



EVERTON 10K

SUNDAY 4TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF:





YOUR RACE EXPERIENCE

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AND OFFERS





Everton
in the Community

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.



Click here to find out more about Everton in the Community and how you can support our **life-changing work** - whether its through taking part in another RunThrough race on our behalf or simply making a donation.

Alternatively, drop us an email at fundraising@evertonfc.com.

Stronger communities, brighter futures.

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



HARRY

ROB

CASSIUS

OLLY

SOPHIE

ISOBEL

TRAVEL

Address: Hill Dickinson Stadium, Regent Road, Liverpool L3 0BW

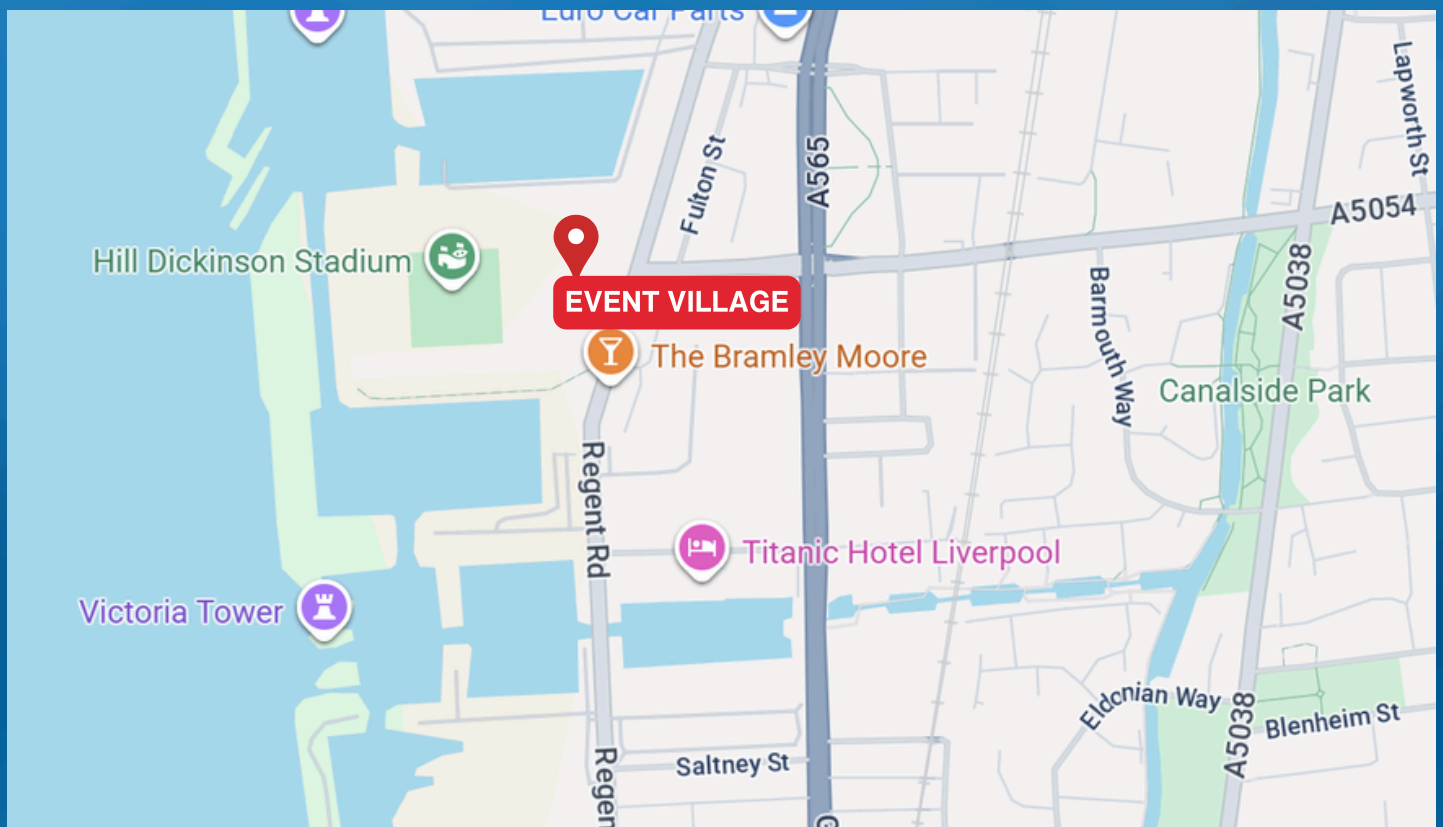
Parking:

There will be no parking at the venue, we recommend using public transport or car sharing where possible. Please use parkopedia.com to find somewhere suitable to park nearby.

There are a number of large multistorey car parks around the Princes Dock area, a 20-25 minute walk from the stadium.

Public Transport:

E.F.C Fanzone Train Station at Sandhills is the closest station, 1km (15min walk away). If travelling by train, please plan your journey in advance as early morning services may be limited.



what3words

Event Village:

///bugs.spoon.atoms

RACE PACK

START TIME

9:30am

RACE PACK COLLECTION TIMES

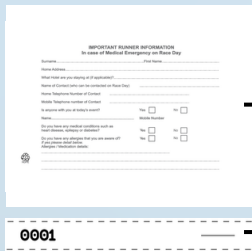
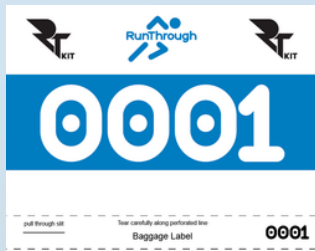
8:00-9:00am



FOR ENTRIES ON OR BEFORE THE 15TH SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 1st 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 15th September, 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



SPECTATORS
WELCOME



DOGS

MUST BE KEPT ON A LEAD AT ALL
TIMES WHILE IN THE EVENT VILLAGE.



TOILETS

For this event we will use the
toilets within the Stadium.

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.

DURING THE RACE

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

You will follow green KM markers 1-9

Starting and finishing at Everton FC's brand new Hill Dickinson Stadium. The route takes in some of Liverpool's most iconic landmarks, including the Royal Liver Building and the Beatles Statue.

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.

With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

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

WATER STATIONS

There will be a water station at 5k, please help yourself to this as you pass.

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

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.

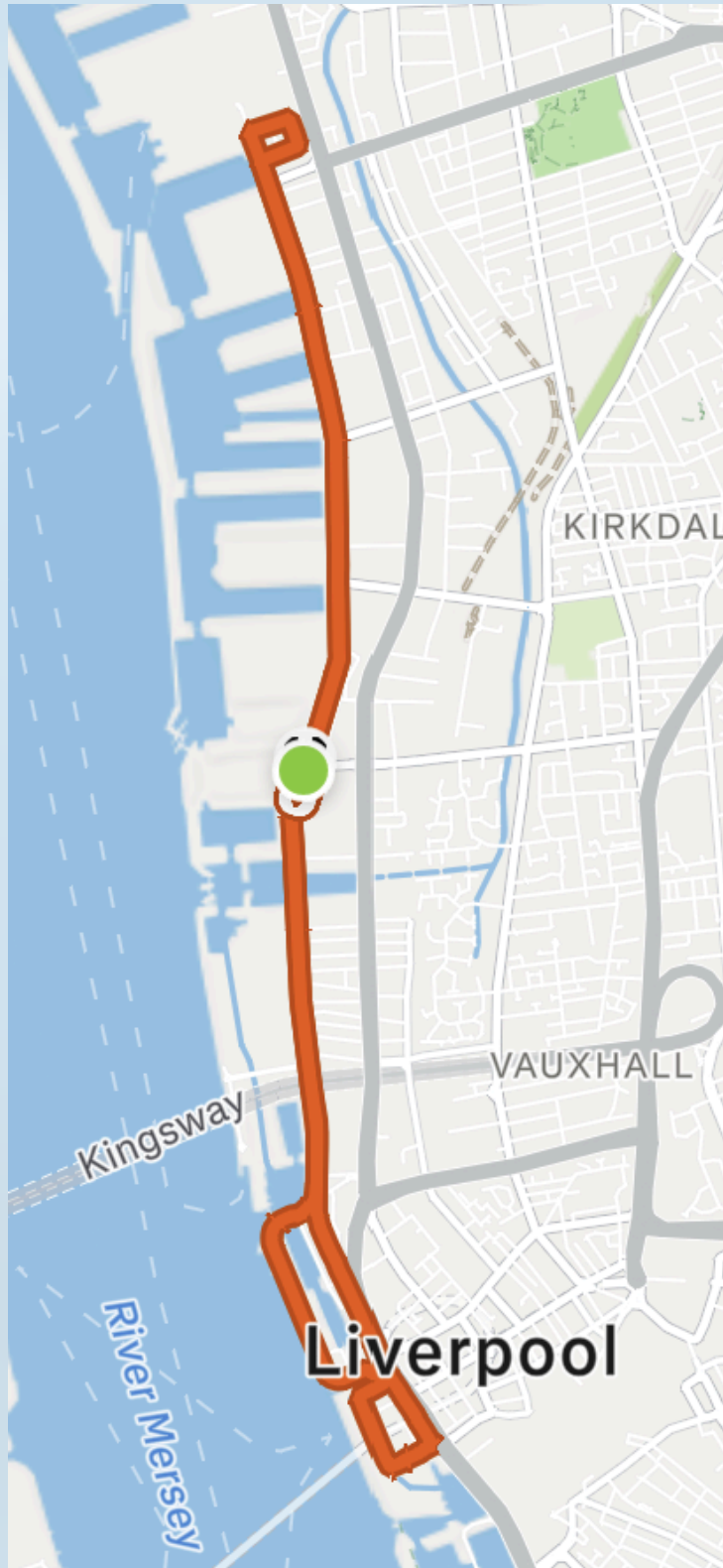


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

**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

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

Q 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
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[SHOP THE FULL RANGE](#)

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





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

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BROOKS



OFFICIAL PARTNER

THEY'RE MAKING A DIFFERENCE, ARE YOU?

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

GET FUNDRAISING





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APPROVED**



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CARBOHYDRATES
PER HOUR**





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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



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.



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.

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SHOES
.COM

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IN RUNNING**



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OFF

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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.



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Supportive environment for all abilities

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RUNNER
RETREATS&TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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Interested in supporting an event?

Email: partners@runthrough.co.uk