



HISTORIC  
ROYAL  
PALACES



# HAMPTON COURT PALACE 10K PRESENTED BY VOLTAROL SUNDAY 10<sup>TH</sup> MAY 2026

**EVENT GUIDE**

IN SUPPORT OF:



THE  
FELIX  
PROJECT

# YOUR RACE EXPERIENCE

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AND OFFERS**



# 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



LUCY

HAYLEY

EMMA

ABBY

JAMIE

CAMERON

SIMON



# MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



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



When you run the Hampton Court Palace 10k for The Felix Project, you're helping to fight food waste and hunger.

The Felix Project is a food redistribution charity. We rescue high quality surplus food that cannot be sold and would otherwise go to waste and distribute it to over 1,200 community organisations like food banks, homeless shelters and primary schools.

In 2025, we rescued enough food to provide 44 million meals to those in need.

We recently merged with FareShare to become the UK's largest food redistribution charity. By joining forces, we are able to rescue even more good food and support more community organisations across the country.

Want to get involved?

Fundraise • Donate • Volunteer

[thefelixproject.org](https://thefelixproject.org)



# TRAVEL

Address: Hampton Court Palace, KT8 9AU

## By Car:

**\*\* THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY \*\***

We strongly advise using public transport and planning your journey in advance as there is very limited parking within walking distance from Hampton Court Palace.

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308. The palace is also accessible via the A3 and then the A309.

## By Rail:

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website [Southwest Trains](#).

Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

## By Bus:

Bus routes from Kingston: 111\*, 216\*, 411\*, 461, 513.

From Richmond: R68\*

\*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

## By Taxi:

Visitors arriving by taxi may be dropped off at the train station and walk up the road to the palace. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

## By Bike:

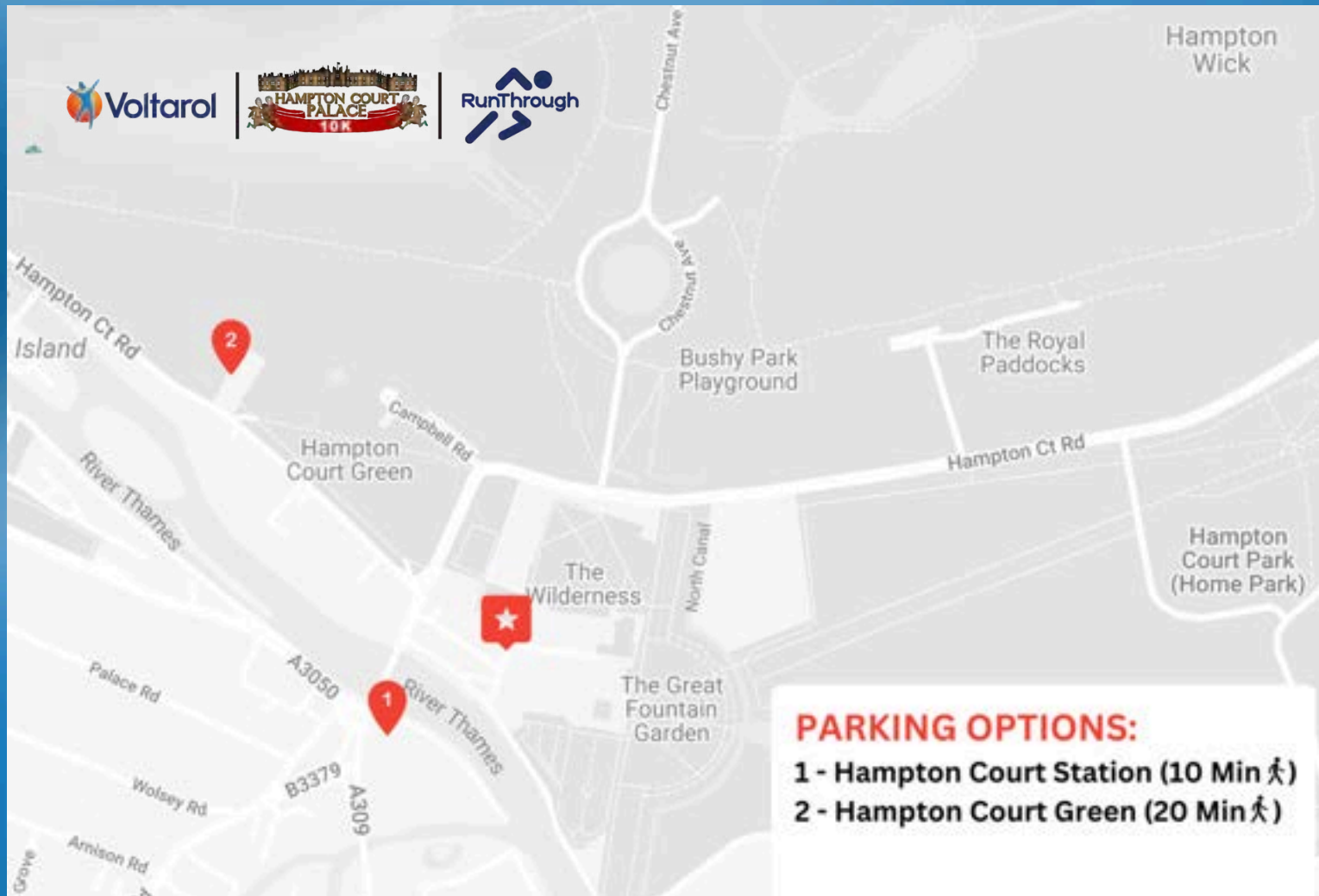
Please dismount your bike when entering the palace grounds and walk into the event village where you will find bike racks alongside the bag drop.



