

RunThrough

RUN ALTON TOWERS 5K, 10K & JUNIORS

SATURDAY 14TH NOVEMBER 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

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RunThrough

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



JAKE GIAN HARRY KANE ROB TIM TOM JOE OLLY



CASSIUS CONNOR GEORGIE ISOBEL JAMES KATIE SOPHIE KIRSTEN REUBEN ISSY

Run For Sick Kids

Birmingham Children's Hospital Charity

Doing more for sick kids

Birmingham Children's Hospital is one of the UK's leading specialist paediatric centres, caring for 100,000 children and young people every year from across the country.

Thank you to everyone already running for our sick kids and for those that would still like to, it's not too late to join #TeamBCH and run for the hospital's sick kids.



By choosing to run for the hospital, you'll be joining the likes of Mia. She's tackling the 5k to say thanks for the care her little boy Tommy has received at Birmingham Children's Hospital since birth.

Tommy was born with the rare genetic condition, Noonan syndrome, which can affect the development of various parts of the body. During his hospital journey, the hospital staff have been there to support Tommy and his parents navigate every step – offering them care, expertise and guidance.



Mia says: "Tommy has already been through so much for such a little boy, and his journey isn't over yet. He will need open-heart surgery between the ages of three and five to repair holes in his heart.

"Birmingham Children's Hospital has been there for our family when we've needed them most and knowing the team will be there for him through such a huge part of his journey means more to us than I can put into words. So, I'm going to push myself out of my comfort zone and run 5k to say thank you."

You can join Mia at Run Alton Towers by setting up a JustGiving page at justgiving.com/bchch or scan the QR code below and select 'start fundraising'

Every sign up to run for the charity makes a real difference to sick kids and their families at difficult times. For a full list of upcoming events you can take on to support them, visit: bch.org.uk/events

Registered with FUNDRAISING REGULATOR

Birmingham Children's Hospital Charity 2023. A registered charity in England and Wales: 1160875

TRAVEL

Address: Alton Towers, Farley Ln, Alton, Stoke-on-Trent, ST10 4DB

By Car:

Please arrive early as there may be queues into the car park, along with up to a 20minute walk from your car to the event village.
We advise arriving before 8am.

Alton Towers Resort is located between the M1 and the M6 and is well signposted. Depending on your direction, the nearest junctions are:
M1 Northbound – Junction 23a
M1 Southbound – Junction 28
M6 Northbound – Junction 15
M6 Southbound – Junction 16

Please drive with care as the roads in the area can be very narrow in places. Some Sat Nav systems may take you down a local farm track (especially if you're coming from the B5417). Please follow the road signs for the last few miles.

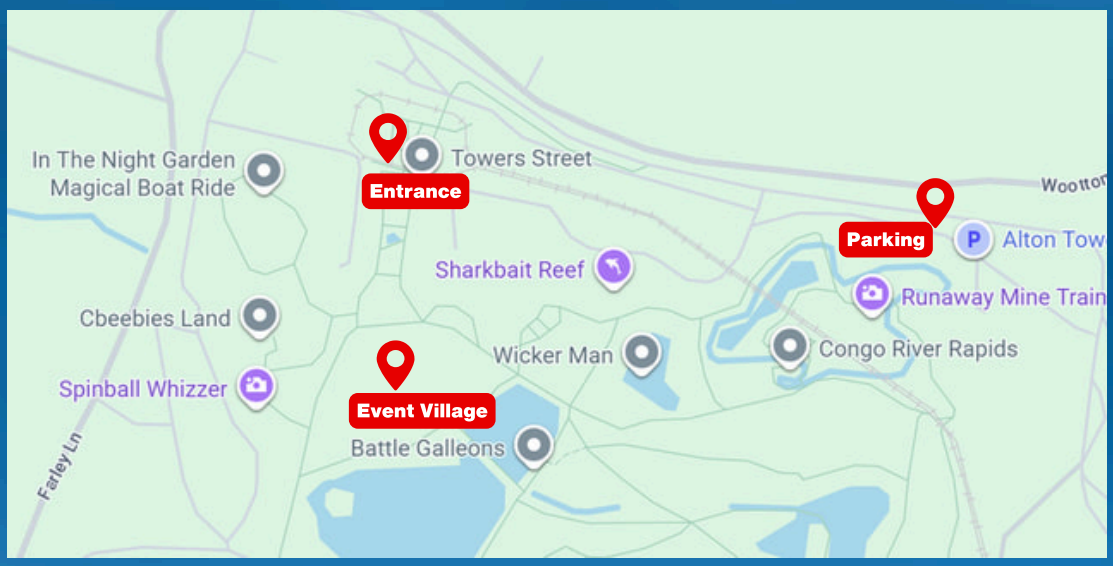
Please note, parking is charged at £10 per car. Please pay for parking in advance, you will be able to do this by following the instructions you will receive via email to redeem your entry code into the resort.

