

EVENT GUIDE

OultonPark

Oulton Park Running GP
5k, 10k, Half Marathon, 16mile,
20mile & Marathon
Sunday 3rd March 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

KATIE



GRAHAM

COL



TRAVEL

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

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 of free parking available in the main event car park, just a minute's walk from the event village.

VISIT OULTON PARK'S WEBSITE HERE



what3words

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

Race Pack Collection

Start Times:

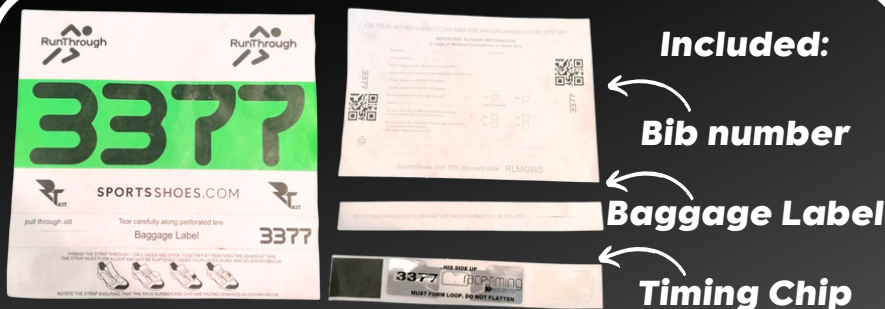
Marathon – 9:00am
20 Mile – 9:15am
16 Mile – 9:30am
Half Marathon – 10:00am
10k – 10:30am
5k – 10:45am

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

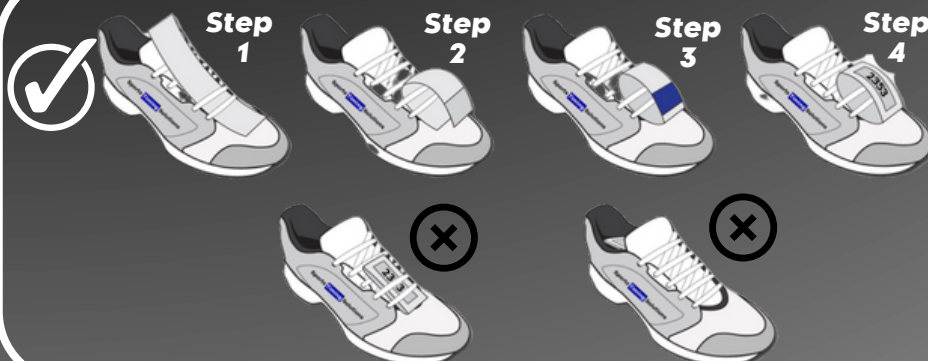
- On arrival make your way down to the registration desks associated with the distance you are running.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

[**CLICK FOR ENTRY LIST**](#)



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

SPORTSSHOES.COM

Use code:

RT2408

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 03.03.24

SPECTATORS ✓

COFFEE ✓

DOGS ✗

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.



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](#).

REFRESHMENTS

There will be a water station on each lap of the course. Please help yourself as you pass this. Gels and alternative liquids will not be provided, should you require anything other than water, we advise bringing your own.

You are more than welcome to leave any gels, or your own drinks with a marshal or on the outer side of the course.

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

We recommend bringing your own water to stay hydrated in the lead up to the event.

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 area.
- Collect your bag after your race.



nuun

HYDRATION

Hydration starts here

NEW!



SPORT



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

LEMON LIME
NATURAL FLAVOURS AND COLOURS
10 EFFERVESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
50g e

ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

RASPBERRY
10 EFFERVESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
45g e

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



WARM UP & 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 starting pen 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 mile 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 completing the following laps:

5k – an out and back + 1 lap

10k – an out and back + 2 laps

Half Marathon – 5 laps

16 Mile – an out and back + 6 laps

20 Mile – an out and back + 7 laps

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.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

