



**NORTHAMPTON  
5K, 10K & JUNIORS  
SUNDAY 31ST MAY 2026**

**EVENT GUIDE**



# 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



KANE

KATIE

GEORGIE

JOE

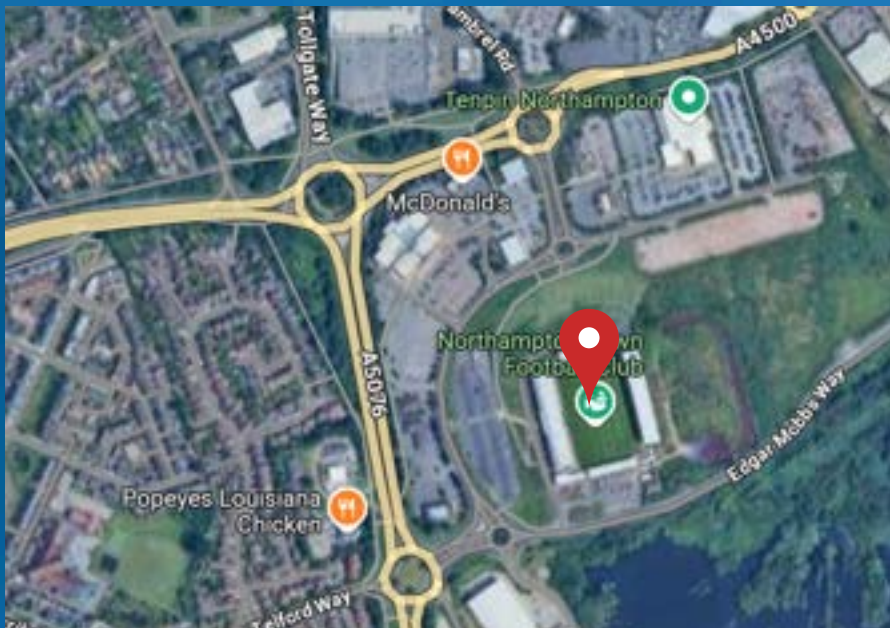
OLLY

LEAH

# TRAVEL

**Address:** Sixfields Stadium, Upton Way, Northampton NN5 5QA

- By Car:** **From The South**  
Leave the M1 at Junction 15A and take the A43 towards Northampton. Continue straight on and the stadium will appear on the right.
- From The North**  
Leave the M1 at Junction 16 and take the A4500 towards Northampton. Continue straight on and the stadium will appear on the right.
- Parking:** Parking will be available in the stadium's West car park (opposite the West stand/reception) and the North overflow car park (on Walter Tull Way opposite Nuffield Health gym).  
There will be no parking in the South car park as this is being used for the event village.  
There are also multiple car parks in the town centre that are a short walking distance from the event village, many of which are free or have cheaper fares on a Sunday.
- Public Transport:** Northampton train station is a 30 min walk from the stadium.  
Please plan your journey in advance, as Sunday services may be limited.



what3words

Event Village:

[///chimp.eggs.chin](https://www.what3words.com////chimp.eggs.chin)

# RACE PACK

## START TIMES

10K	9:00am
5K	9:15am
JUNIORS	10:45am

## RACE PACK COLLECTION TIMES

10K	7:30-8:30am
5K	7:45-8:45am
JUNIORS	9:15-10:15am



**FOR ENTRIES ON OR BEFORE 4TH MAY, YOUR RACE PACK SHOULD ARRIVE BY POST**

*If your pack hasn't arrived by 27<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 4th May, 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**



**SPECTATORS  
WELCOME**



## TOILETS

For this event we will be using the toilets located in the west stand, which can be accessed from the event village.

## BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the stadium 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 room.
- Collect your bag after your race.

## RACE DAY ETIQUETTE

At RunThrough, we strongly believe that running truly is for everyone. 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.

# 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

We will have marshals around the course and directional arrows and km signs.

10k will follow Green km signs 1-9.

5k will follow Red km signs 1-4.

The start and finish of the races will be inside Sixfields Stadium and will take in a loop of the closed roads around Northampton.

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.

Please note, there is a 90min cut off for this race, due to road closures in place. If you think you'll take longer than this time, please email [info@runthrough.co.uk](mailto:info@runthrough.co.uk) to discuss your options.

