

RunThrough

CREWE 10K

SUNDAY 25TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF: YMCA

YOUR RACE EXPERIENCE

04 WELCOME
05 TRAVEL
06 RACE PACK
07 EVENT VILLAGE
08 WARM UP & RACE START
08 DURING THE RACE
09 COURSE MAPS
10 FINISH LINE
11 RESULTS & PHOTOS
12 OUR PARTNERS AND OFFERS

RunThrough

YMCA Cheshire are delighted to be the official charity partner of Crewe 10k

YMCA
Here for young people
Here for communities
Here for you

YMCA Cheshire prevents homelessness and improves life chances by investing in the lives of individuals in the local community.

An inclusive Christian organisation, we provide accommodation and support for local people experiencing homelessness, care leavers, unaccompanied asylum seeking children, and refugees. In addition, we provide a range of community activities for children, families and the socially isolated. We also run a café and property maintenance service as training opportunities for our service users.

"YMCA Cheshire didn't just give me a place to stay. They helped me find direction, confidence, and a healthier version of myself." *-Greg (Resident)*

Where to Find us on Race Day

Visit the YMCA Cheshire team on the race ground. We will be there to cheer you on, share stories of impact, and talk about how you can get involved.

Get Involved

- **Fundraise for Us:**

Join as a runner for YMCA Cheshire to support vital services while receiving a fundraising pack, team support, and a limited-edition running vest.

- Donate

Celebrate your incredible achievement by making a donation to YMCA Cheshire



Follow Us on Socials:

