

Vitality STOCKPORT 10K

RunThrough

VITALITY STOCKPORT 10K

INCLUDING TOP FLIGHT

SUNDAY 19TH JULY 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

03 WELCOME

06 TRAVEL

07 RACE PACK

08 EVENT VILLAGE

09 RACE START

09 DURING THE RACE

10 COURSE MAPS

11 FINISH LINE

12 RESULTS & PHOTOS

13 TOP FLIGHT

16 OUR PARTNERS AND OFFERS

RunThrough

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 KANE ROB REUBEN TIM STEPHEN GRAHAM JASON

Run. Move. Get rewarded.

Vitality Your health's best friend

Whether you're chasing a PB or crossing your first finish line, Vitality is here to support every step of your journey. We're all about helping you live a healthier life, and rewarding you for it.

When you take out a Health or Life Insurance plan, you'll unlock:

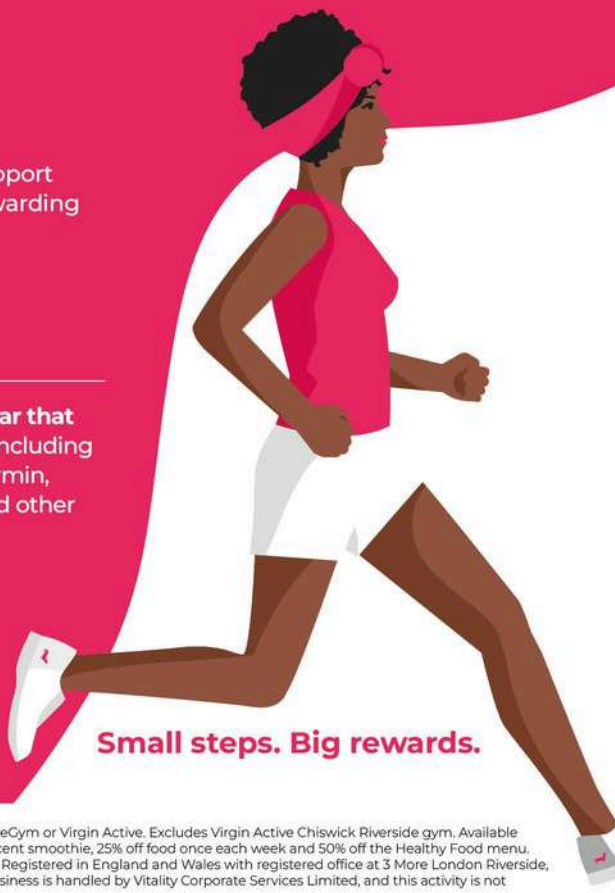
Up to 50% off a monthly gym membership at PureGym, Nuffield Health or Virgin Active[1]

Rewards for staying active, including Caffè Nero handcrafted drinks[2] and cinema tickets

Discounts on the gear that keeps you moving, including Gymshark, Fitbit, Garmin, SportsShoes.com and other performance tech

→ Discover Vitality Health and Life insurance at **vitality.co.uk.**

CAFFÈ NERO | GYMSHARK | fitbit | GARMIN. | SPORTS SHOES .COM



Small steps. Big rewards.

[1]A joining fee of up to £80 will apply. Each adult member on a plan can have one discounted gym membership at either Nuffield Health, PureGym or Virgin Active. Excludes Virgin Active Chiswick Riverside gym. Available on certain gym membership packages only. [2]Earn 12 activity points a week and you could choose a handcrafted Caffè Nero drink or an innocent smoothie, 25% off food once each week and 50% off the Healthy Food menu. Available on qualifying plans. Vitality Corporate Services Limited is trading as VitalityHealth and VitalityLife, with registered number 05933141. Registered in England and Wales with registered office at 3 More London Riverside, London, SE1 2AQ. Vitality Corporate Services Limited is authorised and regulated by the Financial Conduct Authority. Trust administration business is handled by Vitality Corporate Services Limited, and this activity is not regulated by the Financial Conduct Authority. 07/2026 VHLE1159650WF



MARATHON KIT ESSENTIALS

SUPPORTING YOU THROUGH TRAINING AND RACEDAY

www.runthroughkit.co.uk

Community Trust

Stockport County Community Trust

Stockport County Community Trust is dedicated to transforming lives through sport, learning and wellbeing.

We use the power of football and the platform of Stockport County to deliver life-changing programmes that inspire, support and connect people across our community.

OUR IMPACT:

- 10k+ participants benefited from programmes in the last year.
- Social value created: £6 for every £1 invested.
- Over 7,500 children engaged in school-based activities.

GET INVOLVED:

- DONATE
- SPONSOR A PROGRAMME
- ATTEND OR SUPPORT OUR EVENTS
- VOLUNTEER
- BECOME A CORPORATE PARTNER

OUR THREE CORE PILLARS:

Health & Wellbeing

Education & Employability

Inclusion & Participation

To learn more, email communitytrust@stockportcounty.com or call 0161 266 2700

TRAVEL

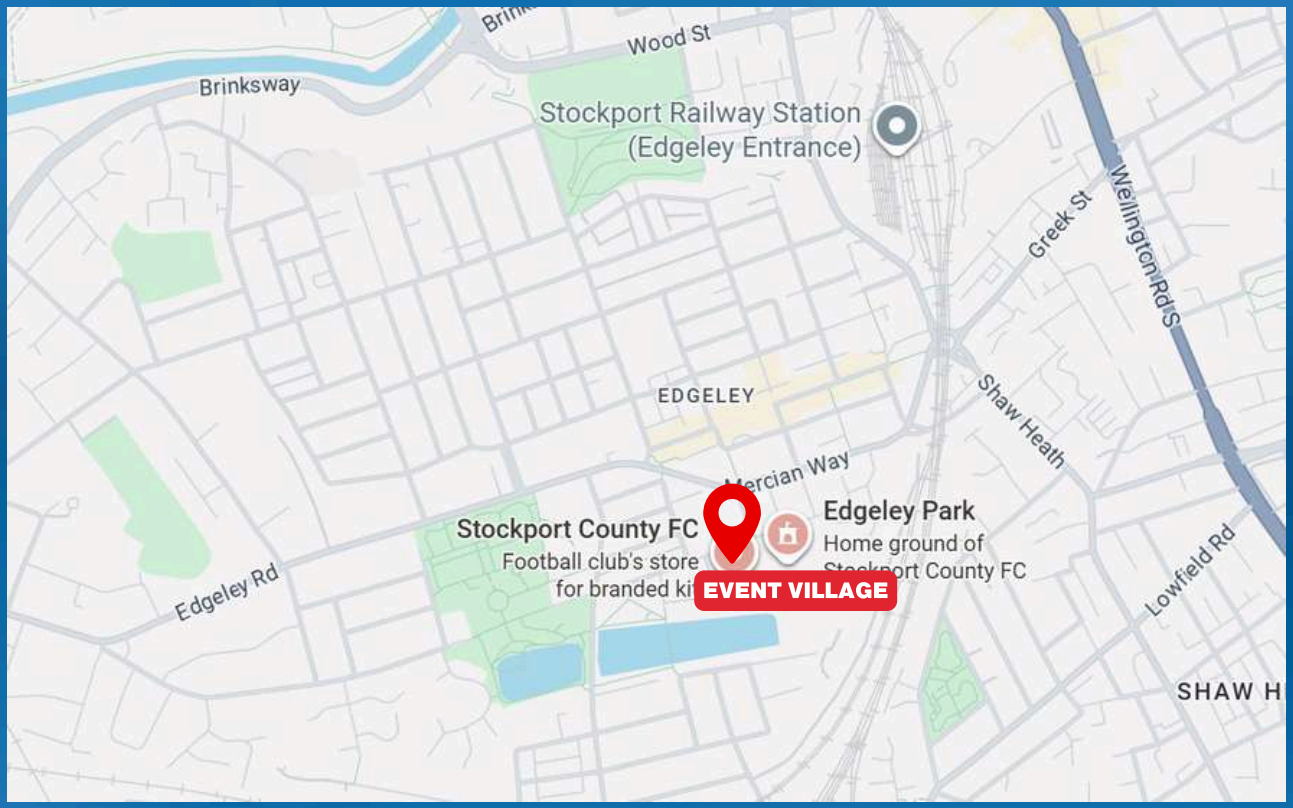
Address: Stockport County FC, Edgeley Park, Edgeley, Stockport, SK3 9DD

