

EVENT GUIDE

Solihull **Half Marathon & 5k** **Sunday 10th August 2025**



YOUR RACE EXPERIENCE



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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



CALLUM



TONY



TIM



KANE



ROB



JAMES



HANNAH

We are delighted to be the Official Charity Partner for Run Solihull 2025.

Good luck to everyone taking part.

acorns
children's hospice

By choosing to fundraise for Acorns, you're helping clinical teams in our three hospices and out in the community, to provide vital care to children with life limiting and life threatening conditions, and their families, now and in the future.

Your support could help a child like Alfie.

At seven days old, little Alfie was diagnosed with a rare congenital heart defect and underwent his first open-heart surgery. **By 2023, aged only 10, Alfie bravely endured his fourth open-heart surgery.** For mum, Claire, each hospital visit felt like a blur. It was after his fourth surgery that Alfie and his family were introduced to the palliative care team at Acorns, support that meant 'everything' to Claire.

"The moment we walk through that door, we're at ease,"
Claire says. *"At Acorns, Alfie can simply be a 12-year-old, and I can take a moment for myself."*

"Acorns were there for us when we needed them the most, and they still are."

As part of #TeamAcorns you'll receive:

- ❖ A bespoke Acorns and Run Solihull running vest.
- ❖ Training and fundraising support from our expert Events team.
- ❖ A fundraising pack, bursting with tips and ideas.
- ❖ Race day encouragement from our amazing cheer squad.
- ❖ An unforgettable experience and a sense of pride, knowing that every step you take is making a difference to children with life limiting and life threatening conditions.

If you're not running but still want to join **#TeamAcorns**, why not join our cheer squad? Learn more today: events@acorns.org.uk



Start fundraising for Acorns by setting up your JustGiving page today.



Registered Charity No. 700859

justgiving.com/campaign/acorns-run-solihull-2025



TRAVEL

Address: Malvern Park, Malvern Park Ave, Solihull B91 3EA.

Please arrive early and car share where possible. As with many sporting events, please anticipate additional traffic on arrival.

Travel By Car Solihull is connected to junctions 4, 5 & 6 of the M42, connecting to the M40 and M6.

There is no specific race parking, we recommend using www.parkopedia.com to find a suitable location.

Travel By Rail Solihull is connected to two mainline routes via Birmingham International and Solihull Station, connecting to Birmingham and London. If travelling by train, please plan your journey in advance as Sunday services may be limited.

Travel By Bike Bikes may be left at the Bag drop marquee.



what3words

Event Village

///horn.solved.neck

RACE PACKS

Start Times

HM	9:00am
5K	9:30am
JUNIORS	11:30am

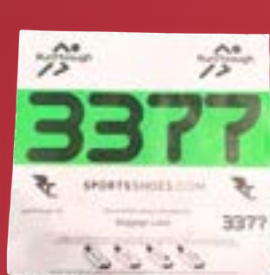
Race Pack Collection Times

HM	7:30-8:30am
5K	8:00-9:00am
JUNIORS	10:00-11:00am



**FOR ENTRIES BEFORE THE 24TH JULY,
YOUR RACE PACK SHOULD ARRIVE BY POST**

- If your pack hasn't arrived or you've entered after this date, 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 (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.



Included

Bib number



Baggage Label



Timing Chip

[CLICK FOR ENTRY LIST & RESULTS](#)



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](#)

Step 1



Step 2



Step 3



Step 4



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking



**Spectators
Welcome**



TOILETS

There will be portable toilets within the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- 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 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 and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

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 20 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

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

HM Runners - follow yellow Mile markers 1-13

5k Runners - follow red KM markers 1-4

The course is all on closed roads and tarmac paths.

The half marathon route starts by following New Road into Malvern Park, leaving the park via Widney Manor Road, to reach Knowle town centre.

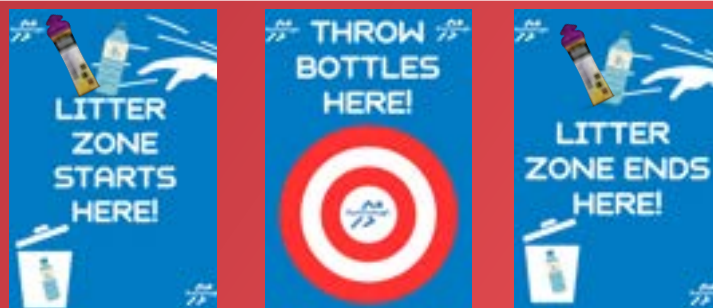
The route then heads out onto a countryside section through Barston and Eastcote, which includes the steeper inclines and declines of the course. The route then returns to Knowle before following Widney Manor Road and Malvern Park back to Solihull town centre.