YMCA CHESHIRE

WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

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

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



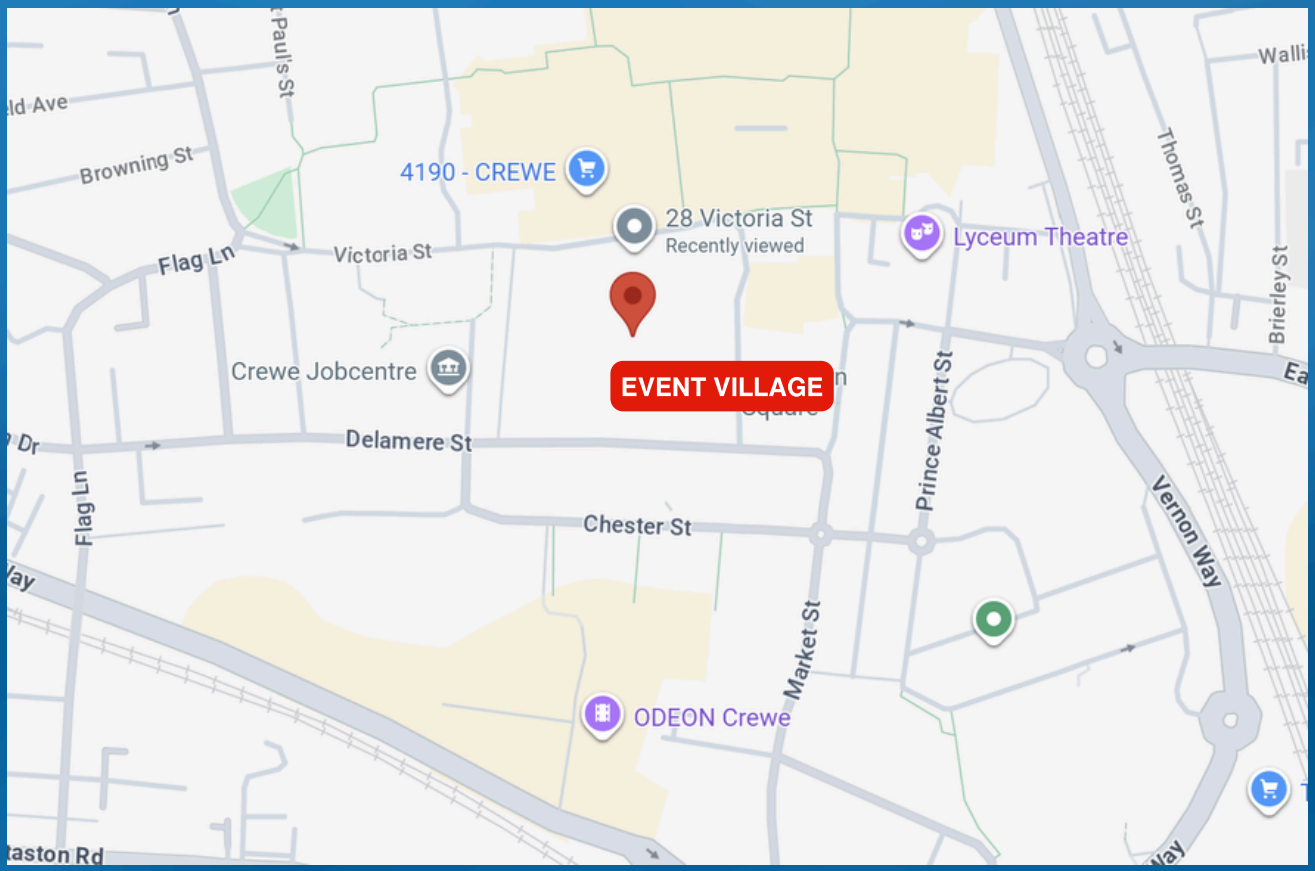
ISOBEL SOPHIE TOM TIM CASSIUS

TRAVEL

Address: Royal Arcade, Crewe, CW1 2JG

By Car: Please note there is no specific event parking, please arrive early to find a suitable parking spot and walk over to the event. We recommend using parkopedia.com to find a suitable spot.
There is a large new multistorey car park on Delamere Street, which is anticipated to be open on Sundays by the event date.

By Train: Crewe train station is approximately a 20 minute walk from the event village.
Please plan your travel in advance, as Sunday services may be limited.



what3words **Event Village:** ///legs.oldest.only

RACE PACK

START TIME

9:00am

Please note the clocks go back on Sunday, 25 October 2026 at 2:00am.

RACE PACK COLLECTION TIMES

7:30-8:30am

FOR ENTRIES ON OR BEFORE THE 7TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 21st October please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 7th October, 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 or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER & TIMING CHIP

— BAGGAGE LABEL

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

CLICK FOR ENTRY LIST & RESULTS



EVENT VILLAGE

FACILITIES

TOILETS	✓
REFRESHMENTS	✓
PARKING	✗
SPECTATORS WELCOME	✓

TOILETS

There will be portable toilets available to use in the Event Village.
If you live locally we recommend using toilets at home.

BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included.
In order to achieve this, we have a few simple rules we'd like our runners to follow:

- Be considerate and respectful to other runners, race staff & members of the public.

- Refrain from demeaning, discriminatory or harassing behaviour and speech.

- Be mindful of your surroundings and your fellow participants.

-Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of the race.
From here, we will call out estimated finish times to get all runners lined up and ready to run.

Please stay within the event village until we call you to the start line in estimated finish time order - please don't make your way directly to the start!

DURING THE RACE

We will have marshals all around the course as well as KM signs and arrows.

You will follow green KM signs 1-9

this closed-road race offers a fast and flat route ideal for runners of all abilities, whether you're aiming for a personal best or enjoying your first-ever 10K.

Please be aware that we will have a safety bike ahead of the lead runner to prevent any collisions on the course. 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 bottles within the signed litter zone, which will be shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

Please note, due to road closures in place there is a 90min cut off on the half marathon. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATION

There will be a water station at approximately 5km.

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

We recommend bringing your own drinks as well to stay hydrated in the lead up to the event.