what3words

Event Village:

[///tiny.farms.hired](http://tiny.farms.hired)



### **PARKING OPTIONS:**

- 1 - Hampton Court Station (10 Min 🚶)**
- 2 - Hampton Court Green (20 Min 🚶)**

**\*\*PLEASE NOTE THE EVENT VILLAGE IS A 15 MINUTE WALK FROM THE MAIN ENTRANCE, AND THE START LINE IS A FURTHER 15MINUTES AWAY, PLEASE ARRIVE WITH PLENTY OF TIME TO DROP YOUR BAGS, USE THE TOILETS AND GET LINED UP TO RUN.\*\***

**Use Transport for London to plan your route here.**

**Visit Parkopedia to find a suitable parking spot here.**

# RACE PACK

## START TIMES

- Wave 1 = Sub 50 mins- 9:00am
- Wave 2 = Sub 60 mins- 9:05am
- Wave 3 = Sub 1:10 mins- 9:10am
- Wave 4 = Sub 1:30 mins- 9:15am

## RACE PACK COLLECTION TIMES

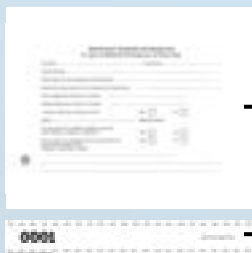
**7:30-8:30am**



**FOR ENTRIES ON OR BEFORE THE 20TH APRIL YOUR RACE PACK SHOULD ARRIVE BY POST**

*If your pack hasn't arrived by 6<sup>th</sup> May please email us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) and we'll make sure you have a replacement to collect on the day.*

- If you've entered after the 20th April, 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](#)**

**[CLICK FOR ENTRY LIST & RESULTS](#)**



# EVENT VILLAGE

## FACILITIES

TOILETS



REFRESHMENTS



PARKING NEARBY



SPECTATORS  
WELCOME



DOGS



Any spectators will need to arrive before 11am. Sadly dogs are not permitted in the event village or anywhere in the Palace grounds.

Please inform any spectators that may be attending with you.

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#). Please note, this is not included in the race entry, any runners wishing to enter the palace will also be required to purchase entry.

## BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop in the Event Village. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



## TOILETS

There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.

## RACE DAY ETIQUETTE

At Run Through 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](mailto: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.

# EVENT VILLAGE MAP



**\*\*PLEASE NOTE THE EVENT VILLAGE IS A 15 MINUTE WALK FROM THE MAIN ENTRANCE, AND THE START LINE IS A FURTHER 15MINUTES AWAY, PLEASE ARRIVE WITH PLENTY OF TIME TO DROP YOUR BAGS, USE THE TOILETS AND GET LINED UP TO RUN.\*\***

**DOGS ARE NOT PERMITTED WITHIN THE EVENT VILLAGE OR ANYWHERE IN HAMPTON COURT PALACE GROUNDS.**

# WARM UP & RACE START

Entry into the Event Village is via the Kitchen gate- please use the W3W- ///option.valve.bucked to locate this entrance.

Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.

If you'd like to bring an old jumper/warm layers with you to the start, anything left will be collected up and donate to charity.

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals.

## DURING THE RACE

The Palace 10k is a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

The second half of the race is off road, we advise wearing appropriate footwear for the conditions.

There will be plenty of marshals and directional arrows to keep you going all the way to the finish.

You will follow orange KM markers

\*Please note - This event takes place on public paths that may also be used by pedestrians and cyclists. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.

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 just before the 5km point on the course please help yourself as you pass.

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

We recommend staying 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 MAP



## 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.

If you've completed the double, you can also collect your double medal at the end of the half marathon finish funnel.



## THE MEDAL



## EVENT MERCH

If you have purchased an event T-shirt or hoody 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

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!



FOR FAQ'S  
CLICK HERE

RESULTS AVAILABLE AT  
[WWW.RESULTS.RUNTHROUGH.CO.UK](http://WWW.RESULTS.RUNTHROUGH.CO.UK)



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## THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH



**Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.**

**Check out the RTKit Stall located in the event village.**

**[www.RunThroughKit.com](http://www.RunThroughKit.com)**

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 likeminded people to join our community.**

**[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)**

# 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



The image shows three smartphone screens displaying fundraising pages on the Givestar platform. Each screen features a profile picture, a crowd photo, and event details. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' page with a progress bar at 32%.

Event Name	Created by	Target	Amount Raised	Progress
TATTON 5K & 10K	Samantha Jones-Lockett	£200	£230	115%
SURREY HALF MARATHON	James Duncan	£500	£160	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	£300	£350	116.67%



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G  
CARBOHYDRATES**



**ISOTONIC  
FORMULA**



**INFORMED SPORT  
APPROVED**



**AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR**



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**HOUSE *of* SPORTSSHOES**

THE FLAGSHIP RUNNING STORE  
IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

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[Find Out More](#)

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133

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# MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &  
PROTEIN BAR PARTNER**

FOR THE LATEST  
INFO ON TREK



FOLLOW US ON  
INSTAGRAM  
@EATTREK



# THE FUTURE



*in the new*

## **GLYCERIN FLEX**

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

# **BROOKS**



OFFICIAL PARTNER



# 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**

# MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)



Supported by...



**BROOKS**



**SPORTSSHOES.COM**



Interested in supporting an event?  
Email: [partners@runthrough.co.uk](mailto:partners@runthrough.co.uk)