DELAMERE FOREST

10K | 21K | 42K

SUNDAY 22ND NOVEMBER 2026



RunThrough

EVENT GUIDE

RunThrough

WELCOME

WELCOME TO DELAMERE FOREST

We are incredibly excited to welcome you all to the Delamere Forest 10k, 21k & 42k in just a few short days. The whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. We are sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to us that you do so in the safest way possible. With this in mind, a few members of our team will be heading out in the early hours of race day to do a final course check before our pre-race runner briefing.

We can't wait to see you all on race day, so please come and say hello. Our team (pictured below) can be found in blue high viz, located across the course and in the event village setting you off at the start and welcoming you back over the finish line!

All the best of luck and see you soon!



CONNOR CALLUM CASSIUS TOM OLLY

THANK YOU TO OUR PARTNERS



TRAIL RACE CHECKLIST

Whether your first trail race or first RunThrough Trails race, we are looking forward to seeing you on race day! Use the information below to help with your training, race plan and navigation.

PLANNING AND TRAINING

Trail races are very different to road races. Plenty of practice on the hills and tricky downhills will give you confidence on race day. Remember to forget your split times and enjoy the views.
A course recce is the best possible prep, however, we appreciate that it isn't always possible!

COURSE AND NAVIGATION

All RunThrough trail races are marked with bright orange flags and tags, directional arrows and no-entry crosses. Additional marshals are in place at critical and strategic positions, however, courses are not marshalled like RunThrough road and park races and there will be no distance markers.
Unfortunately, as with any trail race, course markings can be interfered with. For this reason, it is mandatory to have the route on a phone, watch or GPS device to self-navigate if necessary.

PLAN FOR RACE DAY

Travel & Parking - With many trail races in remote locations, checking public transport and parking will be critical to arriving in time before your race for kit-check and bib-collection. We highly recommend car sharing where possible.

Kit-Check & Race Bib - All races will undergo spot checks for mandatory kit when collecting your race bibs on the morning of the race.

Spectators - Spectators are always welcome at Base Camp, creating a fantastic atmosphere for all of the finishers.

PLAN YOUR KIT

A mandatory kit is in place for safety, with spot checks conducted before the start of all races, with some races having a full kit check. This will be specified on the event web page and in the event guide.

Each race has a standard mandatory kit and an additional mandatory kit, in case of adverse conditions. Additional Mandatory kit will be stated in the event guide and on the website, with the race director communicating any activations of the additional mandatory kit at the earliest possible convenience.

NUTRITION AND FUELLING

Our well stocked Aid Stations provide a range of hydration and nutrition at strategic distances in the race. While we endeavour to offer a wide selection of inclusive refuelling options, we recommend bringing a sufficient supply of nutrition for more specific dietary requirements.

Exact fuelling can vary by race & distance, with hot options being made available in the latter stages at certain events only.

