



CARLISLE 5K, 10K & HALF MARATHON SUNDAY 19TH JULY 2026

EVENT GUIDE

IN SUPPORT OF:





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



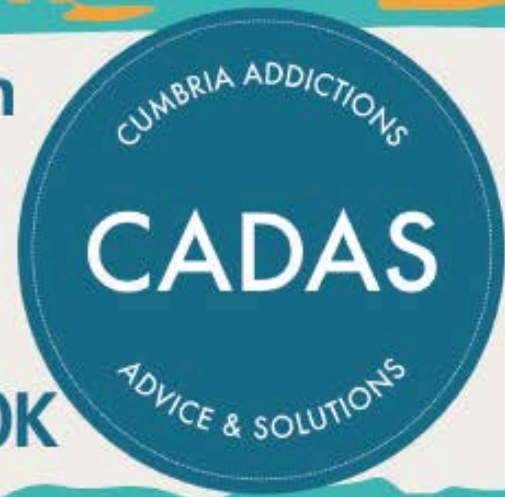
GEORGIE

SARAH

CHRIS



CADAS: Cumbria Addiction Advice and Solutions are thrilled to be the official **Charity of the Year** **Carlisle Half Marathon & 10K**



CADAS uniqueness lies in how we connect with the Cumbrian Community holding people at the heart of everything we do, your support will directly impact individuals, families, and communities to achieve a meaningful and sustained reduction in alcohol and substance use.

By choosing to run for CADAS you're helping us continue our vital work for our 'WE CAN HELP' Campaign.

Every mile you train for and every pound you raise will make a **real difference**, and we can't thank you enough for being part of our **community**.

19th July 2026 | Durdar Rd, Carlisle CA2 4TS



Register here



Donate to CADAS

If your organisation would like to sponsor us
please call 07879 637359 or email fundraising@cadas.co.uk

