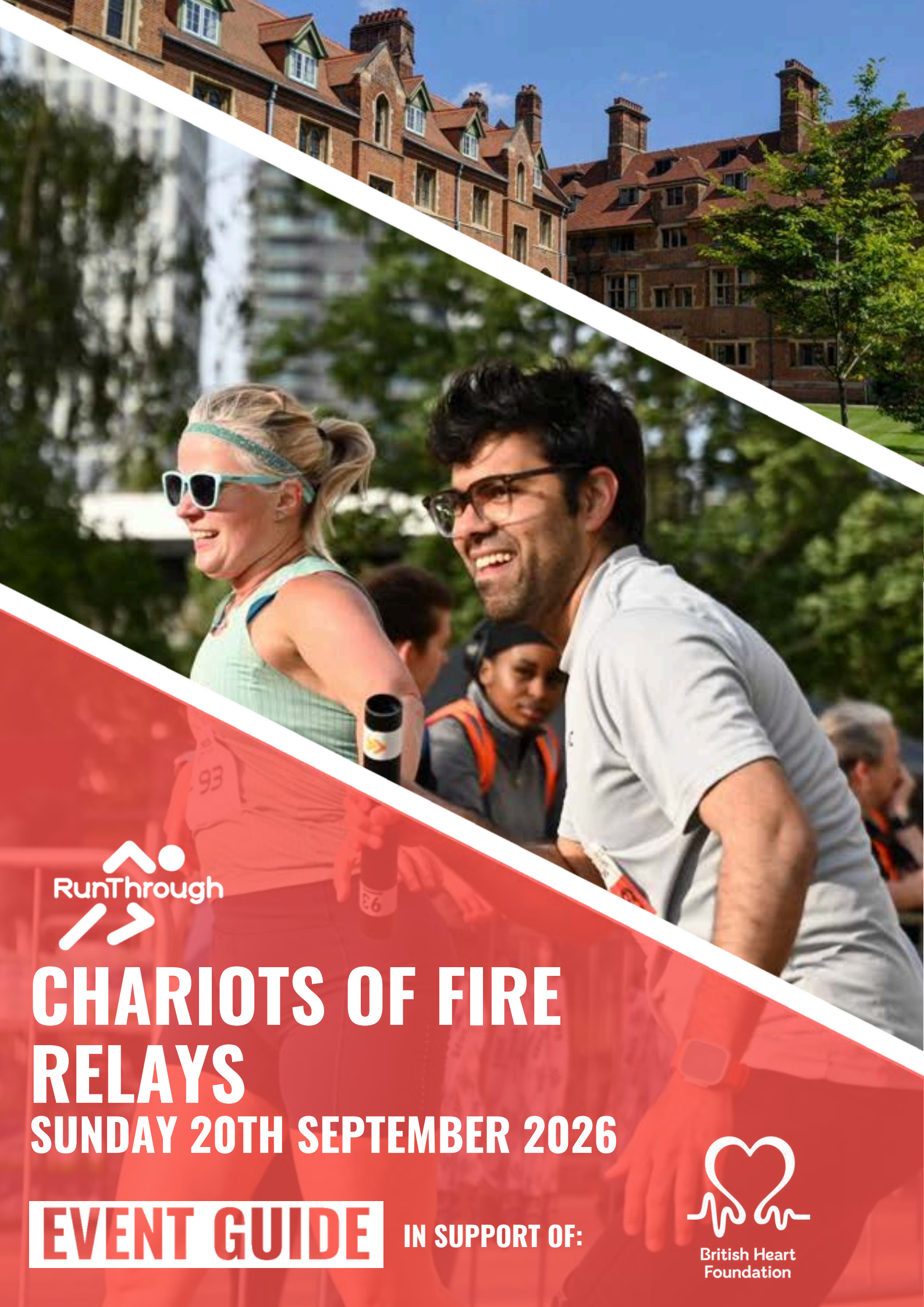




CHARIOTS OF FIRE RELAYS

SUNDAY 20TH SEPTEMBER 2026

EVENT GUIDE

IN SUPPORT OF:



British Heart
Foundation



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



HEIDI

ANDREAS

SEAN

SOPHIE

RUN FOR EVERY HEARTBEAT

Chariots of Fire 2026 × British Heart Foundation

Cambridge • Sunday 20 September 2026

Proud charity partner for 2026

Six runners. One iconic Cambridge relay. One powerful reason to take part. British Heart Foundation (BHF) is the UK's biggest independent funder of research into cardiovascular disease. We power breakthroughs in diagnosing, treating and preventing the world's biggest killer.

Our vision is a world where everyone has a healthier heart for longer.

Every year, we fund over **£100 million** of lifesaving research into heart and circulatory diseases. We also provide support when people need us most and campaign for a healthier world.

START FUNDRAISING TODAY

Set up your Chariots of Fire 2026 JustGiving page and help fund lifesaving, life-changing research.

Scan the campaign QR code or visit:

justgiving.com/campaign/bhfchariotsoffire2026

WHY YOUR SUPPORT MATTERS

EVERY 3 MINUTES

someone in the UK dies from cardiovascular disease.

£437m

of BHF-funded research is currently under way.

TRAVEL

Address: Queens Green, Queens Road, Cambridge CB3 9AH

Public

Transport:

Cambridge train station is a 35min (1.5mile) walk from the event village.

There are several bus stops within walking distance of the event village.

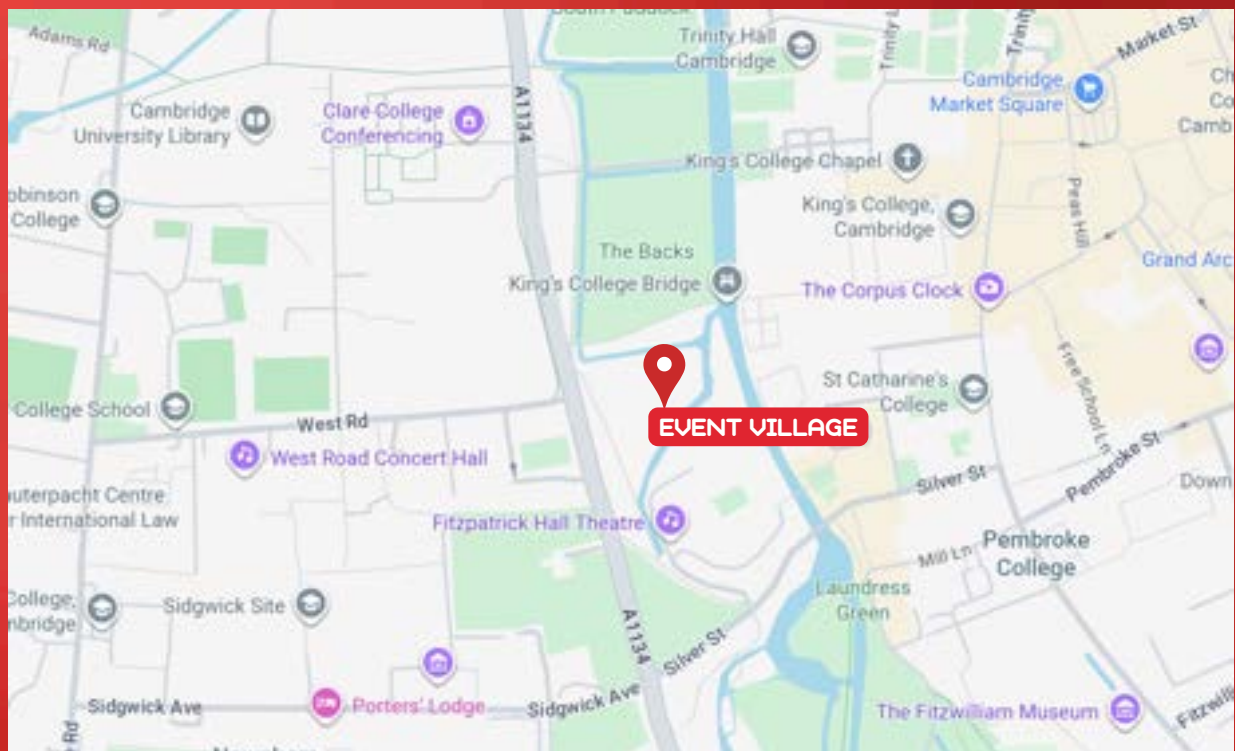
Please plan your travel in advance, as Sunday services may be limited.

Parking:

Please note there is no specific event parking, please arrive early to find a suitable parking spot and walk over to the event. We recommend using parkopedia.com to find somewhere suitable.

By foot/bike:

The Green is easily accessible by both foot and cycle. Cycle parking is available in the event village, supplied by KMC Transport.



what3words

Event Village:

[///winks.scans.small](http://winks.scans.small)

RACE PACK

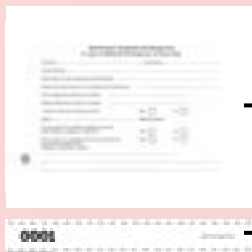
START TIME
9:30am

**RACE PACK
COLLECTION TIMES**

SAT: 12:00-4:00pm

SUN: 8:00-9:00am

- Batons and race packs can be collected from 12:00 on Saturday, or alternatively, on race morning.
- On arrival please direct 1 member of your team to the registration desks to collect your race pack and baton.
- Your team's race pack will consist of 6 bib numbers.
- Attach your number to the front of your shirt (we recommend safety pins or magnets). Each bib will be colour coded for which leg of the relay you are running.
- The timing chip is embedded inside the baton, which will be passed between each runner. It will record the team's total time as well as each runner's split time.