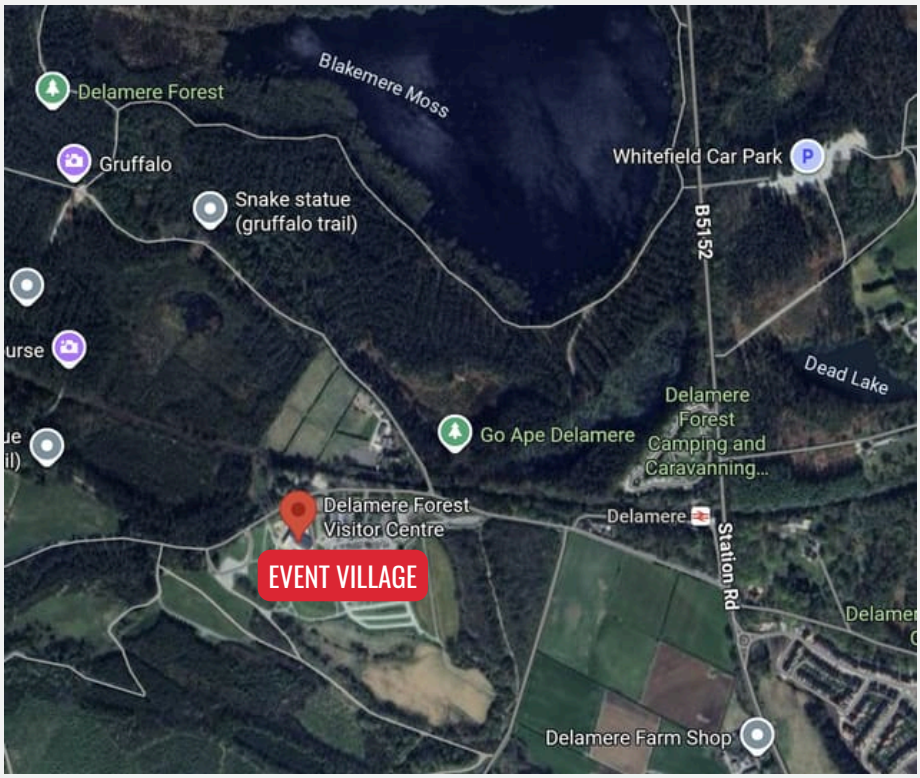
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TRAVEL

We encourage runners and spectators to arrive early and car share where possible.
Looking after the environment and providing sufficient car parking is crucial to ensuring everyone can enjoy the event, while respecting the local environment, people and businesses.

📍 Delamere Forest Visitor Centre, Delamere Forest, Northwich CW8 2JD

📍 What3Words: ///notch.written.pianists



PARKING

There will be parking at Whitefield Car Park, which you will be directed to by our marshals and signage on your arrival.
This is pay and display and will cost £9.50 for the day. On arrival this can be paid through the RingGo app or using the QR Codes available in the Car Park.
(Please note, signal is limited here, we advise downloading the RingGo App in advance- the location code is 31052).
Whitefield Car Park is located approximately 1mile/ 20min walk from the event village, please factor this extra walk into your arrival time.

Parking in the main visitor centre will be extremely limited and only made available once Whitefield is full- this is charged at £12.50 for the day.

We advise car sharing where possible.

PUBLIC TRANSPORT

Delamere Train Station is located just 0.5miles from the visitor centre and event village (10min walk).
If planning to use public transport to get to the event, please plan your journey in advance as Sunday morning services may be extremely limited.

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RACE DAY SCHEDULE

TIME	WHAT	WHERE
06:30	Base Camp open	Base Camp
	42k Race	
06:30 - 07:30	Kit Spot-Check 42k Pack Collect	Base Camp - Registration
07:45	42k Race Briefing	Base Camp - Stage
08:00	42k Race Start	Base Camp
	21k Race	
07:30 - 08:30	Kit Spot-Check 21k Race Pack Collect	Base Camp - Registration
08:45	21k Race Briefing	Base Camp - Stage
09:00	21k Race Start	Base Camp
	10k Race	
08:30 - 09:30	Kit Spot-Check 10k Race Pack Collect	Base Camp - Registration
09:45	10k Race Briefing	Base Camp - Stage
10:00	10k Race Start	Base Camp
13:15	Last aid station cut-off	Aid Station
15:00	All races finish	Base Camp

EVENT VILLAGE

Your hub for the event, collect everything you need pre-race, the start and finish of the race and all of your post-race needs.

📍 **Delamere Forest Visitor Centre, Delamere Forest, Northwich CW8 2JD**

REGISTRATION & INFORMATION

Please arrive in plenty time to pay for parking and walk over to Event Village (located by the visitor centre). On arrival, please head to the registration marquees where you can collect your race bib. Please have all your kit ready to show our team, as spot checking will be in opperation.

