

# EVENT GUIDE

## **RUN ALTON TOWERS 5K & HALF MARATHON** **Sunday 16<sup>th</sup> 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



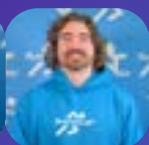
KIRSTEN



GEORGIE



SARAH



CALLUM



EMMA



ROB



CHRIS



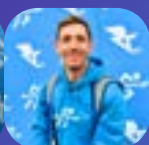
STEPHEN



TIM



SOPHIE



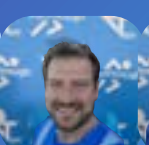
KANE



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](https://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***

**HM: 10:00am**

**5k: 10:20am**

## ***Race Pack Collection Times***

**HM: 7:30-9:30am**

**5K: 7:50- 9:50am**

**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](mailto: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.

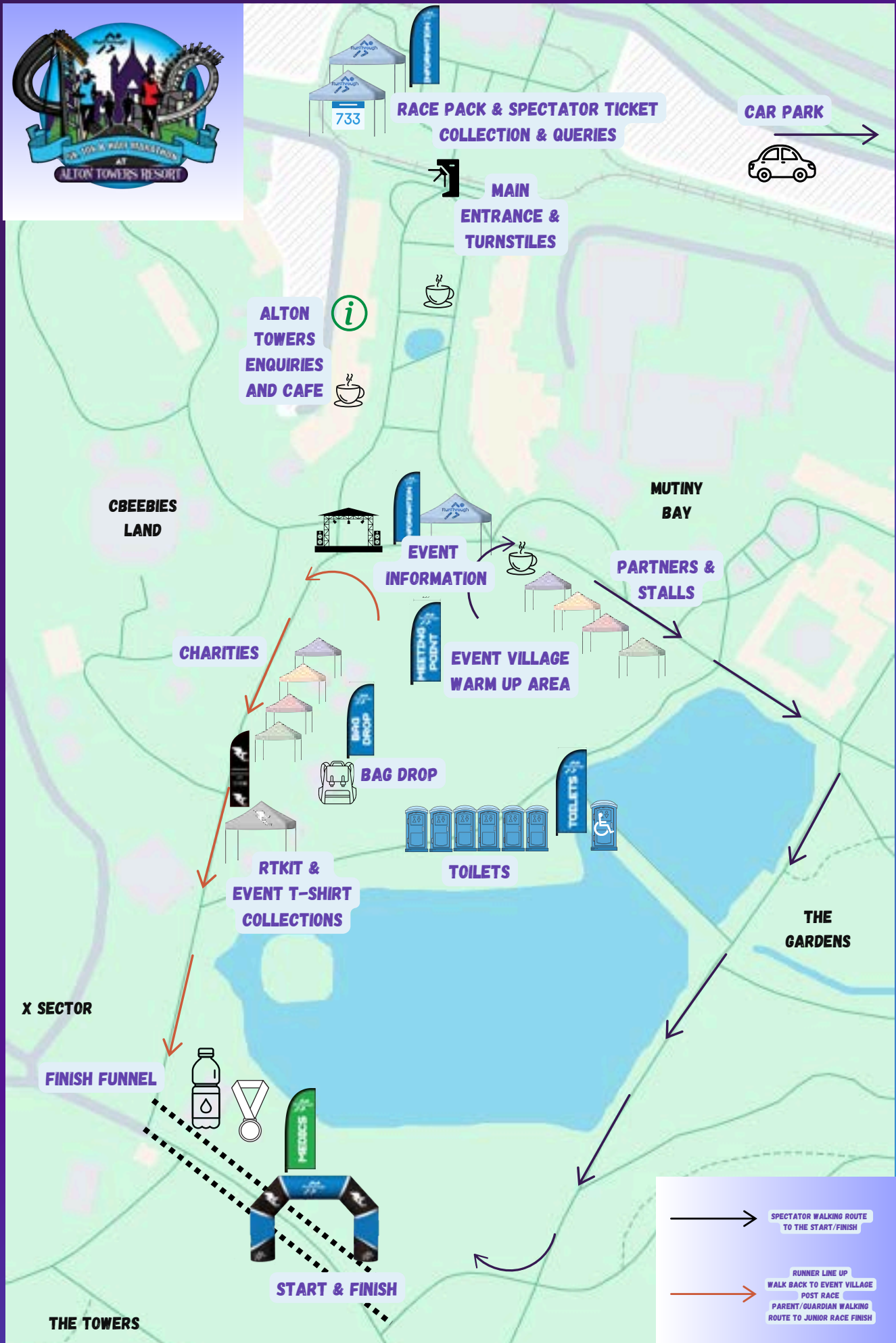
There is no set arrival time, however we advise arriving before 9:30 to watch the start of the race. If you would like to watch the start of the race, you will need to be outside the castle prior to 9:40am.

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.

**5k will follow red KM markers 1-4**

**Half Marathon will follow yellow Mile markers 1-13**

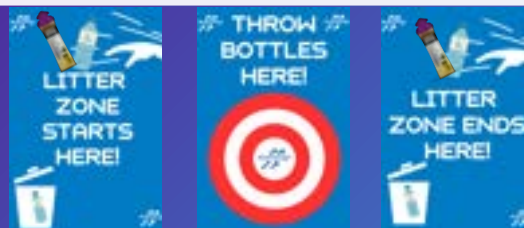
The Half Marathon follows an undulating 2-lap course starting and finishing outside the Towers. The route begins with a loop of the Dark Forest, before passing by the Towers and into X-Sector around Oblivion and the Smiler, past the lake and into CBeebies Land. You'll then pass Mutiny Bay and through Katanga Canyon, before heading down to Nemesis Reborn. You'll then complete 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 to start a second lap of the same route.

The 5k route begins with a loop of the Dark Forest. The route then passes the Towers towards the Smiler, and up into CBeebies Land! You'll then pass Mutiny Bay and through Katanga Canyon, before making your way down to Nemesis Reborn. You'll then head out of the resort by Galactica for a small loop of the car park, before returning back into the resort 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 zones. There will be large bags and bins within this area that you will pass shortly after each water station. A limited number of SiS gels will also be provided at the 2<sup>nd</sup> Half Marathon water station. If you choose to take a gel or provide your own, 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 will be water stations at 3.5miles, 7miles and 10miles along the half marathon course, please help yourself to these as you pass. (There is no water station on the 5k route).

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.



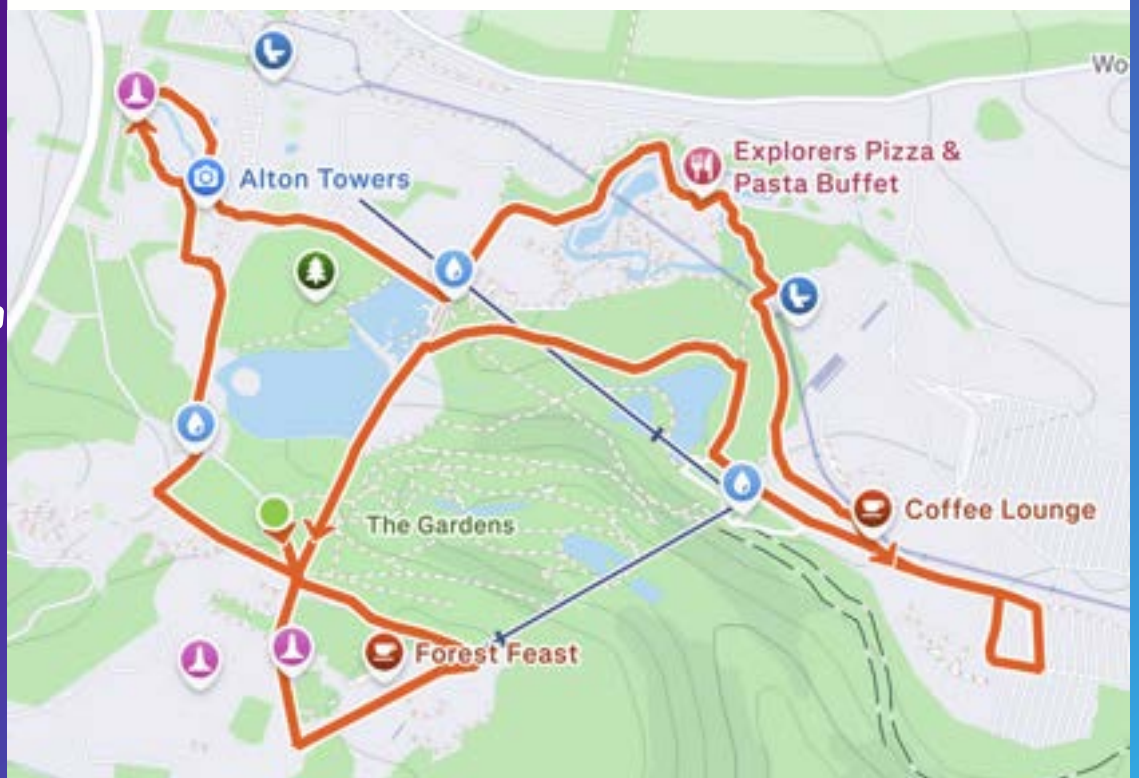
# COURSE MAP

## HALF MARATHON



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

## 5K



[\*\*CLICK FOR 5K 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.

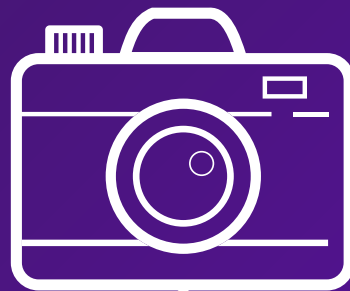
*(Please note: Kit purchased within 4 days of the race may not be ready to collect.  
Any kit not ready for collection will then be posted out.)*



**[PURCHASE AN EVENT T-SHIRT](#)**

# 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 1:00pm. 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 11.45am, 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- HM Start  
10:20am- 5k Start

## RIDES:

11.45am – Cbeebies Land, Spinball Whizzer & X-Sector  
12.00am – Wicker Man, Sharkbait Reef by Sealife , Mutiny Bay, The Curse at Alton Manor & Runaway Mine Train  
13.15am – All remaining rides to open  
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](http://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?

5k - 11 | Half Marathon - 17

## 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](mailto:north@runthrough.co.uk) if you plan to take more than 3hrs 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 3.5mile, 7mile and 10mile points on the half marathon, please help yourself to these as you pass. Please empty bottles before discarding. The 5k doesn't pass a water station.

## 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 in each distance. 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.

5k Men's Sub 14:30, Women's Sub 16:00mins

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 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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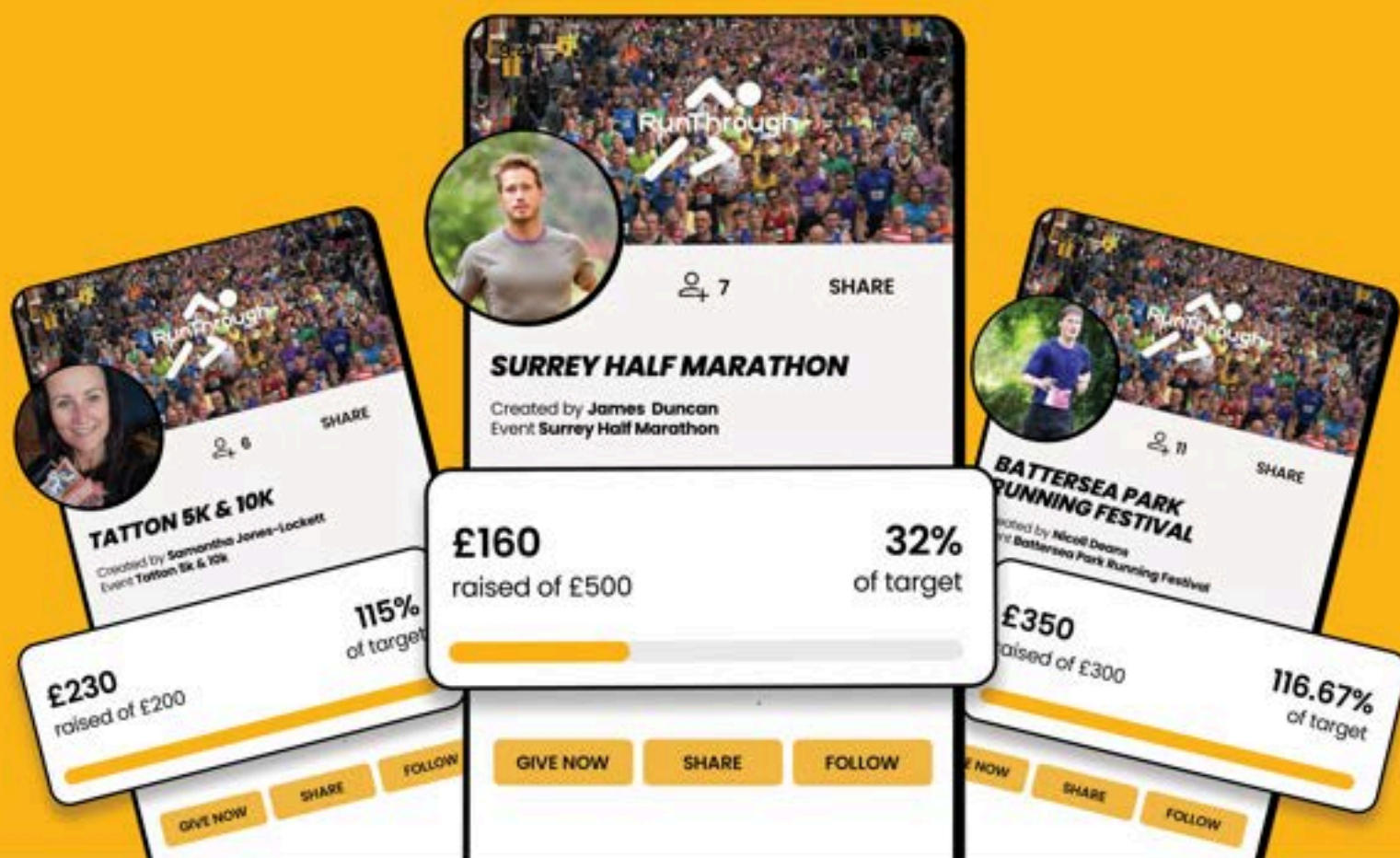
\*Vs non-medicated gel.

## 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



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SUPPLEMENTS  
FOR A SUPER  
YOU**

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at the finish line and visit our tent for  
nutrition talks, giveaways and more!





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SCHOOL

## *Hays Travel*

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# Run Alton Towers 2025



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CAN INCREASE RUNNING PERFORMANCE BY UP TO

7%

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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.







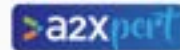
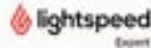
## Don't fight fires, find fixes instead.

From wrangling with complex Ecommerce accounting problems to dealing with stocktake mistakes, is your precious time spent firefighting, instead of scaling your business?

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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- ✓ Local coverage across Staffordshire, Cheshire and the Midlands
- ✓ Range of skip sizes from 3-yard to 8-yard capacity
- ✓ 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

\*Terms and conditions apply. Offer valid until 30th November 2025. Available only in areas covered by our skip hire services. Includes a 2-week hire period; extensions are available at an additional charge. Highway permits are not included and will incur an extra cost. Subject to availability.





**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](http://www.RunThroughKit.com)**



# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

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***BROOKS***



**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)