

EVENT GUIDE



BLACKBURN 10k **& Juniors**

Sunday 30th November 2025

HOSTED BY



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



STEPHEN

SAM

JADEN

COL



KATIE

CALLUM

REUBEN

KIRSTEN

KANE

TRAVEL

Address: Blackburn Rovers Football Club, Ewood Park, Blackburn, BB2 4JF

Travel By Car

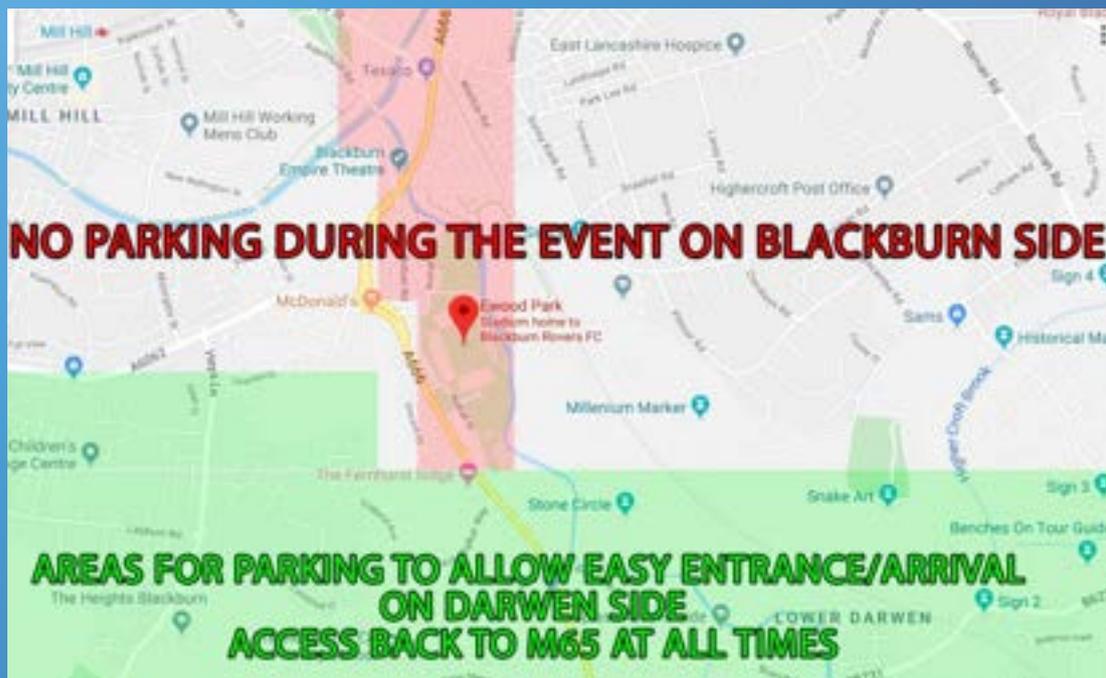
Blackburn Rovers FC have regularly 10,000-30,000 supporters at matches and there is lots of road parking (which will be free on Sundays) in the surrounding area. We recommend you park at the DARWEN END side of the course so you can head out easily after the event. The RED area on the image below shows where the route will be closed during the race (9.30-11am). We recommend you park in the green area to avoid being trapped in. If being picked up/dropped off, please use the Darwen End.

Travel By Rail

Blackburn station is approximately a mile and a half from Ewood Park. Mill Hill station is approximately one mile away from the ground. There are direct trains from Manchester Victoria, Salford Crescent and Preston. Please check train times in advance as Sunday services may be limited.

Travel By Bus

The buses serving Ewood Park are: No. 1 (Bolton – Darwen – Blackburn) and No. 24 (Chorley – Blackburn) The frequency of buses serving Ewood Park is every 10 minutes. For timetables see www.lancashirebus.co.uk



what3words

[Event Village](#) [///reduce.fight.props](http://reduce.fight.props)

RACE PACKS

Start Times

10K 9:30am
Juniors 11:15am

Race Pack Collection Times

10K 8:00-9:00am
Juniors 10:00-11:00am



FOR ENTRIES BEFORE THE 14TH NOVEMBER,
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.



[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



**Spectators
Welcome**



Dogs



BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be a bag drop within the Jack Walker Stand for those who need it.
- 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.
- Collect your bag after your race.



TOILETS

For this event we will be using the toilets located in the stands concourse. If you live locally we recommend using toilets at home.

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.



WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of the 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 km signs and arrows.

You will follow green KM markers 1-9

The course starts and finishes in Ewood Park Stadium and follows a fast, closed road course around Blackburn town centre and Mill Hill.

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.

If you choose to provide your own race fuelling/gels, 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 is a water station located at the 5km point on the course. 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 water 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



Collect your race pack from registration. This 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 in the event village 15mins prior to the start time.

We'll have a group warm up at 11:00 and walk to the start together.

The race will start at 11:15 and will follow a 800m out and back route around the perimeter of the stadium.

You will finish at the same finish as the other races and will 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.

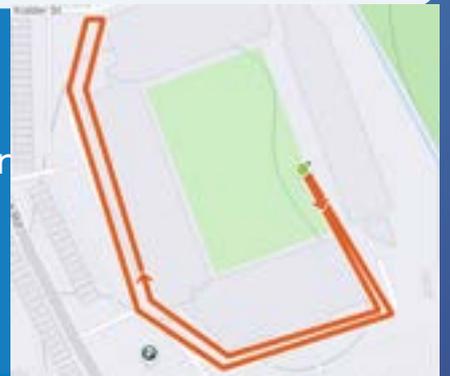
When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian
wristband

Timing Chip

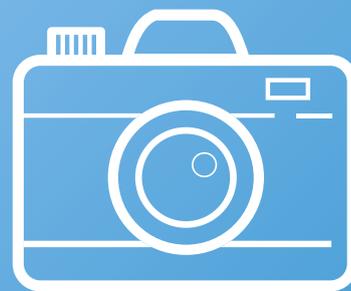


[**CLICK FOR INTERACTIVE MAP**](#)

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**

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.Q.S

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. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year 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?

Juniors- any age | 10K-15

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?

Yes due to road closures in place, please contact us at info@runthrough.co.uk if you plan to take more than 90min as we may need to make special arrangements on the course and in the 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. Your race pack and everything associated with your entry fee has 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 at 5k for you to help yourself to as you pass.

Am I allowed to wear headphones?

Headphones are not permitted unless bone conducting. Should you choose to wear these, please keep the volume low and remain aware of your surroundings and marshal instructions.

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 should I park for the event?

We advise using Parkopedia.com to find somewhere suitable. There is no event specific parking.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're welcome to walk around the course, however, if you're following the race route, please be respectful of road closures in place [HERE](#).

Will there be a prize giving?

Yes, there will be a prize giving on the stage for the top 3 male and females.

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:

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

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



**Community
Trust**

Blackburn Rovers Community Trust (Registered Charity No. 1117122) is proud to partner the Blackburn 10k hosted at Ewood Park.

The community trust is fully committed to offering all members of the local community access to the highest quality programme of grassroots football, education and inclusion initiatives. The trust aims to encourage off-field participation, success and enjoyment using the crest and brand name of Blackburn Rovers Football Club.

They believe in the power of football to engage, enthuse and motivate people irrespective of age, gender and ethnicity in the community, and want to spread this message throughout the Blackburn and Darwen area.

Blackburn Rovers Community Trust acts as a vehicle through which community cohesion can 'narrow the gap' in health, education, aspirations and opportunity whilst addressing issues in these areas.

[Find out more about the Community Trust](#)



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SHOES
.COM**

**BLACK
FRIDAY**

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BF25

Offer only valid on AW25 products, exclusions apply.

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PROTEIN


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INGREDIENTS


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FIBRE

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OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



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INFORMED SPORT
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AIM FOR 60G OF
CARBOHYDRATES
PER HOUR





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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

nuun

HYDRATION

Hydration starts here



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Fuel your work out with electrolytes. Before, during and after exercise.

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ELECTROLYTES
LEMON LIME
NATURAL FLAVOURS AND COLOURS
HYDRATION ELECTROLYTES TABLETS WITH SUGAR AND SWEETENER
50g

ULTRA



Don't let dehydration slow you down. Optimised electrolyte and Carbohydrate formula.

nuun
ULTRA
HYDRATION
RASPBERRY
HYDRATION ELECTROLYTES TABLETS WITH SUGAR AND SWEETENER
45g e

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

Official Partner

#nuunuk #nuuniverse #nuunhydration

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

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, a circular event image, and a progress bar. The central screen is the largest and most prominent.

- Left Screen:** TATTON 5K & 10K. Created by Samantha Jones-Lockett. £230 raised of £200. 115% of target.
- Center Screen:** SURREY HALF MARATHON. Created by James Duncan. £160 raised of £500. 32% of target.
- Right Screen:** BATTERSEA PARK RUNNING FESTIVAL. Created by Nicol Deans. £350 raised of £300. 116.67% of target.

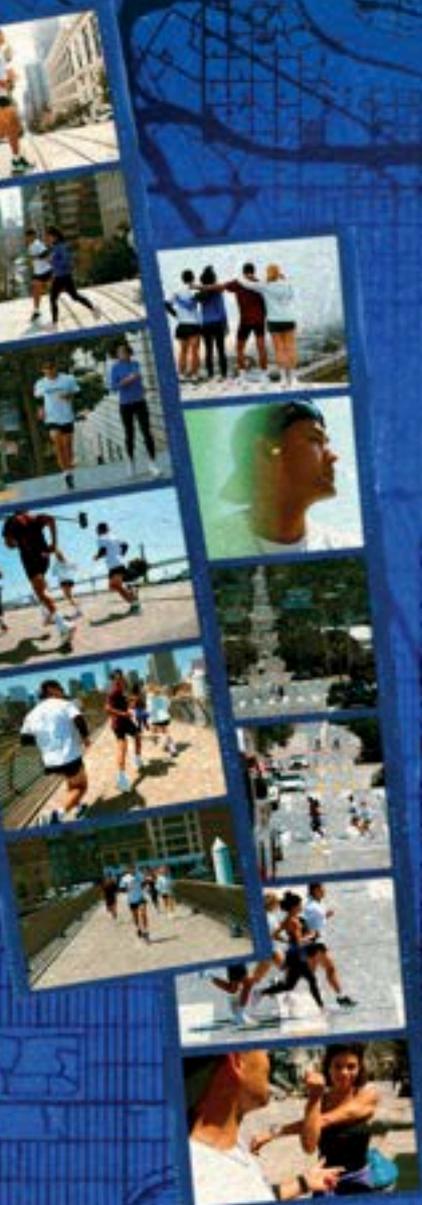
BROOKS

Let's Run There

**MAX SOFTNESS.
MAX ENERGY.
MAX RUN.**

in the

GLYCERIN MAX 2



Go on a run that never runs out in the Glycerin Max 2. Dual-cell DNA TUNED cushion is optimized for soft landings and powerful toe-offs to help you truly tune out and max your run.



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

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BROOKS



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