# WATER STATIONS

There will be a water station at approximately half way on each race. If using the water station, please be respectful of local residents by throwing used bottles in the litter zone provided.

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

We recommend bringing your own drinks to stay hydrated in the lead up to the event.



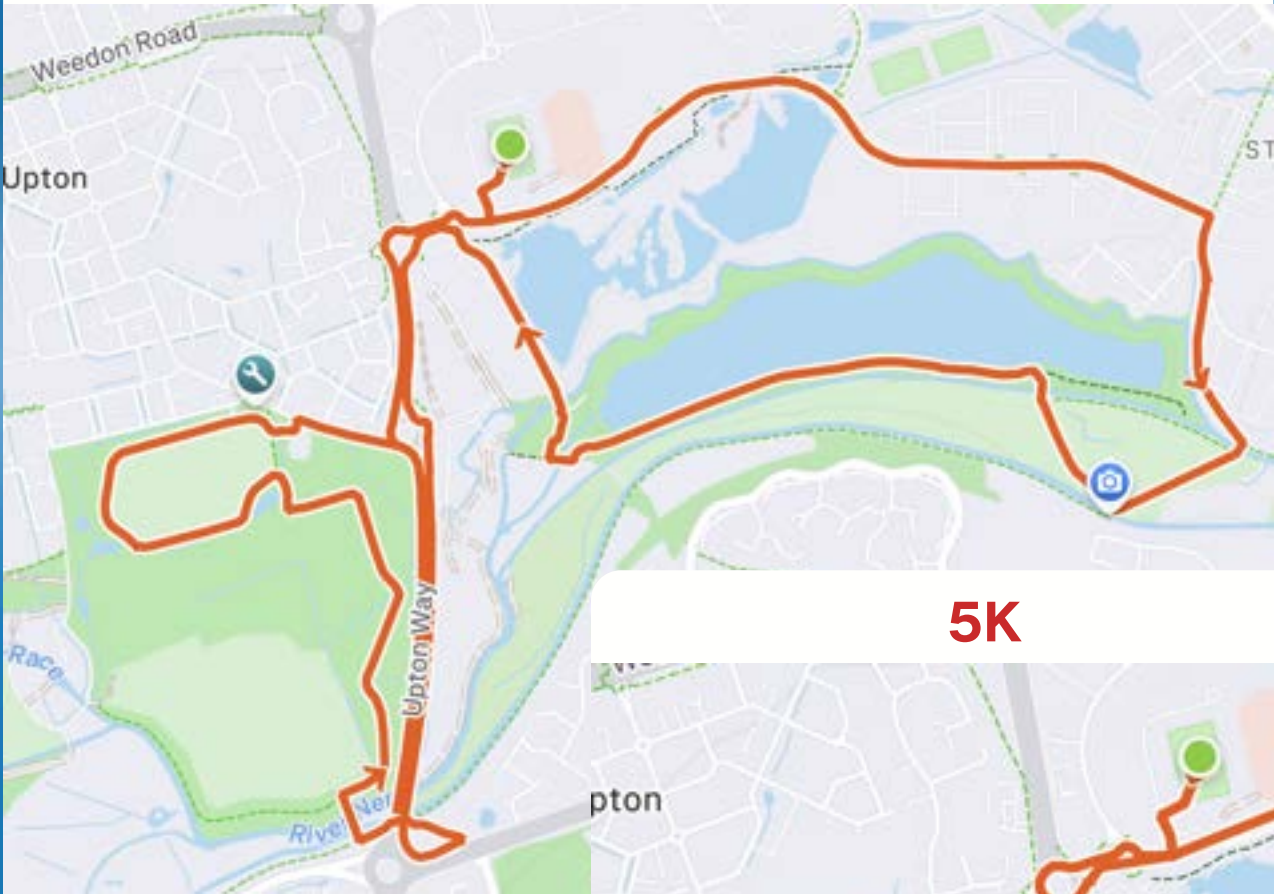
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