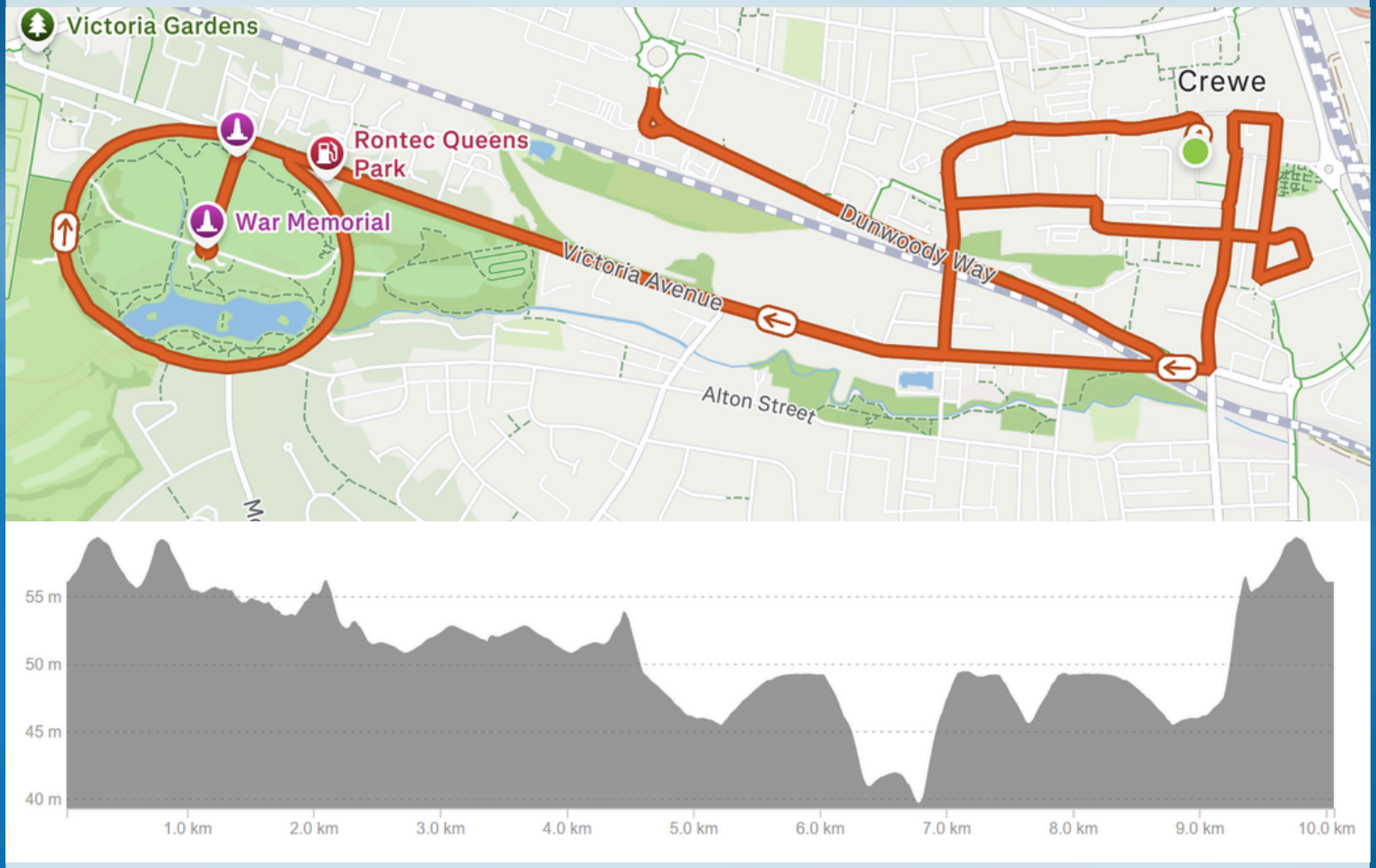


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP



CLICK FOR INTERACTIVE MAP



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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoodie 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 kit, but would like to purchase some, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect.
Any kit not ready for collection will then be posted out.)

PURCHASE HERE



RESULTS & PHOTOS

PHOTOS

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

SOCIAL MEDIA

runthroughuk

Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

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

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com


GO FURTHER
SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- **£40 - 5K/10K**
- **£65 - HALF MARATHON**
- **£100 - MARATHON/ULTRA**

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



Here at RunThrough we are always looking for like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

RunThrough

OFFICIAL VITAMIN PARTNER



Energy to test your athletic skills?

There's a

for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

SOLGAR®

Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

SINCE 1675

MORNFLAKE

THE BENCHMARK FOR BREAKFASTS





PROUD TO SUPPORT CREWE 10K

Click HERE to shop at mornflake.com



AUTUMN TRAINING COLLECTION

Autumn Training Starts Here



GET 15% OFF*

Find your discount code on the back of your race bib.

