

RunThrough

CROFT MOTOR CIRCUIT RUNNING GP

5K, 10K, 10MI, HM, METRIC MARATHON, 20MI, MARATHON & JUNIOR MILE

SUNDAY 1ST NOVEMBER 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

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

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



GEORGIE JASON CHRIS

TRAVEL

Address: Croft Motor Circuit, West Ln, Dalton-on-Tees, Darlington DL2 2PL

By Car:

TRAVELLING SOUTH BY ROAD
Take junction 58 off the A1(M) signed Darlington. Follow this route through Darlington, then follow the A167 towards Northallerton. Croft Circuit is signposted approximately 2 miles south of Croft on Tees.

TRAVELLING NORTH BY ROAD
Take junction 57 off the A1(M) to Darlington. At the second roundabout take the 5th exit - signed Northallerton A167. Continue on this route as above.

There is plenty of free parking available in the main event car park, just a minute's walk from the event village.

By Public Transport:

The nearest station to Croft Circuit is Darlington which is 4 miles to the North. Darlington Station is frequently serviced by the East Coast Main Line.



what3words

Event Village: ///outdoors.soaps.rollover

RACE PACK

START TIMES

Marathon – 9:00am
20 Mile – 9:15am
Metric Marathon - 9:30am
Half Marathon – 9:45am
10 Mile- 10:00am
10k – 10:15am
5k – 10:30am
Juniors - 12:00pm

RACE PACK COLLECTION TIMES

Marathon – 7:30-8:30am
20 Mile – 7:45-8:45am
Metric Marathon - 8:00-9:00am
Half Marathon – 8:15-9:15am
10 Mile - 8:30-9:30am
10k – 8:45-9:45am
5k – 9:00-10:00am
Juniors- 10:30-11:30am

- 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



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING ✓

SPECTATORS WELCOME ✓

DOGS ✗

Sadly we can't permit running or spectating with dogs as these are not allowed within the venue.

TOILETS

There will be toilets available within the race circuit available to use from the event village, and that you will pass on each lap of your race.

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 area.
- 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 each race.
From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

The entire course is on the Motor Circuit itself. There will be marshals all around the course as well as distance signs and arrows.
The Main Lap is 2 miles and Small Lap 1 mile with different start lines to run the exact race distance.
Mile signs 26 -> 2 miles (even numbers) will be at the start of each lap.
and 25 -> 1 (odd numbers) half way on each main lap.

All distances will complete the following laps:
5k – small lap + 1 lap
10k – 3 laps
10Mile - 5 laps
Half Marathon – small lap + 6 laps
Metric Marathon - 8 laps
20 Mile – 10 laps
Marathon – 13 laps
(Please note there is a 6 hour strict cut off on the marathon)

Due to the nature of a lapped course we ask that you remain to the left of the course at all times unless otherwise instructed. 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 safety bike ahead of the lead runner on the first lap of each distance 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.

A limited number of SiS gels will also be provided at the water station. If you choose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

Please drain and discard all litter and bottles within the signed litter zone, which will be shortly after the water station. Our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and circuit users.

WATER STATIONS

There will be a water stations on each lap of your race. Please help yourself to this as you pass.

You are more than welcome to leave any gels, or your own drinks with a marshal or on the outer side 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.

COURSE MAP

1 lap of the course



CLICK FOR INTERACTIVE MAP



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!





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



JUNIOR RACE

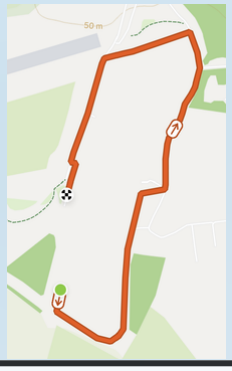
T-SHIRTS



CLICKTO PRE-ORDER

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

ROUTE



CLICK FOR JUNIORS INTERACTIVE MAP

Collect your race pack from registration on arrival.

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 big blue flag by the sign in desk 15mins prior to the start time.

We'll have a group warm up at 11.50 and walk to the start together.

The race will start at 12.00 and will follow a 1mile route around the circuit. There will be a lead bike and marshals along the course.

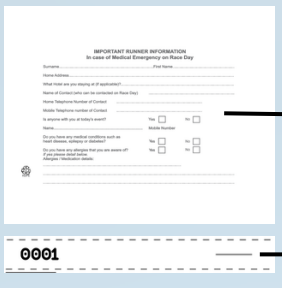
You will finish at the same finish as the other races and be funnelled into a finish pen.

