

EVENT GUIDE

Oulton Park Running Grand Prix

5k, 10k, Half Marathon, 16 Mile, 20 Mile & Marathon
Sunday 5th March 2023

Start Times:

Marathon – 9:00am
20 Mile – 9:15am
16 Mile- 9:30am
Half – 10:00am
10k – 10:30am
5k – 10:45am

(Please note there is a 6 hour strict cut off on the marathon)



Race pack collection Times:

Marathon – 7:30-8:30am
20 Mile – 7:45-8:45am
16 Mile- 8:00-9:00am
Half Marathon – 8:30-9:30am
10k – 9:00-10:00am
5k – 9:30-10:30am

RACE PACK COLLECTION

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Please head to the desk indicated by the distance you are running.
- 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.

[CLICK FOR ENTRY LIST](#)

Included:

Bib number

Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner Information form on the back of your bib.

This will help us in case of an emergency!

Step 1

Step 2

Step 3

Step 4





RACE START

Each race will have a warm up in the event village 15 minutes prior to the race start time.

After the warm up, estimated finish times will be called to the start line where our marshals will guide you into a start formation.

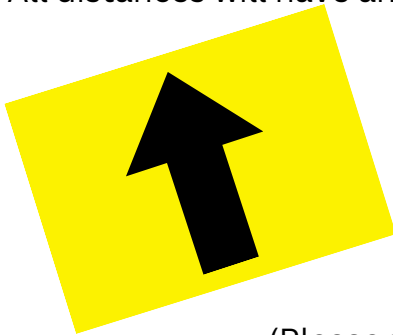
DURING THE RACE

The entire course is on the Motor Circuit itself. There will be marshals all around the course as well as distance signs and arrows.

Marathon runners you will see signs counting down from 26 miles to 1 mile to go. 20 Mile runners you are looking for signs counting down from 19 to 1 miles to go. 16 Mile runners will follow signs 15 to 1 mile to go. Half Marathon runners you are looking for signs saying 13 miles down to 1 mile to go.

There will be green KM signs counting up from 1-9 for the 10k and 6-9 for the 5k.

All distances will have an out and back section at the start of each race before completing the following laps:



5k – 1 lap + an out and back

10k – 2 laps + an out and back

Half Marathon – 5 laps

16 Mile – 6 laps + an out and back

20 Mile – 7 laps + an out and back

Marathon – 10 laps

(Please note there is a 6 hour strict cut off on the marathon)

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

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

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

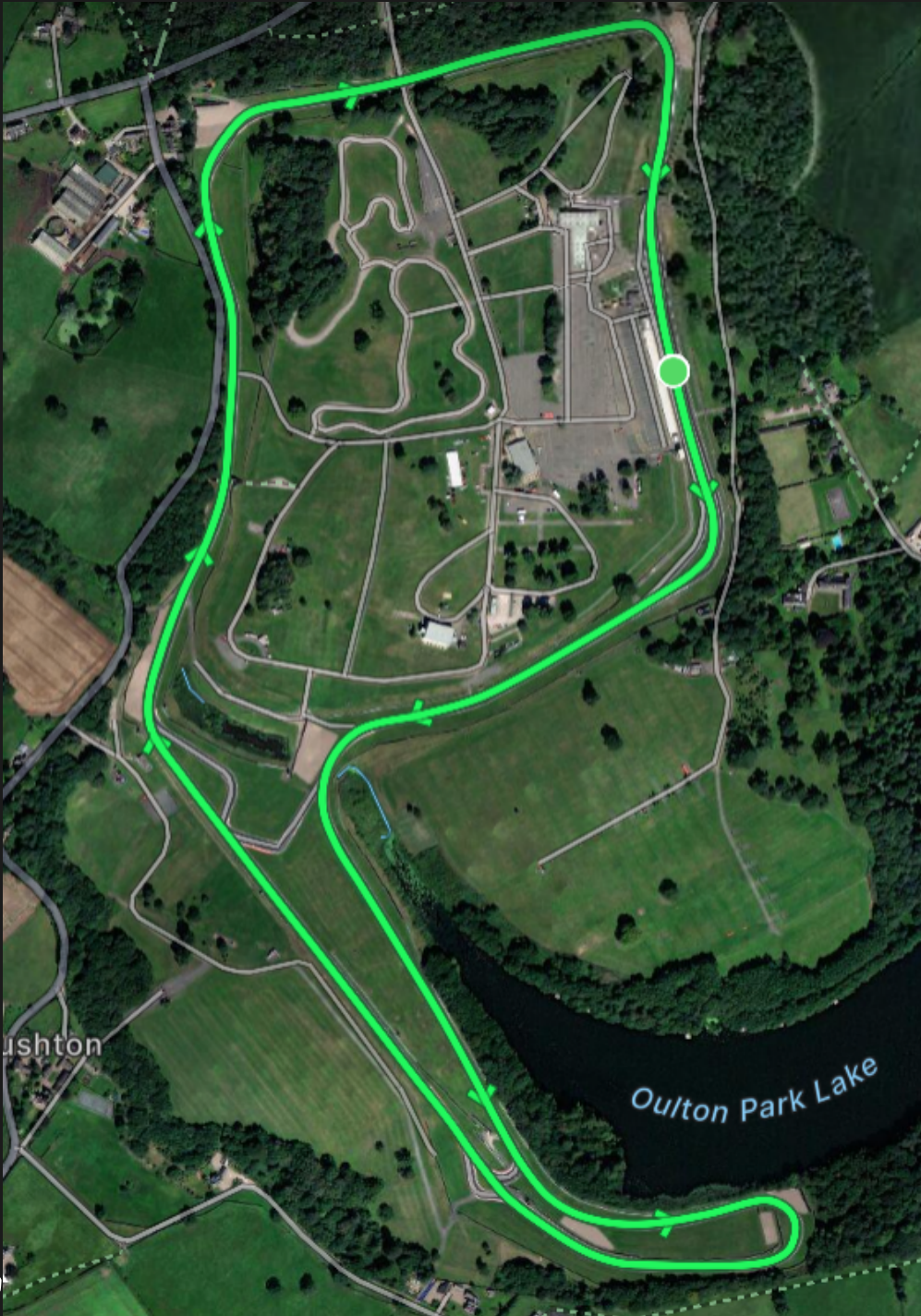
There will be a water station on each lap of the course.

