

# EVENT GUIDE



## Run Aintree 5k, 10k & Half Marathon Saturday 25th May 2024



# Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P8

Warm Up & Race Start



P8

During the Race



P11

The Course



P13

Finish Line & Event T-shirts



P14

Top Flight



P16

Hits Radio Liverpool Cash for Kids



P17

Run For Charity



P19

Results & Photos



P20

RTKit



P21

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**



**BECCI**



**GRAHAM**



**COL**

## 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](http://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](http://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:

Top Flight - 9:15am  
Half Marathon – 10am  
10k – 10:45am  
5k – 10:55am

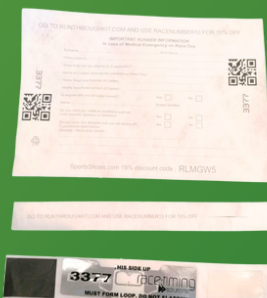
## Race Pack Collection Times:

Top Flight - 7:45 - 8:45am  
HM – 8:30 – 9:30am  
10k – 9:15 – 10:15am  
5k – 9:25 – 10:25am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 13TH MAY 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**

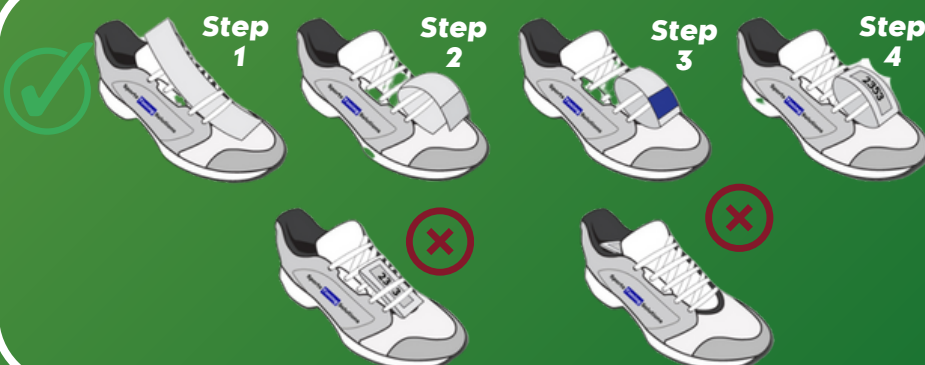
**Baggage Label**

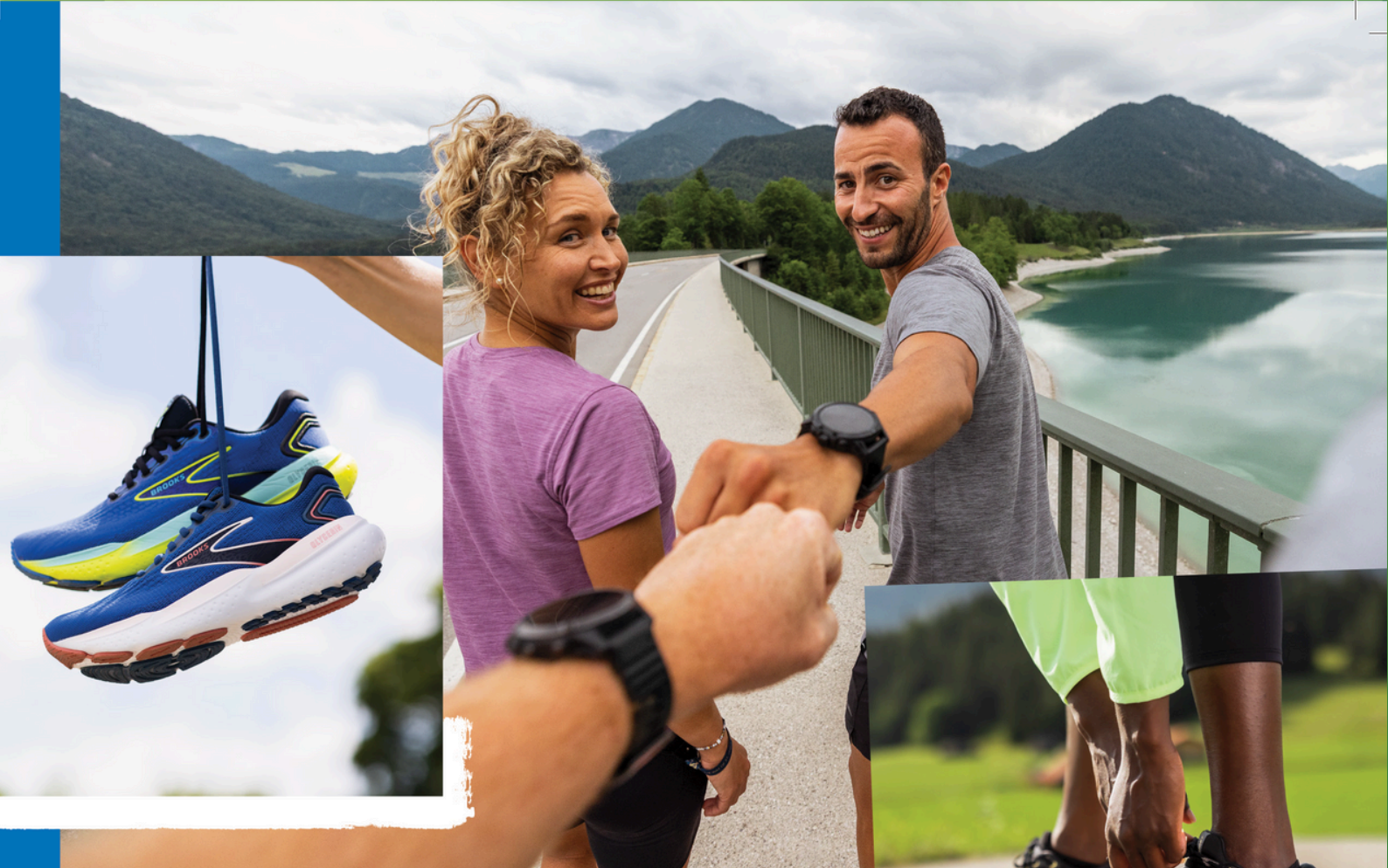
**Timing Chip**



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\*\*](#)





# WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

**BROOKS**



Scan or click  the QR Code

# 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

FOUNDED BY



[FIND OUT MORE](#)



## **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.



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**R2QQO0UBQ7W**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 26.05.24**