By Public Transport:

Uttoxeter Train Station:
Uttoxeter station is the nearest train station to Alton Towers, just 10 miles from the resort. Uttoxeter station is just a 20 minute drive away from the resort or 30 minutes by bus.

Stoke on Trent Station:
Stoke on Trent rail station is 15 miles from Alton Towers Resort. A local taxi would take around 25 minutes to the resort.

PLEASE ARRIVE IN PLENTY TIME TO ENTER THE PARK, COLLECT YOUR PACK AND WALK TO THE START. ALL BAGS WILL BE SEARCHED BY ALTON TOWERS SECURITY SO PLEASE BE PATIENT AND COURTEOUS. PLEASE HAVE YOUR TICKET READY ON YOUR PHONES AS THIS WILL BE CHECKED AT THE SECURITY GATES. THIS WILL SAVE TIME AND HELP MAKE THE PROCESS AS SMOOTH AS POSSIBLE.



what3words

Park Entrance: ///delighted.pulps.fizzled

Event Village: ///spaces.funky.frog

RACE PACK

START TIMES

10K	10:00am
5K	10:20am
JUNIORS (age 10+)	11:30am
JUNIORS (age 9-)	11:40am

RACE PACK COLLECTION TIMES

10K: 7:30-9:30am

5K: 7:50-9:50am

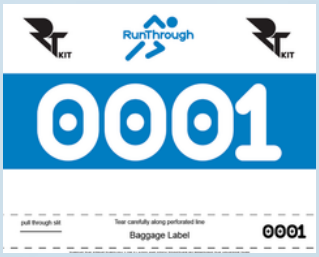
Juniors: 10:00-11:00am

FOR ENTRIES ON OR BEFORE THE 28TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 11th November 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 28th 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



RESORT ENTRY & SPECTATOR TICKETS

In addition to your race pack, all runners and spectators require an entry ticket to get through the turnstiles.

You will have received an email with a code to redeem your tickets for entry into the resort. Both runners AND spectators will need to redeem these tickets to be able to enter the resort on arrival pre-race.

You must redeem your tickets BEFORE the day of the race. Please note, if you enter or purchase a ticket after midnight on 13th November then you can collect your entry tickets from the registration desks.

When redeeming your code, please pay for parking within the same link by following the instructions.

Spectators will be required to show their ticket on arrival to the park. These can be downloaded from your pre-race email.

