



RUN SOLIHULL HALF MARATHON, 5K & JUNIORS SUNDAY 9TH AUGUST 2026

EVENT GUIDE

IN SUPPORT OF:

acorns
children's hospice



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



JAMES

SOPHIE

GEORGIE

SARAH

ROB

TIM

OLLY

**We are delighted to be the Official
Charity Partner for Run Solihull 2026.**

acorns
children's hospice

Good luck to everyone taking part.

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

Your support could help a child like Evie.

At just one day old, Evie stopped breathing and was rushed to hospital, where she was diagnosed with sepsis caused by a bowel blockage. In those early weeks, her parents, Jasmine and Alex, were told to expect the worst. Since then, Evie has undergone more than 30 surgeries.

Adjusting to life at home was difficult as the family learned to manage Evie's complex medical needs. During this challenging time, Acorns entered their lives, and today it feels like a second home for them.

*"Whenever I'm struggling, Acorns is always there.
I honestly don't know where we would be without them.
I couldn't ask for anything more."* — Jasmine, Evie's mum



How can you support #TeamAcorns?

- Donate via our JustGiving page (QR code and URL below)
- Join our cheer squad by emailing events@acorns.org.uk
- Come along and visit us in the Event Village

Donate today and help make a difference:
justgiving.com/campaign/run-solihull-2026



Registered Charity No. 700859

Sponsored by



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 queues arriving into the town.

Parking: 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.

Please note, there will be road closures in place from 6am, these can be seen [HERE](#). These closures will also mean Marvern Park Car Park will not be open to runners.

Public Transport: 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.



what3words

Event Village:

///horn.solved.neck

RACE PACK

START TIMES

HM	9:00am
5K	9:35am
JUNIORS	11:45am

RACE PACK COLLECTION TIMES

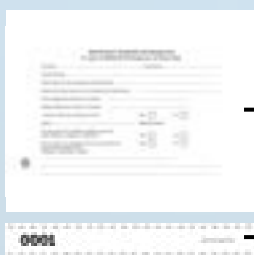
HM	7:30-8:30am
5K	8:00-9:05am
JUNIORS	10:15-11:15am



FOR ENTRIES ON OR BEFORE THE 21ST JULY YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 3rd August 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 21st July, 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



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets available to use in the Event Village.

If you live locally we recommend using toilets at home.

BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- 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.