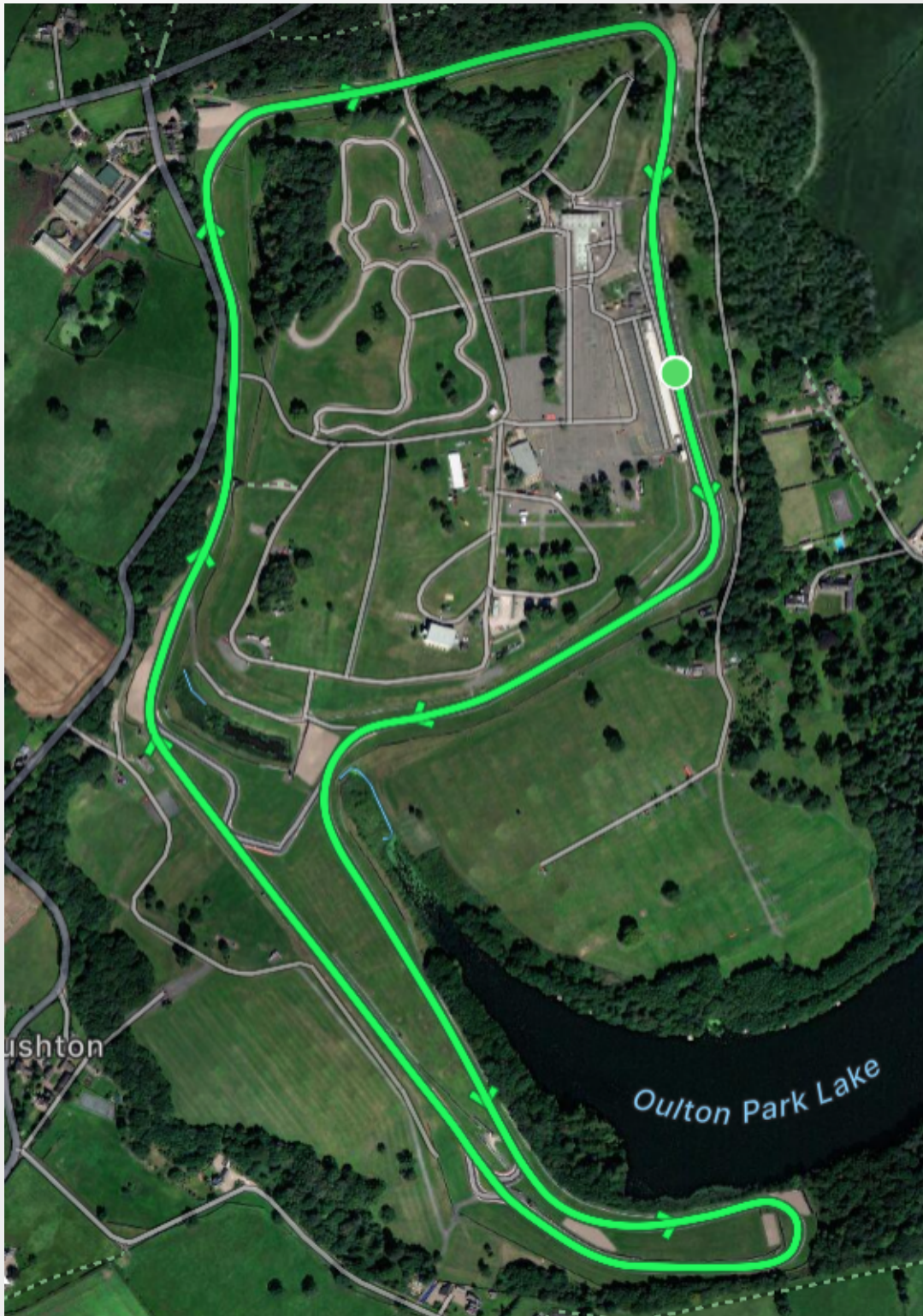
**FOR RUNNERS OF ALL
ABILITIES**

**FIND OUT
MORE**

FOUNDED BY



COURSE MAP



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



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](#)



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**

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!

20% OFF
your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



gofundme™

Make your place count!

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

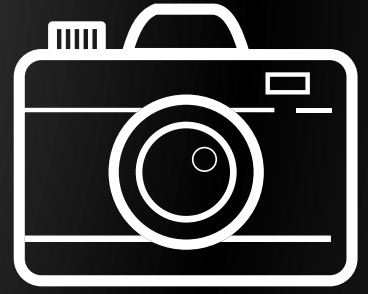
Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

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

Start a GoFundMe

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 @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



VOLUNTEER WITH RUNTHROUGH!

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 entries to any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

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?

All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k, 17 for Half Marathons & 18 for 16 miles and longer.

Is there a time restriction to complete the race?

Yes, due to venue restrictions please get in contact with us at info@runninggrandprix.com if you plan to take more than 6hrs to complete the marathon 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?

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 for you to help yourself to on each lap.

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 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, from here you'll be able to see the start, finish and each lap.

Will there be a prize giving?

The top 3 male and female participants and first in each age group 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

Marathon: Men's Sub 2hr25min, Women's Sub 2hr37min

Check out our podium and photo wall to get your celebratory pictures!



RunThrough



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by...



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