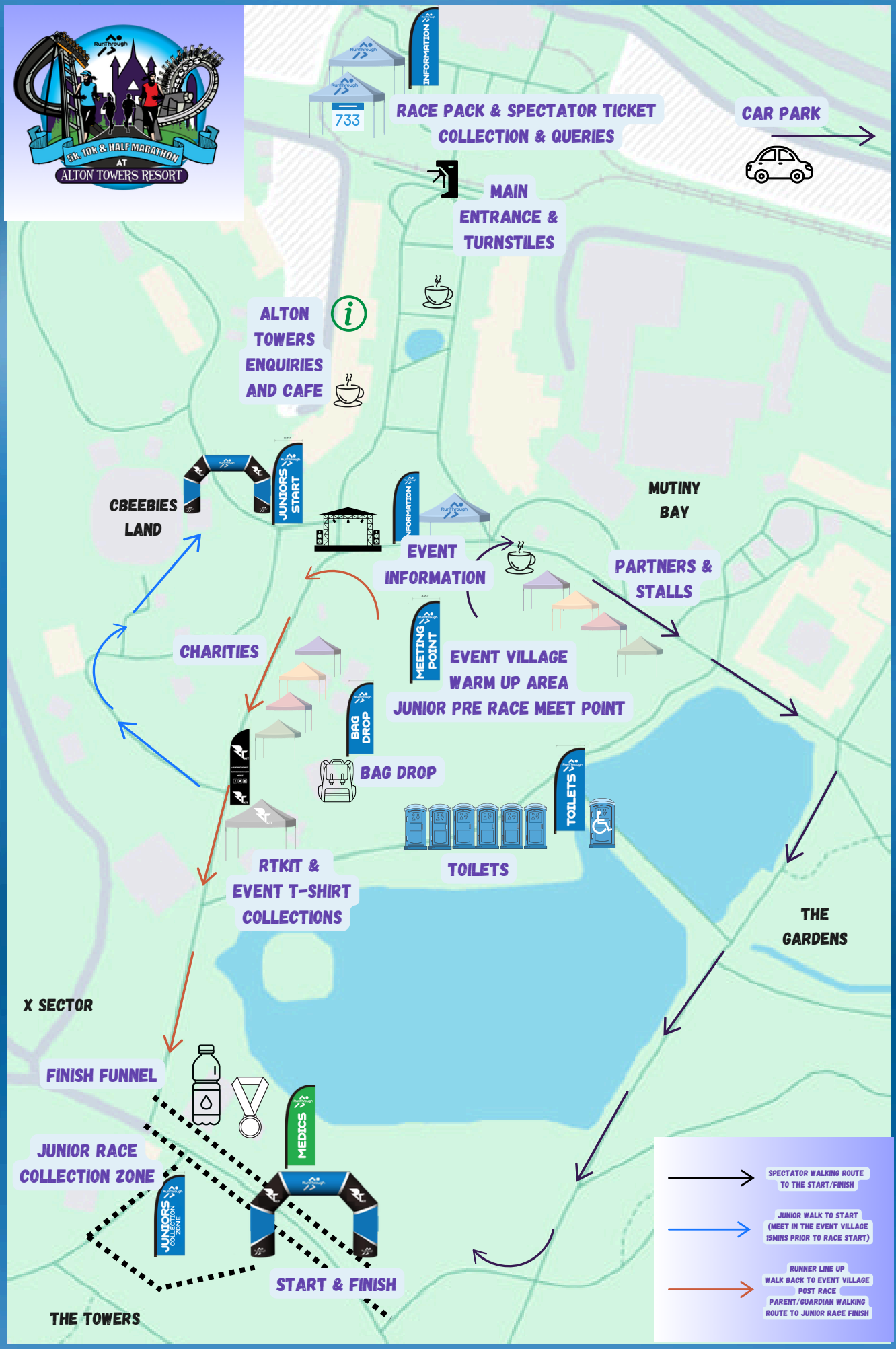
There is no set arrival time, however we advise arriving before 9:30 to watch the start of the race. If you would like to watch the start of the race, you will need to be outside the castle prior to 9:40am.

After this time there will be barriers put into place for the race route that will restrict movement between the Event Village and the Start/finish area.

If you choose to stay in the Event Village at the start of the race, you will be required to wait here until after 10.25, when the access route to the finish line is re-opened.



EVENT VILLAGE MAP



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING NEARBY ✓

SPECTATORS WELCOME (TICKETED) ✓

Spectators will require a ticket to enjoy the rides and enter the park. These can be purchased HERE.

TOILETS

For this event, we will use portable toilets located in the event village as well as venue toilets which will be sign posted around the park.

BAG DROP

- Please limit the number of belongings you bring to the event.
- 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, and before heading into the resort.**

If you require bag storage whilst you explore the theme park, there are lockers that are available to rent located at: Towers St, X-Sector, Forbidden Valley and Dark Forest.

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.

RACE START

We will have a warm up in the event village 20 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.

Please be patient and line up only when your time is called forward. There won't be access to the start lines prior to this time.
Once the 10k has started, 5k runners will be lined up in the same way.

DURING THE RACE

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

10k will follow Green km signs 1-9
5k will follow red km signs 1-4

The 10k follows an undulating loop within the iconic Alton Towers resort. Starting and finishing outside the Towers, the route begins with a loop of the Dark Forest, which includes the rides TH13TEEN and Rita.
The route then passes in front of the Towers and into X-Sector around Oblivion and the Smiler, before going past the lake into CBeebies Land, where you'll meet characters like the Teletubbies! You'll then pass Mutiny Bay (and some angry pirates) and through Katanga Canyon, before making your way down to Nemesis Reborn.
From here you will leave the resort for a section around the car parks and internal road network, before turning back into the resort at Galactica, and into the creepy Haunted Hollow.
A final loop around the Dark Forest brings you back to the Towers for the finish.

The 5k route begins with a loop of the Dark Forest. The route then passes the Towers towards the Smiler, and up into CBeebies Land! You'll then pass Mutiny Bay and through Katanga Canyon, before making your way down to Nemesis Reborn. You'll then head out of the resort by Galactica for a small loop of the car park, before returning back into the resort and into the creepy Haunted Hollow. A final loop around the Dark Forest brings you back to the Towers for the finish.

Please also be aware that we will have a lead bike 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 bottles within the signed litter zone, 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.

WATER STATIONS

There will be a water station at the half way point in the 10K race, please help yourself to this as you pass. Please note, the 5k & junior race won't pass a water station.

There will also be a bottle of water waiting for you at the finish line.
We recommend also bringing your own drinks to stay hydrated in the lead up to the event.



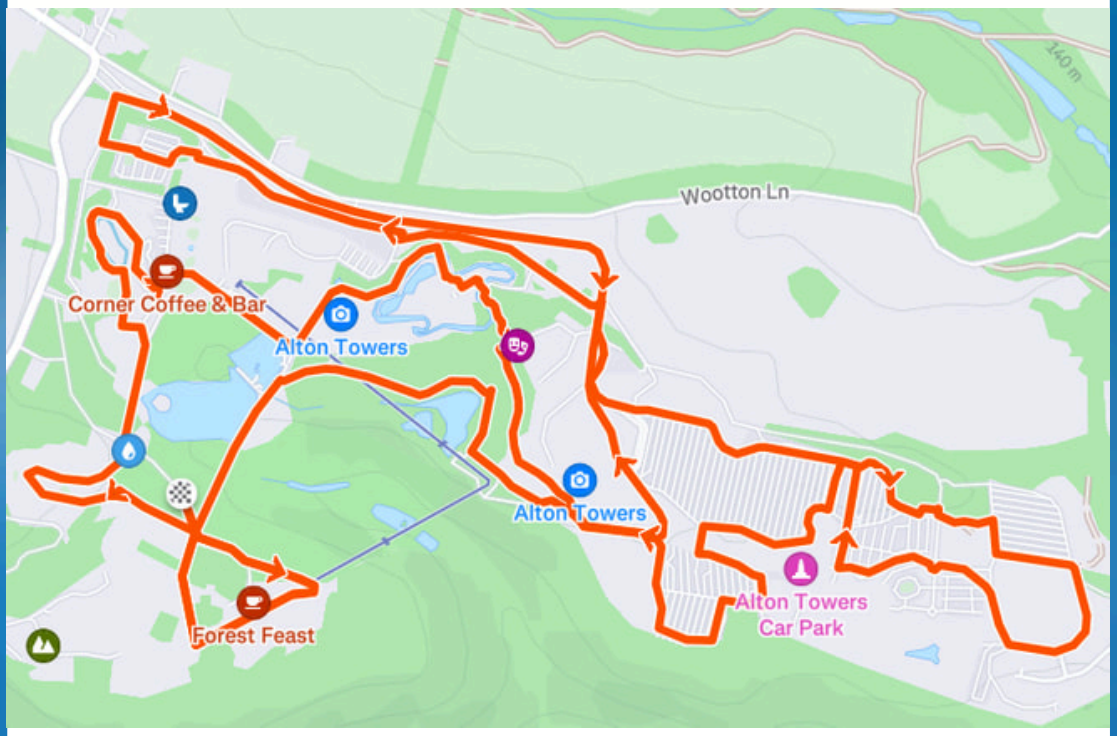
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



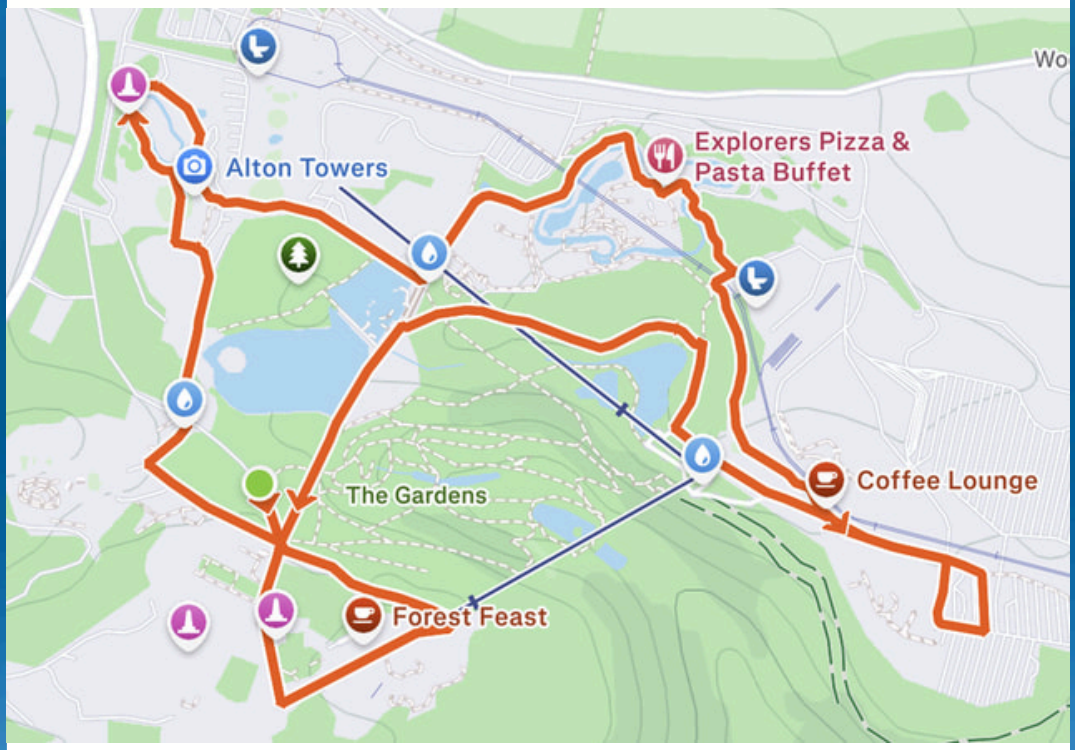
COURSE MAPS

10K



CLICK FOR 10K INTERACTIVE MAP

5K



CLICK FOR 5K 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.)