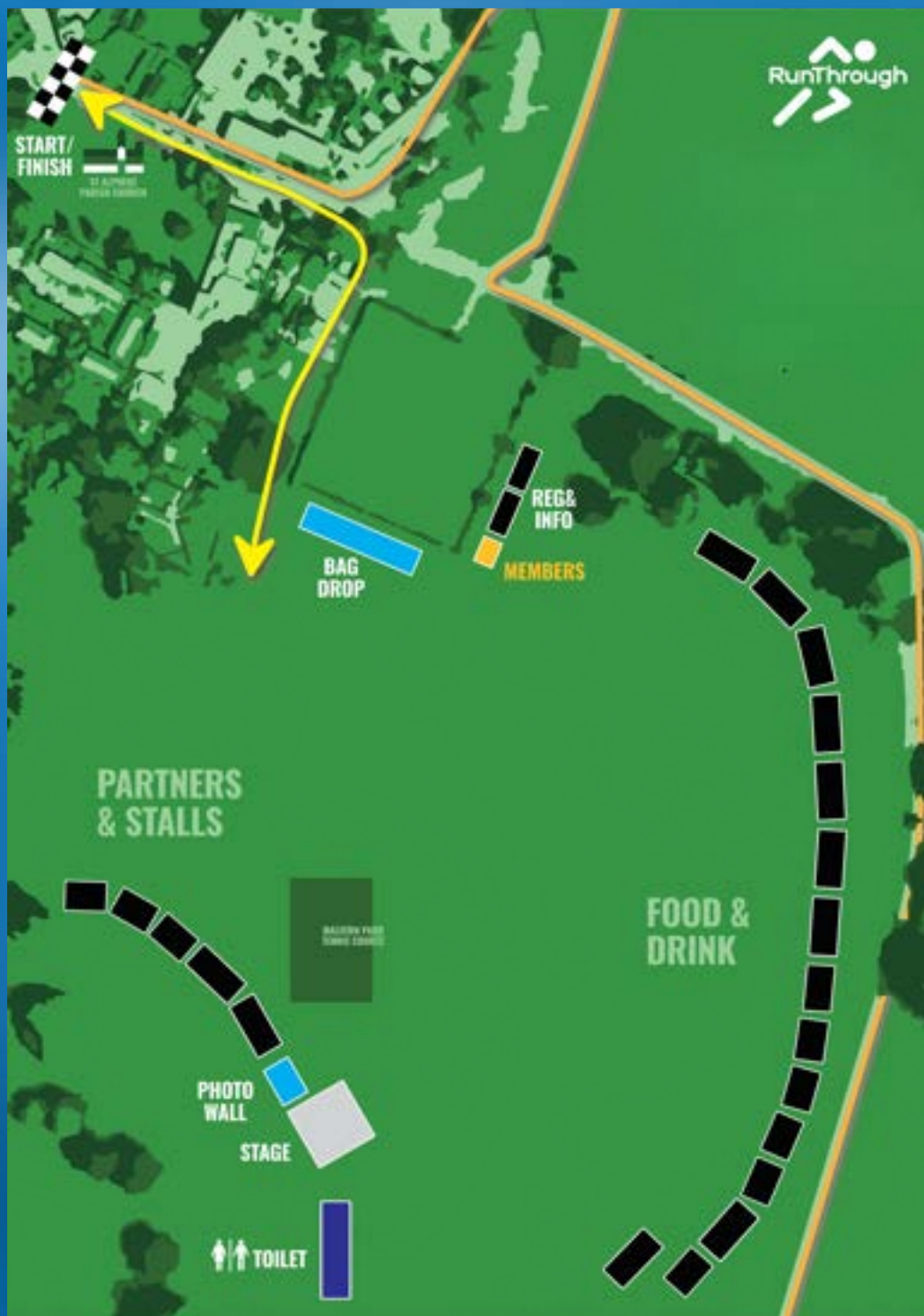
Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **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.

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.

EVENT VILLAGE



SPECTATORS

We advise staying in the event village where you'll find all our food, drink and stalls. From here you'll also be able to watch the runners 1km into the race, and 1km from the finish as the route sets off, and returns through the park.

If you do want to spectate at the start/finish line, you can cut through park road (behind the bag drop marquees) to join the final few 100m of the route on New Road.

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

We will have marshals all around the course as well as 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 also be aware that we will have a lead bike ahead of the race to prevent any collision around the course. They will be vocal when coming leading the way so be sure to listen out for any additional instructions.

Please drain and discard all litter and bottles within the signed litter zones, which will be shortly after each 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 2nd HM 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.

Please note there is a 3hr cut off on this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There are water stations located at 3mi, 6.5mi and 10mi on the Half Marathon course.

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

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.