Keep up with us: www.cadas.co.uk | @CumbriaCADAS | @CADASUK

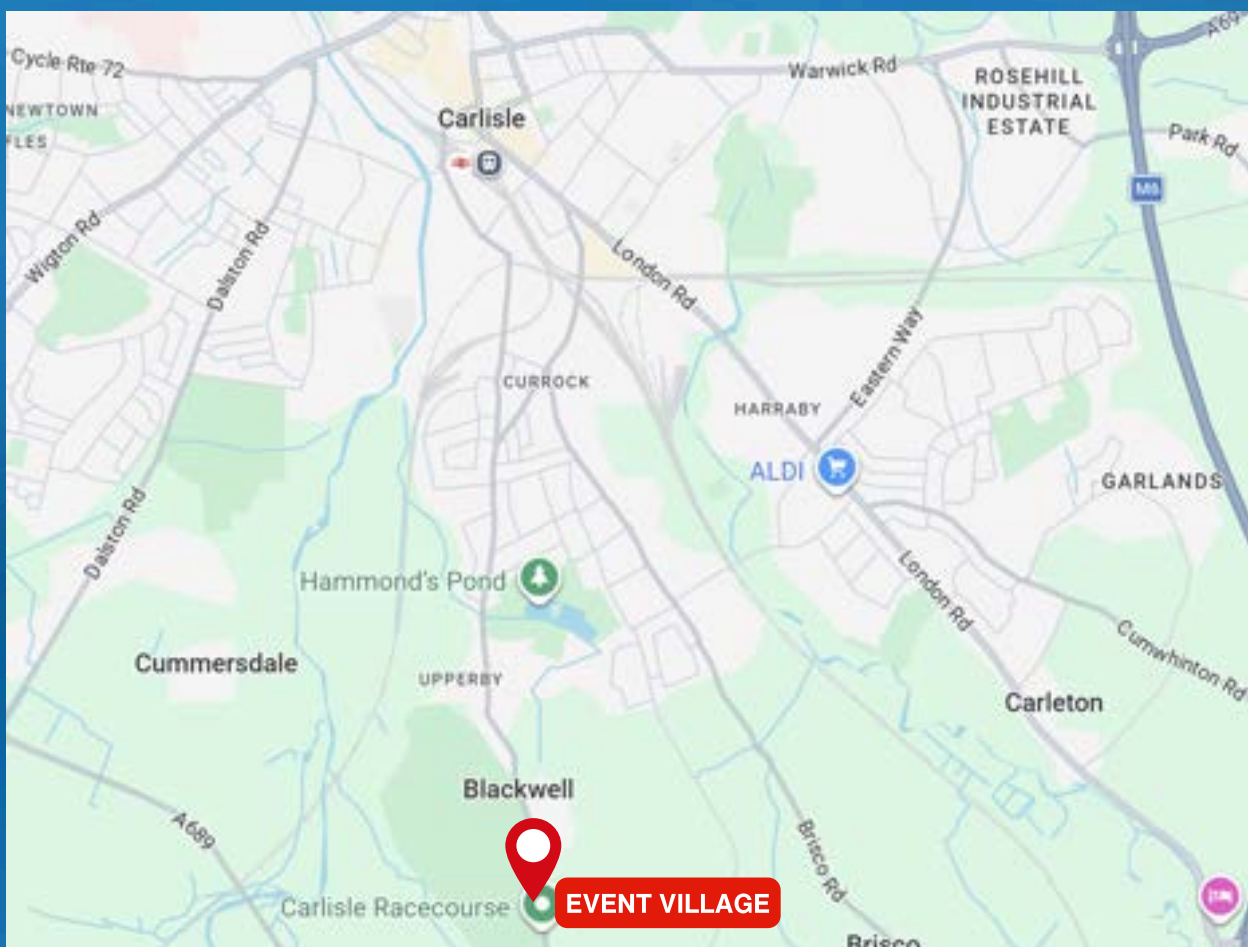
TRAVEL

Address: Carlisle Racecourse, Durdar Rd, Carlisle, CA2 4TS

By Car: There will be limited free parking on site at the racecourse. We recommend arriving early, as with all major events please expect some queues on arrival.

We recommend arriving before 9am if you wish to park on site. For alternative parking options please use [Parkopedia](#).

By Public Transport: Carlisle town centre and train station is approximately 2 miles north of the racecourse. If using public transport, please plan your route in advance as Sunday services may be limited.



what3words

Event Village:

///stacks.shins.shed

RACE PACK

START TIMES

HM	9:00am
10K	9:45am
5K	9:55am

RACE PACK COLLECTION TIMES

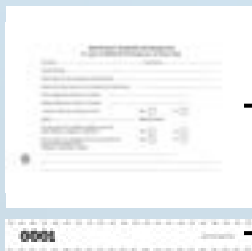
HM	7:30-8:30am
10K	8:15-9:15am
5K	8:25-9:25am



FOR ENTRIES ON OR BEFORE THE 30TH JUNE YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 16th July please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 30th June, 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**



DOGS



TOILETS

For this event we will use toilets located within the racecourse stands.

These will be signposted from the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Hall 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 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

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. Please note, the half marathon starts on the racecourse, a short walk from the event village.

DURING THE RACE

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

Half Marathon - follow yellow Mile markers 1-13 - 9 Laps

10k Runners - follow green KM markers 1-9 - 4 Laps

5k Runners - follow red KM markers 1-4 - 2 Laps

The course includes the paths within and around the Racecourse.

Due to the nature of a lapped 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 everyone's safety but allow for the best experience throughout the race.

Please drain and discard all litter and bottles within the signed litter zone, which will be 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.

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.

WATER STATIONS

There will be a water station on each lap 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.



