

RunThrough

OULTON PARK RUNNING GP

5K, 10K, HM, METRIC MARATHON, 20MI, MARATHON

SUNDAY 1ST NOVEMEBER 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



HARRY CASSIUS ISOBEL CONNOR

TRAVEL

Address: Oulton Park Circuit, Little Budworth, Tarporley CW6 9BW

By Car:

Situated next to Little Budworth, the venue is best accessed from the A54 or the A49.
From the north take junction 19 off the M6 and follow the A556 through Northwich towards Chester.
From the south leave the M6 at junction 18 and follow the A54.

For maps and directions from where you live, please click HERE.

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



what3words **Event Village:** ///satin.firmer.contacts

RACE PACK

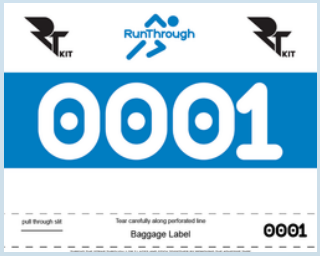
START TIMES

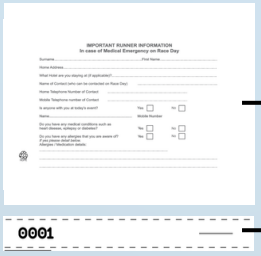
Marathon - 9:30am
20 Mile - 10:15am
Metric Marathon - 10:45am
Half Marathon - 11:00am
10km - 11:30am
5km - 11:45am

RACE PACK COLLECTION TIMES

Marathon - 8:00-9:00am
20 Mile - 8:45-9:45am
Metric Marathon - 9:15-10:15am
Half Marathon - 9:30-10:30am
10km - 10:00- 11:00am
5km - 10:15-11:15am

- 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 portable toilets available within the car park next to the event village.
If you require whilst running, please leave the circuit and use those at the entrance to the Pit lane (just a few metres off the route).

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.

PRE RACE

Please watch the pre race briefing video attached HERE. This covers all the information about the race, including arrival, race pack collection, course safety and water stations.
Please note- the format of this event will be slightly different to previous RunThrough events, it is important you familiarise yourself with the new layout pre arrival.

Due to venue restrictions there will be no PT led warm up.

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.

All distances will complete the following laps, signed by:

5k – an out and back + 1 lap (Green Km signs 6 up to 9)
10k – an out and back + 2 laps (Green Km signs 1 up to 9)
Half Marathon – 5 laps (Yellow miles 13 down to 1)
Metric Marathon – an out and back + 6 laps (Yellow miles 16 down to 1)
20 Mile – an out and back + 7 laps (Yellow miles 19 down to 1)
Marathon – 10 laps (Yellow miles 26 down to 1)
(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 right of the course at all times unless otherwise instructed. This will allow for anyone needing to overtake to have a clear path on your left 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 and bins provided, 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 station 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 and nutrition/gels to help you stay hydrated and fuelled before and during 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



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.

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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.

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JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

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BROOKS

RunThrough
OFFICIAL PARTNER

givestar

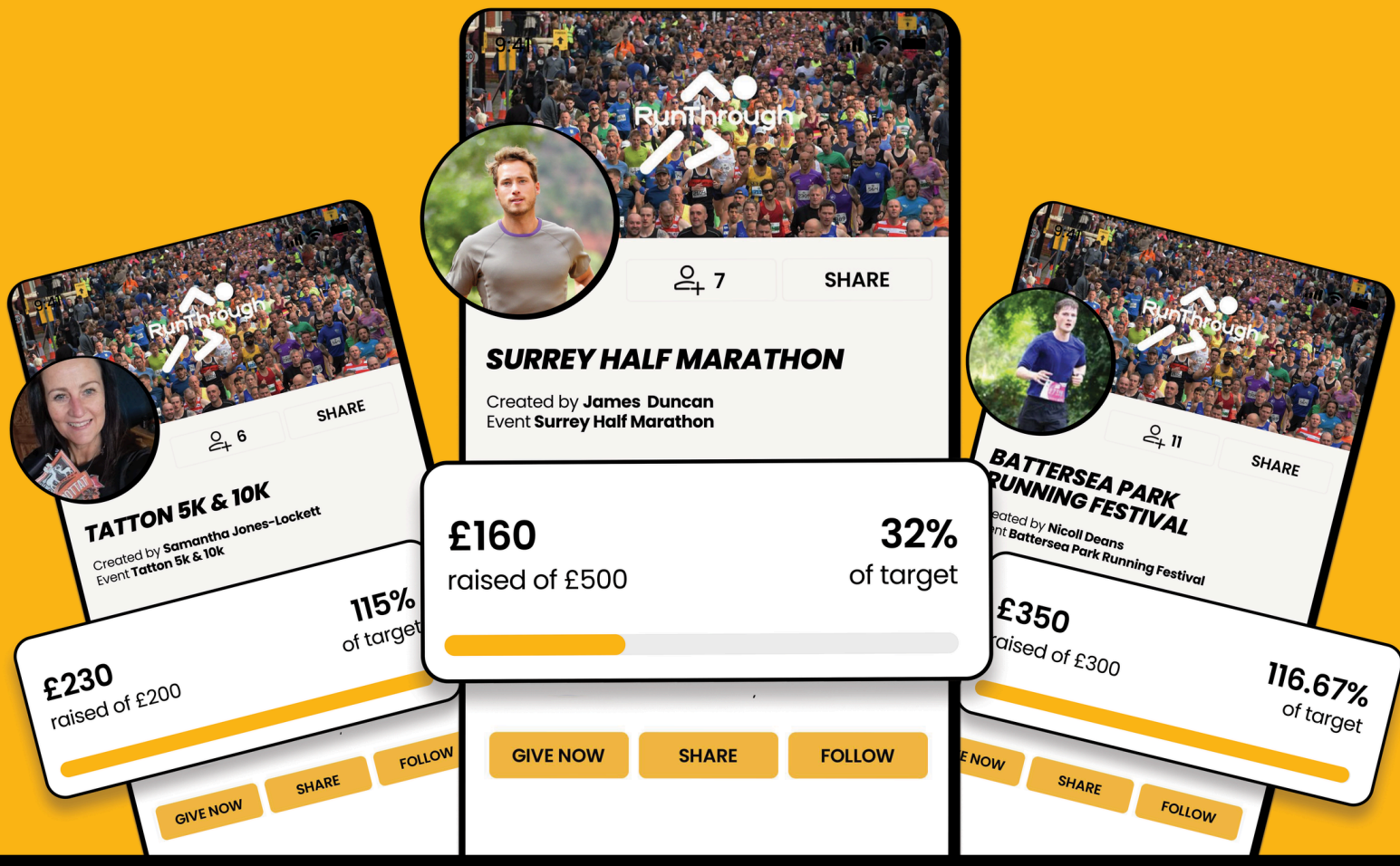
Download on the App Store

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