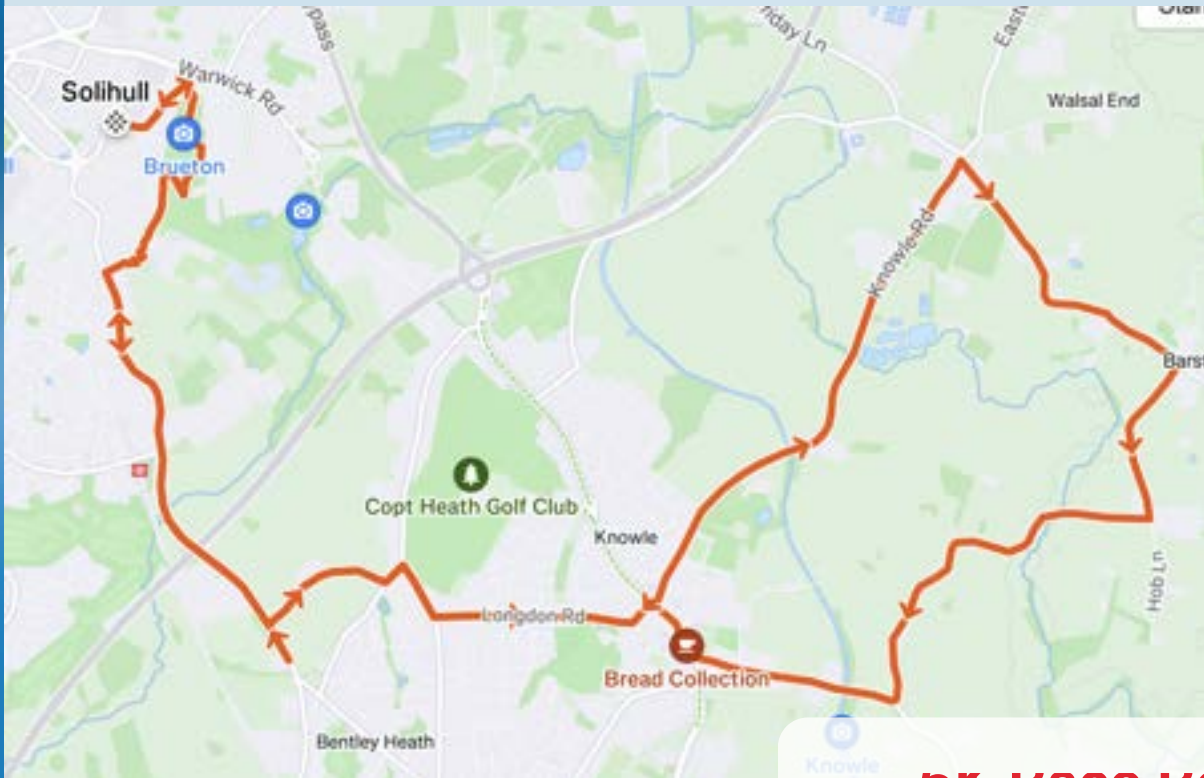
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

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



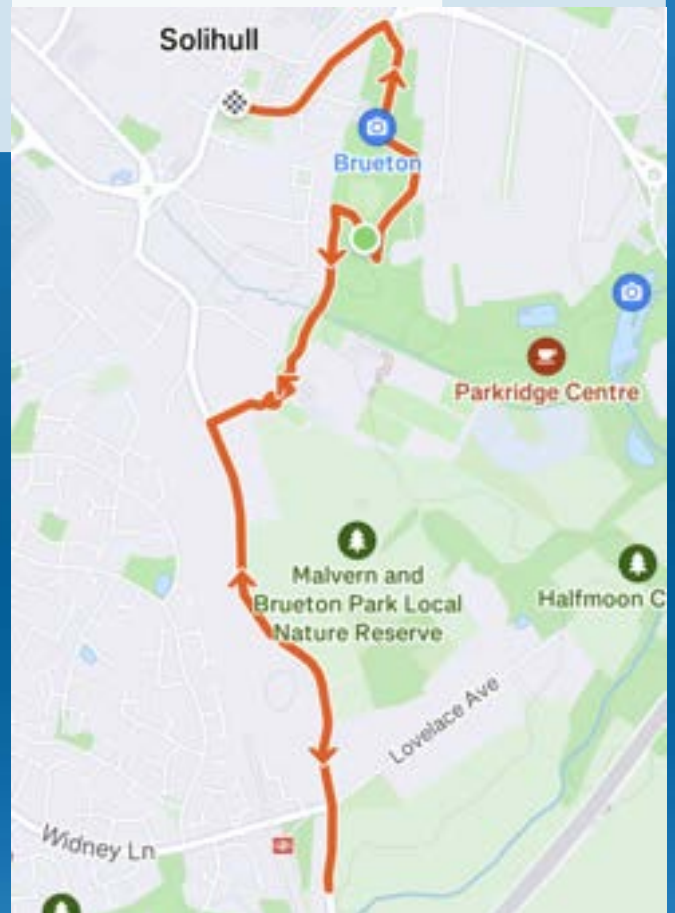
COURSE MAPS

HIM Race Route



[CLICK FOR HIM
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.



THE MEDAL



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

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 11.30 and walk to the start together.

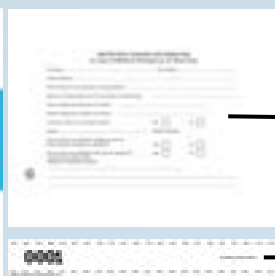
The race will start at 11.45 and will follow a 1km route through the park and out onto the close road into the finish. There will be a lead bike and marshals along the course.