*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

MAKE NATURE YOUR POWER

JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

Shop now

BROOKS

RunThrough
OFFICIAL PARTNER

givestar

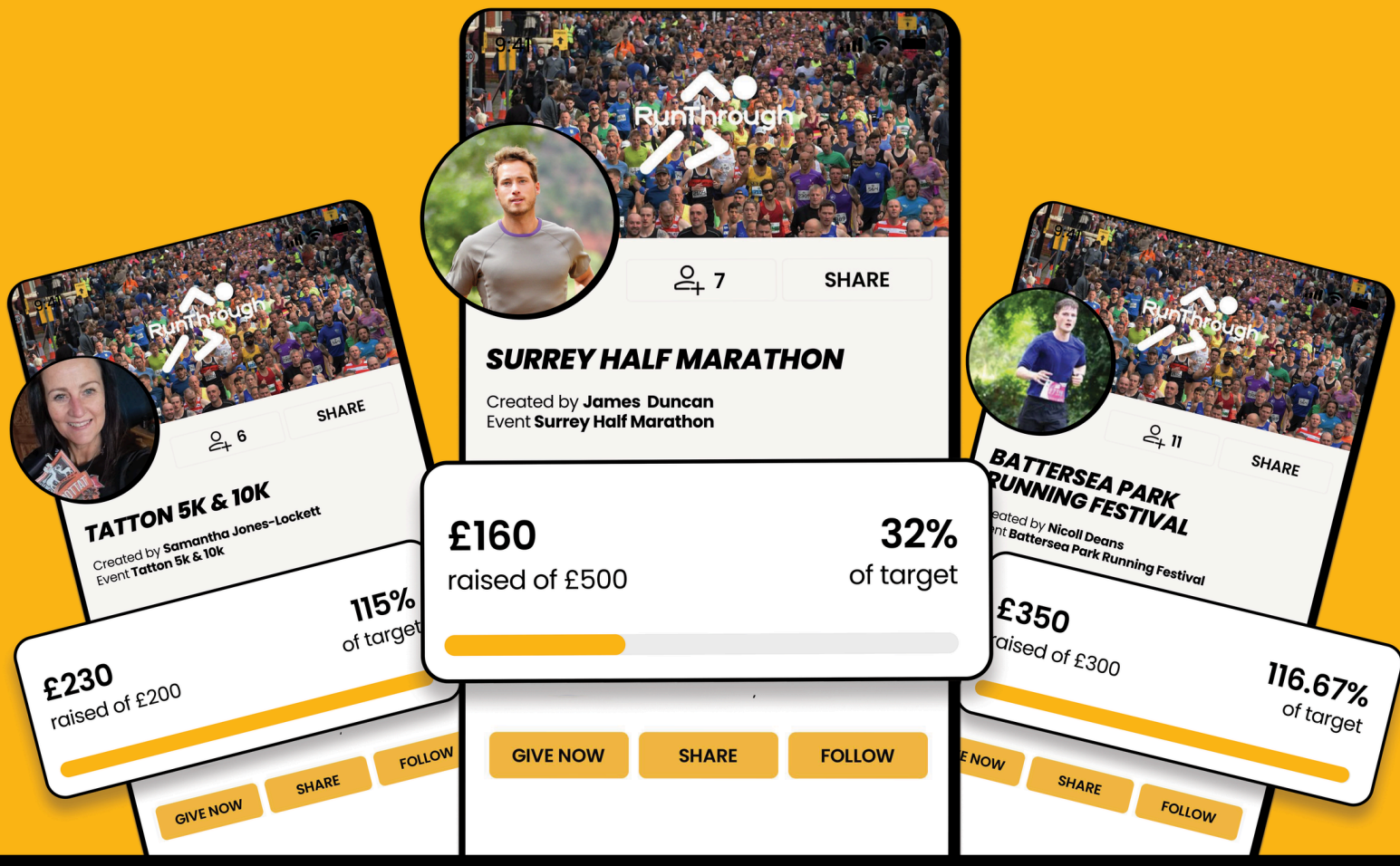
Download on the App Store

GET IT ON Google Play

THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

- 22G CARBOHYDRATES
- ISOTONIC FORMULA
- INFORMED SPORT APPROVED
- AIM FOR 60G OF CARBOHYDRATES PER HOUR



Voltarol
The joy of movement

RunThrough

MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **RUNNING INJURIES**



Always read the label

12 HRS

UP TO **12 HOURS** OF TARGETED ANTI-INFLAMMATORY

POWERFUL **ANTI-INFLAMMATORY** TARGETS THE SOURCE OF PAIN

WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY***

*vs non-medicated gel.

THE **OFFICIAL PAIN RELIEF PARTNER** OF RUNTHROUGH

RunThrough Coach

RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

FIND OUT MORE

RUNNER RETREATS&TOURS



AMSTERDAM

MARATHON & HALF MARATHON TOUR

16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

BOOK YOUR SPOT →

RunThrough

Supported by...

YMCA

RT KIT

Voltarol
The joy of movement

SINCE 1675
MORNFLAKE

JB's TREK

BROOKS

SOLGAR®
Since 1947

SiS
SCIENCE IN SPORT

POWERED BY
givestar

SPORTSSHOES.COM

Interested in supporting an event?
Email: partners@runthrough.co.uk