# <sup>+</sup>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  
(10 x 5g) 50g e

## ULTRA



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

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 4.5g) 45g e

**Nuun is here to support every RunThrough runner.**

**Good Luck to all the runners!**

 @nuunhydrationuk

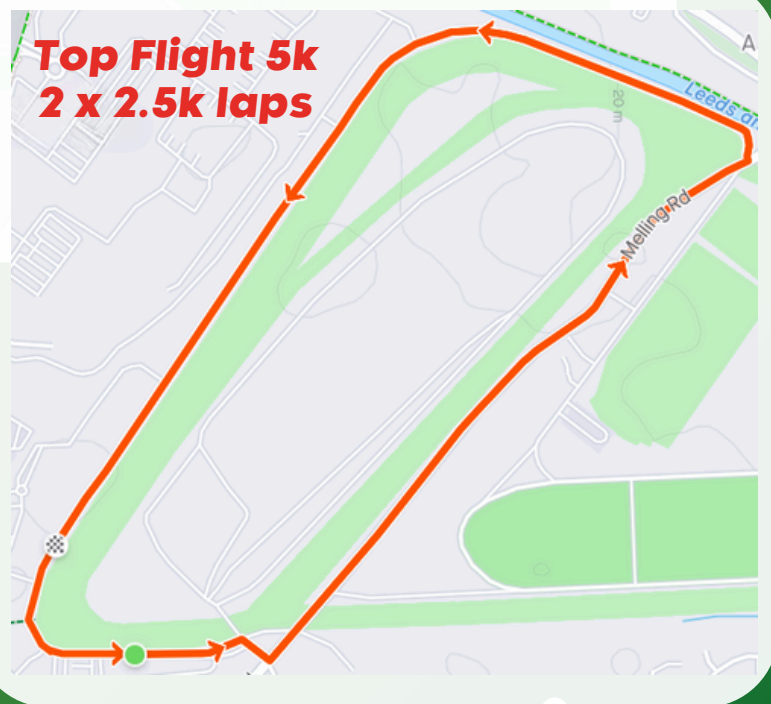
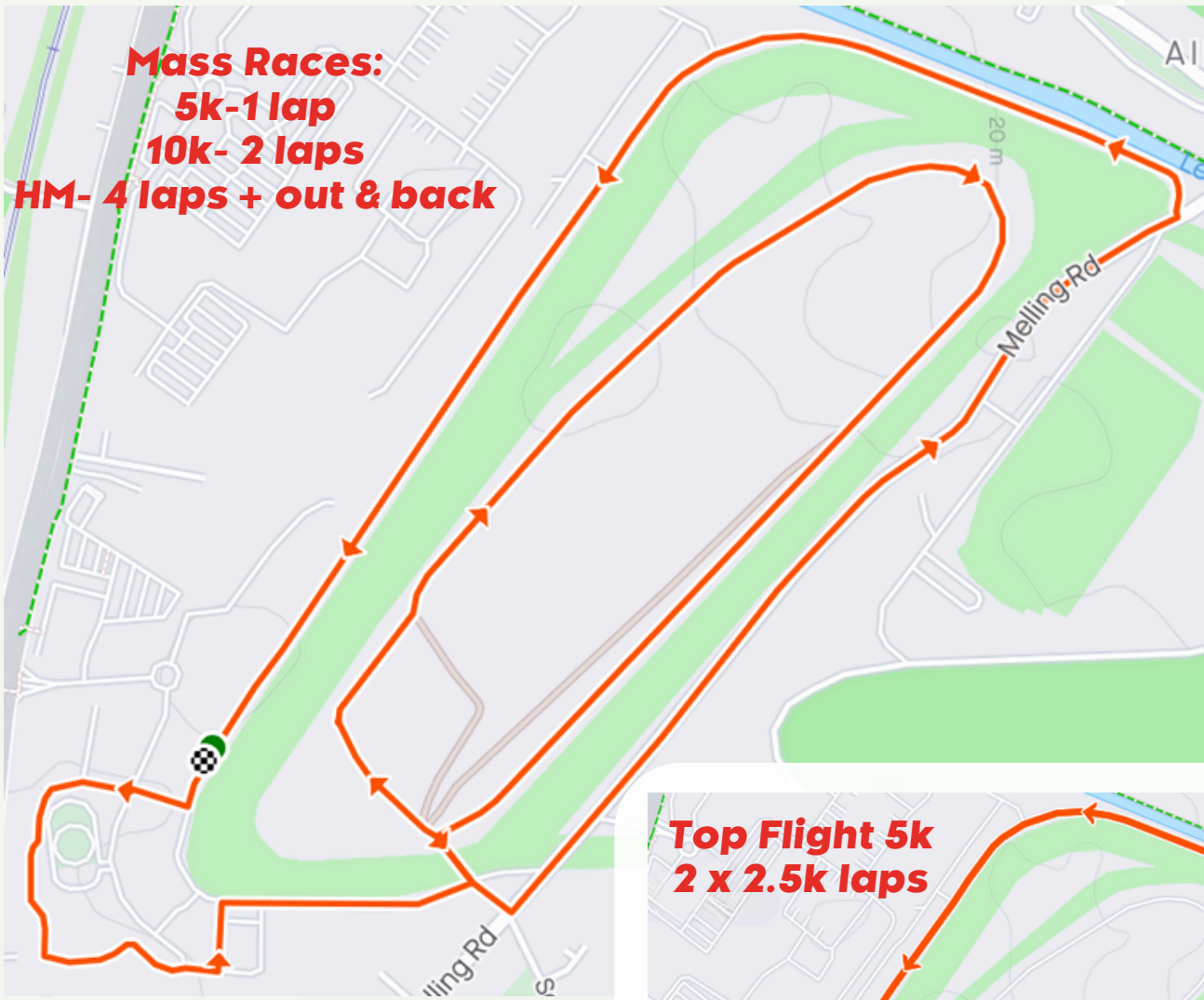
#nuunuk

#nuuniverse

#nuunhydration

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

# COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

[CLICK FOR TOP FLIGHT  
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\*\*](#)

# TOP FLIGHT 5K

## WHAT IS TOP FLIGHT?

Top Flight is a 12 Race Series across the UK with an Elite Prize Structure per race and for the overall series, with the aim to support the up and coming elite athletics scene in the UK. The aim of the series is to provide a new high level competition platform and to reward excellent performances.

## ATHLETE INFO

Top Flight athletes can sign in and collect your race pack from the designated TF marquee.

This will also act as your Bag Drop, and meeting point before the race start.

The race will start at 9:15am on the racecourse, and follow 2 laps of a flat, fast World Athletics Certified 2.5k loop.



**You can find out more about the series and all the athletes in the race by watching our Pre Race Show on RunThrough TV!**

## ELITE PRIZE MONEY

1ST - £450
2ND - £200
3RD - £175
4TH - £150
5TH - £125
6TH - £100
7TH - £75
8TH - £50
RUNTHROUGH RECORD - £500
COURSE RECORD - £200
UK LEADING TIME - £200

## SERIES PRIZE STRUCTURE

The winner of each series race receives 25 points, the second-place finisher 18 points, with 15, 12, 10, 8, 6, 4, 2 and 1 points for 3-10th.

Best of 3 scores count to overall series total and a chance to win the series prize money at the end of the year.

1st-8th Prize money per event will be awarded to all performances under qualifying time of Sub 14m15 (Men) 15m45 (Women).



**KIRSTY LONGLEY - 16:36 PERSONAL BEST**

**CHARLIE DAVIS - ENGLAND ATHLETICS 2ND PLACE 5,000M**

**AMY-ELOISE NEALE - 2021 EUROPEAN INDOOR CHAMPION**

**PAIGE QUINN - 5TH ON THE U15 5K ALL TIME RANKING**

**JAMES SALT - 14:44 PERSONAL BEST SET THIS YEAR**

**NAPHTALI MOULTON - BUCS 10,000M 7TH PLACE**

**JOSEPH CARNELLY - NANTWICH 10K WINNER**

**EMILY KEARNEY - 3RD IN NEWCASTLE 10K**

**SAM STABLER - 13:45 PERSONAL BEST**



**AINTREE  
LEADING ENTRIES**

## 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](https://amazon.com/lovecorn)

# Cash for Kids is the official Charity Partner for Run Aintree 2024!



Cash for Kids is proud to be your local children's charity providing outstanding support for children and families in Liverpool and North Wales. Our communities are at the heart of everything that we do and do everything in our power to support those that need it most.

**Join #TeamCashForKids today and help local children in your area.**

Due to the cost-of-living crisis, we are finding more and more families are struggling each day. These are people in your local area. It could be your neighbour or even your child's friend at school. There are so many suffering and we want to put an end to that poverty that is becoming increasingly more common each day.

Last year, we provided emergency support with essentials, such as food, electricity, nappies, baby milk, school shoes, uniform, beds, and many other essentials that most of us may take for granted.

## How you can help?

**Secured your own place at this year's Run Aintree?** Run as part as Team Cash for Kids with your place and help us do what we do best by supporting the lives of local disadvantaged and disabled children.

**Come say hello on the day** -We will be there on the day, so please make sure you come and say hi! Our team is ready to cheer you on, tell you more about what we do and keep you hyped for your race. Don't forget to keep an eye for us as we cheer you on crossing that finish line.

We are so thankful for all your support. We couldn't do what we do without your help. Find out more, or to sign [here](#) or contact [liverpool@cashforkids.org.uk](mailto:liverpool@cashforkids.org.uk) or call 0151 472 6965







# 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

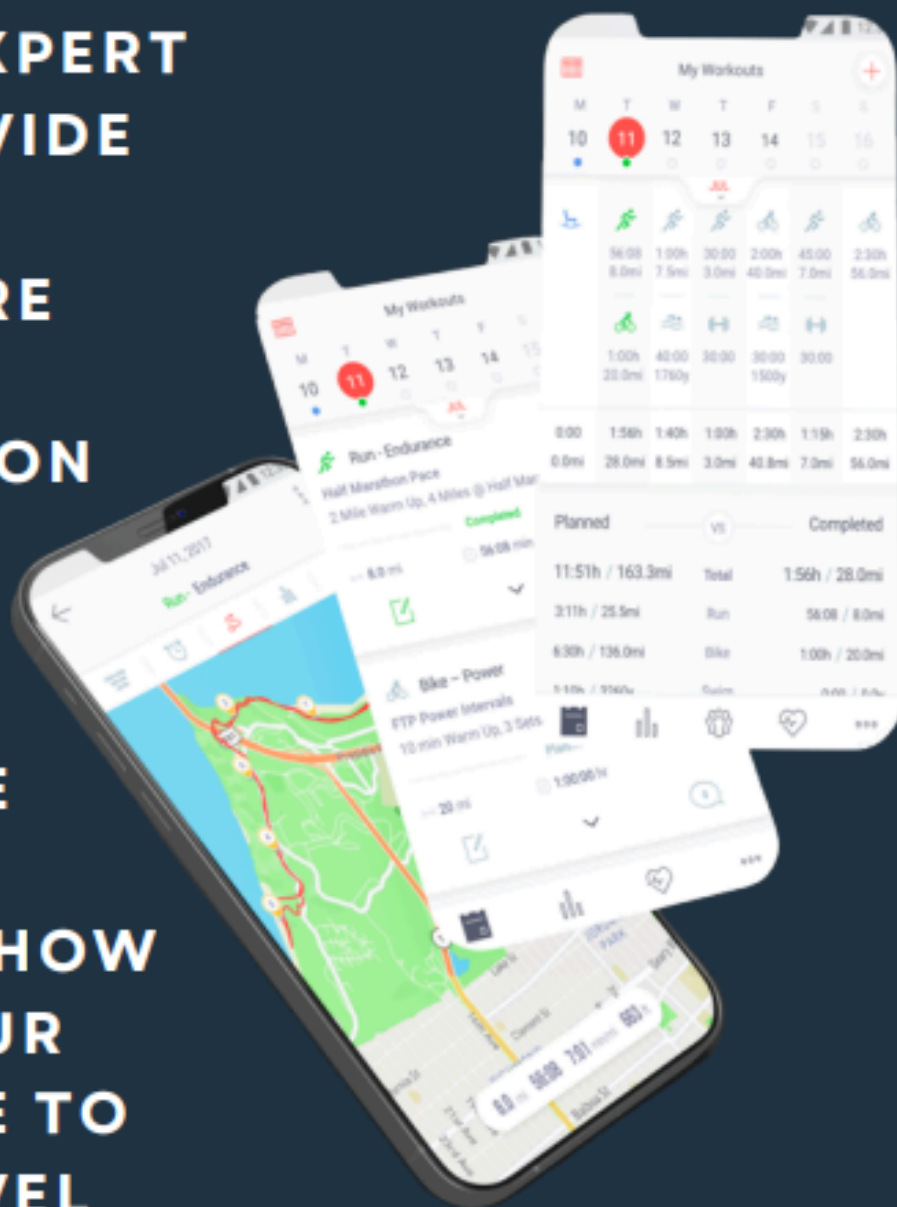


REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

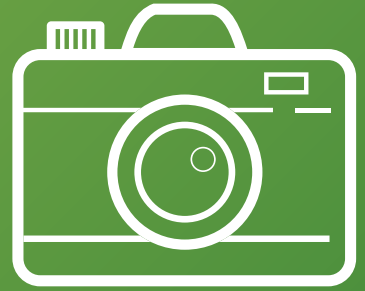
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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

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 North Facebook Page.

To listen to all things running, RunThrough and inspiring stories, check out the GoneRunning Podcast!

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](http://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 £65 of Race credit to be used on any of our awesome events 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](mailto: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?

There will be a prize giving on the day for the top 3 male and female participants in the Top Flight 5k. 1st in each age group and the top 3 male and females in the mass races can expect an email reward in the week following the race.

There will also be prize money aligned with our Top Flight structure which can be seen [HERE](#). Check out our podium and photo wall to get your celebratory pictures!



**Supported  
by...**



**cashforkids**



**nuun**  
HYDRATION



**RUNNER  
RETREATS**

**gofundme**<sup>TM</sup>

**BRECON  
CARREG**

**LOVE,  
CORN**



**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)