## LOOK OUT FOR THE LITTER ZONE SIGNAGE!



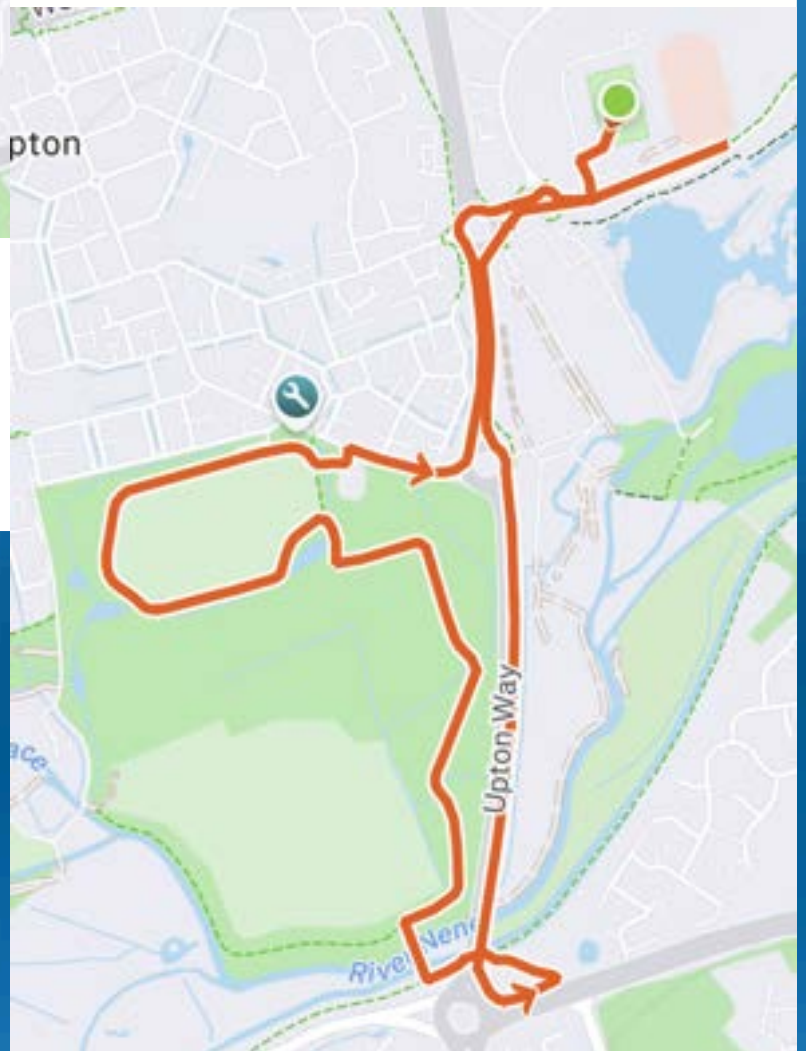
# COURSE MAPS

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 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](#)**

# JUNIOR RACE



## JUNIORS- 1 MINI LAP

**[CLICK FOR JUNIORS INTERACTIVE MAP](#)**

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out).

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

Meet by the big blue flag by the stage 15mins prior to the start time.

We'll have a group warm up at 10:35 and walk to the start together.

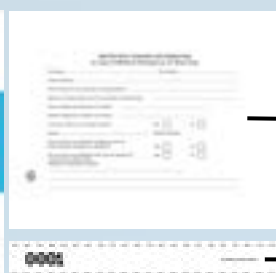
The race will start at 10:45 and will follow a 700m out and back around the outside of the stadium. There will be a lead bike and marshals along the course.

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

— 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

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 FAQs  
CLICK HERE

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



# SPRING RACE COLLECTION

15% off for RunThrough runners  
Use code: RTEVENTS15

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



# 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

WELCOME TO THE  
**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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# MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &  
PROTEIN BAR PARTNER**

FOR THE LATEST  
INFO ON TREK



FOLLOW US ON  
INSTAGRAM  
@EATTREK



# THE FUTURE IS HERE



*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

# 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 of the creator, the event name, the amount raised, the target amount, and the percentage of the target reached. The 'Surrey Half Marathon' screen is the largest and most prominent, showing £160 raised of £500 (32% of target). The 'Tatton 5K & 10K' screen shows £230 raised of £200 (115% of target). The 'Battersea Park Running Festival' screen shows £350 raised of £300 (116.67% of target). Each screen also has a 'GIVE NOW', 'SHARE', and 'FOLLOW' button at the bottom.

Event Name	Amount Raised	Target Amount	Percentage of Target
TATTON 5K & 10K	£230	£200	115%
SURREY HALF MARATHON	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	£350	£300	116.67%



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G  
CARBOHYDRATES**



**ISOTONIC  
FORMULA**



**INFORMED SPORT  
APPROVED**



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





# 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)