



# BIRMINGHAM RUNNING FESTIVAL 5K, 10K, HALF MARATHON & JUNIORS SUNDAY 8TH FEBRUARY 2026

**EVENT GUIDE**

IN SUPPORT OF:



Midlands  
Air Ambulance  
Charity®



# 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



**JADEN**

**JOE**

**GEORGIE**

**CLAIRE**



# Critical Care in Action

We operate one of the busiest air ambulance fleets in the UK.  
Our goal: Saving lives by delivering critical care at the scene.

What  
we do



 **Support us**  
and help save lives in your area



Midlands Air  
Ambulance **Charity**

Serving West Midlands

Registered Charity Number 1143118



\*on average

**80000** <sup>0</sup><sub>1</sub> missions  
and counting

# 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:**

Due to the recent inclement weather, there are changes to the parking facilities available at Sunday's event.

There will be no parking at the Town Gate car park (visitor centre) and instead there will be limited parking at the Boldmere Gate car park.

We advise anyone arriving after 8am to park at the Gracechurch Shopping Centre, B72 1PA. This car park will be open from 8am on Sunday and is £1 for the day.

## **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	9:30am
10K	10:15am
5K	10:25am
JUNIORS	12:00pm

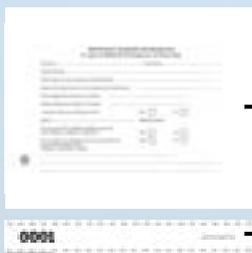
## RACE PACK COLLECTION TIMES

HM	8:00-9:00am
10K	8:45-9:45am
5K	8:55-9:55am
JUNIORS	10:30-11:30am



**FOR ENTRIES BEFORE THE 23RD JANUARY  
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 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**



## 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.



## TOILETS

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

If you live locally we recommend using toilets at home.

## 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](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 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.

## 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.



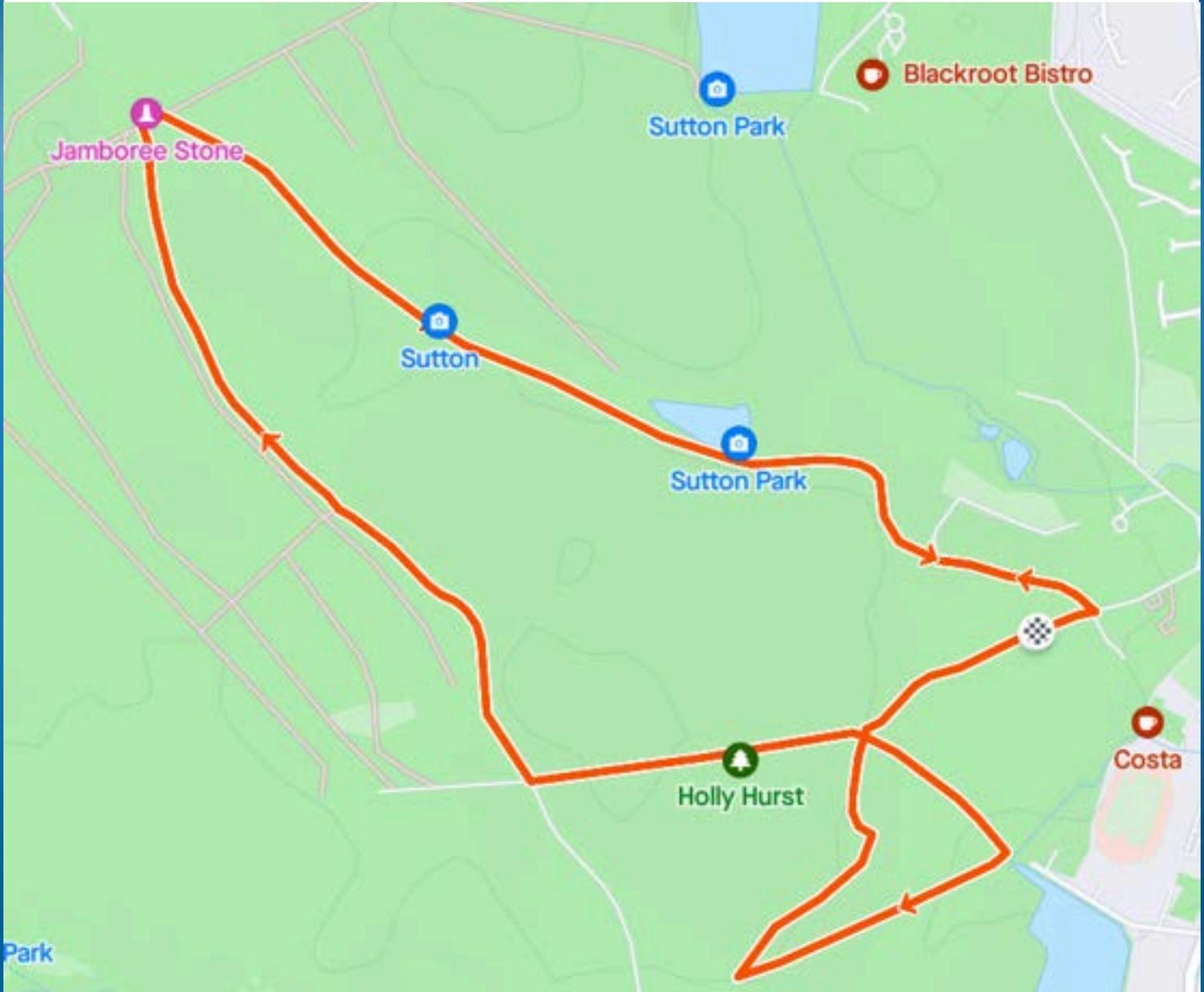
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

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



# COURSE MAPS

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



**[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.



# THE MEDAL



# 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



## 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 11.50 and walk to the start together.

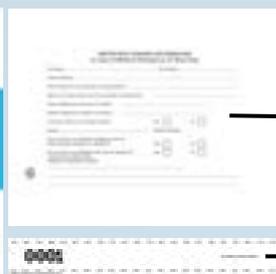
The race will start at 12.00 and will follow a 800m loop around the park. There will be a lead bike and marshals along the course.

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!



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

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)

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  
likeminded people to join our community.

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



# 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

# <sup>+</sup>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!

Click to follow @nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

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

Official Partner

THE SALE

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UP TO  
80% OFF

The SportsShoes January Sale has landed. With thousands of products from the top brands, you won't want to miss out. You'll find hundreds of deals with up to 80% off, so you can refresh your kit and get ready to reach your goals in 2026.



HOKA  
Cielo X1 2.0

£149.99 ~~£249.99~~

Shop Now

# BROOKS

*Let's Run There*

## SUPPORT YOUR JOURNEY

ADRENALINE GTS 25



The Adrenaline GTS 25 continues its legacy of structured support with a smooth ride and GuideRails™ technology to help keep you in your natural motion path.



# 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 'Runthrough' logo, a profile picture of the event creator, the event name, the creator's name, the number of participants, and a progress bar showing the amount raised relative to the target. 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 'GIVE NOW', 'SHARE', and 'FOLLOW' buttons at the bottom.

Event Name	Created by	Participants	Amount Raised	Target	Progress %
TATTON 5K & 10K	Samantha Jones-Lockett	6	£230	£200	115%
SURREY HALF MARATHON	James Duncan	7	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	11	£350	£300	116.67%

# 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

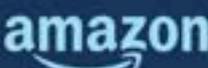


## TRY OUR FLAVOURS



## 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](https://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](http://www.RunThroughKit.com)**

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

**FIND OUT  
MORE**

**FOUNDED BY**





Supported by...



Midlands  
Air Ambulance  
Charity®



***BROOKS***



**SPORTSSHOES.COM**

Interested in supporting an event?

Email: [partners@runthrough.co.uk](mailto:partners@runthrough.co.uk)