The 5k completes an out and back route on the first section of the Half Marathon course.

Please drain and discard all litter and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass shortly after each water station.

A limited number of SiS gels will also be provided at the middle 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.

**LOOK OUT FOR THE
LITTER ZONE SIGNAGE!**



WATER STATIONS

There will be a water station at 3mi, 6.5mi and 10mi on the Half Marathon course.

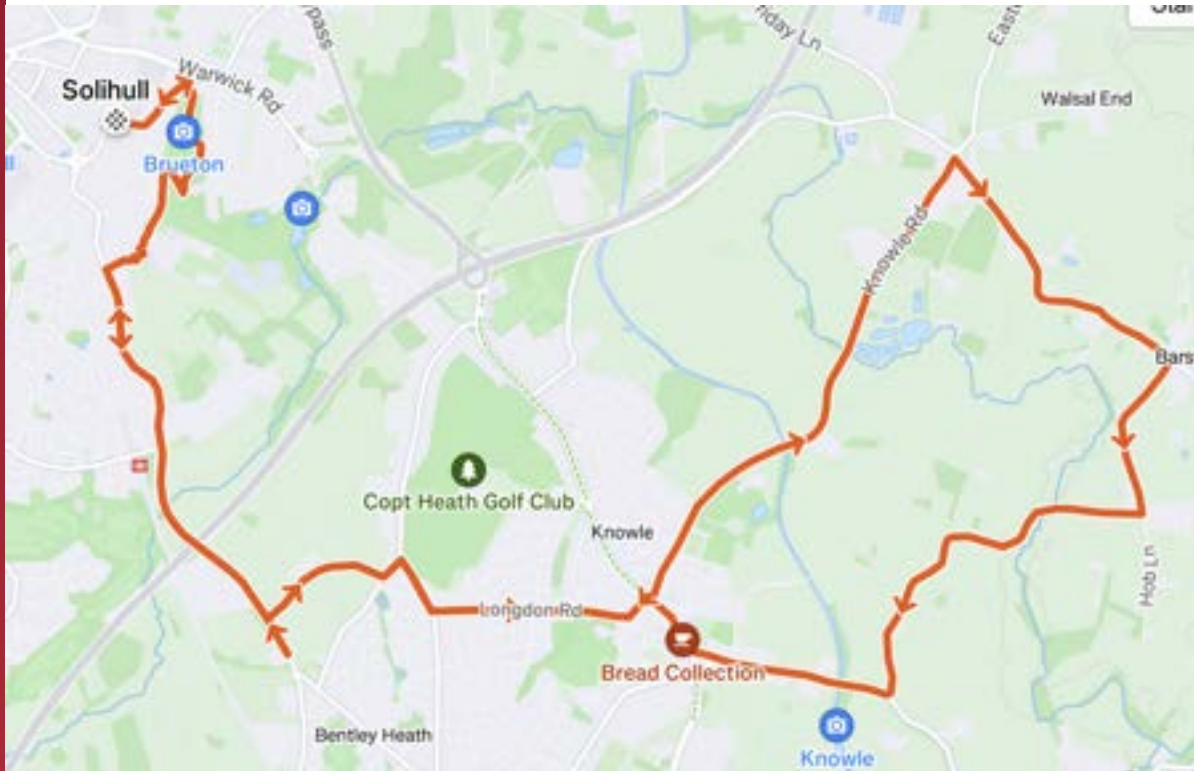
There will also be a bottle of water waiting for you at the finish line.

Please note, the 5k won't pass a water station.

COURSE MAPS

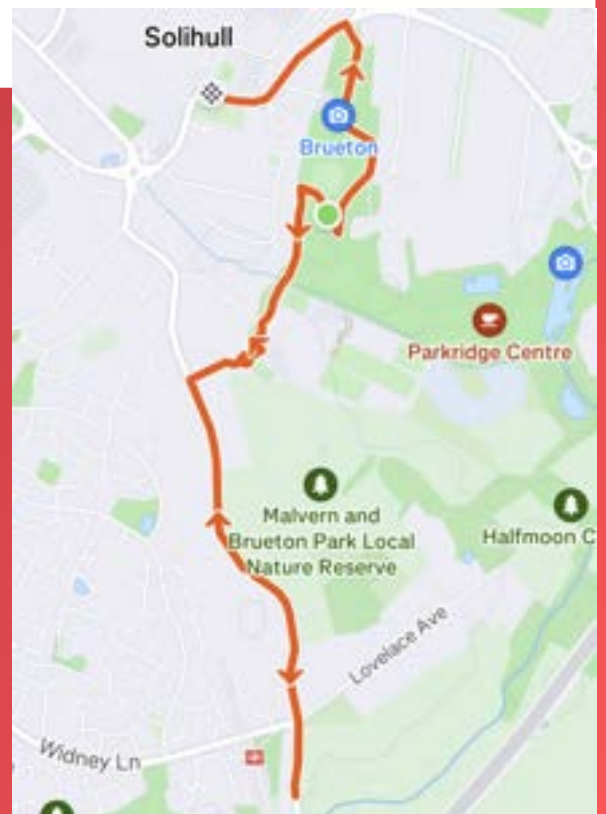


HM Race Route



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

5K Race Route



[**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.



Event T-Shirts

If you have purchased an event T-shirt 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 a T-shirt, but would like to purchase one, 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 AN EVENT T-SHIRT



JUNIOR RACE



Collect your race pack from registration. This 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 15mins prior to the start time.

We'll have a group warm up at 11.15 and walk to the start together.

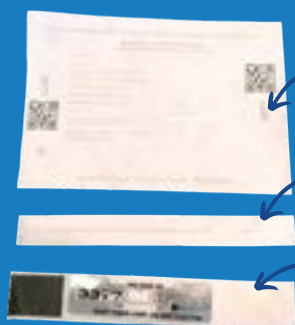
The race will start at 11.30 in the park and follow a 1km course out of the park onto the road. There will be a lead bike and marshals along the course.

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.

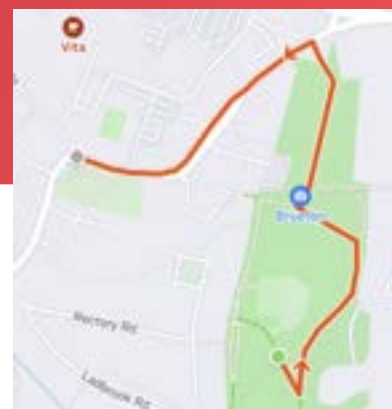
When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian
wristband

Timing Chip

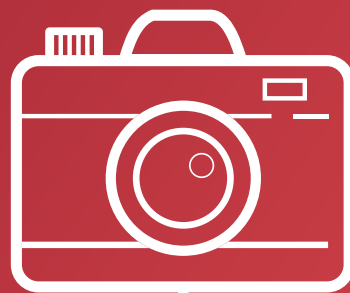


[CLICK FOR INTERACTIVE MAP](#)

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.

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!



Please check out our X account @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.



If you want to talk all things running before and after the event join our RunThrough Midlands Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughMidlands on Instagram with your race day collages, the best ones will feature on our page!

click the icons to visit our pages!

Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click the QR to fill out the form with your event day shoutout requests!



**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**

GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

F.A.QS

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year increments.

This will further be categorised as Female, Male or Open (non-binary, or those who prefer not to say)

What is the minimum age for this event?

Juniors-any age | 5k-11 | HM-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

Yes, due to road closures in place, please contact us at info@runthrough.co.uk if you plan to take more than 3hrs as we may need to make special arrangements on the course and in the event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race. Your race pack and everything associated with your entry fee has already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distances?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

Yes, we will have 3 bottled water stations out on the HM course for you to help yourself to as you pass. (The 5k does not pass a water station). Please drain bottles before discarding.

Am I allowed to wear headphones?

Headphones are not permitted unless bone conducting. Should you choose to wear these, please keep the volume low and remain aware of your surroundings and marshal instructions.

When will I get the add-on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where should I park for the event?

There is no event specific parking, please use parkopedia.com to find somewhere suitable.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're welcome to head out onto the course, however, if you're following the race route, please be aware of road closures in place, these can be seen [HERE](#).

Will there be a prize giving?

There will be a prize giving for the top 3 male and females on the day. 1st in each age group can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

Half Marathon- Men's Sub 67:30 mins, Women's Sub 75 mins

5k - Men's Sub 14:30 & Women's Sub 16:00mins

Check out our podium and photo wall to get your celebratory pictures!



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ISOTONIC FORMULA



INFORMED SPORT
APPROVED



AIM FOR 60G OF
CARBOHYDRATES
PER HOUR





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



Always read the label



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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.