You are also more than welcome to leave any gels, or your own drinks with a marshal or on the outer side of the course should you choose to bring your own hydration and aids.

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

We recommend staying hydrated in the lead up to the event.

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



SPECTATORS ✓

DOGS ✗

COFFEE ✓

Spectators are more than welcome to come along and support runners from the event village. The motor circuit's cafe will be open and serving hot food and drinks- this is located on the far side of the car park.

Sadly we can't permit running or spectating with dogs as these are not allowed within the venue.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.



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TOILETS

There will be portable toilets available within the car park, a very short walk from the event village.

There are also toilets available to use while on the course, see map [HERE](#).

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TRAVEL

Address: Oulton Park Circuit, Little Budworth, Tarporley CW6 9BW

By Car

Situated next to Little Budworth, the venue is best accessed from the A54 or the A49. From the north take junction 19 off the M6 and follow the A556 through Northwich towards Chester.

From the south leave the M6 at junction 18 and follow the A54.

For maps and directions from where you live, please click [HERE](#).

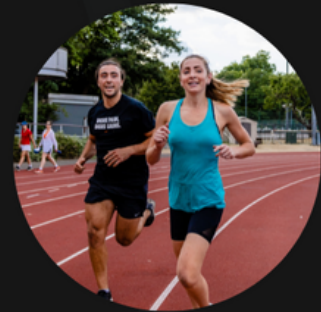
There is plenty FREE parking available in the main event car park, just a minute's walk from the event village.

**VISIT OULTON PARKS WEBSITE FOR MORE
DETAILS ON HOW TO GET THERE- HERE**



**If using the app What3Words, use the words
///grape.reckons.creeps for exact event village
location**

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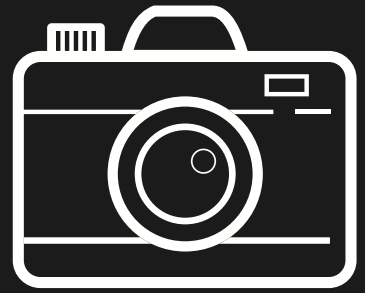
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PICTURES

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

For updates leading up to the race, please check out our Twitter @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 Chat group on Facebook.

If you #RunThroughUK or #RunningGrandPrix on Instagram with your race day collages, the best ones will feature on our page!



Click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK

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.

[PURCHASE AN EVENT T-SHIRT](#)



Alternatively, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

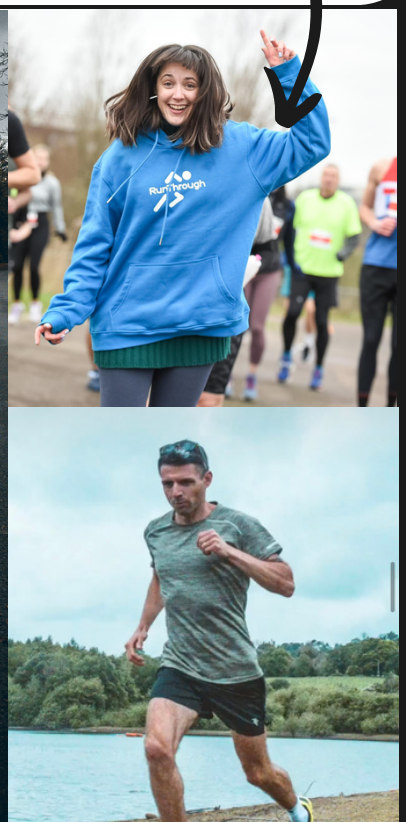
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm in the coming months.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)



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