15min before each race start, there will be a race briefing in front of the stage, please attend this ready to run, as from here you will be walked to the start line ready to hit the trails.

KIT-CHECK

We have a mandatory kit in place to keep you safe throughout the race, and we'll be spot-checking before you collect your race bib.

Additional spot checking is at the Race Director's discretion before, during, and after the race, with failure to produce the required kit resulting in disqualification or time penalties based on the offence.

BIB COLLECTION

Your race bib contains your timing chip, medical form and race number. Please make sure you attach this well and fill in the information on the back; this is part of your mandatory kit.

BAG DROP

Attached to your race number, use your bag tag to leave belongings in our bag drop area to collect post-race.

EVENT VILLAGE FACILITIES



Bag Drop



Toilets



Food & Snacks



Finish Aid Station



Hot Drinks



Kit Stall

SAFETY & RESPONSIBILITY

Trail racing is a fantastic blend of spectacular scenery, amazing racing and pushing to achieve amazing goals. It is also a team effort. It's a commitment from the RunThrough Trails staff, our partners, and you to create an event that challenges you and creates memories that last a lifetime.

RACE PREPARATION

By taking part in a RunThrough Trails event, you are agreeing that you are physically fit and accept the risks of participating in a trail running event.

Trail running events are physically demanding by their nature, providing risk that all participants need to understand before heading to the start line.

Being fit, able and wearing the correct kit is all part of preparing responsibly for a trail running event.

EVENT DAY MEDICS - 07507 250672

Our expert, Trail Event Medics, are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary. Saving the medic number is part of your mandatory kit. This will also be printed on your bib.

Medic Number: 07507 250672

NAVIGATING THE RACE ROUTES

RunThrough Trails proudly implements world-class route marking, using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.

OUR COMMITMENT - LEAVE NO TRACE

We require permission from a huge number of stakeholders to enable our races to take place. To do so, we commit to respecting the landscape, local people, businesses and wildlife.

By entering a RunThrough Trails Race, you too commit to this mission by:

Leaving no litter - Closing all gates - Keeping to the routes

Please note: Littering or leaving gates open may result in disqualification and removal from the race.

MANDATORY KIT

Mandatory kit will be spot-checked when collecting your race bib on the morning of the race. Please be ready to show the marshals any of the kit requested from the mandatory kit.
If you'd like to purchase mandatory kit from our RunThrough Kit supplier, this can be pre purchased HERE

MANDATORY KIT

R - Recommended

MANDATORY KIT - ALL RACES	10K	21K	42K
Running Pack - Vest or Belt	✓	✓	✓
Mobile Phone - Fully Charged - Medical Number Saved	✓	✓	✓
Route Map - GPX Loaded to Watch, Phone or GPS Device	✓	✓	✓
ID, Emergency Contact Details & Medical Info (If applicable)	✓	✓	✓
Drinking Container - Folding Cup, Flask or Drinks Bottle	✓	✓	✓
Foil Blanket or Survival Bag	✓	✓	✓
Whistle	✓	✓	✓
Outer Layer: Waterproof jacket with taped seams & hood	*R*	*R*	✓
Water Bottle / Hydration Bladder	*R*	*R*	✓
Head torch + Spare battery	-	*R*	✓
Food Reserves	*R*	*R*	*R*
Self-adhering elastic Bandage	*R*	*R*	*R*

ADDITIONAL KIT / RECOMMENDED KIT

In the event of extreme weather, the additional mandatory kit listed below may be activated. Additional kit requirements will be communicated as soon as possible.