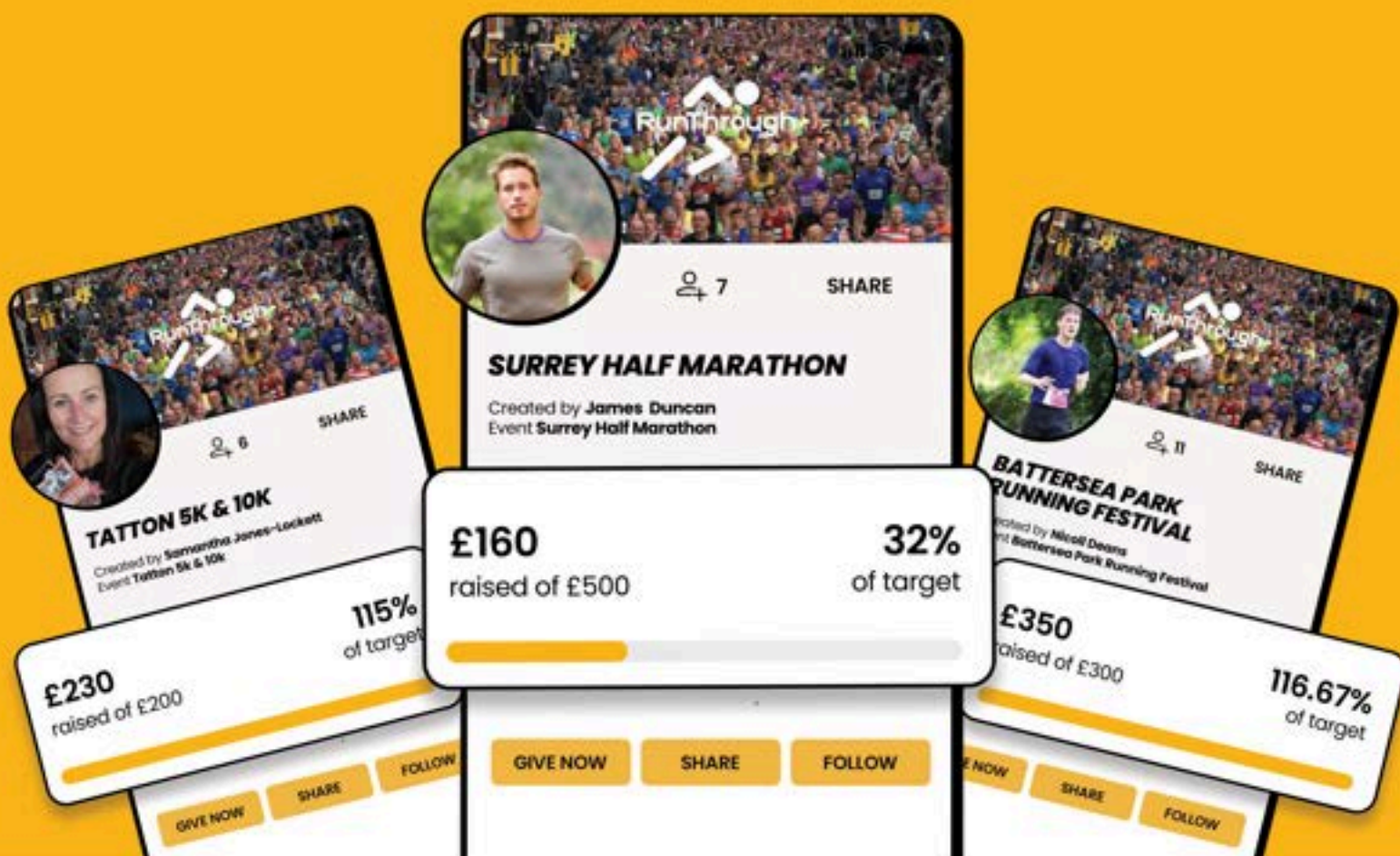
THE **OFFICIAL PAIN RELIEF** **PARTNER** OF RUNTHROUGH



THEY'RE MAKING A DIFFERENCE, ARE YOU?

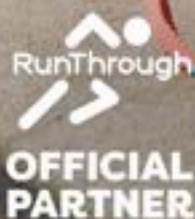
Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



HYPERION MAX 3 + HYPERION ELITE 5 LEAD THE CHARGE

Shop now



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Supercharge your run.

Never miss a beat with earbuds that combine complete openness to your surroundings with rich, private sound only you can hear.

Designed for all-day wear with light-as-air-grip that won't slip, water and sweat resistance and up to 7 hours of play time.*



Bose Ultra
Open Earbuds

* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.

⁺nuun

HYDRATION

Hydration starts here



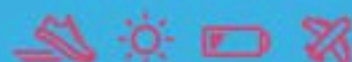
SPORT



Fuel your work out with electrolytes. Before, during and after exercise.



ULTRA



Don't let dehydration slow you down. Optimised electrolyte and Carbohydrate formula.

Hydrate your journey, embrace the challenge and make every step count!

Good Luck Runners!
You've got this with Nuun Hydration!



Click to follow @nuunhydrationuk

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Carbohydrate-electrolyte solution enhances the absorption of water during physical exercise.

RUNTHROUGH TRAINING PLANS

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REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY





**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



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*in comparison to potato crisps

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Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



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Interested in supporting an event? email: sam.williams@runthrough.co.uk