

# EVENT GUIDE

**Stanley Park  
5k & 10k**

**Saturday 6th July 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

**CAMERON**



**CALLUM**



**CHRIS**



**CAT**



# TRAVEL

Address: Stanley Park, Priory Road, Anfield, Liverpool, L4 0TQ

Stanley Park car park is located on the corner of Utting Avenue and Priory Road. Please be aware that spaces are limited and available on a first come first served basis.

Should this fill up, please use [parkopedia.com](http://parkopedia.com) to locate a suitable parking space.

The park is easily accessible by both foot and cycling.

Bikes can be left at the bag drop marquee located in the event village.



what3words

If using the app What3Words, use the words  
///wink.backs.wasp for exact event village  
location

If using the app What3Words, use the words  
///comet.fines.taps for exact car park location



# Race Pack Collection

**Start Times:**

5k – 9:00am

10k – 9:10am


**Race Pack Collection Times:**

5k- 7:30-8:30am

10k- 7:40-8:40am

- 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



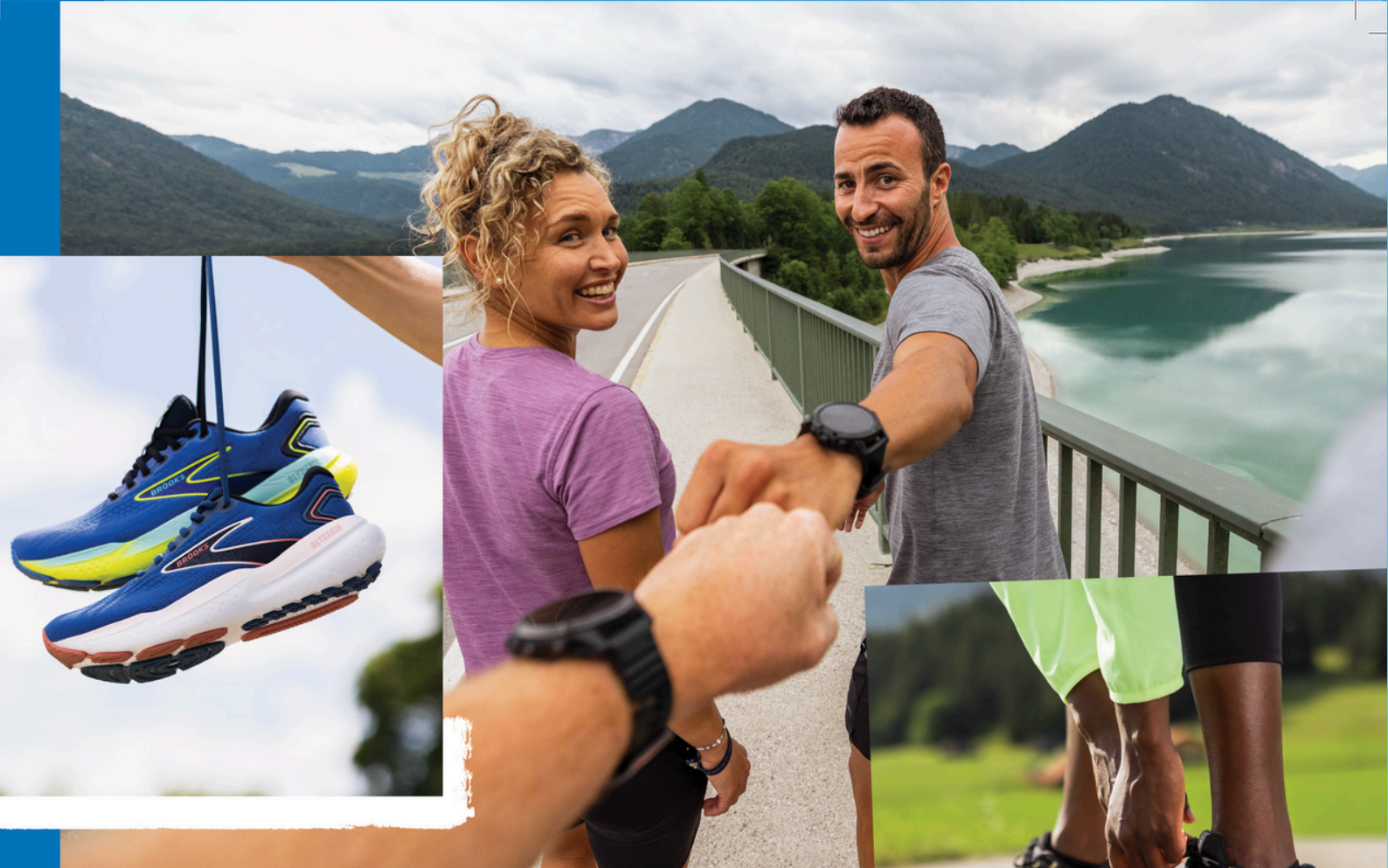
**Step 1** **Step 2** **Step 3** **Step 4**

Incorrect examples marked with an X:



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

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

## TOILETS



There will be portable toilets within the event village.

