

EVENT GUIDE

RUGBY HALF MARATHON ***Sunday 19th October 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



JADEN



KATIE



JAMES



JOE



BEATRICE



TOM

YOU'RE A HERO IN TRAINERS

19.10.25 OFFICIAL PARTNER
RUGBY
HALF MARATHON



THANK YOU!

To find out more about Your Local Air Ambulance please follow the link or scan the QR code. We receive no government funding, and rely on the kindness of our supporters to fund our lifesaving service. Thank you to all our 'heroes in trainers!'

theairambulanceservice.org.uk/your-local-air-ambulance



**YOUR LOCAL
AIR AMBULANCE**

Together, we save
more lives

Part of The Air Ambulance Service. Registered in England and Wales as a limited company by guarantee. Registered Company No. 4845905. Registered Charity No. 1098874.

Donations gratefully received enable The Air Ambulance Service to meet the clinical needs of patients by covering the operational costs to ensure all our vital services are ready to respond.



TRAVEL

Address: Hart Field, Rugby CV21 3UB

Travel By Car

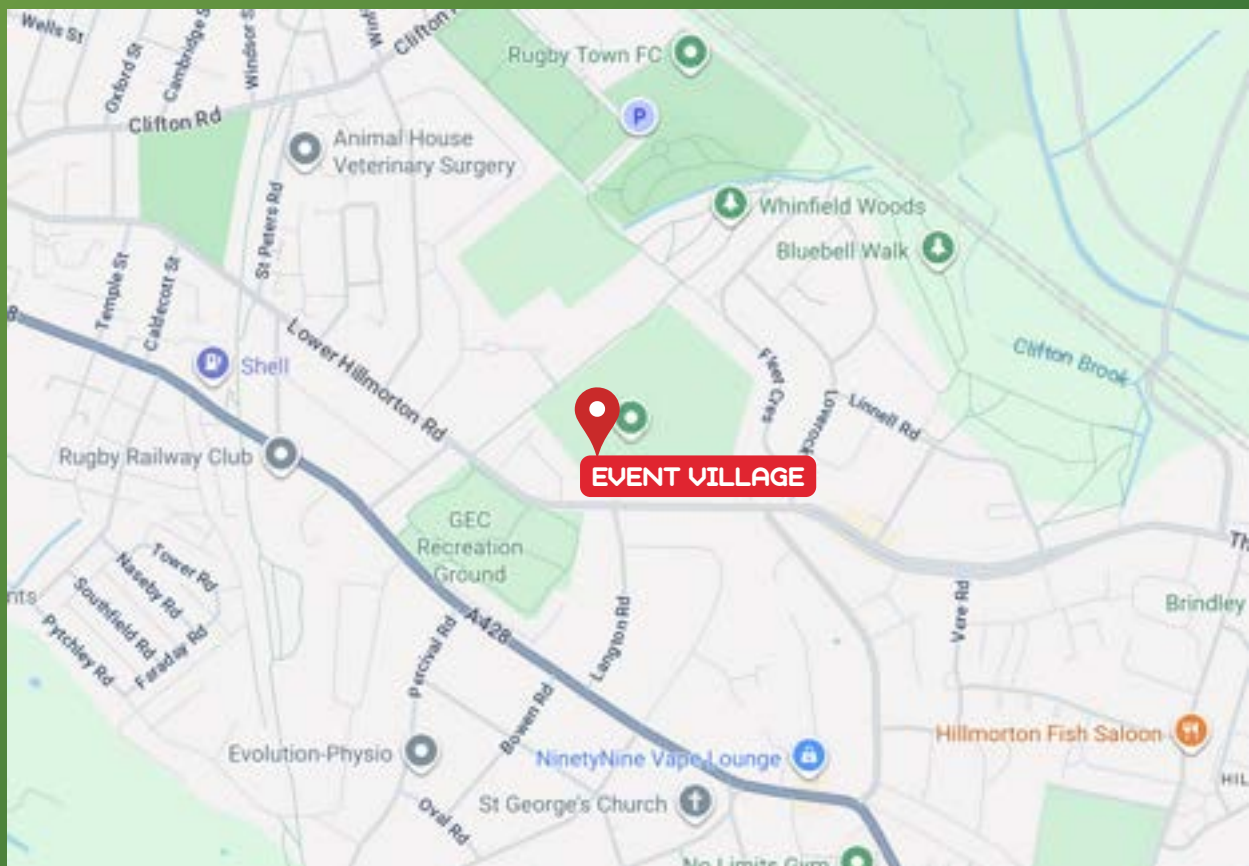
Hart Field sports ground is located just 1.2miles outside of Rugby town centre off the A428.

If driving to the event, please plan in advance as local parking options will fill up quickly. We recommend you use parkopedia.co.uk to find a suitable parking spot.

There is plenty available street parking in the local area. If utilising street parking, please park with respect for the residents and pedestrian access.

Travel By Rail

Rugby train station is located just 1.6miles from the event village (6min drive or 30min walk). Please check rail times ahead of the race as Sunday services may be limited.



what3words

Event Village

///studio.hosts.rugs

RACE PACKS

Start Time

9:00am

Race Pack Collection Times

7:30-8:30am



**FOR ENTRIES BEFORE THE 3RD OCTOBER,
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**



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.



TOILETS

There will be portable toilets available within the event village.

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, staff and members of the public.**
- **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 the 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 mile signs and arrows.

You will follow yellow mile markers 1-13

The course follows an undulating loop around Rugby and onto the country lanes towards Barby. At around 6.5 miles, runners will begin a 2nd lap of these country lanes. At the end of the 2nd lap, the route heads onto the old Great Central Railway to head back into Rugby for the finish.

Due to the nature of some sections of the course looping back along the same roads, we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake or pass to have a clear path on your left 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 zones. There will be large bags and bins within these areas that you will pass shortly after each water station.

A limited number of SiS gels will also be provided at the 1st 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 2 bottled water stations, both of these you will pass twice. They will be at approximately 1mile, 4miles, 7miles and 10miles.

Please help yourself as you pass.

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.

COURSE MAP



THE ROUTE



[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.



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.

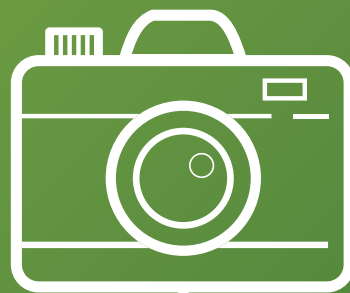
*(Please note: Kit purchased within 4 days of the race may not be ready to collect.
Any kit not ready for collection will then be posted out.)*



[PURCHASE AN EVENT T-SHIRT](#)

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.

PACER & FINISH LINE FRIENDS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT

VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



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?

HM-17

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?

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 4 bottled water and gel stations for you to help yourself to as you pass. 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?

We advise using [Parkopedia.com](https://www.parkopedia.com) to find somewhere suitable. There is no event specific parking.

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 walk around the course, however, if you're following the race route, please be respectful of road closures in place [HERE](#).

Will there be a prize giving?

Yes, there will be a prize giving on the stage for the top 3 male and females.

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:

Men's Sub 67:30 mins, Women's Sub 75 mins

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



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





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Always read the label



UP TO 12 HOURS OF
TARGETED
ANTI-INFLAMMATORY RELIEF



POWERFUL
ANTI-INFLAMMATORY
TARGETS THE SOURCE OF PAIN



WORKS DEEP IN THE
MUSCLE TISSUE FOR A
FASTER RECOVERY*

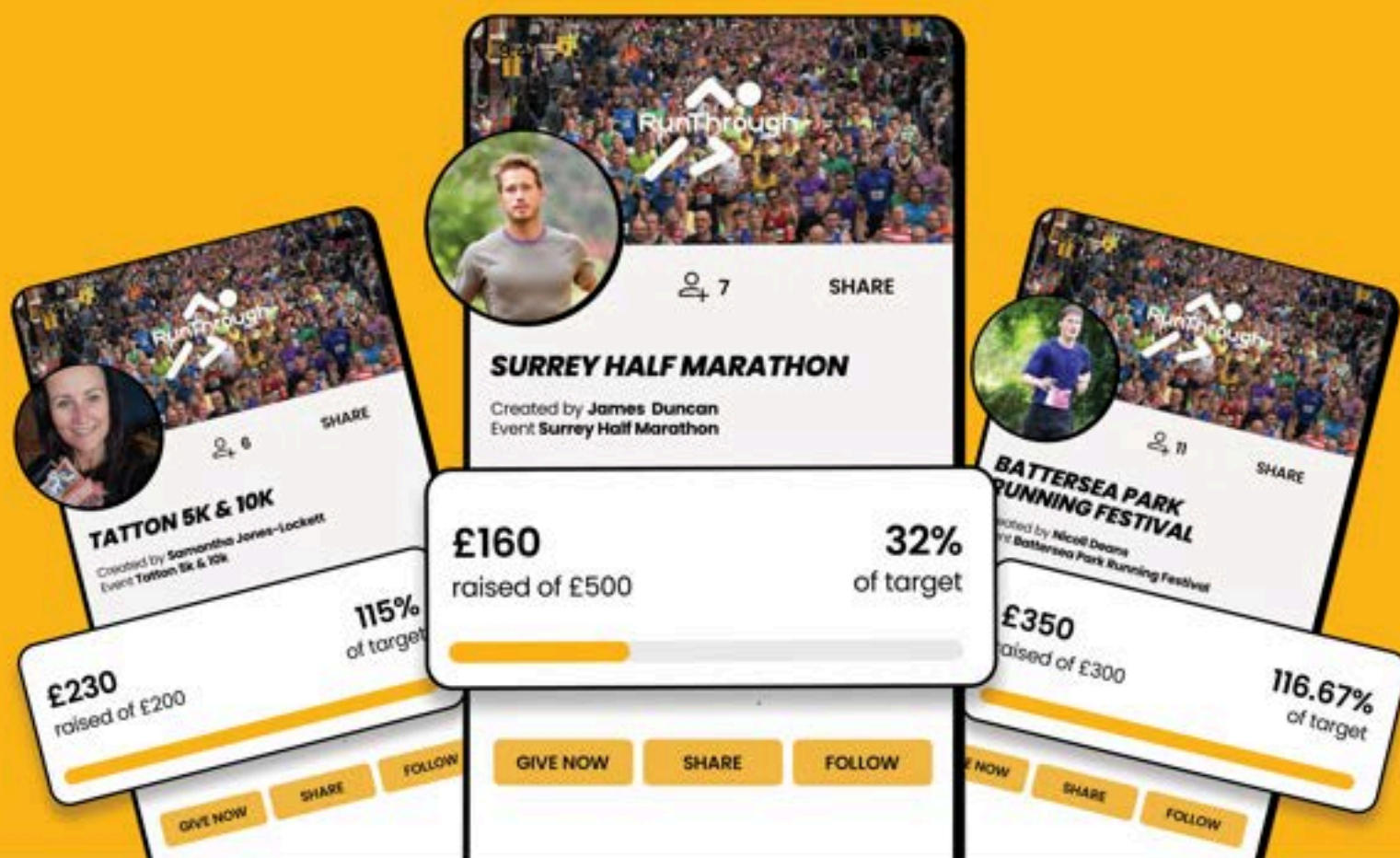
*Vs non-medicated gel.

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



BROOKS

RunThrough
OFFICIAL
PARTNER



ENDLESS
ENERGY
IN THE

GLYCERIN MAX

THE PERFECT RUNNING PAIR



9G
PLANT
PROTEIN

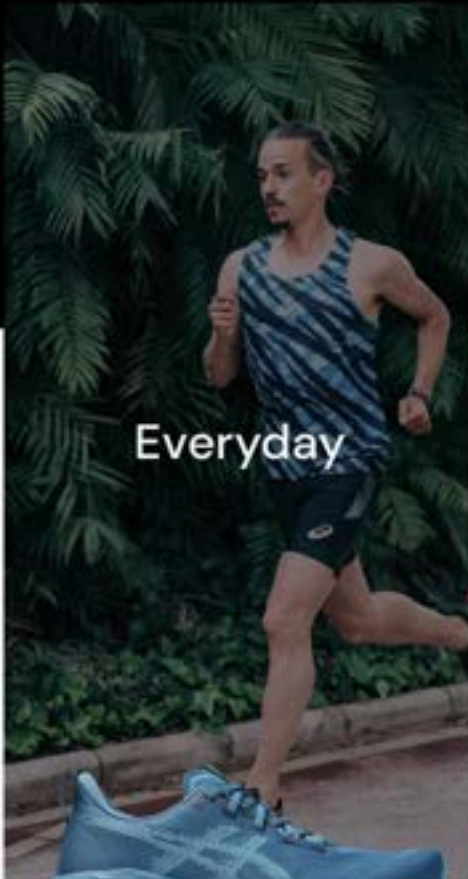

NATURAL
INGREDIENTS


SOURCE OF
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN
BAR PARTNER OF RUNTHROUGH**