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

Parking: There is no specific event parking for this event. There are plenty of parking options in Stockport town centre, we advise using parkopedia.com to plan your journey. Please note, road closures will be in place from 6am, these can be seen HERE.

By Public Transport: Stockport Train station is a 15 minute walk from the football club. However if you do plan on using public transport, please plan your journey in advance as Sunday services may be limited.

By Bike/foot: We advise walking or cycling if you live locally to avoid congestion on arrival. If you choose to cycle to the event, you can keep your bicycle safe by our bag drop.



what3words **Event Village:** ///poems.latest.rings

RACE PACK

START TIME

9:00am

RACE PACK COLLECTION TIMES

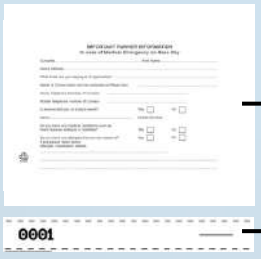
7:30-8:30am

FOR ENTRIES ON OR BEFORE THE 30TH JUNE YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 15th July 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 30th June, 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

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



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING ✗

SPECTATORS WELCOME ✓

TOILETS

There will be toilets available within the stadium concourse & outside in the event village.
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.

RACE START

We will gather everyone 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 distance signs and arrows.

You will follow Pink KM markers 1-9.

The course follows traffic-free roads around Stockport, offering a smooth and speedy route ideal for PBs. With a friendly race village atmosphere and plenty of space to warm up, support fellow runners, and enjoy the day, it's a standout race experience in the heart of Stockport.

Please drain and discard all litter and bottles within the signed litter zone, which is 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.

Please note there is a 90min 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 approximately 5k on the course. Please help yourself to this as you pass.

There will 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.