## 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.

# 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 all runners lined up and ready to run.

## **DURING THE RACE**

There will be marshals all around the course as well as km signs and arrows.

The 10k is 3 laps and the 5k is 1.5 laps of the course. 5k runners should pay close attention to the course signage and marshal instructions, as your 1st lap is different to your 2nd.

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 your safety but allow for the best experience throughout the race.

Please also be aware that we will have a lead bike ahead of the race 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 drain and discard all litter and emptied 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.



# <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

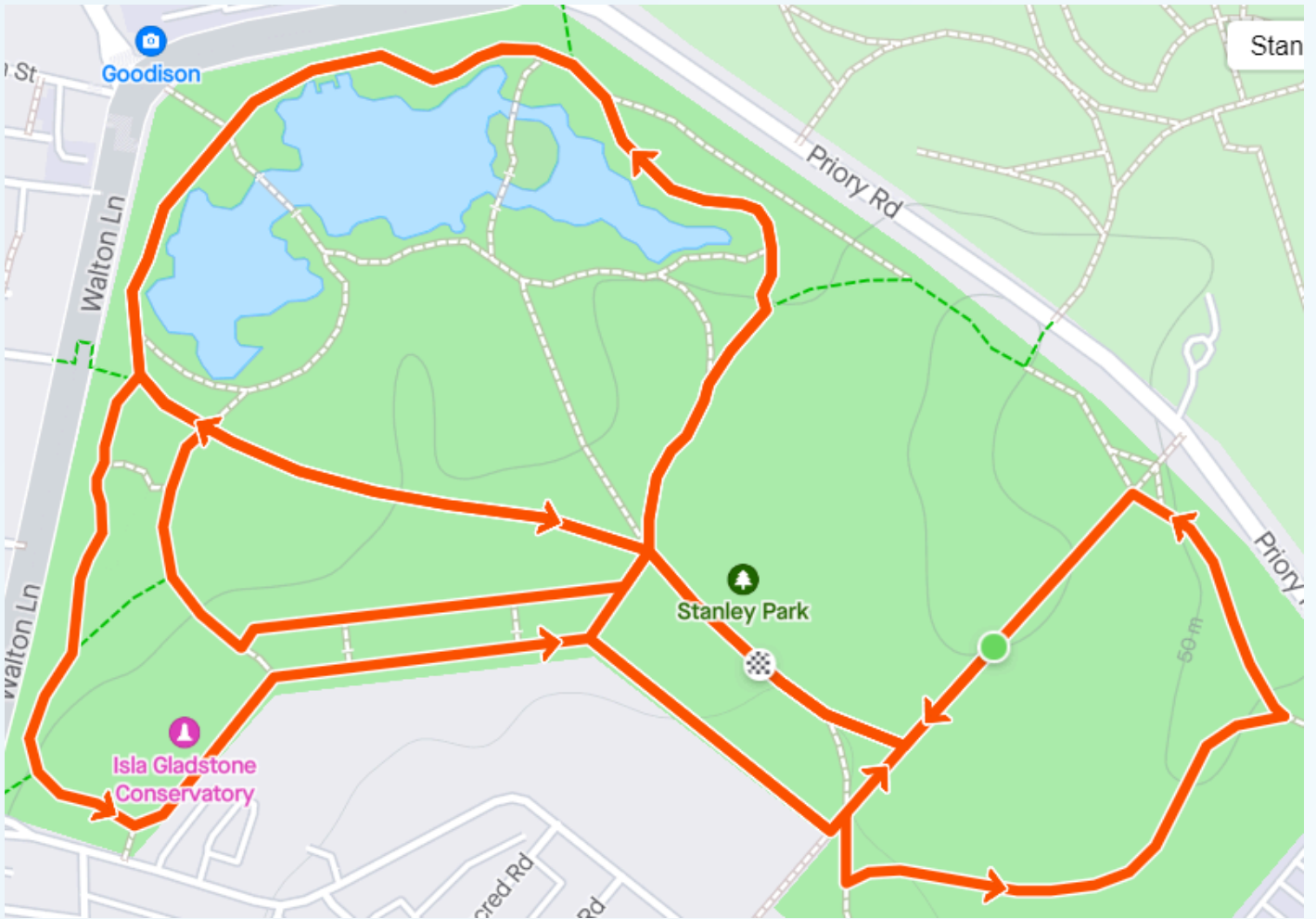
#nuunuk

#nuuniverse

#nuunhydration

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

# COURSE MAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)



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\*Exclusions apply



# 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 water to stay hydrated in the lead up to the event.



## 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.





# 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)

# RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

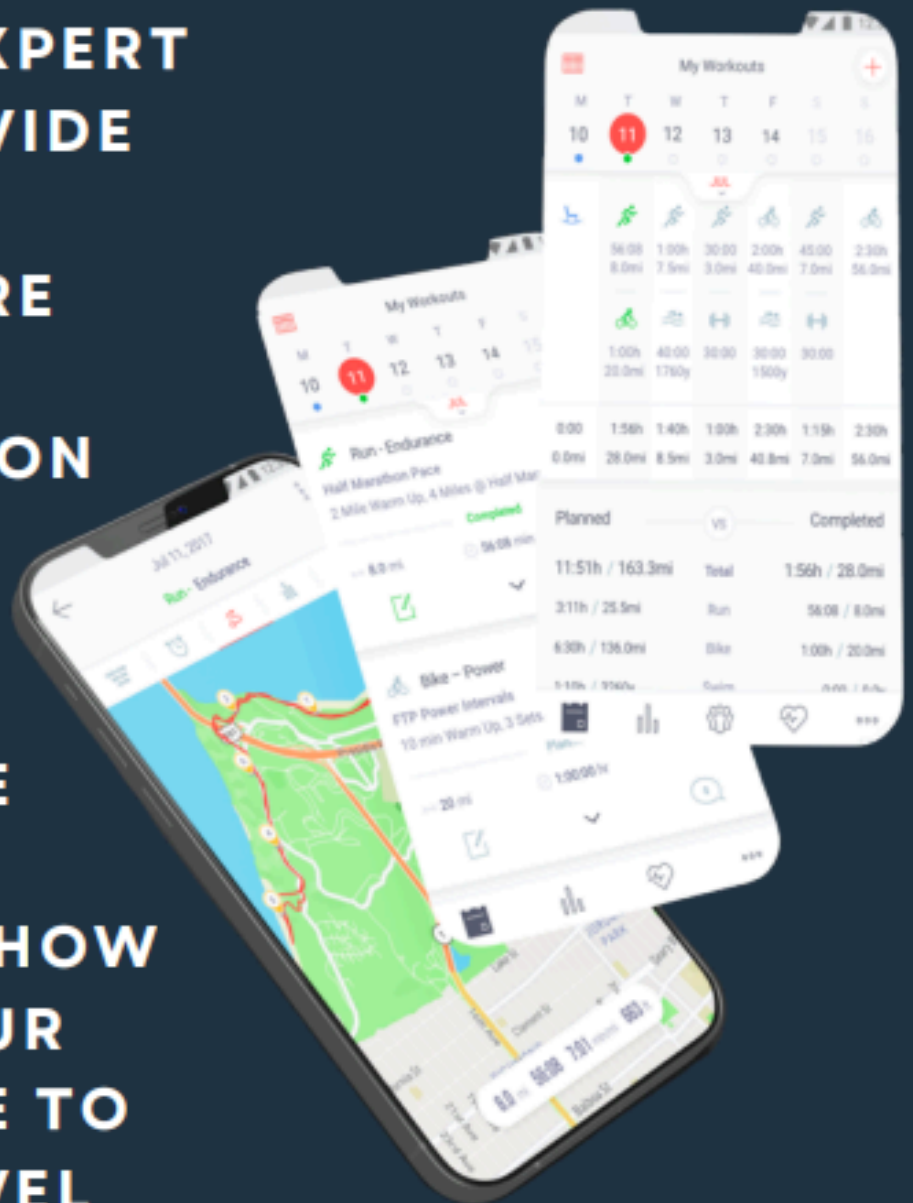
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

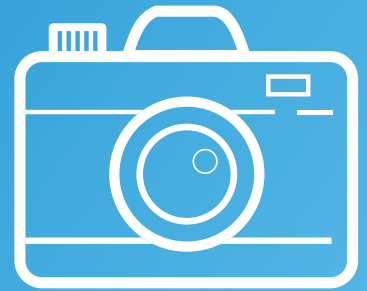
**START TRAINING TODAY**





## 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 Gone Running 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**



Everton in the Community is the official charitable arm of Everton Football Club and is widely acclaimed as one of the UK's top sporting charities and a leading Premier League community scheme committed to transforming lives and creating positive change in the communities it serves.

Established in 1988, Everton in the Community has been developed to tackle Liverpool City's region's deepest-rooted social issues from poverty, inequality and educational attainment to mental health, unemployment and health disparities.



Use your own place to **run for us**, set up a **fundraising page**, and every **£1** you generate will deliver **£29.86** of impact in our community.

If you'd like to find out more about supporting Everton in the Community, whether it's taking part in another RunThrough race on our behalf, signing up to our exclusive 1878 Community Club, or simply making a donation, just **click here**.

Or for more information please contact: **[fundraising@evertonfc.com](mailto:fundraising@evertonfc.com)**

**Thank you for making a difference.**

Stronger communities, brighter futures.





# 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***





**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)**



# GET INVOLVED!

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

## PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

## VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)

# 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 on 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?

5k-11 | 10k-15

## 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 90mins 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 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 which you will pass on each lap of your race. Please empty any bottles before discarding.

## 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! You're more than welcome to walk around the park, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

## Will there be a prize giving?

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

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





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by...**



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in the Community

**LOVE,  
CORN**

**NEW  
LEVELS  
COACHING**

**BROOKS**

**nuun**  
HYDRATION

**SPORTSSHOES.COM**

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