

# EVENT GUIDE



## ***Southampton 10k & Juniors***

***Sunday 12<sup>th</sup> October 2025***

**HOSTED BY**



**SAINTS  
FOUNDATION**



# 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**



**SOPHIE**



**KIERAN**



**ANDREAS**



**OTIS**



**CAOLAN**



# TRAVEL

**Address: St Mary's Stadium, Britannia Rd, Southampton SO14 5FP**

## Travel By Car

There will be no parking at the venue, we recommend using public transport or car sharing where possible. Please use [parkopedia.com](http://parkopedia.com) to find somewhere suitable to park nearby.

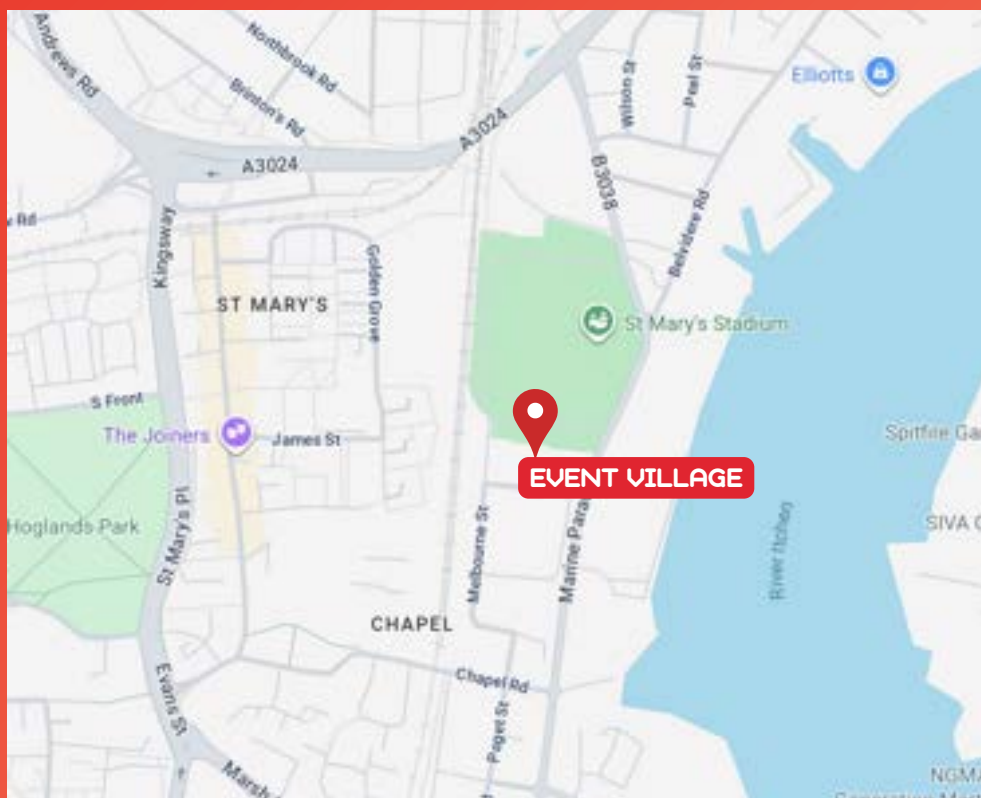
There are several surrounding small car parks available which are often used on match days.

## Travel By Rail

Southampton Central, Bitterne and Woolston Stations are all within 2 miles of the stadium. Please check rail times ahead of the race as services may be reduced on weekends.

## Travel By Bus

BlueStar Buses run in and out of Southampton, you can check their services [HERE](#)



what3words

Event Village

///quit.clouds.budget

# RACE PACKS

## Start Times

10K	9:00am
Juniors	10:45am

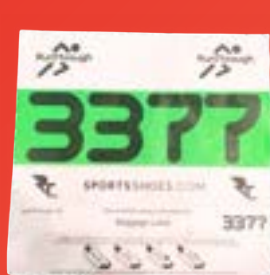
## Race Pack Collection Times

10K	7:30-8:30am
Juniors	9:15-10:15am



**FOR ENTRIES BEFORE THE 26TH SEPTEMBER,  
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



To spectate inside the stadium, please collect a wristband from the registration desks on arrival. These are free and will permit access through the turnstiles.



## TOILETS

For this event we will use the toilets within the Stadium. There will also be some at 5km point along the route.

## 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, 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](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 25 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 km signs and arrows.

### You will follow green KM markers 1-9

The race starts pitchside in St Mary's stadium before heading out across the Northam Bridge, under the Itchen Bridge and then through Ocean Village before finishing back in the stadium.

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.

If you choose to provide your own race fuelling/gels, 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 is a water station located at the 5km point on the course. Please help yourself to this as you pass.

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

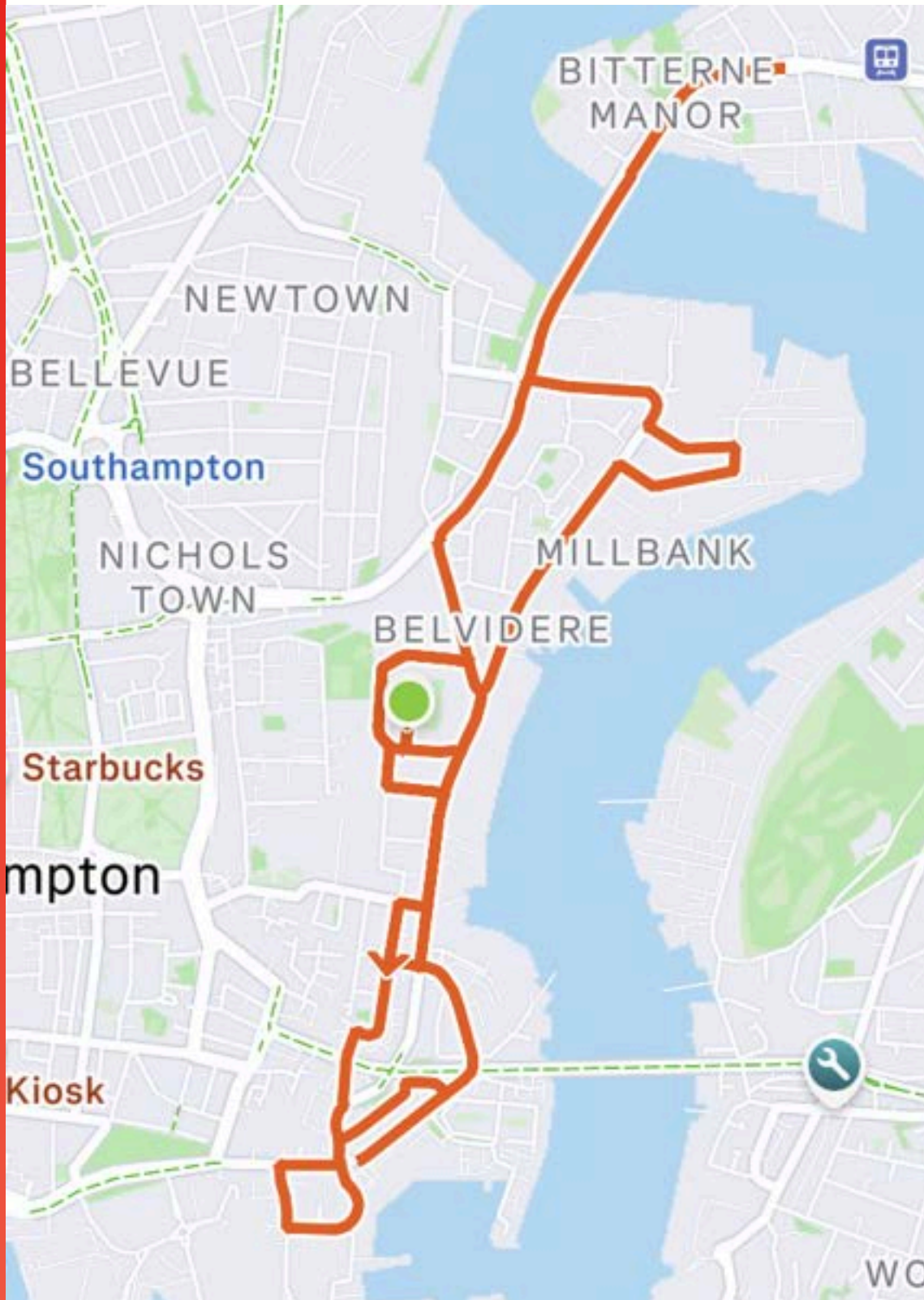
We recommend bringing your own water to stay hydrated in the lead up to the event.



# 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](#)**

# 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 in the event village 15mins prior to the start time.

We'll have a group warm up at 10:30 and walk to the start together.

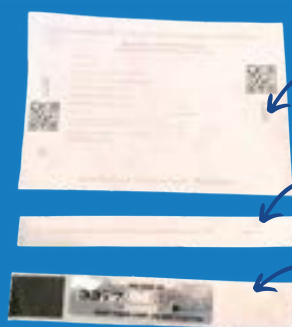
The race will start at 10:45 and will follow a 800m route around the perimeter of the stadium.

You will finish at the same finish as the other races and 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.

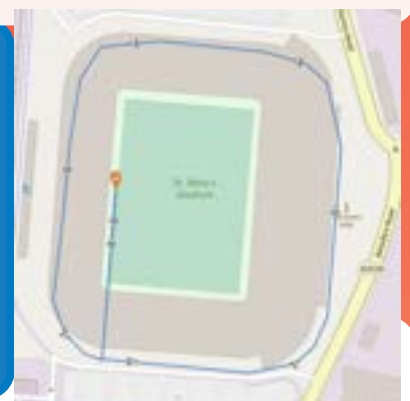
When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian  
wristband

Timing Chip

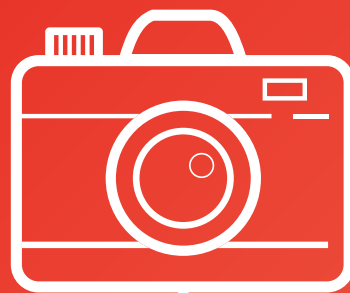


**[CLICK FOR INTERACTIVE MAP](#)**

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 South Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughSouth 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](http://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?

Juniors- any age | 10K-15

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?

Yes due to road closures in place, please contact us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 90min 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 a bottled water station at 5k for you to help yourself to as you pass.

## 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:

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

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





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22G  
CARBOHYDRATES



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INFORMED SPORT  
APPROVED



AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR





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TARGETED  
ANTI-INFLAMMATORY RELIEF



POWERFUL  
ANTI-INFLAMMATORY  
TARGETS THE SOURCE OF PAIN



WORKS DEEP IN THE  
MUSCLE TISSUE FOR A  
**FASTER RECOVERY\***

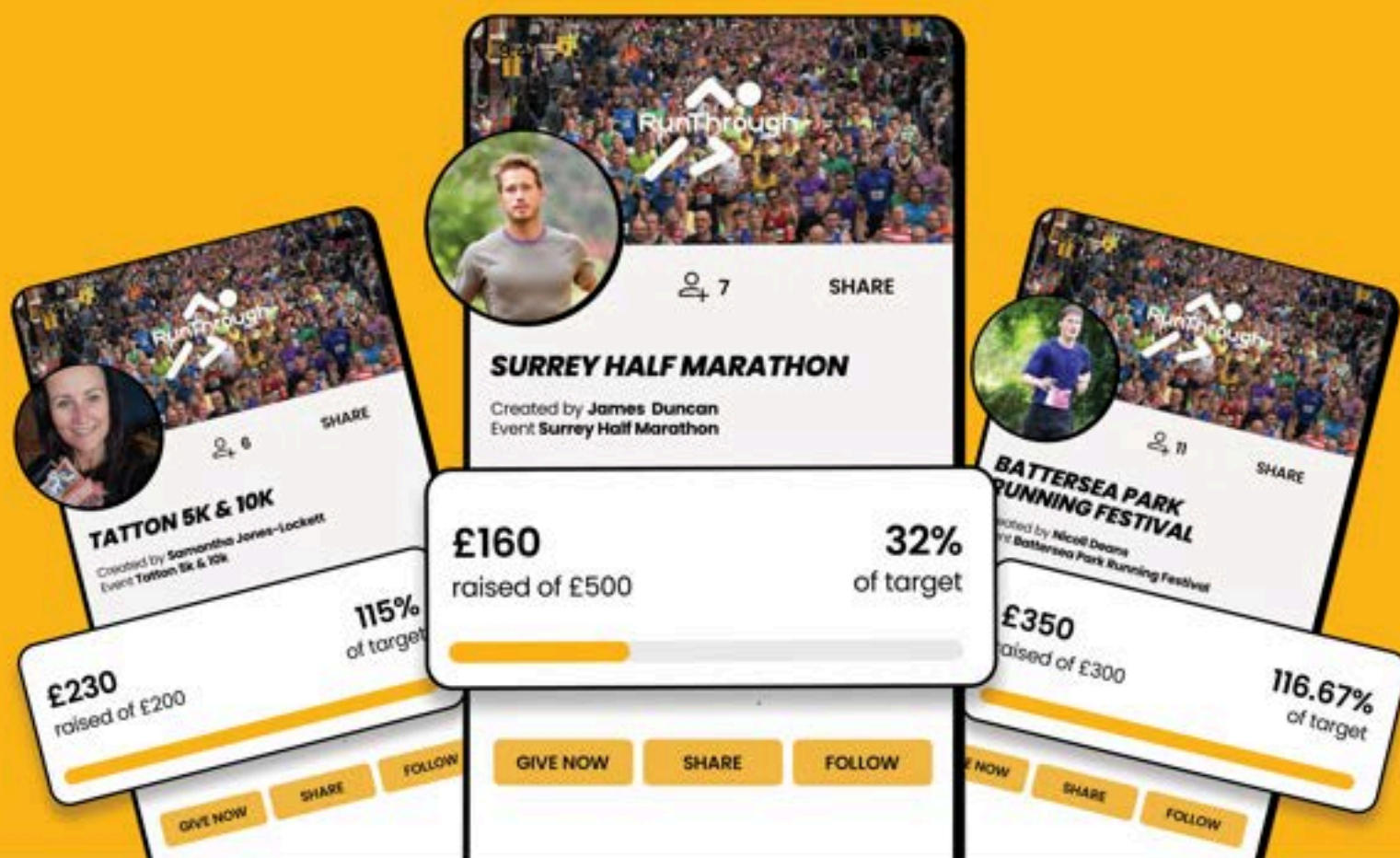
\*Vs non-medicated gel.

## 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



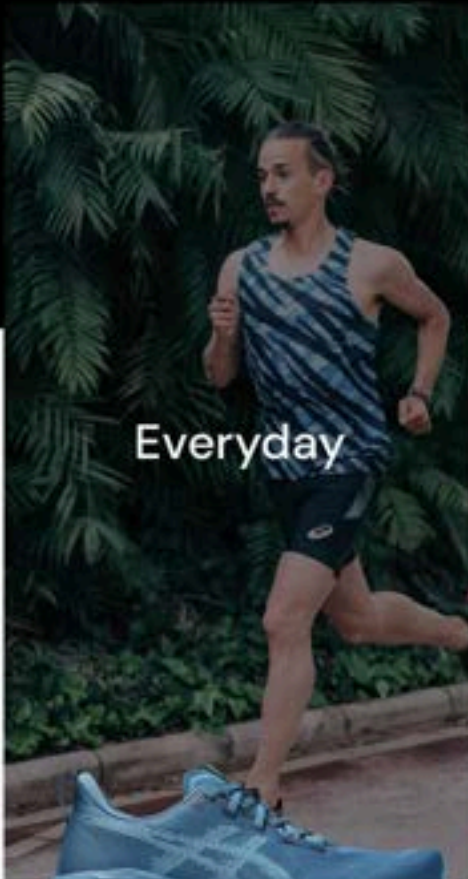
SOURCE OF  
FIBRE

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



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Get 15% off our  
latest launches\*

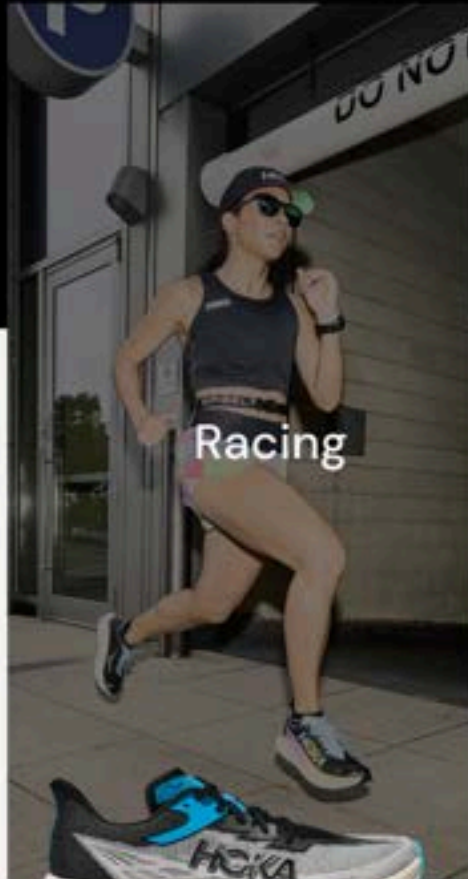


Everyday

**asics**

**NOVABLAST 5**

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

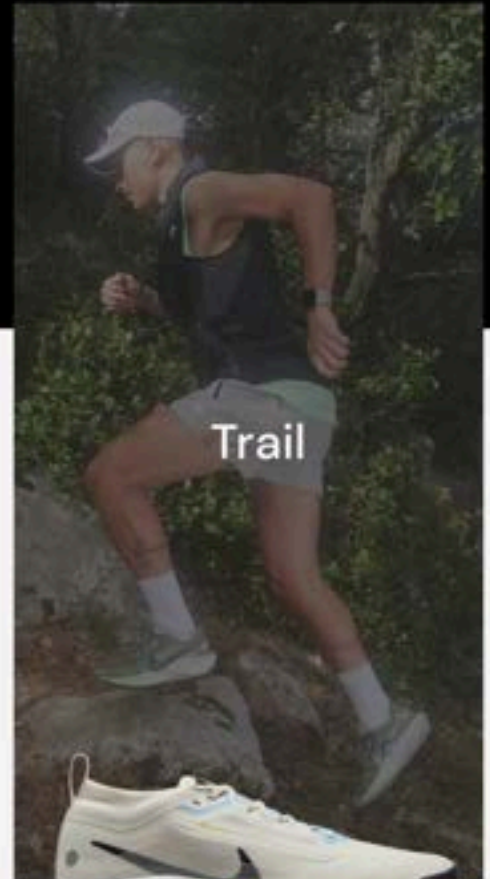


Racing

**HOKA**

**ROCKET X 3**

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



Trail

**Nike**  
**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



# <sup>+</sup>nuun

HYDRATION

## Hydration starts here



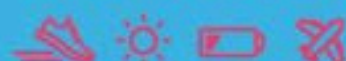
### SPORT



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!



Official Partner

Click to follow @nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

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



# CRUNCHY CORN "OFF THE COB"

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\*in comparison to potato crisps

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## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



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10K · 2025**

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book today with the UK's largest  
independent travel agent







**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**

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ABILITIES**

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***BROOKS***



**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)