SPORTSSHOES.COM

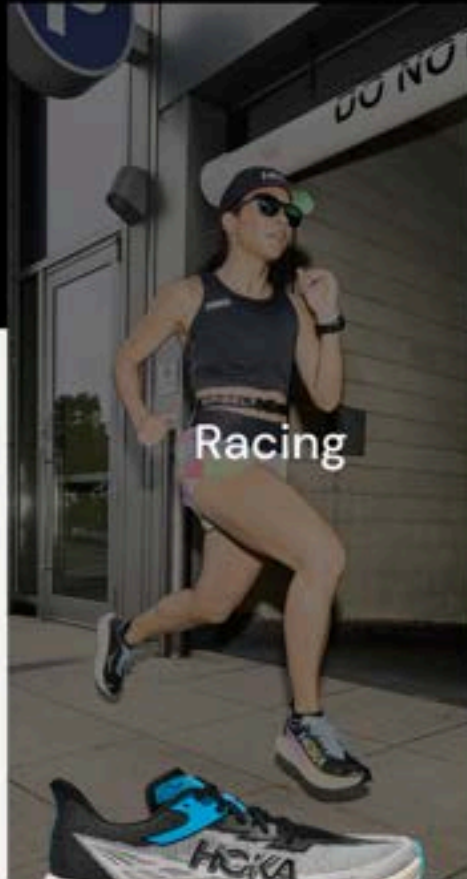
Get 15% off our
latest launches*



asics.

NOVABLAST 5

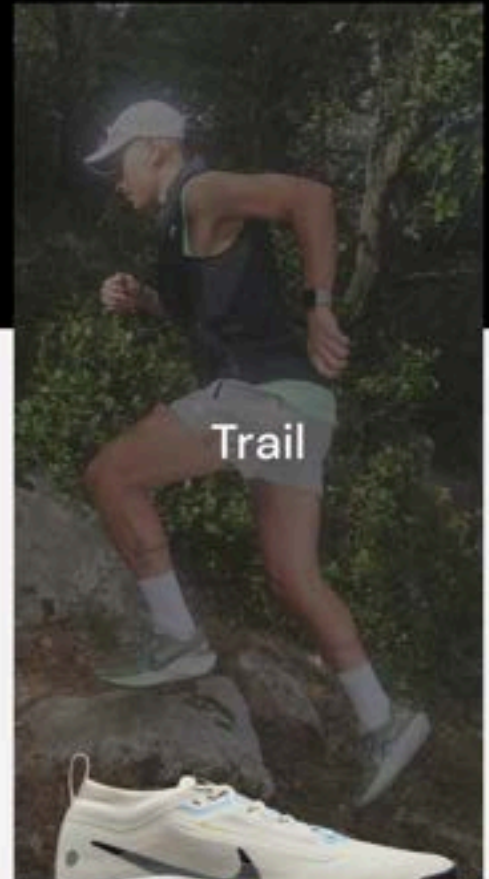
The Asics Novablast 5 is a great and lightweight everyday running shoe that offers an extra bounce on steady runs.



HOKA

ROCKET X 3

The Hoka Rocket X 3 is a super fast carbon shoe, built for achieving your personal best.



RUN

PEGASUS TRAIL 5

The Nike Pegasus Trail 5 provides responsive cushioning and a waterproof Gore-Tex wet weather protection for trail running.

CHECK YOUR PRE RACE EMAILS FOR YOUR DISCOUNT CODE!

Ts&Cs apply*

Get 15% off AW25

⁺nuun

HYDRATION

Hydration starts here



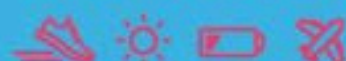
SPORT



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!



Official Partner

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#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***

*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE
INGREDIENTS



TRY OUR FLAVOURS



PLAY CORN HOLE, WIN PRIZES!

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!



20% OFF
your next order 

**USE CODE:
RUNRUNRUN**
amazon.com/lovecorn



**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

RUNNER RETREATS



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**FOR RUNNERS OF ALL
ABILITIES**

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MORE**

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**Supported
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AIR AMBULANCE



Voltarol
The joy of movement

BROOKS



***RUNNER
RETREATS***

**LOVE,
CORN**

SPORTSSHOES.COM

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