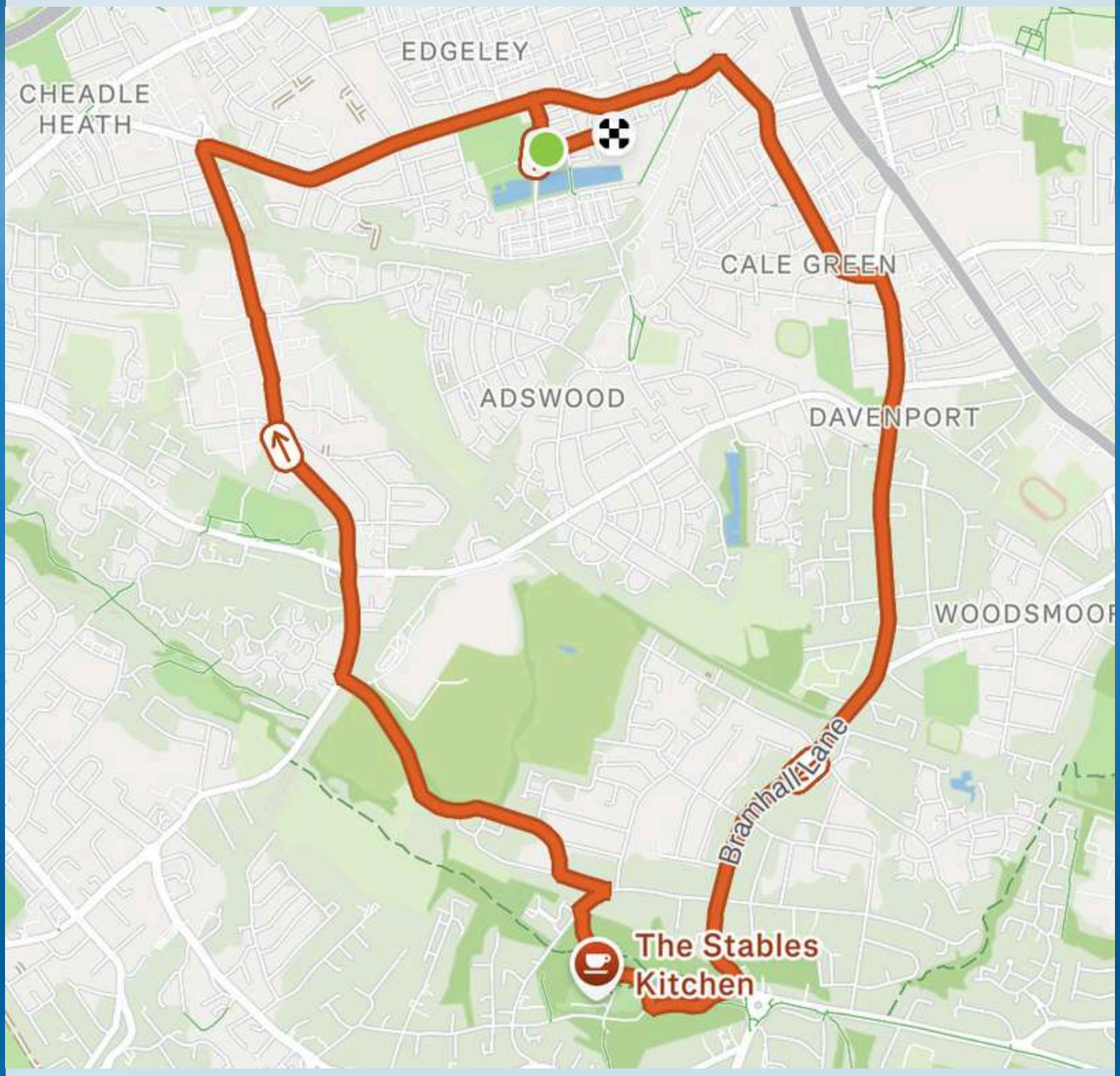
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

10K Race 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.

ALMOND FAMILY PUBS

Celebrating finishing the Vitality Stockport 10k with a drink on the house at any Almond Family pub! Simply show your medal at any of their five pubs and you'll get a free drink - a pint, glass of house wine or prosecco, single spirit & mixer, or a soft drink.

Find them at Puss in Boots (Offerton), Spread Eagle (Romiley), Station House (Cheadle Hulme), Jolly Sailor (Davenport), or Fletchers Arms (Denton), no booking necessary.

Full details plus terms and conditions available at almond-pubs.co.uk

THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoody 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



RESULTS & PHOTOS

PHOTOS

Click the camera to visit the page!

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

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!



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

TOP FLIGHT RACES

STOCKPORT 10K



Series Prize Pot
£60,000

UPCOMING RACES:

AUGUST- QUAYSIDE 5K
SEPTEMBER - ALTRINCHAM 10K
OCTOBER- CHESTER MARATHON
OCTOBER- JARROW 10K
NOVEMBER- FULHAM 10K

What is the Top Flight Race Series?

Top Flight by RunThrough is a race series across the UK, designed to support elite-level athletics by offering high-quality competition opportunities and rewarding top performances. Each race features an elite prize structure, with additional rewards for the overall series standings.

Scoring System

Points are awarded as follows:

1st – 25 points
2nd – 18 points
3rd – 15 points
4th – 12 points
5th – 10 points
6th – 8 points
7th – 6 points
8th – 4 points
9th – 2 points
10th – 1 point

Each athlete's best three scores count towards their final series total.

Tie-Break Criteria

In the event of a tie on points:

1. *Head-to-head result at the series finale (Ribble Valley 10k) determines placing.*
2. *If still tied, individual head-to-head record and best time over the same distance are considered.*
3. *If records remain identical, prize money for that position is split.*

Series Eligibility

To qualify for the overall series prize money, athletes must :

1. *Compete in and finish at least three races.*
2. *Score in at least one race.*
3. *Achieve a Top Flight entry standard in at least one race.*

Series Standings

Men's

	POINTS
KADAR OMAR	50
JACK MILLAR	36
DOMINIC JONES	27
KEVIN CAMPBELL	25
OMAR AHMED	25
RICHARD ALLEN	25
JONATHAN ESCELANTE-PHILLIPS	18
CHRIS COULSON	18
LAWRENCE MCCOURT	15
ALEX HOWARD	15

Series Prize Money

1st: - £1,000
2nd - £700
3rd - £600
4th - £500
5th - £400
6th - £300
7th - £250
8th - £200
9th - £150
10th - £100



Women's

	POINTS
LISA BAILEY	27
HANNAH MOREIRA DOS SANTOS	27
MEGAN STENHOUSE	25
POPPY TANK	25
ANDREA CLEMENT	25
HANNAH VINER	25
KIRSTY LONGLEY	25
RACHEL BROWN	18
NATASHA PHILLIPS	18
SARAH HOLT	18


GO FURTHER
SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

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

RunThrough

SUMMER TRIPLE SERIES

THREE MONTHS, THREE EVENTS, ONE EPIC ACHIEVEMENT.



JUNE
Run any eligible RunThrough event

JULY
Run any eligible RunThrough event

AUGUST
Run any eligible RunThrough event

RUN ONE EVENT IN JUNE
ONE IN JULY
ONE IN AUGUST

EARN YOUR SUMMER TRIPLE SERIES MEDAL!

SIGN UP FREE
Get a 10% discount code to use on any eligible June, July or August event.

COMPLETE ALL THREE
and earn your exclusive Summer Triple Series Medal.

NO ADDITIONAL COST
Just run and get your extra medal at the end of summer!

Voltarol
The joy of movement

RunThrough

MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **RUNNING INJURIES**



Always read the label

12 HRS

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

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.

SOLGAR®

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.



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.