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



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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

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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



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BROOKS

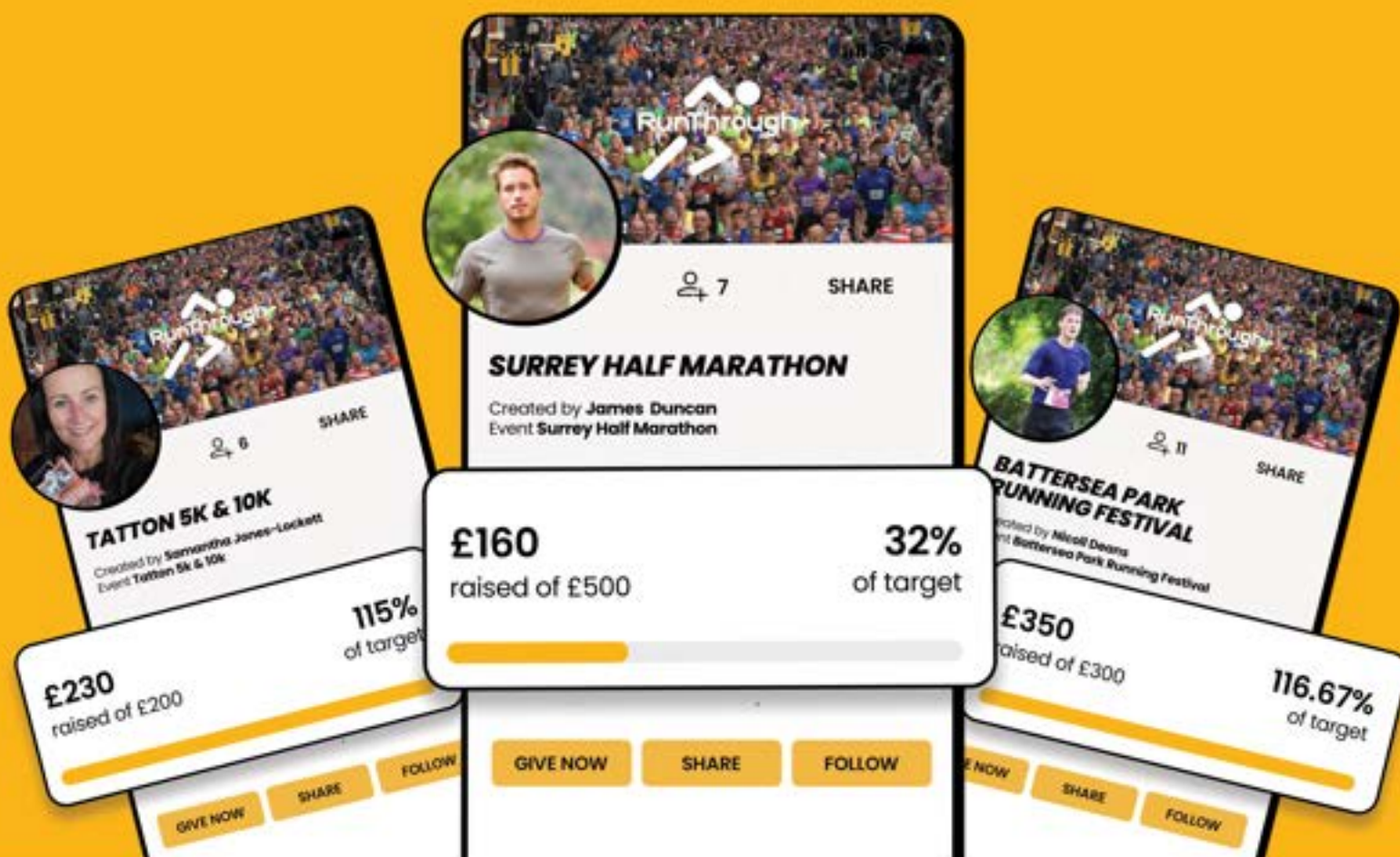


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MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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BROOKS



SPORTSSHOES.COM

Interested in supporting an event?

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