

EVENT GUIDE

Birmingham Running Festival
Presented by Gateley
5k, 10k, Half Marathon
& Junior Races
Sunday 7th September 2025



Gateley



YOUR RACE EXPERIENCE



Welcome

P4



Travel

P6



Race Pack

P7



Event Village

P8



Warm Up & Race Start

P9



During the Race

P9



Course Maps

P10



Finish Line

P11



Junior Race

P12



Results & Photos

P13



Get Involved

P14



FAQ'S

P15



Our Partners and Offers

P16-26



Run For Sick Kids

Birmingham Children's Hospital is one of the UK's leading specialist paediatric centres, caring for 100,000 children and young people every year from across the country. Every patient and family that walks through the hospital's doors benefits from the charity, which exists to make a real difference to poorly children during difficult times. Whether that's through a newly refurbished playroom or ward, a state-of-the-art piece of equipment or even a toy at Christmas.

Charitable donations allow Birmingham Children's Hospital to be at the forefront of what's possible, ensuring patients and families receive the best care, treatment, experience and environment.

It's not too late to use your Birmingham Running Festival place to join #TeamBCH and run for the hospital's sick kids.

Simply set up a fundraising page on JustGiving and ask your friends and family to donate. Just scan the QR code to get started.



Every sign up to run for the charity makes a real difference to sick kids and their families at difficult times. For a full list of upcoming events you can take on to support them, visit: bch.org.uk/events



0121 333 8506



fundraising@bch.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity Number 1160875

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



GIAN



GEORGIE



KANE



CORINNE

Gateley /

Run your own race

Legal and professional
advisers to people and
businesses

gateleyplc.com



TRAVEL

Address: Sutton Park, Park Road, Sutton Coldfield, B73 6BT

Please arrive early and car share where possible. As with many sporting events, please anticipate queues arriving at the venue.

Parking:

There are several entrances to the park. Car parks are marked on the Sutton Park website linked below.

There is very limited parking available on site so we recommend carpooling and taking public transport.

There are plenty of car parks within a 15-minute walk of the event village. As on-site parking is extremely limited, we recommend planning your journey in advance.

Public Transport:

If using public transport, it's a short walk to the main entrance at Town Gate from either the bus station in central Sutton Coldfield or the Sutton Coldfield rail station.

Sutton Coldfield is less than half a mile away from the event parking.

You can access either car park for free for up to 15 minutes to drop off runners. For longer stays, parking charges will apply.

Important Note:

The address given is the entrance to the park, the Event Village is located a short walk away from the main visitor centre, and 'Town Gate' Car Park.

See Sutton Park Car Parks [HERE](#)

Use Parkopedia to find a car park outside of the park [HERE](#).



what3words

Event Village:

[///system.across.seats](#)

RACE PACK

Start Times

HM	9:00am
10K	9:45am
5K	9:55am
JUNIORS	11:30am

Race Pack Collection Times

HM	7:30-8:30am
10K	8:15-9:15am
5K	8:25-9:25am
JUNIORS	10:00-11:00am



**FOR ENTRIES BEFORE THE 22ND AUGUST
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 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.**

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.

DURING THE RACE

We will have marshals around the course and directional arrows and distance signs. The course is within Sutton Park, following a 5km loop on the roads and paths.

Half Marathon Runners - Yellow Mile Signs - Out & Back + 4 Laps

10k Runners - Green KM Signs - 2 Laps

5k Runners - Red KM Signs - 1 Lap

At the end of each lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the event village).

Due to the nature of a lapped course 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 to have a clear path on your left and ensure not only your safety but allow for the best experience throughout the race.

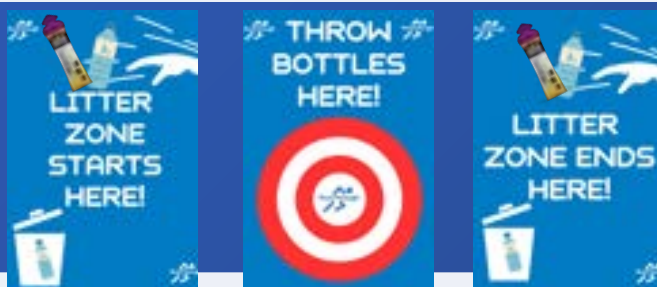
Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

*Please note - This event takes place on public paths that may also be used by pedestrians and cyclists. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.

Please drain and discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

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.

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



WATER STATIONS

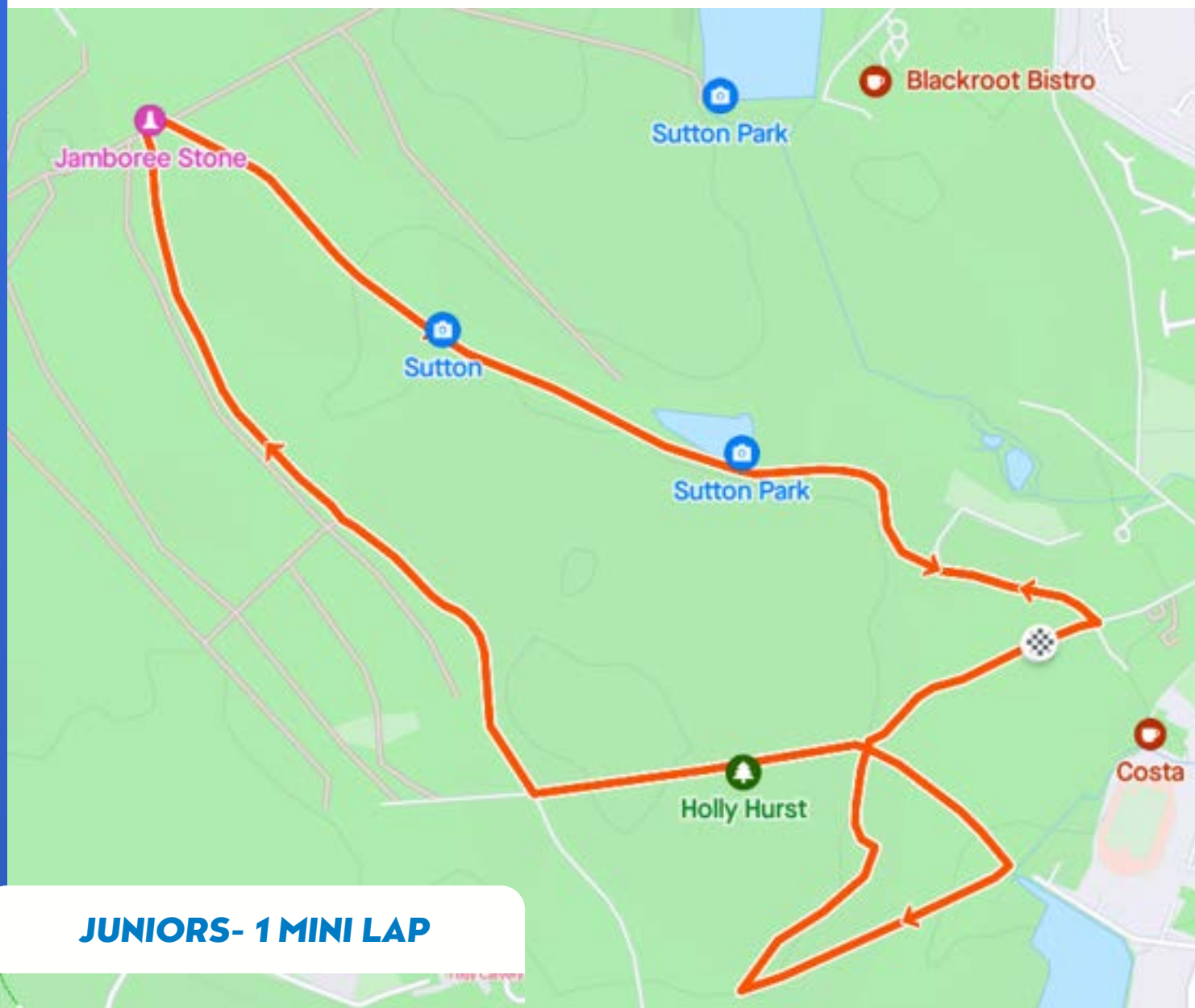
There will be a water station on each lap of the course.

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

We recommend bringing your own drinks to stay hydrated leading up to the event.

COURSE MAPS

5K - 1 LAP | **10K - 2 LAPS** | **HM - 4 LAPS (+ OUT & BACK)**



JUNIORS- 1 MINI LAP



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

[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR HM 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.

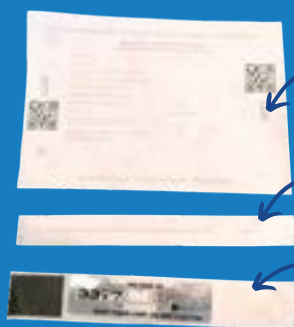
The race will start at 11.30 and will follow a 800m loop around the park. There will be a lead bike and marshals along the course.

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

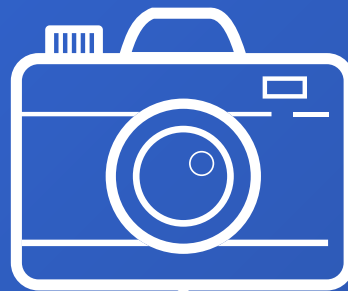
Timing Chip



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

- £10 RTKIT VOUCHER
- £40 RACE CREDIT

VOLUNTEERS & FINISH LINE FRIENDS

- £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, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr 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 | 10k-15 | 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?

No, everyone is welcome, however please get in contact with us at midlands@runthrough.co.uk if you plan to take more than 3hrs to complete your race as we may need to make special arrangements around the course and 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 as your race pack and everything associated with your entry fee including your medal, and post race goodies have 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 a bottled water station out on the course which you will pass on each lap of your race- (once for the 10k & 3 times on the Half Marathon- the 5k will not pass this). Please drain bottles before discarding.

Am I allowed to wear headphones?

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.

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 is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of runners on the paths around the park.

Will there be a prize giving?

The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

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

10k- Men's Sub 30:30 mins, Women's Sub 34 mins.

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

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

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⁺nuun

HYDRATION

Hydration starts here

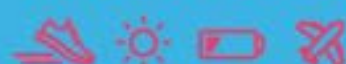


SPORT



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ULTRA



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Good Luck Runners!

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BAR PARTNER OF RUNTHROUGH**

BROOKS

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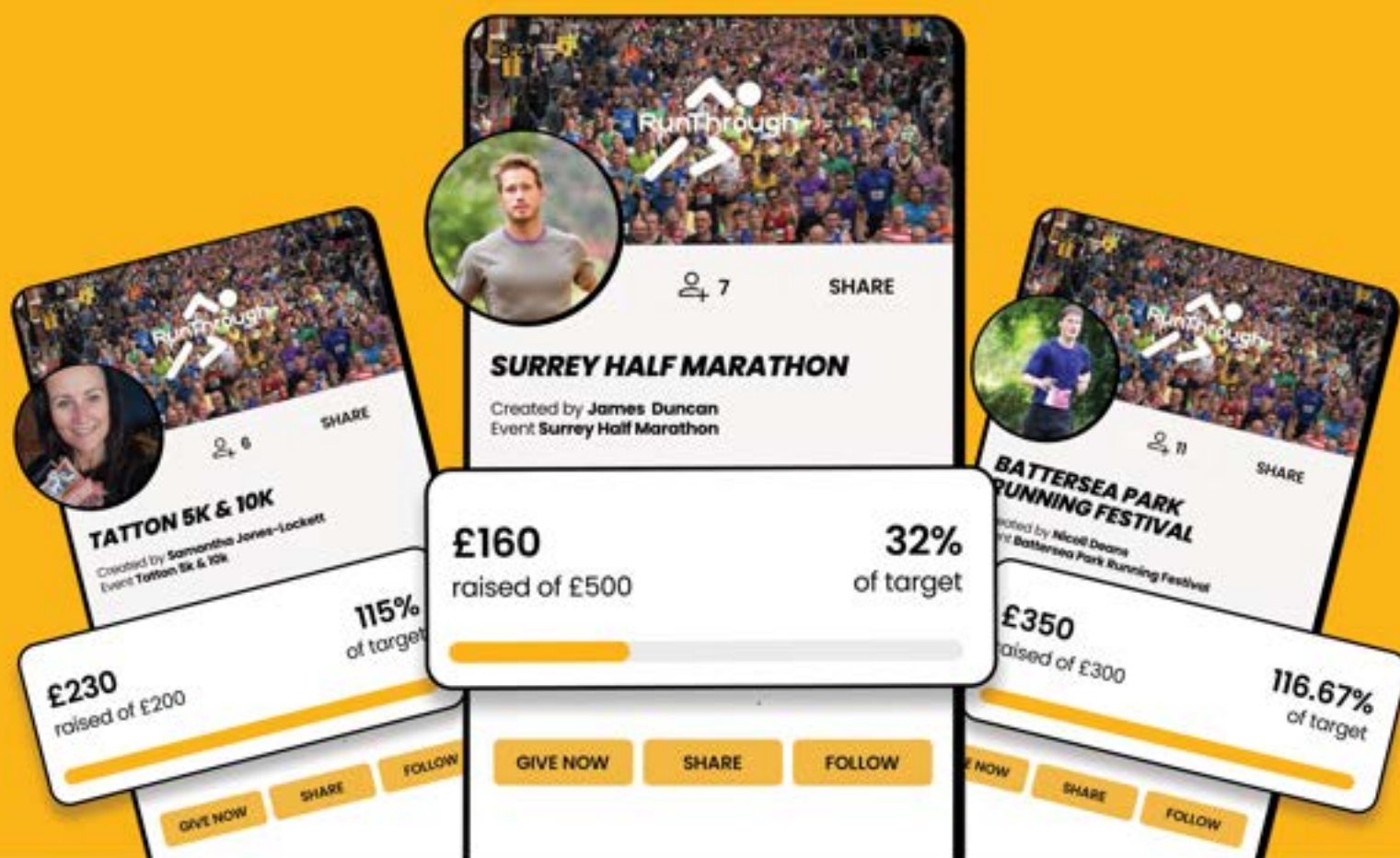
ENDLESS
ENERGY
IN THE

GLYCERIN MAX

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





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*Vs non-medicated gel.

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*in comparison to potato crisps

♥ HIGH FIBRE

♥ LOW SUGAR

♥ GLUTEN FREE

FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE
INGREDIENTS



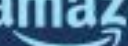
TRY OUR FLAVOURS



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!



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your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

RUNTHROUGH TRAINING PLANS

POWERED BY

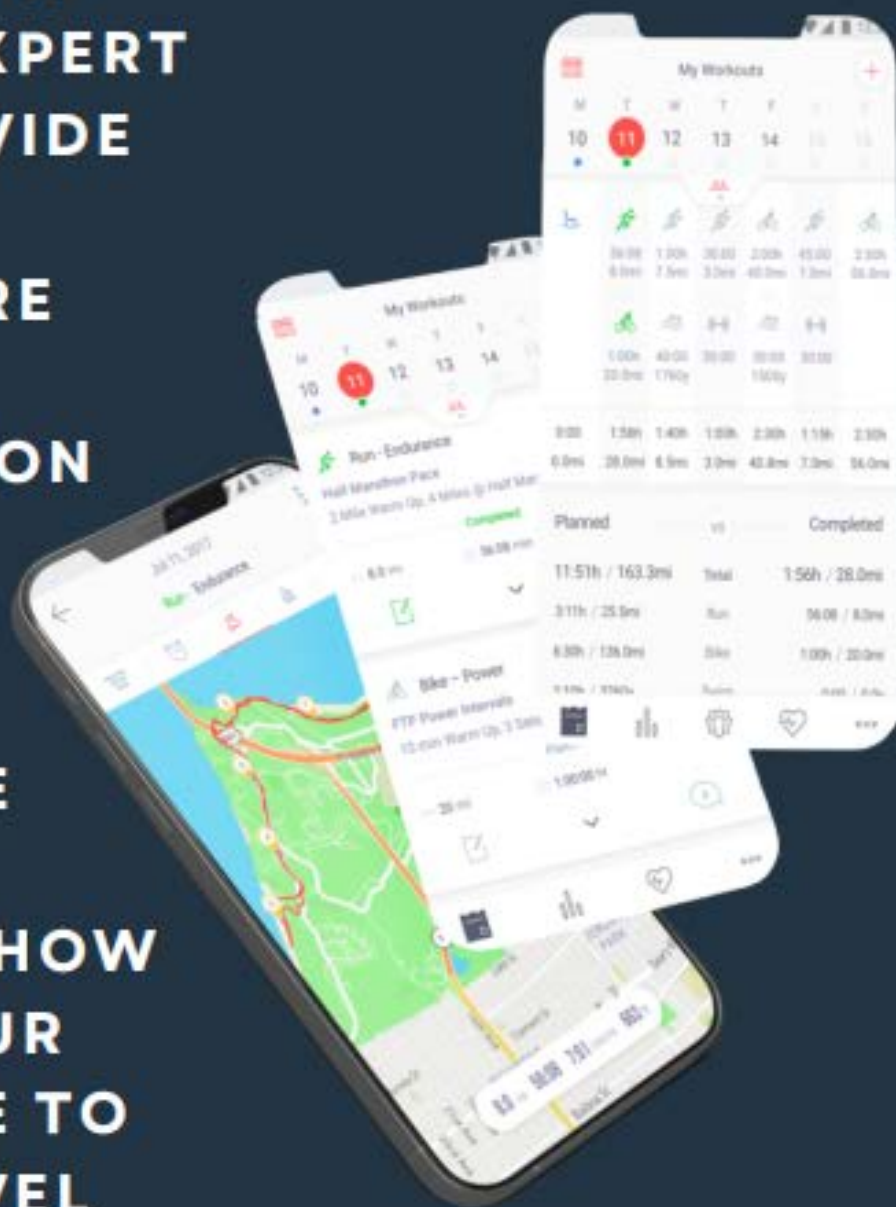


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

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