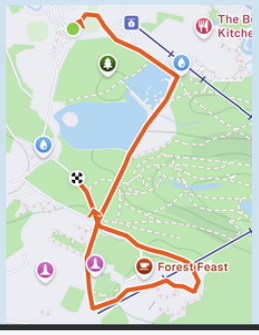
PURCHASE MERCH

JUNIOR RACE



CLICKTO PRE-ORDER

(Please note, these are pre-order only, any on the day purchases will be posted out)



CLICK FOR JUNIORS INTERACTIVE MAP

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/ guardian throughout the event.

Meet by the stage in the event village at 11.15 where we'll have a group warm up and call each wave to the start. This will be at 11:30 for Age 10 and over, and at 11:40 for under 10s.

From the event village you will be walked through Cbeebies Land to the start, the course will then follow a 1.4km route to end at the Towers. There will be a lead bike and marshals along the course.

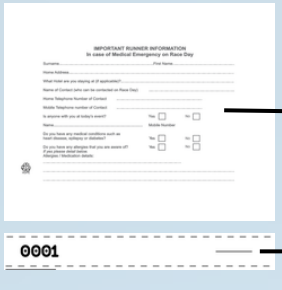
You will finish at the same finish as the other races and be funnelled into a finish pen.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!





INCLUDED:

BIB NUMBER AND ATTACHED TIMING CHIP

ADULT WRISTBAND



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

AFTER THE RACE

Please be aware that part of the race route passes through the internal roads around the Alton Towers Resort. We expect runners to be on these sections until 11:30am. To ensure everyone's safety, we kindly ask you to enjoy the resort's rides and attractions until this time before planning to exit the resort. Thank you for your understanding and support!

As part of Run Alton Towers, you'll have the chance to enjoy a variety of rides and attractions throughout the park*, including the UK's only CBeebies Land and iconic coasters like Nemesis Reborn, Wicker Man, and Oblivion! To ensure a safe and successful run experience, please note that rides and attractions on event days will open from 11am, with all available attractions fully operational by 12.20pm on Saturday and 1.15pm on Sunday .

Please note: Congo River Rapids, Battle Galleons, Rita and World of David Walliams will remain closed. The Furchester Live Hotel will be unavailable. Skyride and Get Set Go will close at dusk.

(*During your visit some rides may also be closed or temporarily paused for a number of reasons including lost property retrieval, to support access requirements for guests with additional needs or during adverse weather conditions.. Please kindly note that as per the Terms and Condition of entry these closures are subject to change.)

Please collect any belongings from the bag drop before heading out on to the rides, this marquee will get shut after the final runner has finished. Any left will be handed into the Alton Towers information desk.

There won't be any showers available, but runners are welcome to leave and re-enter the park after the race if you'd like to nip home or to the car to freshen up. If doing this, please get your hand stamped on exit and keep hold of your entry ticket.



PARK MAP



ARRIVAL:
7:00am- Turnstiles Open
7:30am- Monorail Opens

RACES:
10:00am- 10k Start
10:20am - 5k Start
11:30am- Juniors 10 & Over
11:40am- Juniors Under 10s

RIDES:
11:00am – X-Sector & Spinball Whizzer
11.30am – Wicker Man, Sharkbait Reef by Sealife , Mutiny Bay, The Curse at Alton Manor & Runaway Mine Train
11.45am – Forbidden Valley
12.00pm - CBeebies Land
12.20pm - Dark Forest
All rides are subject to availability

CLOSING:
6:00pm- All rides close
7:00pm- Park closes

CLICK TO DOWNLOAD THE ALTON TOWERS APP FOR LIVE QUEUE TIMES

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


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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 Coach

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TAKE YOUR RUNNING TO NEW LEVELS

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As a materials science consultancy, Lucideon solves complex challenges in aerospace, construction, energy, and healthcare & life sciences, taking Staffordshire expertise around the globe...and off it...we even have our products on the surface of Mars!

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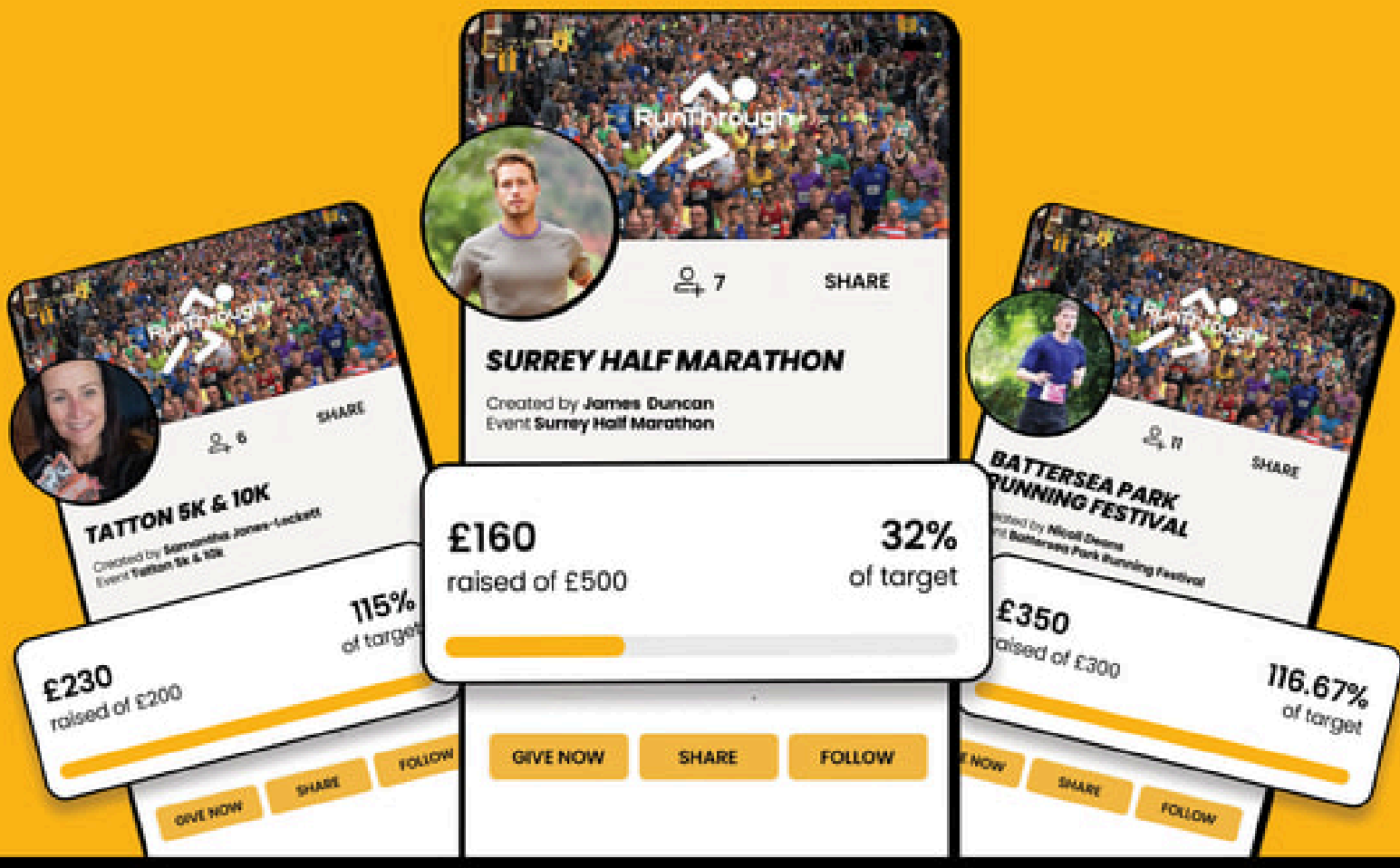
Download on the App Store

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

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SiS
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*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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BROOKS

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