re-opened.

EVENT VILLAGE





WARM UP & RACE START

We will have a warm up in the event village 20 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.

Please be patient and line up only when your time is called forward. There won't be access to the start lines prior to this time.

DURING THE RACE

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

You will follow green markers 1-9

The 10k follows an undulating loop within the iconic Alton Towers resort. Starting and finishing outside the Towers, the route begins with a loop of the Dark Forest, which includes the rides TH13TEEN and Rita.

The route then passes in front of the Towers and into X-Sector around Oblivion and the Smiler, before going past the lake into CBeebies Land, where you'll meet characters like the Teletubbies!

You'll then pass Mutiny Bay (and some angry pirates) and through Katanga Canyon, before making your way down to Nemesis Reborn.

From here you will leave the resort for a section around the car parks and internal road network, before turning back into the resort at Galactica, and into the creepy Haunted Hollow.

A final loop around the Dark Forest brings you back to the Towers for the finish.

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.

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 half way point in the 10K race, please help yourself to this as you pass. (There is no water station for juniors).

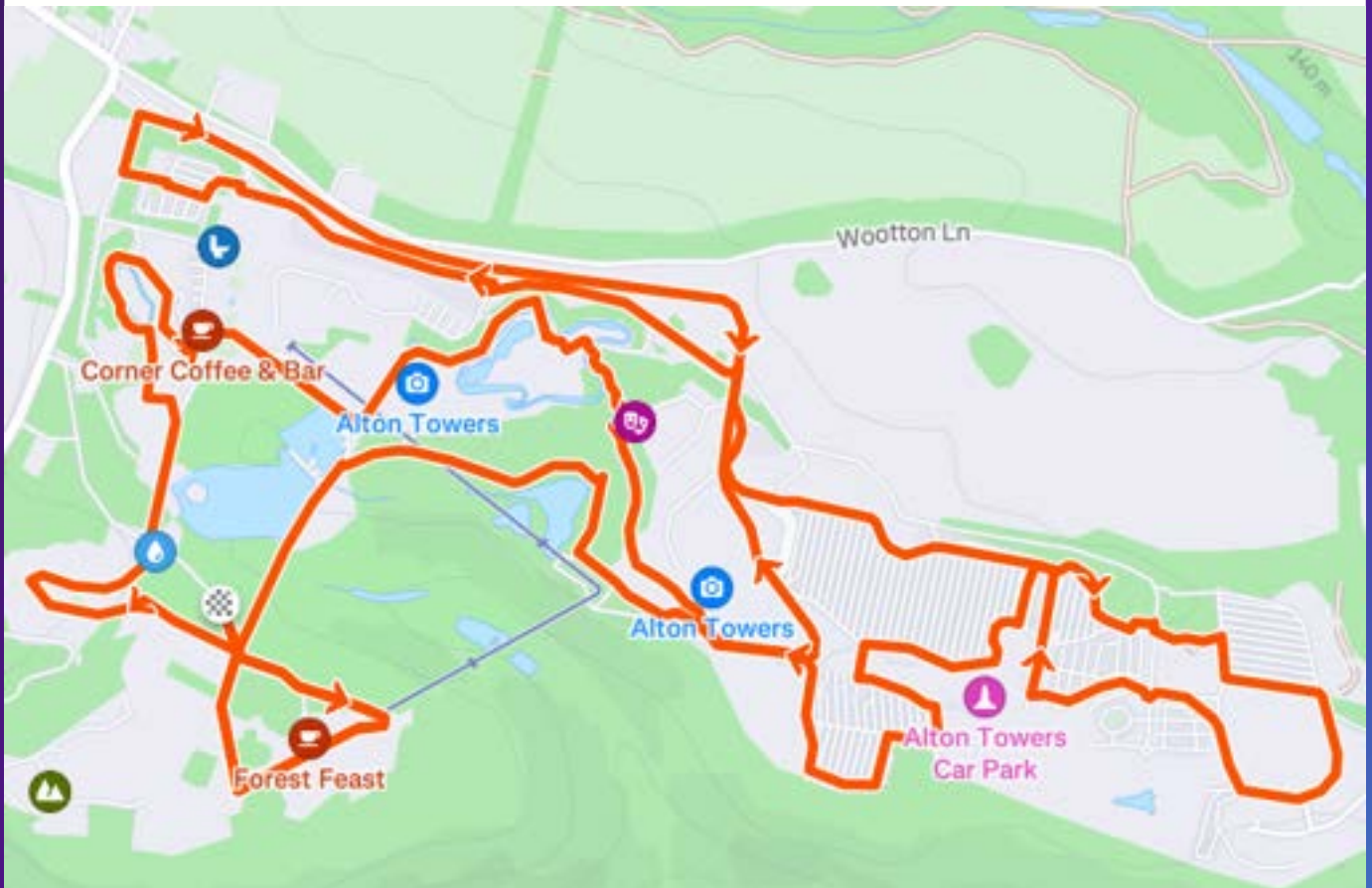
There will also be a bottle of water waiting for you at the finish line.

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

COURSE MAP



THE ROUTE



[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.)



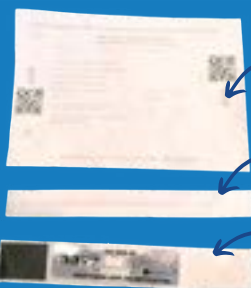
[PURCHASE AN EVENT T-SHIRT](#)

JUNIOR RACE

JUNIORS
START

****IF YOU'VE ENTERED PRIOR TO THE 31ST OCTOBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

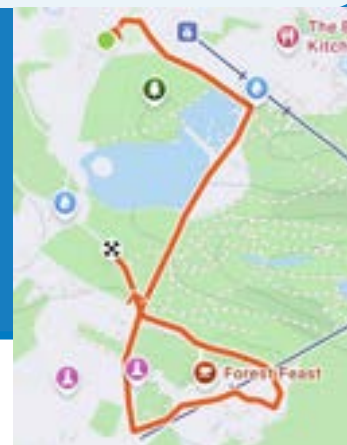
- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks located just outside the turnstiles.
- Your race pack will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the stage in the event village at 11.15 where we'll have a group warm up and call each wave to the start. This will be at 11:30 for Age 10 and over, and at 11:40 for under 10s.
- From the event village you will be walked through Cbeebies Land to the start, the course will then follow a 1.4km route to end at the Towers.
- The junior race will finish at our main finish line, from here you will have your own junior finish funnel to collect your goodies.
- Parents/Guardians, you are welcome to join in or you can cheer on your little ones at the finish line.
- Your little ones will not be able to leave the junior finish funnel until they are accompanied by their appropriate wristbanded adult. Please ensure your wristband is visible on collection. We will have race staff in this area at all times.
- When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian
wristband

Timing Chip

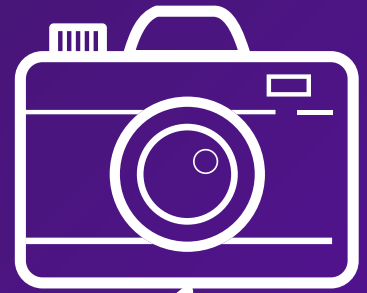


[**CLICK FOR INTERACTIVE MAP**](#)

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.

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**

AFTER THE RACE

Please be aware that part of the race route passes through the internal roads around the Alton Towers Resort. We expect runners to be on these sections until 11:30am. To ensure everyone's safety, we kindly ask you to enjoy the resort's rides and attractions until this time before planning to exit the resort. Thank you for your understanding and support!

As part of Run Alton Towers, you'll have the chance to enjoy a variety of rides and attractions throughout the park*, including the UK's only CBeebies Land and iconic coasters like Nemesis Reborn, Wicker Man, and Oblivion! To ensure a safe and successful run experience, please note that rides and attractions on event days will open from 11am, with all available attractions fully operational by 12.20pm on Saturday and 1.15pm on Sunday .

Please note: Congo River Rapids will remain closed, and Skyride, Battle Galleons and 'Get Set Go' rides will close at dusk.

(*During your visit some rides may also be closed or temporarily paused for a number of reasons including lost property retrieval, to support access requirements for guests with additional needs or during adverse weather conditions.. Please kindly note that as per the [Terms and Condition of entry](#) these closures are subject to change.)

Please collect any belongings from the bag drop before heading out on to the rides, this marquee will get shut after the final runner has finished. Any left will be handed into the Alton Towers information desk.



PARK MAP



ARRIVAL:

7:00am- Turnstiles Open
7:30am- Monorail Opens

RACES:

10:00am- 10k Start
11:30am- Juniors 10 & Over
11:40am- Juniors Under 10s

RIDES:

11:00am – X-Sector & Spinball Whizzer
11:30am – Wicker Man, Sharkbait Reef by Sealife ,
Mutiny Bay, The Curse at Alton Manor &
Runaway Mine Train
11.45am – Forbidden Valley
12.00pm - CBeebies Land
12.20pm - Dark Forest & Walliams World
All rides are subject to availability

CLOSING:

6:00pm- All rides close
7:00pm- Park closes



CLICK TO DOWNLOAD THE ALTON TOWERS APP
FOR LIVE QUEUE TIMES

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

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

What is the minimum age for this event?

10k-15 | Juniors- any age

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at north@runthrough.co.uk if you plan to take more than 2hrs 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 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. Spectator tickets can be passed to a friend without needing to notifying us.

Will there be a water station on the course?

Yes, there will be a water station at the 5k point, please help yourself to this as you pass. Please empty bottles before discarding.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting as we require all runners 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 desk on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

If you would like to watch the start of the race, you will need to be in place outside the castle prior to 9:40am.

If you choose to stay in the Event Village at the start of the race, you will be required to wait here until after 10.25, when the access route to the finish line is re-opened.

Will there be a prize giving?

There will be a prize giving for the top 3 male and female runners. 1st place runners 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.

10k Men's Sub 30:30 mins, Women's Sub 34 mins.

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

BROOKS

TRY THE GLYCERIN MAX 2



Plus Glycerin 22 GTS and Hyperion
Max 3 at Run Alton Towers

SPORTSSHOES.COM



Scan the QR code
to reserve your pair



BROOKS

GLYCERIN

MAX 2

Tune out, let your mind run free and go the distance in the Glycerin Max 2. Stacked to the max with luxurious nitrogen-infused DNA tuned foam and with GlideRoll Rocker technology, you'll be running on autopilot.

Weight: **Stack height:**

283g (w)

45mm

312g (m)

Midsole drop:

6mm



GLYCERIN GTS 22

For runners who crave a supportive, yet cushioned run. Plush cushioning from the DNA Tuned midsole, meets reliable support from the GuideRails system and helps keep you comfortably in your stride.

Weight:

249g (w)

280g (m)

Stack height:

38mm

Midsole drop:

10mm



HYPERION MAX 3

Built to deliver speed and protection with light and responsive DNA GOLD cushioning and RapidRoll Rocker. Run faster and maximise your training with the Hyperion Max 3.

Weight:

249g (w)

280g (m)

Stack height:

38mm

Midsole drop:

6mm

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WORKS DEEP IN THE
MUSCLE TISSUE FOR A
FASTER RECOVERY*

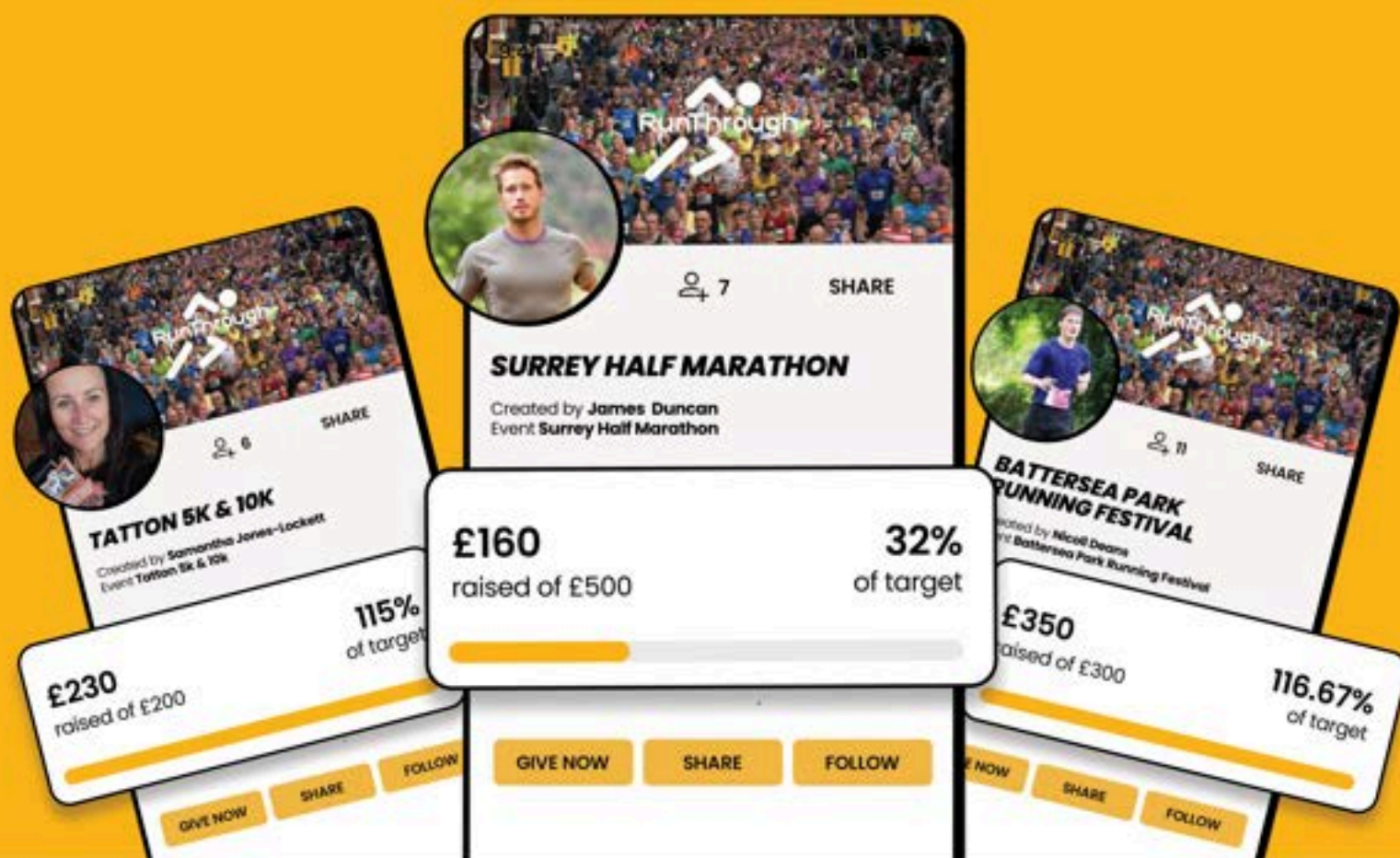
*Vs non-medicated gel.

THE OFFICIAL PAIN RELIEF 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



THE PERFECT RUNNING PAIR



9G
PLANT
PROTEIN


NATURAL
INGREDIENTS


SOURCE OF
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN
BAR 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



20% OFF
your next  order

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RUNTHROUGH20
amazon.com/lovecorn

revive
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SUPPLEMENTS
FOR A SUPER
YOU**

reviveactive.com

Grab your **FREE** Joint Complex sample
at the finish line and visit our tent for
nutrition talks, giveaways and more!



Open up their world.

Tours and Taster
Days Available

Contact us now to book your visit
nuls.org.uk/events



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Run Alton Towers 2025



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DID YOU KNOW A PROPERLY FITTING SPORTS BRA
CAN INCREASE RUNNING PERFORMANCE BY UP TO

7%

COME JOIN
US AT THE RACE!

GET SPORTS BRA ADVICE
FROM OUR FITTING EXPERTS.

BOOK YOUR

FREE

VIRTUAL SPORTS BRA FITTING TODAY

SIMPLY SCAN
THE QR CODE.





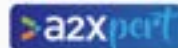
Don't fight fires, find fixes instead.

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You're selling an incredible product, and you deserve to focus on that – but all too often the daily grind gets in the way.

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- ✓ Your waste handled responsibly and compliantly
- ✓ £10 from every skip booking donated to the Birmingham Children's Hospital Charity

Simply call us and quote: **RUNTHROUGH10**



Excellent



TrustScore **4.7** | **87** reviews



**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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BROOKS



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