

EVENT GUIDE



Run Aintree

5k, 10k & Half Marathon
Sunday 11th February 2024



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Join us Again!



Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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



CHRIS



ROWAN



JESS



JAMES

TRAVEL

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

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.

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 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](#).



what3words

For the exact event village location use the words
[///trim.safely.broom](http://trim.safely.broom)

RACE PACK COLLECTION

Start Times:

Half Marathon – 10am
10k – 10:45am
5k – 10:55am

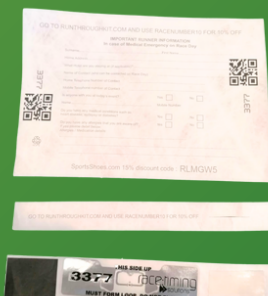
Race Pack Collection Times:

HM – 8:30 – 9:30am
10k – 9:15 – 10:15am
5k – 9:25 – 10:25am

****IF YOU'VE ENTERED PRIOR TO THE 26TH JANUARY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If your pack hasn't arrived or you've entered after this date, 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 (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

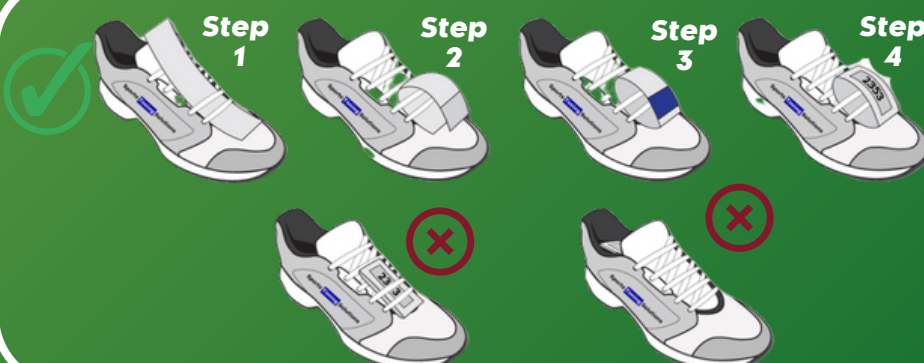
Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[**CLICK FOR FORM**](#)



GET RACE READY

15% OFF

at

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RT2405

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

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Terms & Conditions apply. See website for details.

Code valid until 11.02.24

SPECTATORS

COFFEE

DOGS

We will have a coffee van along with our RunThrough Kit and events stalls in the event village.

Dogs are not permitted on site due to venue restrictions.

TOILETS



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

These will be signposted from the event village.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the Lawn Bar 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 area.
- Collect your bag after your race.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF
ALL ABILITIES

[FIND OUT MORE](#)

FOUNDED BY





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 runners lined up and ready to run.

DURING THE RACE

We will have marshals all around the course as well as distance markers and arrows. KM markers will be in the form of green signs marking the 5k & 10k, and Mile markers will be in the form of yellow signs for the Half Marathon. The course includes the paths within and around the Racecourse as well as the surrounding roads.

The 5k is one lap, the 10k is 2 laps and the Half Marathon is 4 laps with an additional out and back at the start.

At the end of each lap, our marshals will be in position to direct you either onto your next lap or into the finish.

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 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.



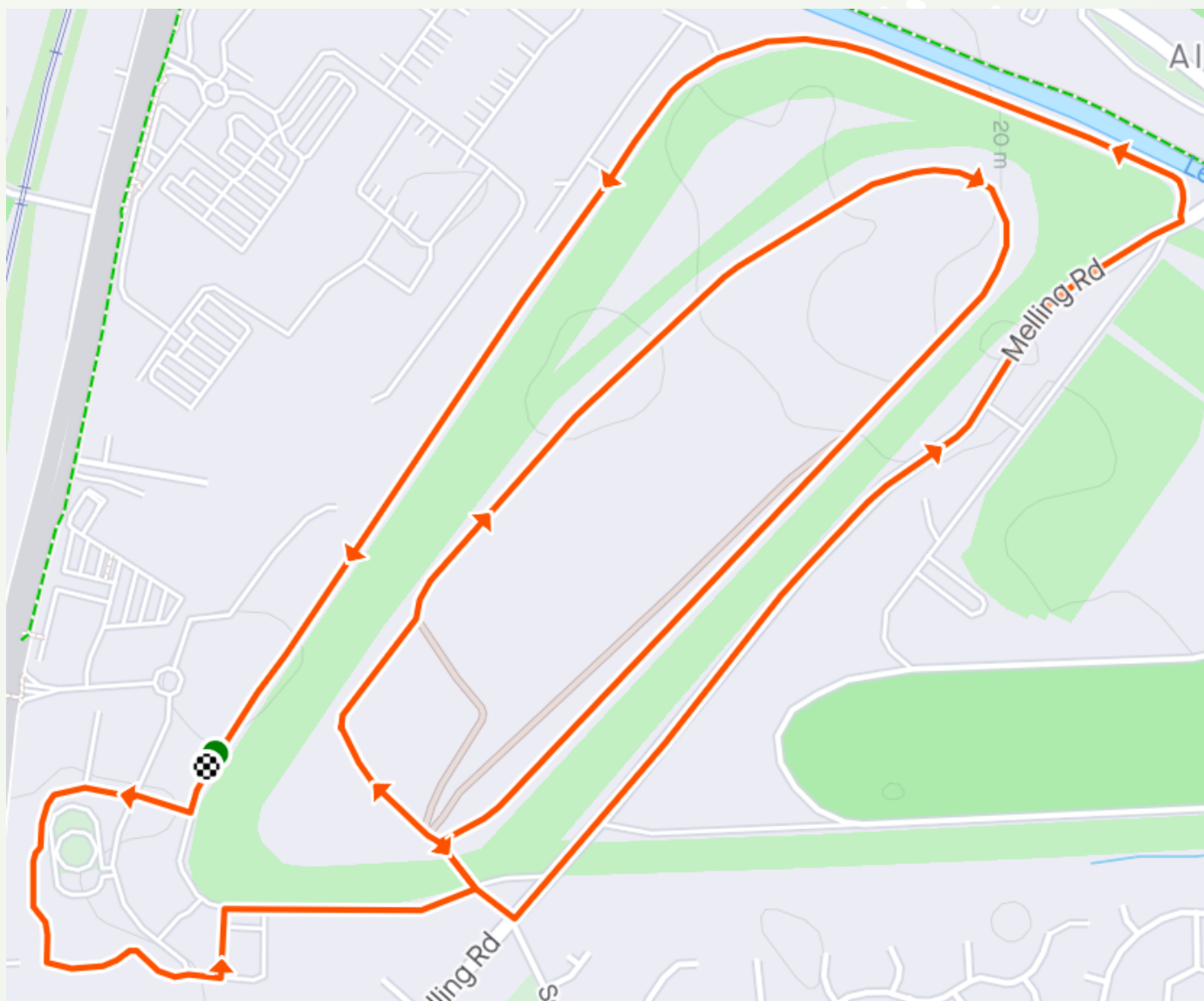
We are so excited to announce our partnership with RunThrough!

We believe running is a limitless source of positive energy and no matter your motivation we are here to help you keep showing up on your running journey.

Through our partnership we will be helping the RunThrough community keep putting one foot in front of the other, from gear advice and inspiring stories to help motivate you to the finish line!

[Click here to learn more](#)

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

REFRESHMENTS

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 drinks to stay hydrated in the lead up to the event.

Stay hydrated

Pop your bottles into a recycling bin

& give the Brecon Carreg Ploggers a cheer!



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.



[PURCHASE AN EVENT T-SHIRT](#)

CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***
*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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PERFECT CRUNCH

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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!

20% OFF
your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



Radio City Cash for Kids are the official Charity Partner for all Run Aintree 2024 events.

Secured your own place? Why not support Radio City Cash for Kids with your place? There is still time to set up a fundraising page [here](#).

If you would like to request a free place for any of the Run Aintree 2024 events you can request a place by emailing liverpool@cashforkids.org.uk

By joining Team Cash for Kids you will receive

Bespoke support from our specialist events team to help with your training and fundraising.

A fundraising pack with ideas to help you meet your fundraising target.

A medal for taking part.

We cannot wait to cheer you on!

Why support Radio City Cash for Kids?

Cash for Kids exists to support disadvantaged and disabled children and young people in our local community. With your fundraising achievements, the team can provide bespoke support to a local child or children. By fundraising for Cash for Kids, you could be providing emergency essentials, specialist equipment for local disabled children or Christmas presents for children who would otherwise wake up without a gift on Christmas morning. The Cash for Kids team fundraise all year round to make sure that every child has access to everything they need to grow confidently into early adulthood. As such a small team, we cannot wait to work with fundraisers who can help us to help local children and young people who need it most.

For more information, contact liverpool@cashforkids.org.uk or call the team on 0151 472 6865



gofundme™

Make your place count!

**It's never too late to start fundraising
for a charity of your choice!**

Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY



REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

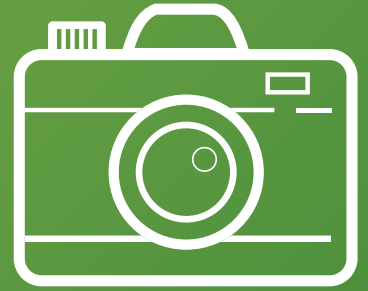
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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 X account at @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 #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**



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



Here at RunThrough we are always looking for likeminded people to join our community.

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free event entries and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



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, or Open (All male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

11- 5k | 15- 10k | 17-Half Marathon

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 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 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.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course which you will pass on each lap of your race- (once for the 10k & 4 times on the Half Marathon- the 5k will not pass this).

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 RTKit I ordered with my entry?

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

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of runners on the paths around the course and grandstand. Dogs are not permitted on site.

Will there be a prize giving?

The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. 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

10k Men's Sub 30:30 mins, Women's Sub 34 mins

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!



RunThrough



**Supported
by...**



cash for kids



BROOKS

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CARREG**

**LOVE,
CORN**



**RUNNER
RETREATS**

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