COLD WEATHER MANDATORY/RECOMMENDED KIT (ACTIVATED BASED ON CONDITIONS)	10k	21K	42K
Long-legged trousers / race leggings	✓	✓	✓
Headwear for warmth	✓	✓	✓
Gloves or Mitts	✓	✓	✓

WET WEATHER MANDATORY/RECOMMENDED KIT (ACTIVATED BASED ON CONDITIONS)	10K	21K	42K
Outer Layer: Waterproof jacket with taped seams & hood	✓	✓	✓
Head torch + Spare battery	✓	✓	✓

HOT WEATHER MANDATORY/RECOMMENDED KIT (ACTIVATED BASED ON CONDITIONS)	10K	21K	42K
Headwear for sun protection (head, face and neck)	✓	✓	✓
Suncream	✓	✓	✓
Extra Water capacity	✓	✓	✓
Sun Glasses	*R*	*R*	*R*

THE RACE

AID STATIONS & CUT-OFF TIMES

42K

Aid Station	Distance	Location	Cut-Off	Toilets (P = Public)
Start		///island.fruity.initiated	**08:00**	✔
AS1	10.4k	///soggy.shovels.doll	**09:45**	
AS2	21.1k	///stocked.segmented.icon	**11:30**	✔
AS3	31.5k	///soggy.shovels.doll	**13:15**	
Finish	42.2k	///island.fruity.initiated	**15:00**	✔

21K

Aid Station	Distance	Location	Cut-Off	Toilets (P = Public)
Start		///island.fruity.initiated	**09:00**	✔
AS1	10.4k	///soggy.shovels.doll	**10:45**	
Finish	21.2k	///island.fruity.initiated	**12:30**	✔

10K

Please note the 10k won't pass an aid station, we advise carrying a bottle/ soft flask for the duration of the race & to refill at the finish. (This is a cupless event, so bottled water won't be provided at the finish.)

COURSE MARKINGS

All routes will be marked using bright orange flags and tags with a reflective strip, small orange arrows and red crosses.

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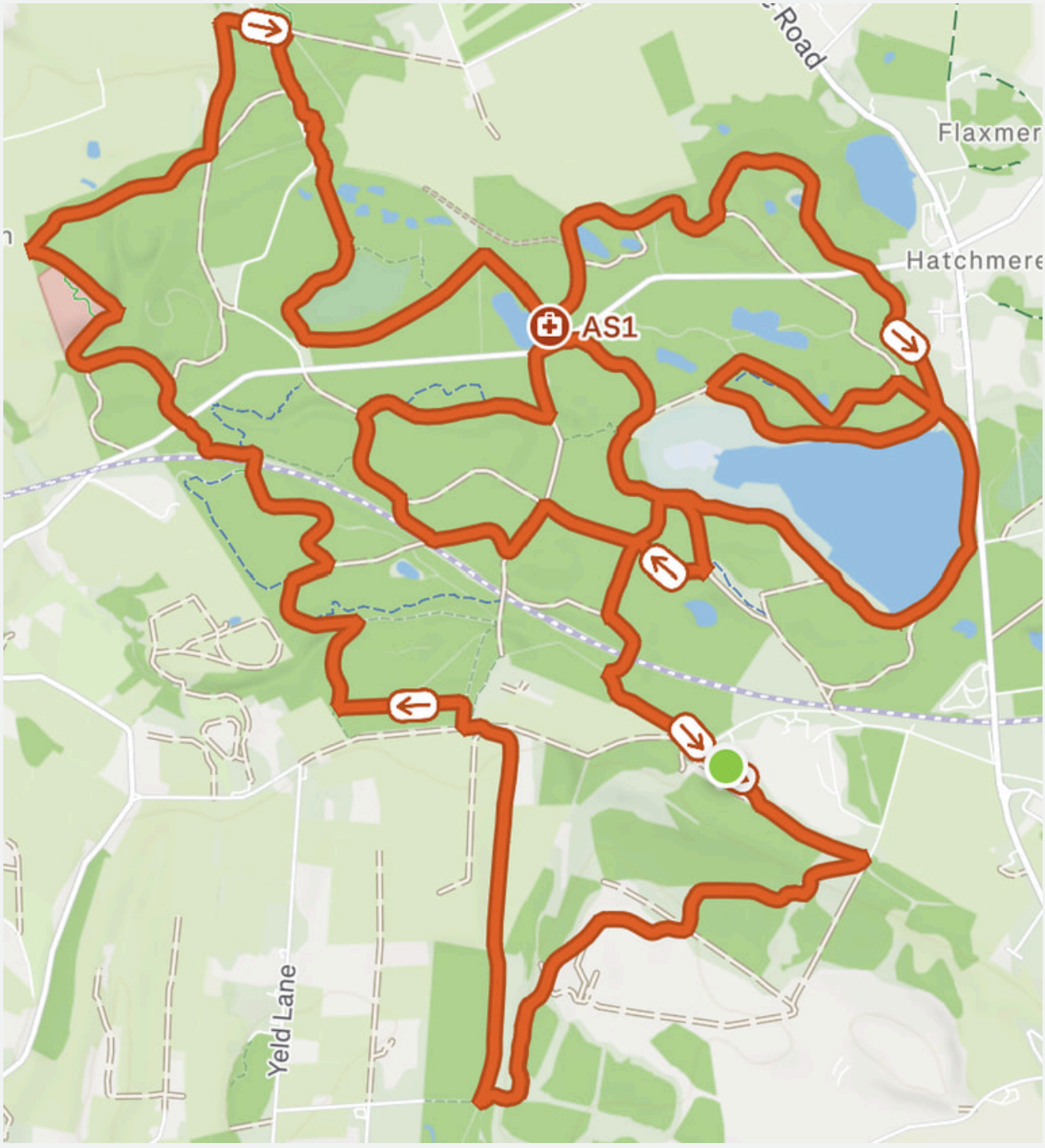








42K & 21K COURSE



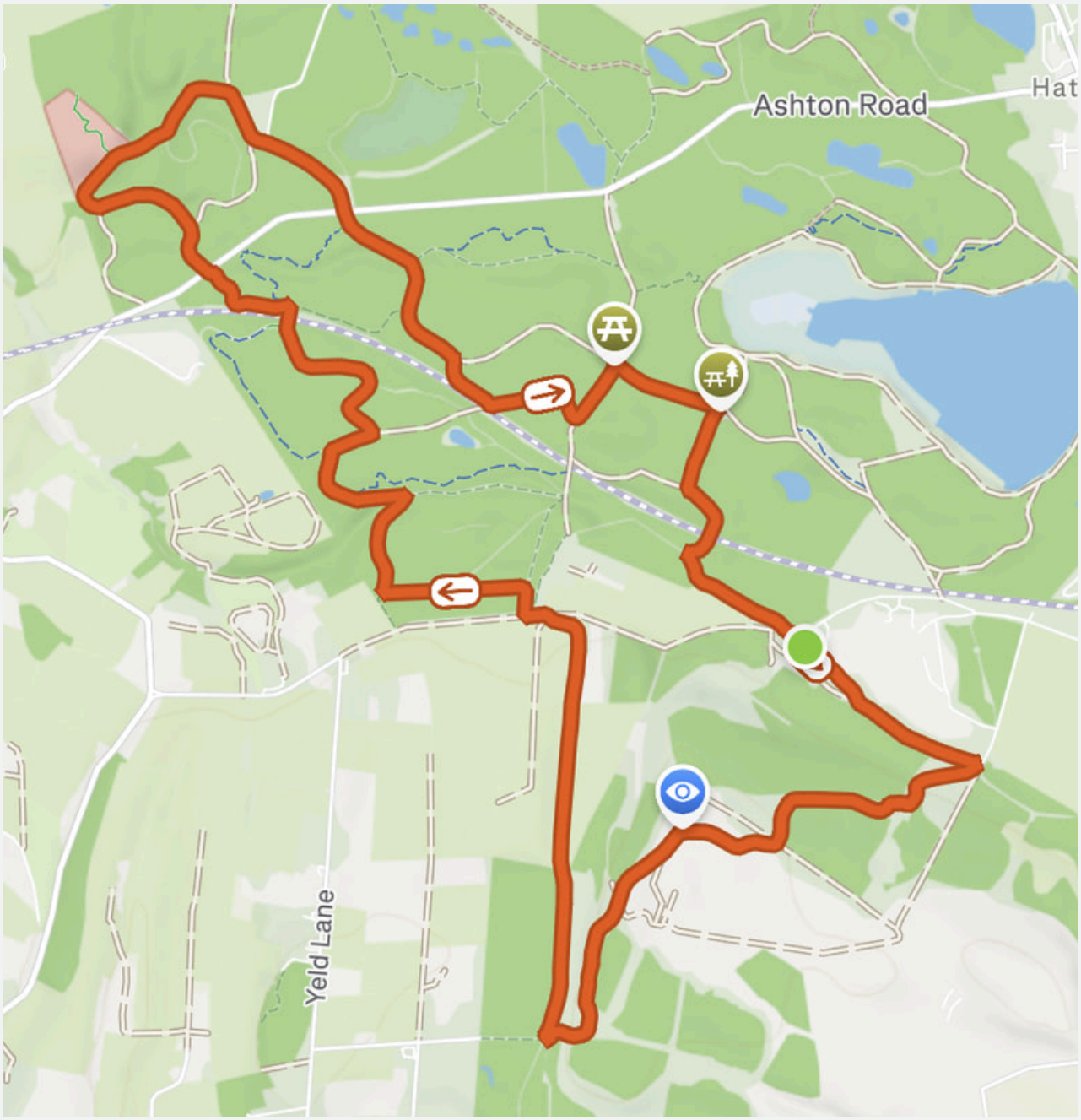
CLICK FOR 42K STRAVA - 2 LAPS

CLICK FOR 21K STRAVA - 1 LAP

DOWNLOAD 42K GPX

DOWNLOAD 21K GPX

10K COURSE



CLICK FOR 10K STRAVA - 1 LAP

DOWNLOAD 10K GPX

RESULTS / PHOTOS / TRACKING

RESULTS

Results will be available immediately after the race on the RunThrough website:

Race Results: **https://results.runthrough.co.uk/results**



PHOTOS

Professional photos are provided for free, with photographers out on the course and at the finish line.

Get your race photos here: **https://www.runthroughgallery.com**



SPECTATING/ CREWING

If you'd like to support a runner and provide aid/extra nutrition/a pat on the back along the course, that is absolutely allowed, but not all sections of the course are spectator-friendly.

If you do want to get on to the course we advise following the strava map to navigate the route and utilise the connecting paths throughout the forest.

If you do plan on heading out on the course, please be considerate of runners and other trail users, and stick to one side to allow for anyone to pass with ease.

Runners are advised to carry all their own fuelling, but should you wish to meet up and offer extra support, we recommend doing this around the event village, as the path is wide and easily accessible at this point.

RT KIT





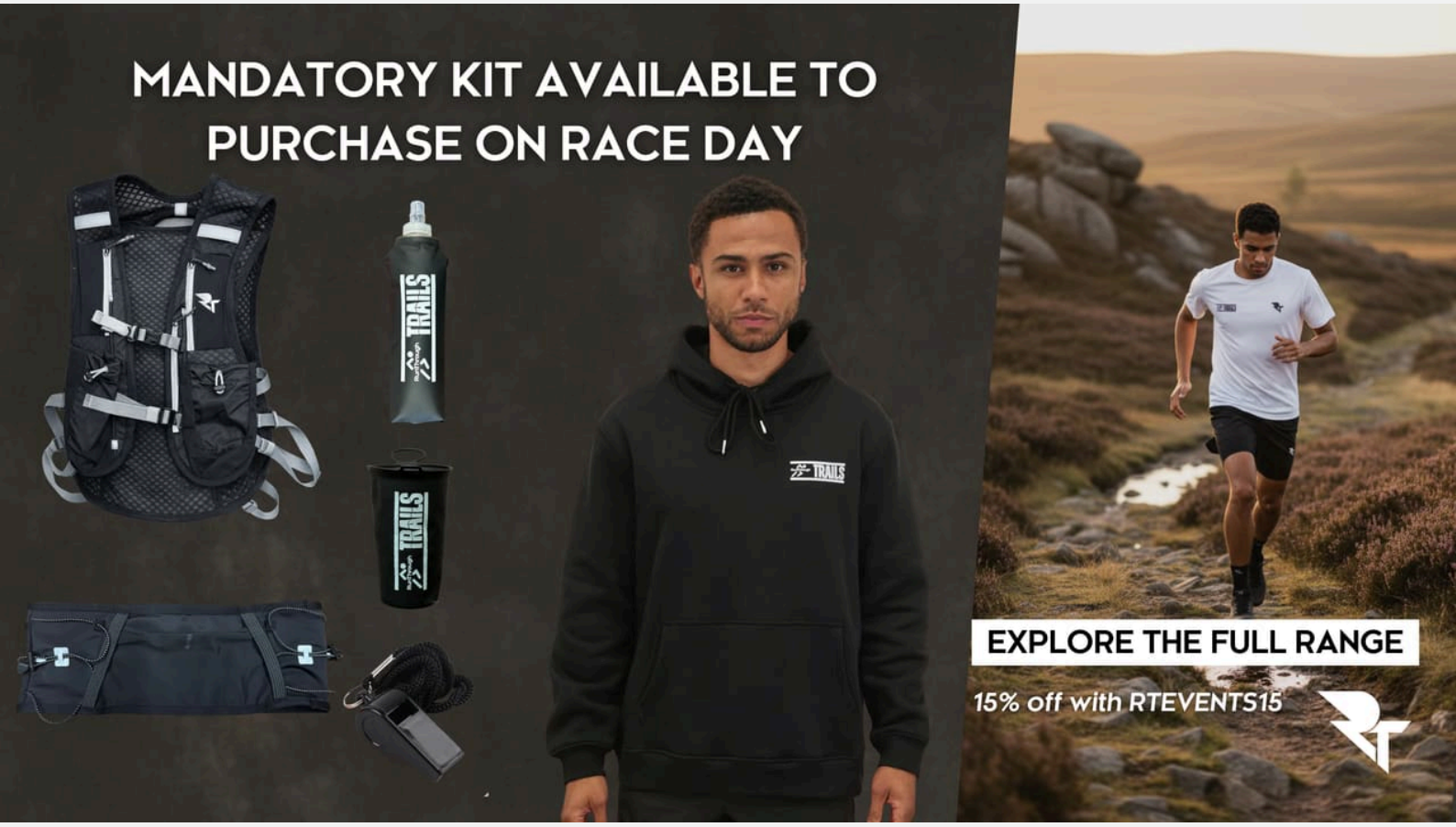
EVENT T-SHIRTS & HOODIES

If you have purchased any event kit 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 or hoodie, but would like to purchase one now, 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



VOLUNTEER WITH RUNTHROUGH TRAILS



There are a variety of volunteer roles available at the RunThrough Trails events, including:
Course marking
Aid station support
Marshal roles on the course
Base Camp setup and logistics

Volunteering is a great way to be part of the race atmosphere, support the trail running community, and enjoy the stunning mountain environment—even if you're not running!

All volunteers receive RunThrough race credits, which can be used towards entry to any RunThrough event or a donation to a charity or local association of your choice.

For more details, check out our Volunteer FAQs

If you have any questions along the way, feel free to reach out volunteer@runthrough.co.uk
We'd love to have you on the team!

JOIN THE TEAM






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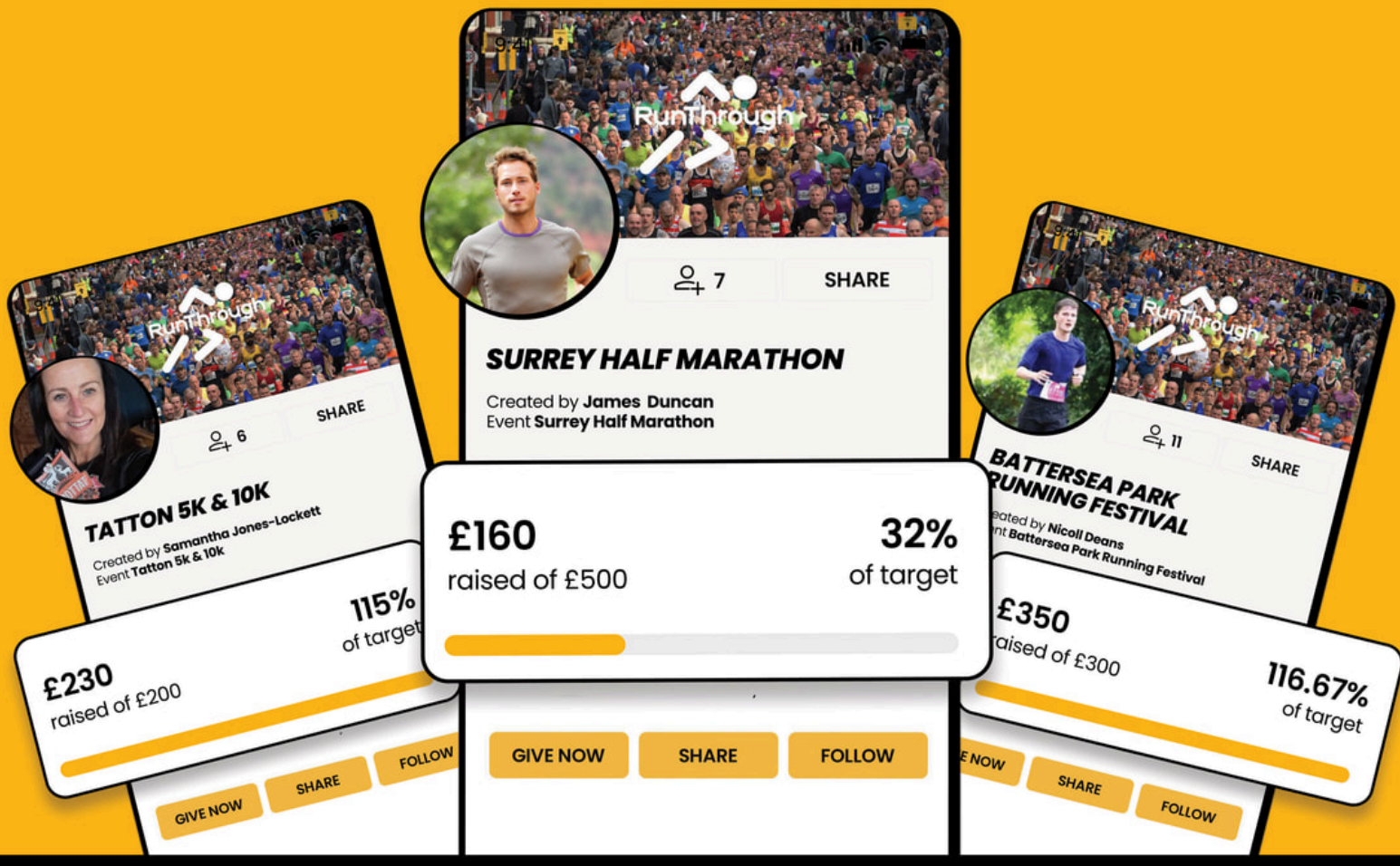
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