



**CHELTENHAM RUNNING FESTIVAL**  
**5K, 10K, HALF MARATHON &**  
**JUNIORS**  
**SUNDAY 14TH JUNE 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



**GIAN**

**CORINNE**

**LEAH**

**SEAN**

# TRAVEL

Address: Cheltenham Racecourse, Evesham Road, Cheltenham, GL50 4SH

## By Car:

The racecourse is just a 5-minute drive from Cheltenham Town Centre, on Evesham Road. Alternatively, just off J11 on the M5 if traveling from the south. If travelling from the north, leave the M5 at J10. If you are using sat-nav, please use the postcode: GL50 4SH.

There is adequate free parking available within the Racecourse, please follow signage and marshal instruction from the front gate and head into the car park located adjacent to the event village.

If you choose to travel by car, please arrive early. As with all major events, you can expect queues on arrival.

## By Public Transport:

The nearest station is Cheltenham- Sunday services may be limited.

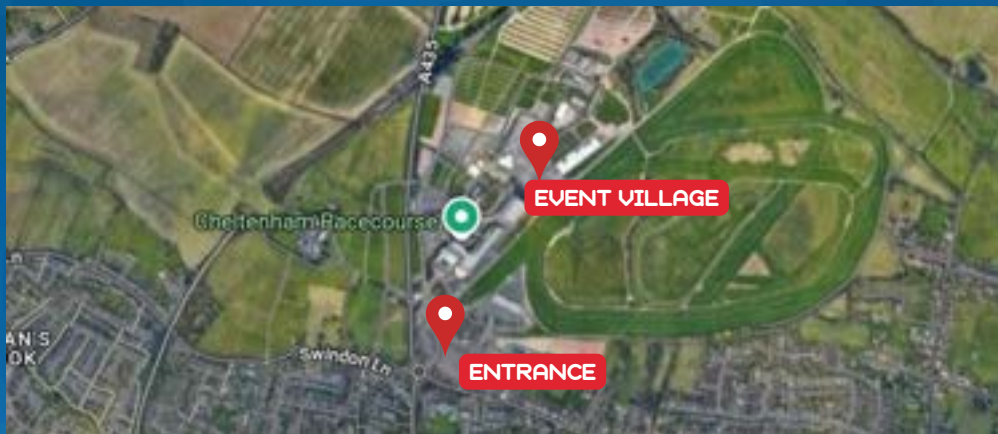
The nearest mainline station is Cheltenham Spa. Trains run every hour from Bristol, every half an hour from Birmingham and every hour from London. When you arrive at the station, you can catch a taxi and get to the racecourse in 10 minutes.

## By foot/bike:

The racecourse is easily accessible by both foot and cycle. Cycle parking is available.

## Please Note:

Please be aware, there is a cycling event also taking place in Cheltenham. ON leaving the venue, please be careful driving across the bike lane and give access to any oncoming cyclists. There will be 'Caution Cyclist' signage in place in these areas.



what3words

Event Village:

///falls.exams.volume

# RACE PACK

## START TIMES

HM	10:00am
10K	10:45am
5K	10:55am
JUNIORS	12:30pm

## RACE PACK COLLECTION TIMES

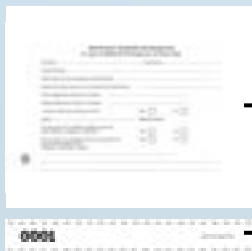
HM	8:30-9:30am
10K	9:15-10:15am
5K	9:25-10:25am
JUNIORS	11:00am-12:00pm



**FOR ENTRIES ON OR BEFORE THE 26TH MAY YOUR RACE PACK SHOULD ARRIVE BY POST**

*If your pack hasn't arrived by 10<sup>th</sup> June 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 26th 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 ENTRY LIST & RESULTS](#)**

**[CLICK FOR FORM](#)**



# EVENT VILLAGE

## FACILITIES

**TOILETS**



**REFRESHMENTS**



**PARKING NEARBY**



**SPECTATORS  
WELCOME**



**DOGS**



Please note, dogs aren't permitted in the venue, this applies to the event village and on the course.



## TOILETS

For this event we will use toilets located within the racecourse Grandstand. 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 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, 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 all around the course as well as distance signs and arrows.

Please keep count of your laps during the race. The course is on the paths in the racecourse:

**HM will follow Yellow Mile signs 1-13- out & back + 4 Laps**

**10k will follow Green km signs 1-9 - 2 Laps**

**5k will follow Red km signs 1-4 - 1 Lap**

Due to the nature of a lapped course we ask that you remain vigilant to other runners and keep left at all times. This will allow for anyone needing to overtake to have a clear path on the right and ensure not only your safety but allow you the best experience throughout the race.

Please also be aware that we will have a bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

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 on each lap of the course.

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.

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

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

# LOOK OUT FOR THE LITTER ZONE SIGNAGE!



# COURSE MAP

1 lap of the course

HM- OUT & BACK + 4 LAPS

10K- 2 LAPS

5K - 1 LAP



[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.



# 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](#)**

# 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 is to be worn by the parent/ guardian throughout the event.

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

We'll have a group warm up at 12.20 and walk to the start together.

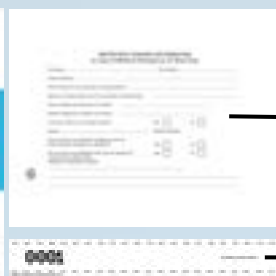
The race will start at 12.30 and will follow a 800m loop around the racecourse. There will be a lead bike and marshals along the course.

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 AND  
ATTACHED TIMING CHIP

— 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

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!



FOR FAQ'S  
CLICK HERE

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



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

# THE ALL-TIME FAVOURITE

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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



The image shows three smartphone screens displaying fundraising event pages for Runthrough. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event. It features a profile picture of James Duncan, 7 participants, and a progress bar for £160 raised of £500 (32% of target). Below the screen are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. To the left, a screen shows the 'TATTON 5K & 10K' event, created by Samantha Jones-Lockett, with £230 raised of £200 (115% of target). To the right, a screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event, created by Nicolai Deans, with £350 raised of £300 (116.67% of target). All screens feature a 'Runthrough' logo and a 'SHARE' button.



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



**22G  
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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



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



OFFICIAL VITAMIN PARTNER

# Energy to test your athletic skills?

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**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.

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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](#)



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