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.

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

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

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.



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

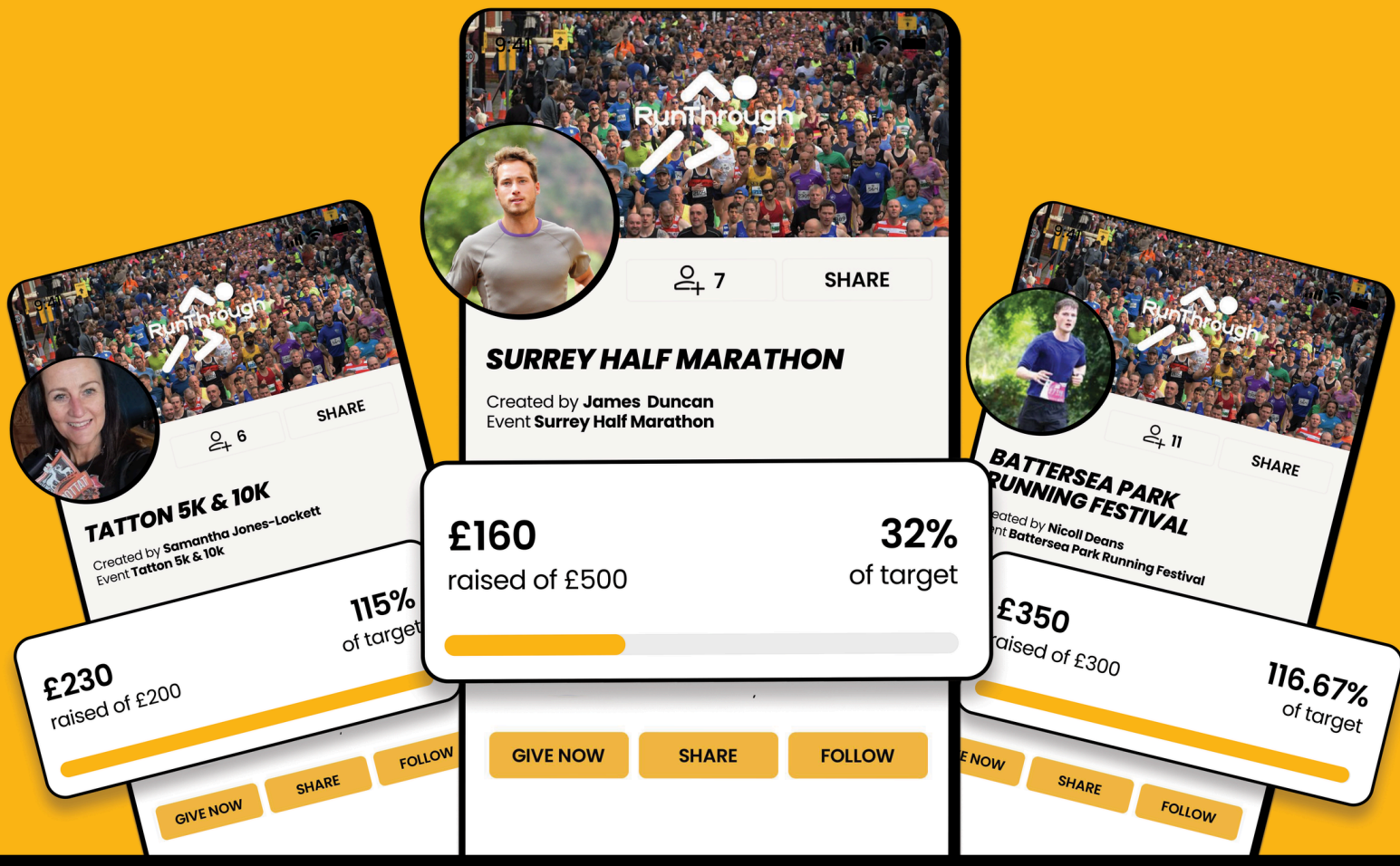
Download on the App Store

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

Provided on course for every runner to help fuel your performance.

22G CARBOHYDRATES

ISOTONIC FORMULA

INFORMED SPORT APPROVED

AIM FOR 60G OF CARBOHYDRATES PER HOUR



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...

RT KIT

SOLGAR® Since 1947

JB's TREK

Voltarol The joy of movement

BROOKS

SiS SCIENCE IN SPORT

POWERED BY givestar

SPORTSSHOES.COM

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