



RUN AINTREE 5K, 10K & HALF MARATHON SUNDAY 12TH JULY 2026

EVENT GUIDE

IN SUPPORT OF:



University
Hospitals of
Liverpool
Charity

Aintree | Broadgreen | Royal

Caring for those you care about most



YOUR RACE EXPERIENCE

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AND OFFERS**



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



GEORGIE

BEATRICE

GRAHAM

OLLY



University
Hospitals of
Liverpool
Charity

Aintree | Broadgreen | Royal

Caring for those you care about most

University Hospitals of Liverpool Charity is thrilled to be the Charity of the Year for Run Aintree 2026!

As the charity for hospitals local to Aintree, we're proud to bring this opportunity, to run the iconic Aintree racecourse. When you run for UHL Charity, you're helping to support friends, neighbours, loved ones and of course, people you will never meet.

Your support means that they can continue to provide the very best care for patients and staff at Aintree, Broadgreen and the Royal Liverpool Hospitals by going above and beyond stretched NHS budgets.

But we can't do it without you.



Get Involved:

Fundraise for us – Join Team UHL Charity

Donate – Your support helps us go further, reach more people, and make every moment of care count.

Five things we funded in 2025

- Patient essentials –warm clothes, toiletries and slippers for patients who come in with very little or nothing
- SEN packs to support those who might need calming down in A&E which can be a busy and stressful environment
- In-patient gifting on Christmas Day for patients who were unable to go home; some of whom didn't have any visitors on Christmas Day
- Improvements to our Aintree breast unit, enabling us to see more patients (due to open Spring 2026)
- We opened a brand new 'Frances Centre' at the Royal, dementia-friendly space designed to provide non-pharmacological therapies and support the wellbeing of our patients.

Registered charity number 1047988



<https://www.uhliverpoolcharity.org/>



01517063153



Aintree University Hospital, Aintree
Lodge, Longmoor Lane, Liverpool L9
7AL

TRAVEL

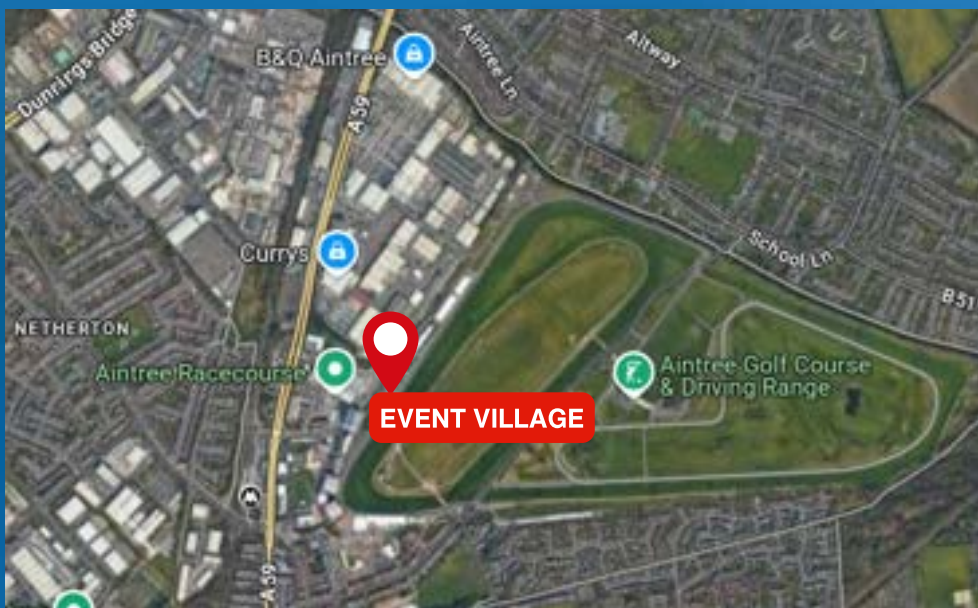
Address: Aintree Racecourse, Ormskirk Road, Liverpool, L9 5AS

By Car: From the South, leave M6 at J21A and join M62 west. Leave M62 at J6 to join M57, follow signs for races. From the North, leave M6 at J26 and join M58, follow signs for races. From Mersey Tunnels follow signs for Preston, then for A59, then signs for races.

There is limited on site parking. We recommend arriving before 9am if you wish to park on site. For alternative parking options please use [Parkopedia](#).

By Bus: Aintree can be reached by bus on services: 300, 310 and 345 both to and from Liverpool. For further information on bus routes, contact Merseytravel on 0151 236 7676 or visit www.merseytravel.gov.uk.

By Rail: The easiest way to reach Aintree is by train. The nearest mainline station to Aintree is Liverpool Lime Street. Liverpool Central Station is just a short walk from Lime Street, where you can catch a train to Aintree. Aintree Station is directly opposite the racecourse. Use the route planner at www.merseytravel.gov.uk, to find out train times.



what3words

Event Village:

///trim.safely.broom

RACE PACK

START TIMES

HM	10:00am
10K	10:45am
5K	10:55am

RACE PACK COLLECTION TIMES

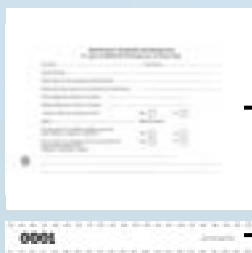
HM	8:30-9:30am
10K	9:15-10:15am
5K	9:25-10:25am



FOR ENTRIES ON OR BEFORE THE 24TH JUNE YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 9th 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 24th 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



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](#)

[CLICK FOR ENTRY LIST & RESULTS](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



SPECTATORS
WELCOME



DOGS



TOILETS

For this event we will use toilets located within the racecourse stands.

These will be signposted from the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Lawn Bar 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 room.
- 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 each 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.

Half Marathon - follow yellow Mile markers 1-13 - Out & back + 4 laps

10k Runners - follow green KM markers 1-9 - 2 Laps

5k Runners - follow green KM markers 1-4 - 1 Lap

The course includes the paths within and around the Racecourse as well as the surrounding roads.

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only everyone's safety but allow for the best experience throughout the race.

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.

A limited number of SiS gels will also be provided at the 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.

WATER STATIONS

There will be a water station on each lap of the course.

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

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during 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

1 lap of the course



[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 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

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.



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RunThrough
event

JULY

Run any eligible
RunThrough
event

AUGUST

Run any eligible
RunThrough
event

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ONE IN **JULY**
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extra medal at the end of
summer!



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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.

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[Find Out More](#)

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133

932 15322



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BROOKS

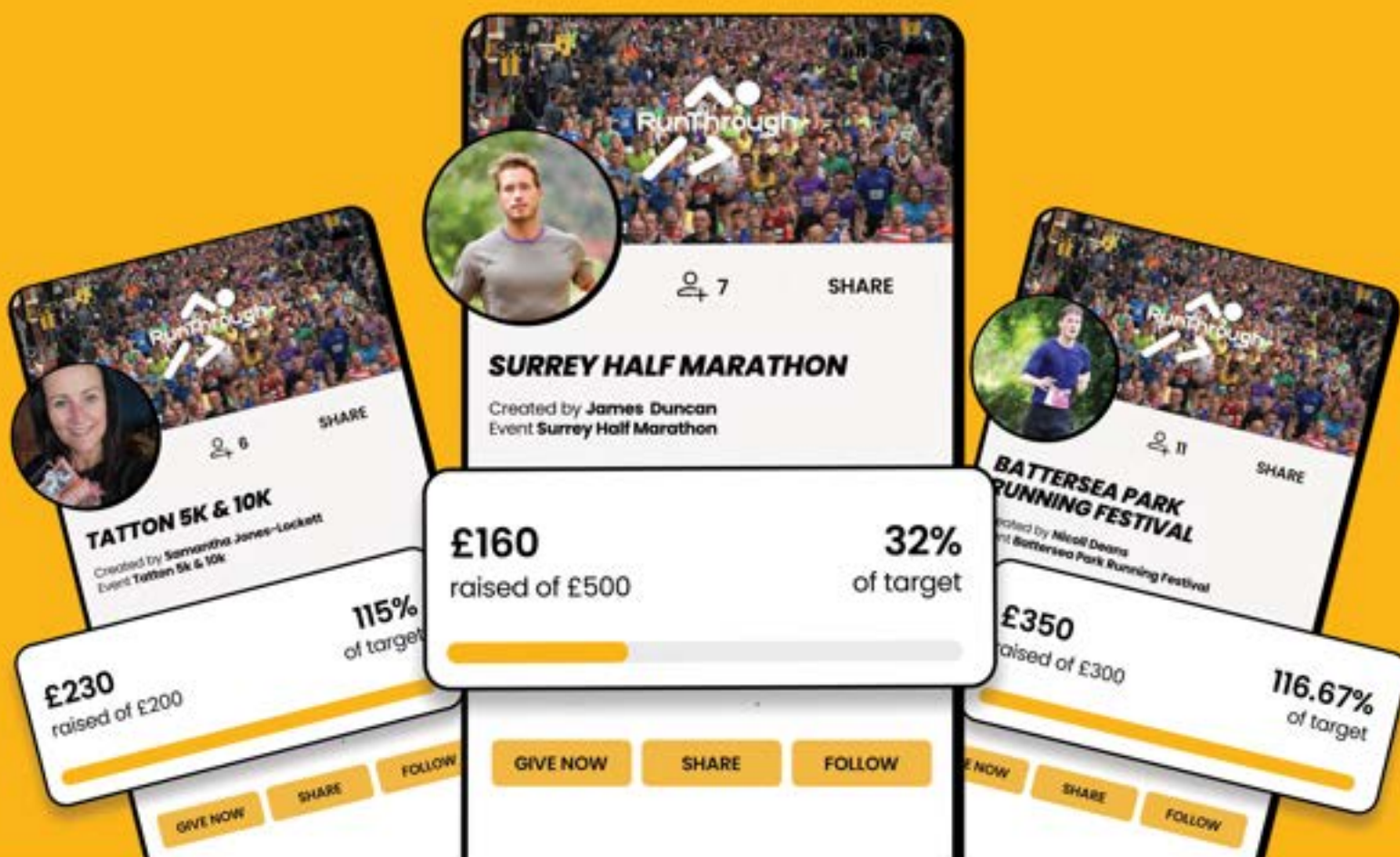


OFFICIAL PARTNER

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





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*vs non-medicated gel.

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Email: partners@runthrough.co.uk