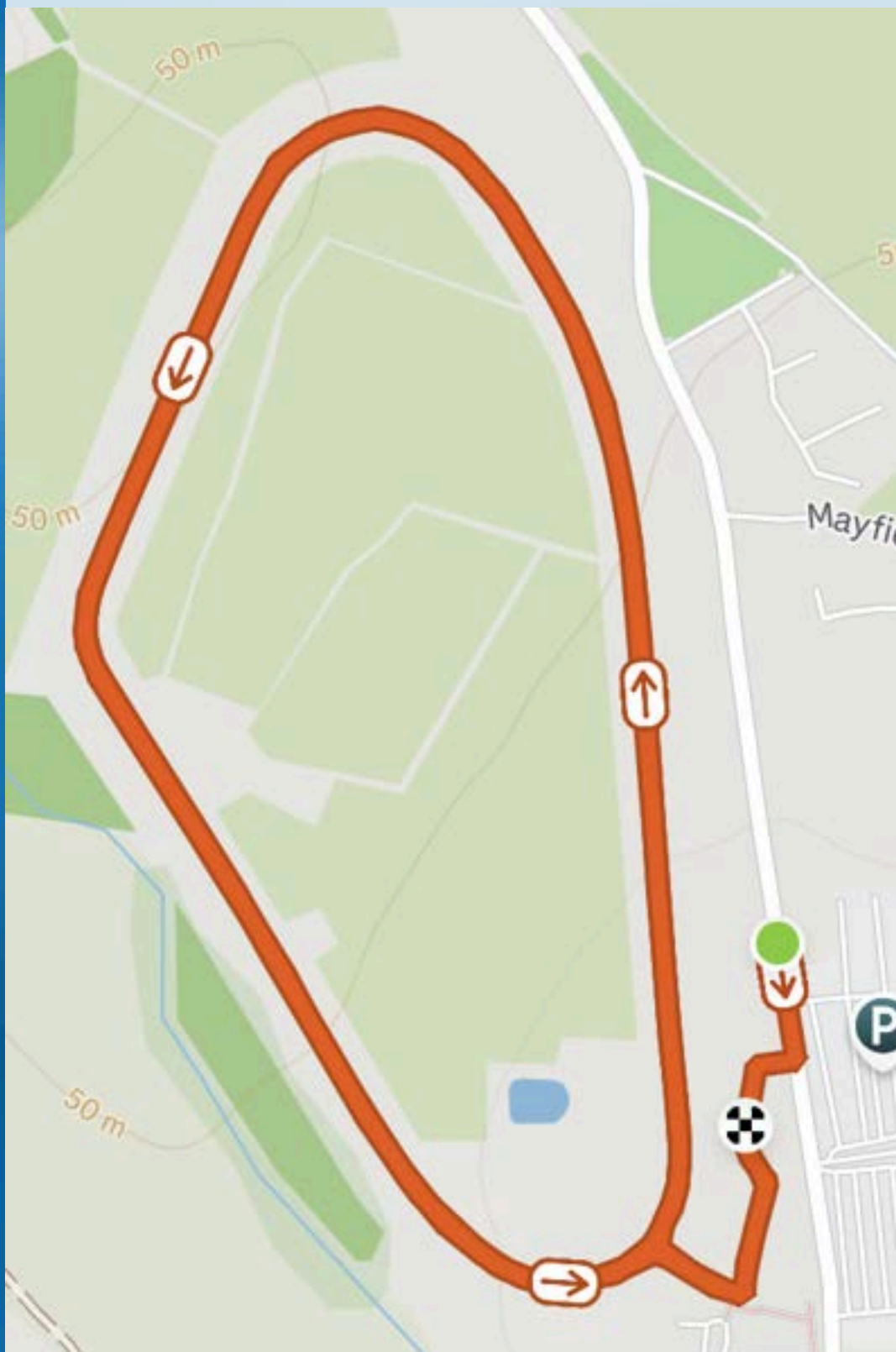
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

Map of the course



[CLICK FOR HM INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[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 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!



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](#)

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



SUMMER TRIPLE SERIES

THREE MONTHS, THREE EVENTS, ONE EPIC ACHIEVEMENT.



JUNE

Run any eligible RunThrough event

JULY

Run any eligible RunThrough event

AUGUST

Run any eligible RunThrough event

RUN ONE EVENT IN **JUNE**
ONE IN **JULY**
ONE IN **AUGUST**

EARN YOUR SUMMER TRIPLE SERIES MEDAL!



SIGN UP FREE

Get a 10% discount code to use on any eligible June, July or August event.



COMPLETE ALL THREE

and earn your exclusive Summer Triple Series Medal.



NO ADDITIONAL COST

Just run and get your extra medal at the end of summer!



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.



Find your gold

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.

SPORTS
SHOES
.COM

**UNRIVALLED
IN RUNNING**



**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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**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

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INFO ON TREK



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THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

[Shop now](#)

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 event pages on the Givestar platform. Each screen features a profile picture of the event 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

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**





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



RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

[FIND OUT MORE](#)

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities



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
ZURICH MARATÓN DE SEVILLA
ZURICH NODDO ZURICH

AMSTERDAM

MARATHON & HALF-MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



Supported by...



BROOKS



SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk