



SOUTHPORT SEASIDE 10K

SUNDAY 2ND AUGUST 2026

EVENT GUIDE

IN SUPPORT OF:





YOUR RACE EXPERIENCE

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AND OFFERS**



Good luck to all runners taking part in the Southport Seaside 10k!

NHS

Mersey and West Lancashire
Teaching Hospitals
NHS Trust

MWL NHS Charity is delighted to be the Charity of the Year for this year's Southport Seaside 10K

We are incredibly proud to be part of such a fantastic community event that brings people together through health, wellbeing and achievement.

As the official charity of Mersey and West Lancashire Teaching Hospitals NHS Trust, we support projects that go above and beyond what NHS funding can provide. Through the generosity of our supporters, we help enhance patient care, improve hospital environments, fund specialist equipment and create opportunities that make a real difference to the lives of patients and families across our communities.

If you haven't chosen a charity to support yet, there is still time to help make a difference by fundraising for MWL NHS Charity. Every donation helps us continue funding initiatives that have a lasting impact across our hospitals. To find out more about fundraising for us, please email hello@mwlnhscharity.org.

On race day, please do come and visit the MWL NHS Charity stand in the Event Village. We would love the chance to meet you, share more about our work and thank you in person for your support.

From all of us at MWL NHS Charity, thank you for helping us champion better healthcare and stronger communities. We would also like to give a special thank you to EFT Group for their generous sponsorship.

We wish you the very best of luck and hope you enjoy every step of the Southport Seaside 10K!



[mwlnhscharity](https://www.mwlnhscharity.org)

0151 290 4400

www.mwlnhscharity.org



Scan me
for more
information

Proudly
supported by

EFT
Group

MWL
NHS CHARITY

Registered Charity Number 1053125

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

SOPHIE

KANE

TRAVEL

Address: Princes Park, Southport, PR8 1SB

By Car:

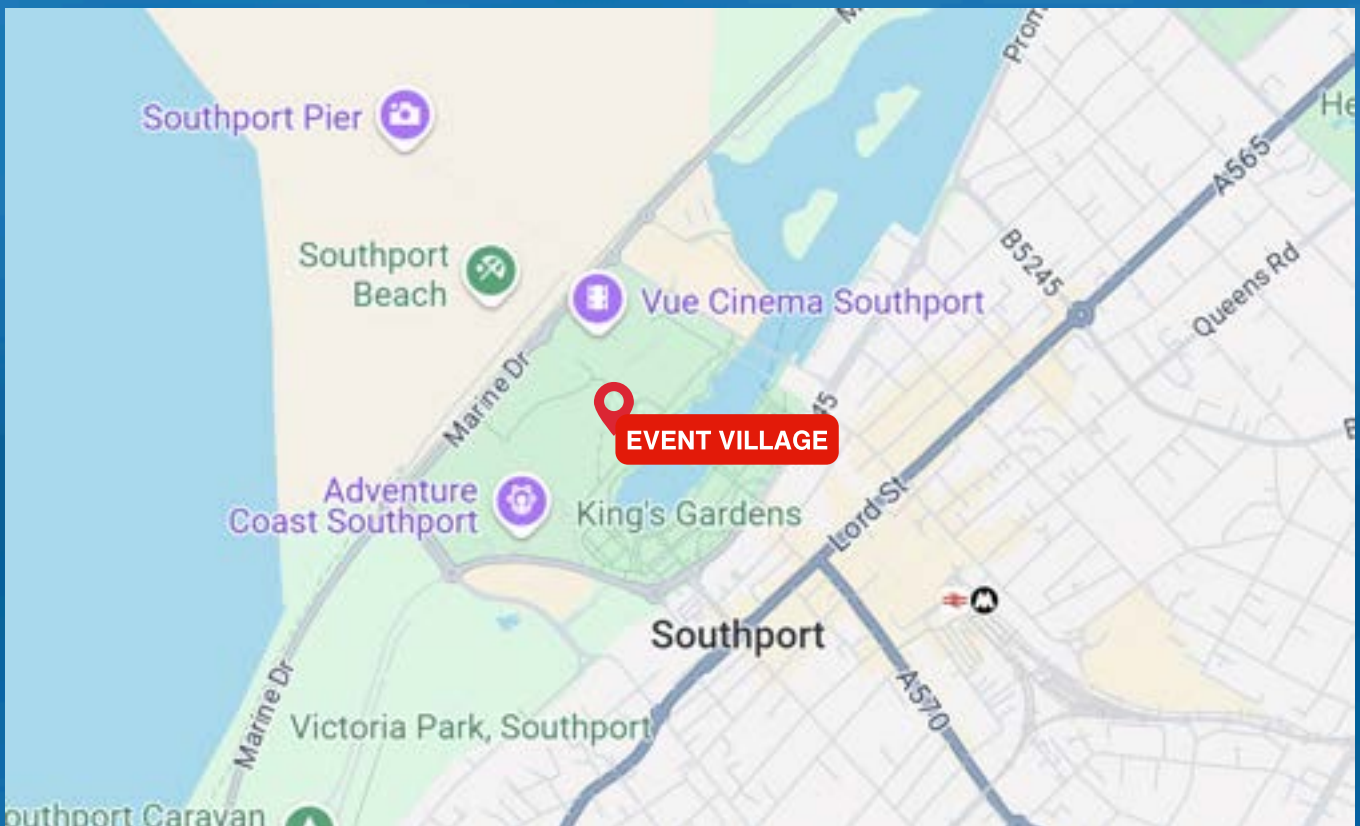
Please note there is no specific event parking, please arrive early to find a suitable parking spot and walk over to the event. We recommend using parkopedia.com to find a suitable spot.

By Train:

Southport train station is a 20min (1mile) walk from the event village.
Please plan your travel in advance, as Sunday services may be limited.

By Bike:

You're more than welcome to leave any bikes at our bag drop marquee. Please ensure you do not lock your bike to any of the fences on the course.



what3words

Event Village:

[///weeks.coast.goods](http://www.weeks.coast.goods)

RACE PACK

START TIME

9:00am

RACE PACK COLLECTION TIMES

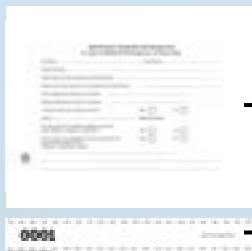
7:30-8:30am



FOR ENTRIES ON OR BEFORE THE 15TH JULY YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 29th 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 15th July, 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



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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets available to use 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.

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.

Please stay within the event village until we call you to the start line in estimated finish time order -
please don't make your way directly to the start!

DURING THE RACE

We will have marshals all around the course as well as KM signs and arrows.

You will follow green KM signs 1-9

The course follows an out and back along Marina Drive before returning into Princess park to finish.

Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collisions on the course. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

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

WATER STATION

There will be a water station at approximately 5km.

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

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

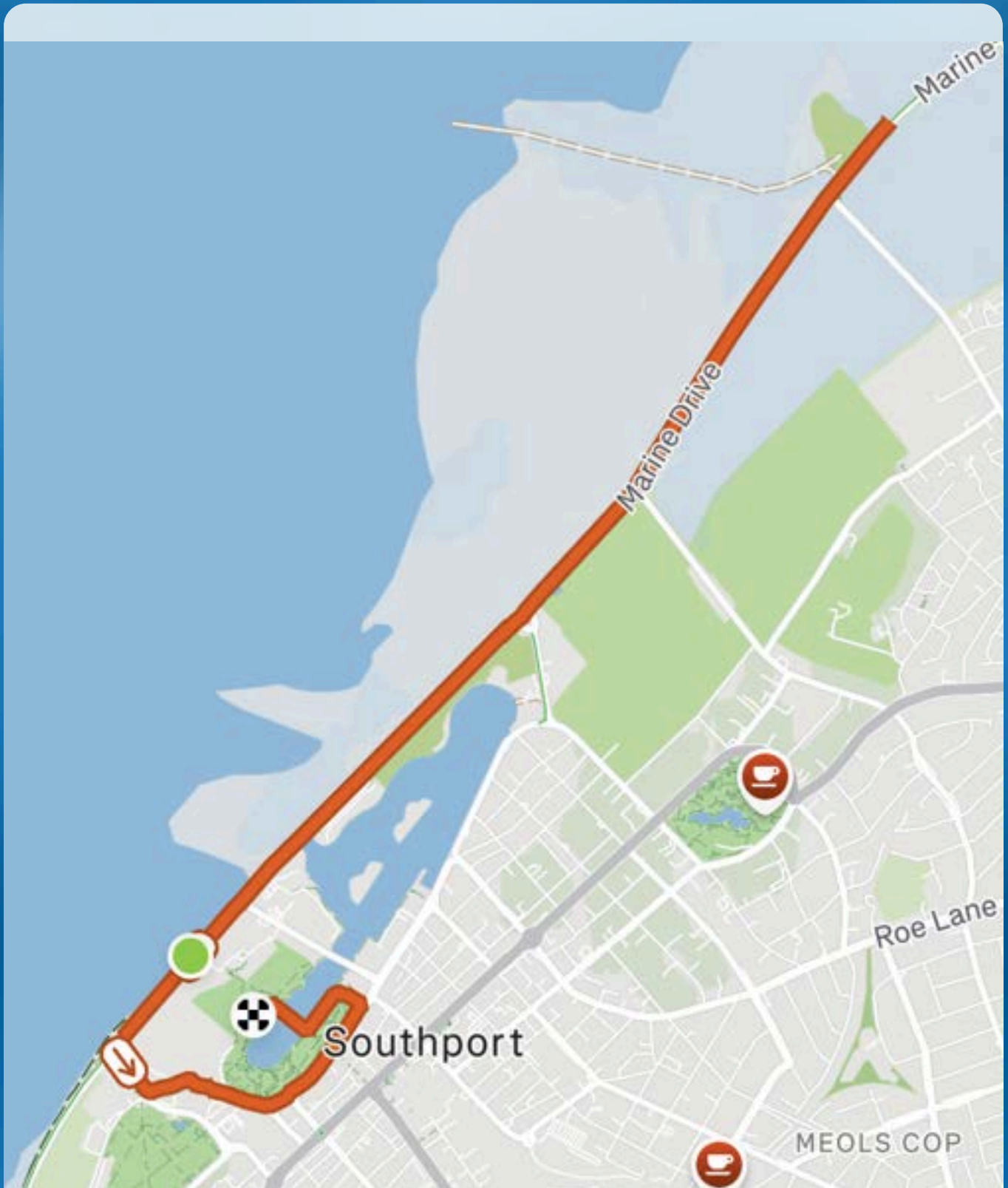


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP



[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 MERCH

If you have purchased an event T-shirt or hoodie 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

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

Q 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



GO FURTHER SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



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!



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*vs non-medicated gel.

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OFF

**Find your discount code on the
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*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

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BROOKS



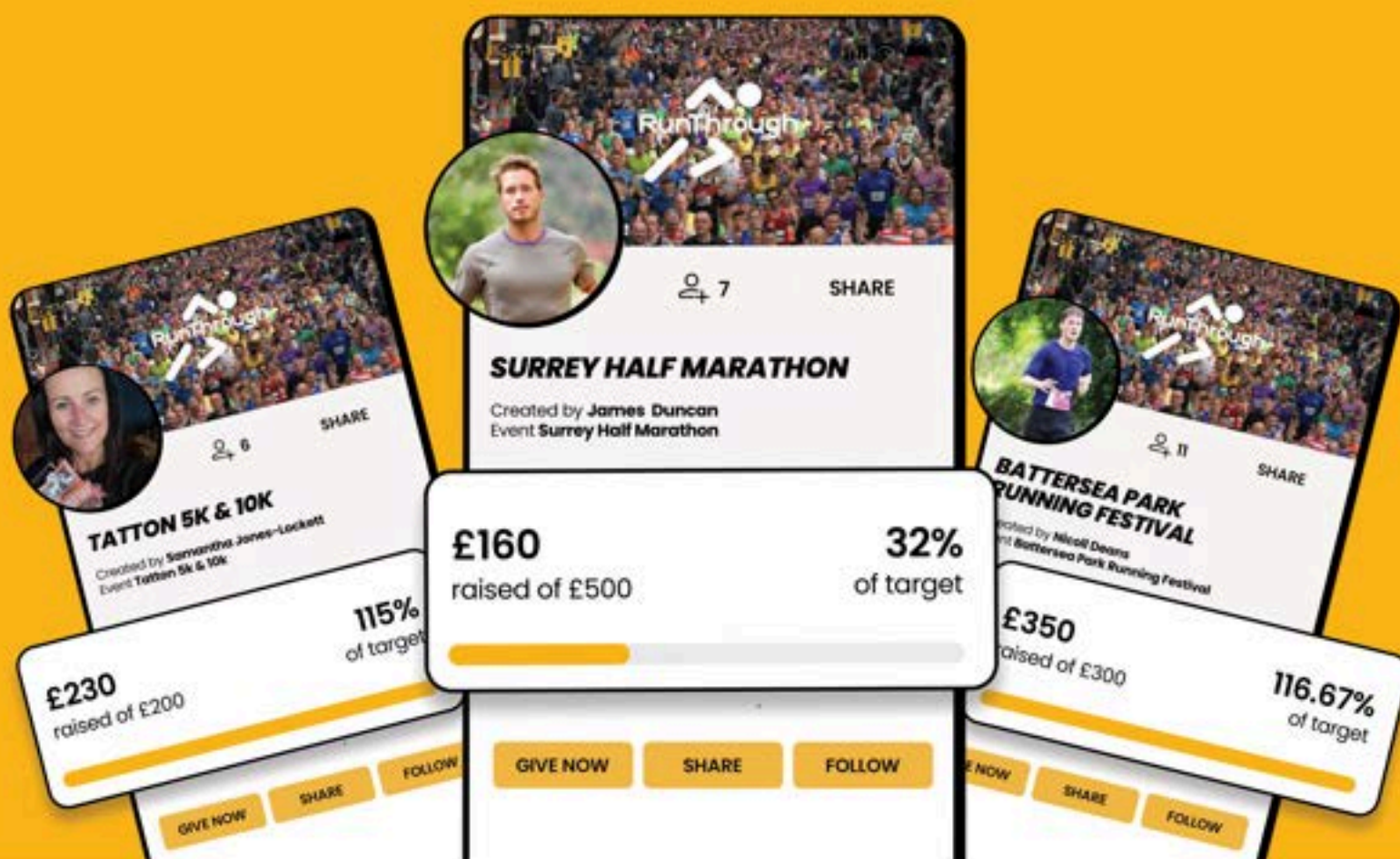
OFFICIAL PARTNER



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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





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.



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.



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



BOOK YOUR SPOT →



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BROOKS



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Interested in supporting an event?

Email: partners@runthrough.co.uk