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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

For this event, there will be portable toilets located in the event village.

If you live locally we recommend using toilets at home.

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 and team mates 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.

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

There will be a pre race briefing in the event village 15 minutes before the race start. All runners from each team are required to attend. This will explain the flow of the race and where each leg runner is required to be to start, finish and spectate throughout the evening.

From here we will call all Leg 1 runners forward to line up ready to run.

DURING THE RACE

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

Each runner will complete one 3km lap.

Due to the nature of the course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only their safety but allow for the best experience throughout the race.

***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.**

On completing your leg you will run under the gantry and pass the baton onto your next leg runner.

Once handed over, you will be directed to leave from whichever side of the finish line you are closest to. (Please don't try to cross the route as this may obstruct other teams).

Prior to your leg, please wait in the wings by the change over gantry. As your runner approaches, you will be invited to the line.

Please communicate with your team mates in advance which side you plan to be on, and where you plan to meet after the race.

HYDRATION

There will 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, there won't be a water station on the course. You're more than welcome to carry your own bottles. Should you choose to do this, please retain any litter until the finish line where you can utilise the bins provided.



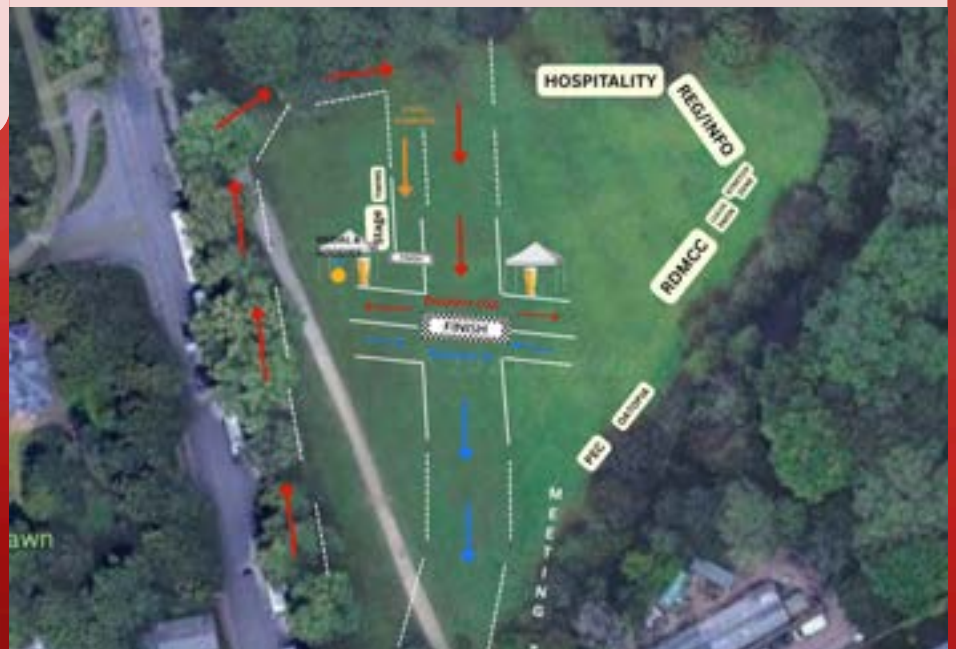
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

COURSE MAP



[CLICK FOR
INTERACTIVE
MAP](#)

FINISH AND CHANGE OVER LAYOUT





THE FINISH LINE

After finishing your leg, please continue walking through the finish to collect your water and leave the funnel. You can then spectate the rest of the race.

The final runner of each team will be directed into a separate area of the finish funnel where you can collect your team's medals and meet back up with the rest of your team to celebrate together!



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

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

Q 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



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



GO FURTHER SEE MORE

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.





Thank you

To everyone
supporting Chariots
of Fire and raising
funds for the British
Heart Foundation

www.hcrlaw.com

Supporting



British Heart
Foundation

HCR Legal LLP is authorised and regulated by the SRA

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The KMC logo consists of the lowercase letters 'kmc' in a bold, orange, sans-serif font. The letters are contained within a white rounded rectangle with a subtle drop shadow. The background of the entire image is split diagonally from the bottom-left to the top-right, with an orange upper-left section and a white lower-right section.

kmc

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Chariots of Fire 2026

www.kmctransport.co.uk



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IN RUNNING**



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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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PROTEIN BAR PARTNER**

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INFO ON TREK



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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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



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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



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



BOOK YOUR SPOT →

CHARIOTS OF FIRE

Supported by...



British Heart
Foundation



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BROOKS

kmc



SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk