

DELAMERE FOREST

21K & 42K

Sunday 2nd November

EVENT GUIDE





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Gian-Marco Petrozzi
Delamere Trails Race Director

I am incredibly excited to welcome you all to the Delamere 21k & 42k in just a few short days. Myself and the whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. I'm sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to me and my team that you do so in the safest way possible. With this in mind, I will personally be heading out in the early hours of race day with a few members of our team to do a final course check before our pre-race runner briefing.

I can't wait to see you all on race day, so please come and say hello. I'll be there setting you off at the start, and the best part of my job is welcoming you over the finish line!

All the best of luck and see you soon!

Gian-Marco Petrozzi
RunThrough Trails Race Director

**START LOCATION: Delamere Forest Visitor Centre,
Delamere Forest, Northwich CW8 2JD**



Click the map
for directions



TRAVEL INFORMATION

There will be parking at Whitefield Car Park, which you will be directed to by our marshals and signage on your arrival.

This is pay and display and will cost £6.50 on arrival this can be paid through the RingGo app or using the QR Codes available in the Car Park.

(Please note, signal is limited here, we advise downloading the Ringo App in advance).



Whitefield Car Park is located approximately 1mile/ 20min walk from the event village, please factor this extra walk into your arrival time.

Parking in the main visitor centre will be extremely limited and only made available once Whitefield is full. A runner discount QR code to be provided on the day, which can be scanned at the on-site machines to make this £6 for any race participants.

We advise car sharing where possible.

Delamere Train Station is located just 0.5miles from the visitor centre and event village (10min walk).

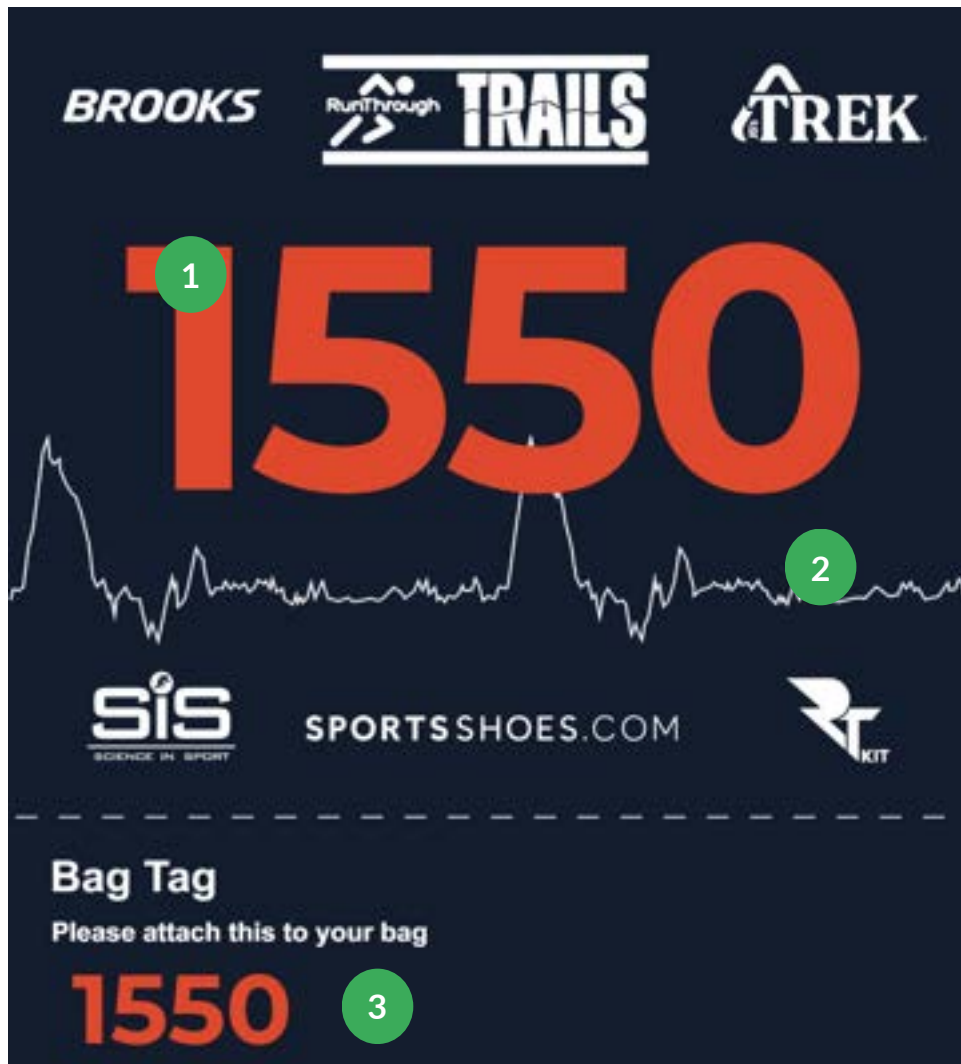
If planning to use public transport to get to the event, please plan your journey in advance as Sunday morning services may be extremely limited.





TIME	WHAT	WHERE
6:30am	Event Village open	Event Village
6:30-7:30am	42k Race Pack Collection	Registration Desk in Event Village
7:45am	42k Race Briefing	Event Village
8:00am	42k Race Start	Event Village
7:30-8:30am	21k Race Pack Collection	Registration Desk in Event Village
8:45am	21k Race Briefing	Event Village
9:00am	21k Race Start	Event Village
1:15pm	Last aid station cut-off	Aid Station
3:00pm	All finish	Event Village

All runners are required to collect your race pack on the morning. These will be available from the registration marquees located in the event village.



1

Bib number

2

Course elevation profile (so you can anticipate every hump n bump!)

3

Baggage tag - attach this to your bag before handing it in

THE COURSE



CLICK FOR STRAVA

21k- 2 Laps

42k- 4 Laps

RACE START:

There will be a race briefing 15 minutes prior to each race start. Here the race director will talk through the course, any potential hazards on the route and other important race information.

DURING THE RACE:

The route will be well marked with trail flags and arrow signage. Please ensure you download the GPX file onto a watch or phone to help you follow the route.



All runners will follow **orange & red** course signs. If you haven't seen a flag or sign for more than a few hundred metres, turn around and re-find the course.

There are stiles and gates on route so please be cooperative and understanding of fellow participants should any queues form. We will have excellent marshals positioned at key points to help you find your way if needed.

The route utilises public walking paths. Please be respectful of other trails users during the race. Please also take all rubbish with you until you find a bin.



If you see this sign, you've gone the wrong way. Just do a 180 and you should get back on course easy-peasy

This event is entirely cupless! We love the environment so ask that all runners bring your own bottles/reusable cups in order to fill up liquids, as we won't be providing bottled water at our aid station. We will be selling soft flasks for anyone who needs them on the morning. On the same note, and a bit of race etiquette we're sure you already know - please keep all rubbish on you and dispose of it when you see a bin. There will be bins at every aid station.

LOCATIONS AND CUT-OFFS

There is a 7hr cut off for the whole race, with internal cut-offs for each lap listed below. If you haven't reached the aid station in time, you will officially be removed from the race and led back to the event village by a marshal.

Due to the nature of the lapped course, there is 1 aid station you will pass at the end of each lap of your race. (42k will pass this 3 times, and the 21k will pass it once).



Aid Station	Cut-Off (42k)
Aid Station 1	09:45
Aid Station 2	11:30
Aid Station 3	13:15



Spectators are more than welcome to come along and cheer on runners at this event. We also allow crew for this event.

SPECTATORS

As well as our main event village at Delamere Visitor Centre, spectators are welcome to visit points along the route, but please be mindful of the runners and other trail users so as not to cause an obstruction on the route itself.

If you choose to stay within the event village to see your runners off and welcome them in, we'll have loads of food and drink vendors, music, and generally an incredible race atmosphere!



SPECTATOR/CREW RULES

If you'd like to support a runner and provide aid/extra nutrition/a pat on the back along the course, that is absolutely allowed, but not all sections of the course are spectator-friendly.

If you do want to get on to the course we advise following the strava map to navigate the route and utilise the connecting paths throughout the forest.

If you do plan on heading out on the course, please be considerate of runners and other trail users, and stick to one side to allow for anyone to pass with ease.

Runners are advised to carry all their own fuelling, but should you wish to meet up and offer extra support, we recommend doing this around the event village, as the path is wide and easily accessible at this point.

KIT REQUIREMENTS

MANDATORY

GPS Watch and/or Phone

Capacity to Carry 250ml Water Supply

Hat & Gloves

Hooded Jacket

Emergency Foil Blanket

RECOMMENDED

Trail running shoes

Hydration pack

Foldable Cup

Technical running clothing

Whistle

MEDIC'S NUMBER

Please have the medic's contact number saved, as you may be required to contact the medical team if you or any other participants require medical treatment out on the course.

Their number will be: **07547306286**



BAG DROP

There will be a bag drop within the main event village where you can drop your things off to collect after your race.

Your baggage tag is attached to your race number. Just tear this off and attach to your bag, leave your bag in our Bag Drop marquee and then show your number to collect your bag after your race.

TOILETS

There will be toilets available in the visitor centre along with portable toilets located in the event village.

You will pass these on each lap of your race should you need to make a pit stop!

FOOD AND MERCH STALLS

There will be food and drinks available in the visitor centre cafe. We'll also have our partners and kit stall located in the event village where you can find a range of clothing and accessories that you can pre-order or purchase on the day.

INFO DESK

Our info/registration desks will be open and manned by our lovely marshals. Here you can collect your race pack or ask any last minute questions you might have.

RESULTS

We will have the results online on our website as soon as you finish. If you see any problems with your result, please email us at info@runthrough.co.uk. Click below to go to results page!

[RESULTS](#)

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 below to visit the event photos page!

[PHOTOS](#)

**NATIONAL
LEAGUE**



EVENT T-SHIRTS:

If you have purchased a Delamere Forest event T-shirt with your race entry, please head to the RT Kit stall in the event village 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 **HERE**.



You can also get your hands on a RunThrough Trails branded, buff, cotton t-shirt, bag, and cap! Available from our kit website [here](#) or to purchase on the day!





Join our Trail Community!

Here at RunThrough Trails we are always on the search for passionate, trail enthusiasts to be a part of our incredible volunteer squad. If you know someone who isn't running but would like to get involved behind the scenes, we would love for them to come along!

To show our gratitude we have some lovely benefits, including £100 race credit and a £20 kit voucher! Click below to fill in our registration form.

JOIN THE TEAM



Is the event chip timed?

Yes!

What is the minimum age for this event?

21k - 17 | 42k - 18

Is there a time restriction to complete the race?

Yes. The cut-offs are 7hrs for the 42k and 4hrs for the 21k, as well as internal cut-offs for each lap. Please head to page 10 of this event guide for more detail.

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 including your medal, and post race goodies 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 or swap distance?

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. Please contact us at info@runthrough.co.uk to discuss transfer options prior to this time.

Will there be water stations on the course?

There will be 3 aid stations along the 42k and 1 on the 21k, as well as the finish line. Here, there is a wide selection of food, and drinks that we can re-fill your bottles and cups with. There won't be any bottled water provided, so please bring your own bottles/cups.

Am I allowed to wear headphones?

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.

When will I get the add-on RT Kit I ordered with my entry?

This will be available to collect at the RT Kit Stall on the day. Please have your email confirmation ready to show to our staff.

How do I get to the event?

Please check pages 4-5 of this event guide for travel and parking information.

Where is the best place to spectate?

You can spectate anywhere along the route, but please just be considerate of the runners passing through, and other trail users.

Please see page 11 of this event guide for more spectator and crewing information.

Can I have a crew?

Crewing is permitted for this event. Please head to page 11 of this event guide for more information on crewing.

Will there be winners prizes?

There will be trophies for top 3 male and female winners of each race. Winners can also expect an email a few days following the event, with race credit towards another event. Age group winners (V40+) for each race will receive a £10 race credit voucher.

UPCOMING UK SUMMIT EVENTS



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**

VIEW ALL SUMMIT EVENTS [HERE](#)

Including our 2026 calendar so far

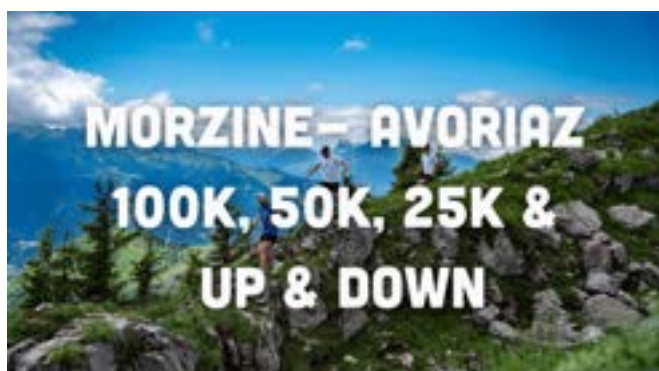
UPCOMING EUROPEAN & SWISS EVENTS



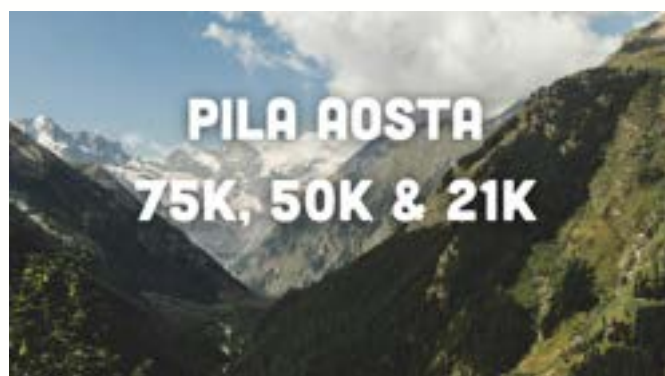
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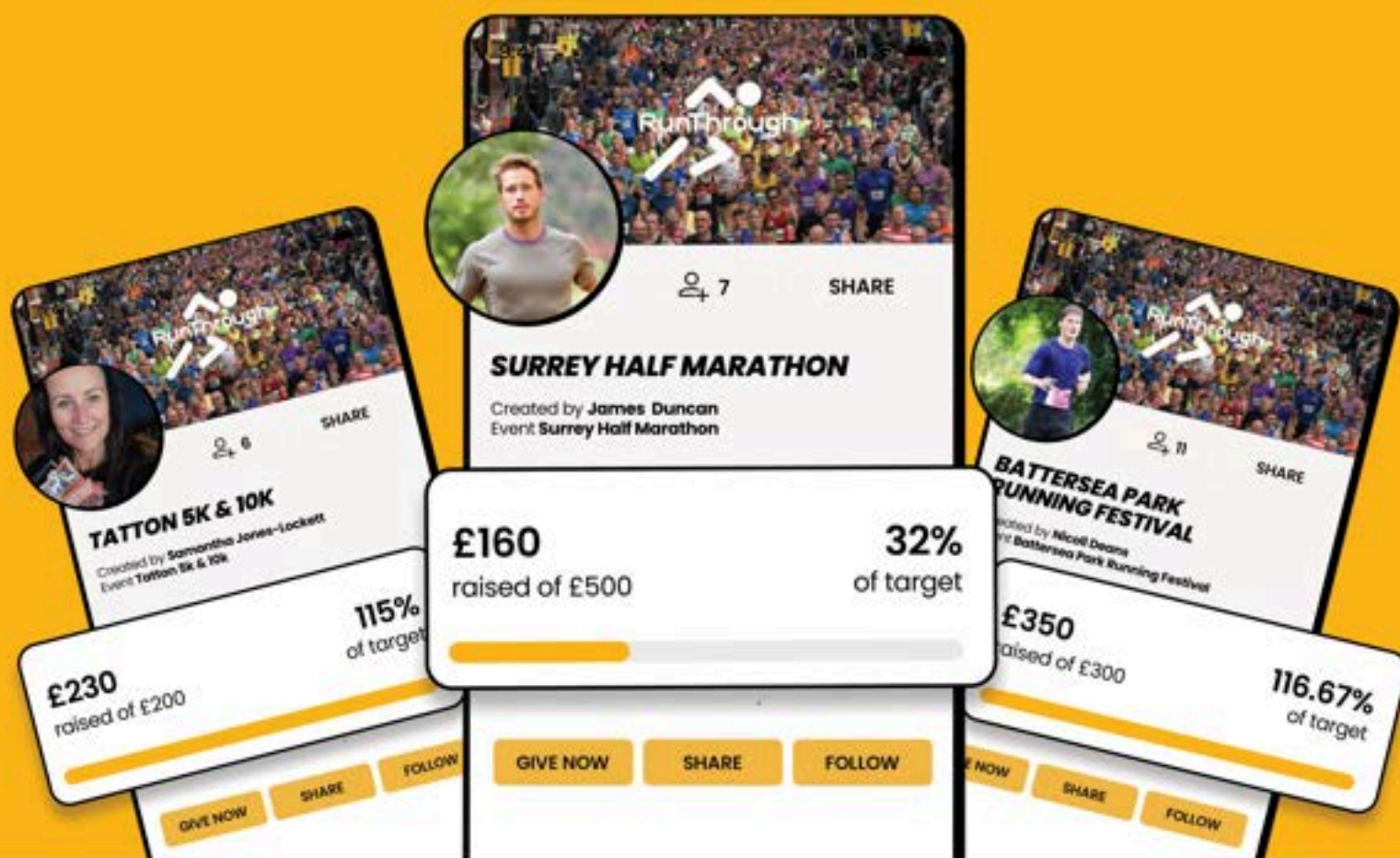
VIEW ALL EUROPEAN EVENTS [HERE](#)



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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PARTNER**

BROOKS



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HYDRATION

Hydration starts here



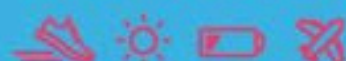
SPORT



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



ULTRA



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Good Luck Runners!

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APPROVED



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CARBOHYDRATES
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9G

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PROTEIN



NATURAL
INGREDIENTS



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BAR PARTNER OF RUNTHROUGH**



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♥ **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!



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your next order 

**USE CODE:
RUNRUNRUN**
amazon.com/lovecorn



**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



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