MAKE NATURE YOUR POWER

JB's TREK | RunThrough



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

RunThrough
OFFICIAL PARTNER

givestar

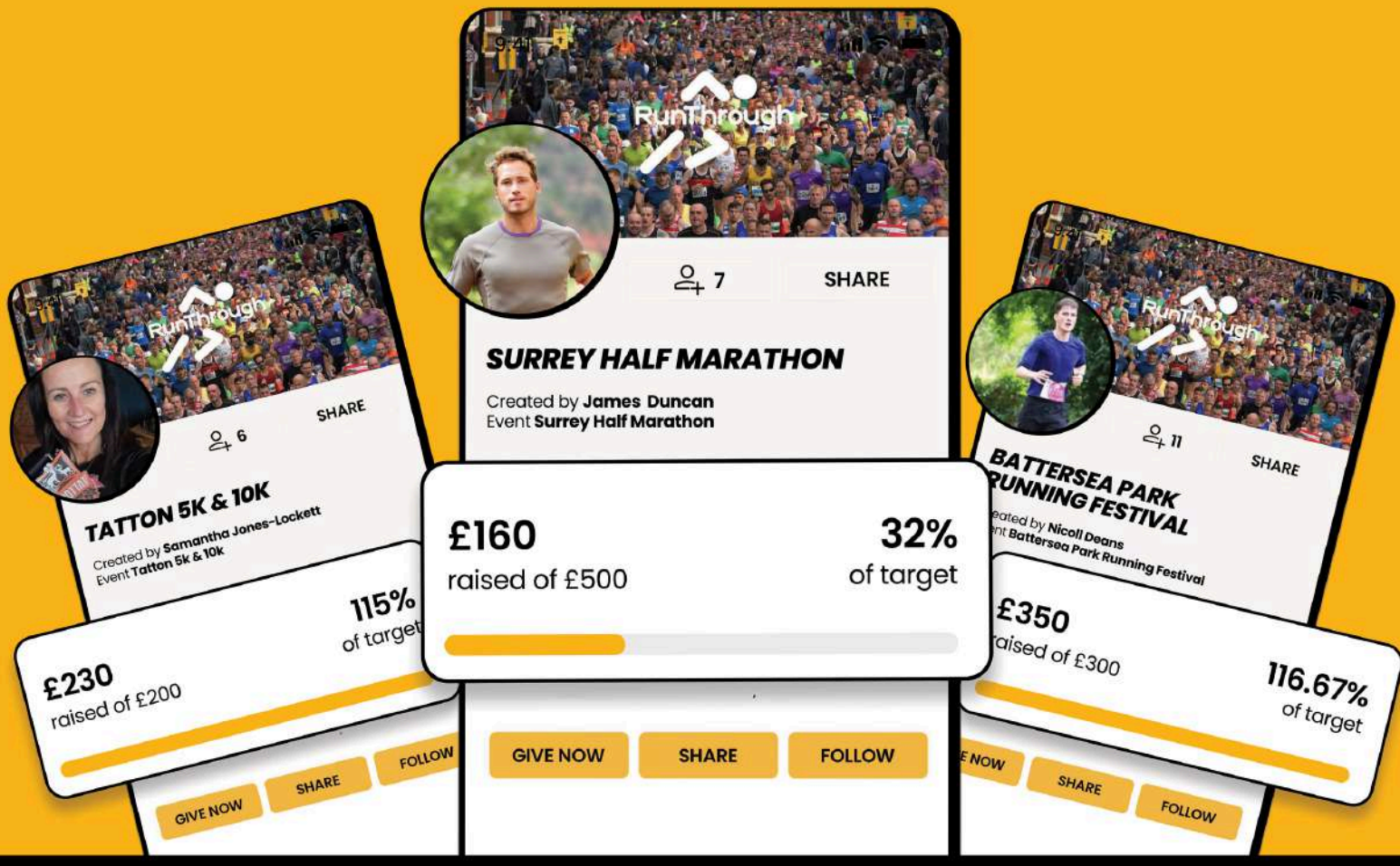
Download on the App Store

GET IT ON Google Play

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 FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

RunThrough

SiS
SCIENCE IN SPORT

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



FEEL STRONGER. RUN BETTER. STAY INJURY-FREE.

WE HELP RUNNERS:

- ✅ BUILD REAL STRENGTH
- ✅ IMPROVE BALANCE & MOBILITY
- ✅ STAY CONSISTENT AND INJURY-FREE

WHAT'S INCLUDED IN YOUR 30-DAY PROGRAMME:

- ✔ FULL BODY STRENGTH PROGRAMME
- ✔ 12 GROUP PT SESSIONS (YOGA + FITNESS SESSIONS)
- ✔ 1-1 CHECK-IN + INBODY HEALTH SCAN



RunThrough Coach

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&TOURS





BOOK YOUR SPOT →

RunThrough

Supported by...

Vitality

Stockport County FC 1883

RT Kit

Solgar Since 1947

JB's Trek

Voltarol The joy of movement

Brooks

SiS Science in Sport

givestar

SportsShoes.com

Interested in supporting an event?

Email: partners@runthrough.co.uk