



# HEMEL HEMPSTEAD 10K & 5K SUNDAY 17TH MAY 2026

**EVENT GUIDE**

IN SUPPORT OF:





# YOUR RACE EXPERIENCE

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# DENS

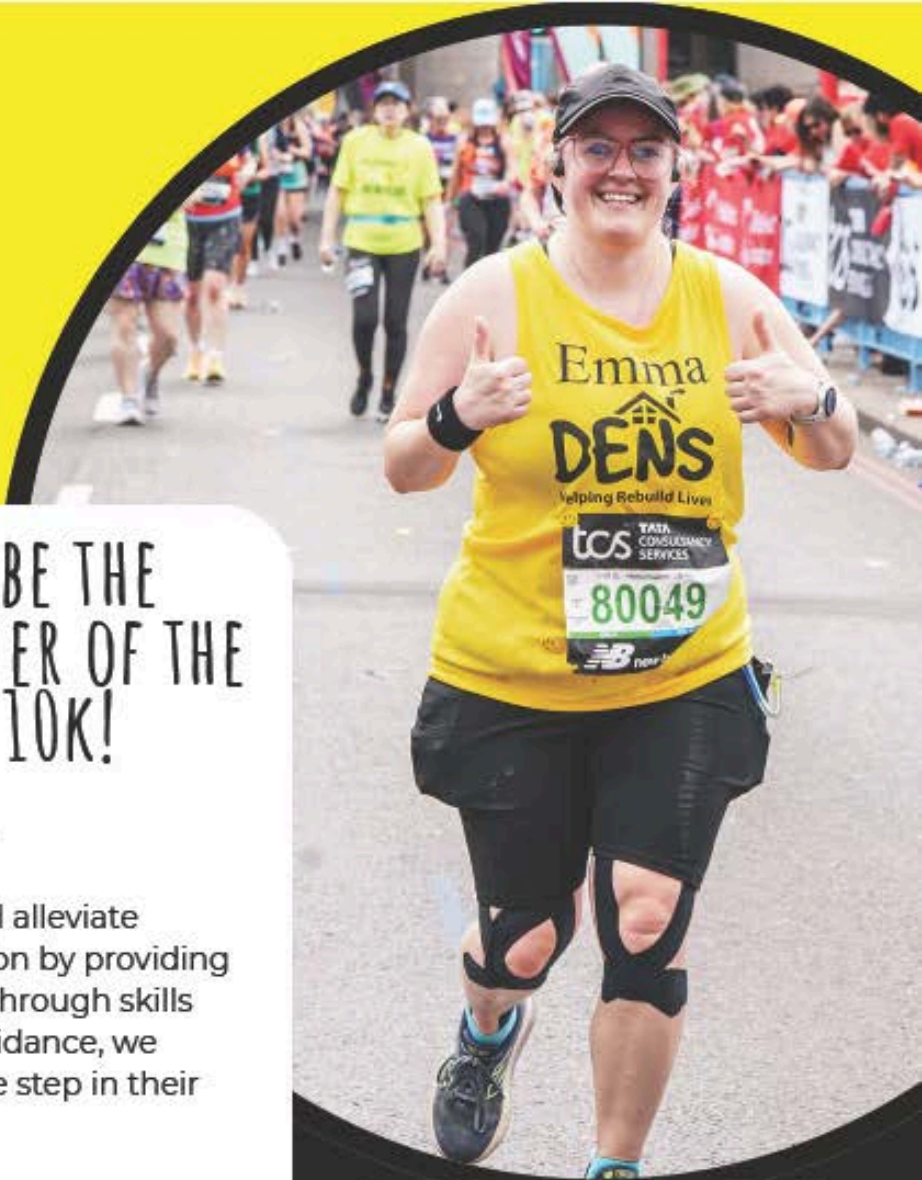
Helping Rebuild Lives

## DENS IS EXCITED TO BE THE OFFICIAL CHARITY PARTNER OF THE HEMEL HEMPSTEAD 10K!

We are here for local people facing crisis.

Our range of services help to prevent and alleviate homelessness, poverty and social exclusion by providing immediate and medium-term support. Through skills development, resilience-building and guidance, we empower people to take the next positive step in their lives.

Our vision is a community where everyone has the opportunity to lead a meaningful and healthy life, enjoy a sense of wellbeing and live in a safe and secure home.



## WHO WE HELPED LAST YEAR

- 4,667 visits to our drop-in Day Centre
- 3,379 stays at our Crash Pad emergency accommodation
- 127,923 meals provided by our Foodbank, where 41% of those supported were children

## HOW YOU CAN SUPPORT US

**Fundraise for us** – There's still time to raise sponsorship for your Hemel Hempstead 10k run and make a real difference for local people experiencing crisis.

**Donate** – Your gift to DENS can help rebuild lives. Just £20 could provide a three-day food parcel for someone facing poverty.

**Take part in events** – We have places available for some incredible events, including the London Marathon, London Landmarks Half Marathon and our Castle Walk.

# 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



**HAYLEY**

**JESS**

**KIERAN**

**WILL**

**SIMON**

# TRAVEL

Address: Riverside, Hemel Hempstead HP1 1BT

## By Car:

There is no specific event parking, however we advise pay and display parking at either: Riverside Car Park, Marlowes Car Park or Water Gardens Car Park. Alternatively, you can find suitable parking options [HERE](#).

Please note, road closures will be in place from 8:00am, please plan your route accordingly. These can be seen [HERE](#).

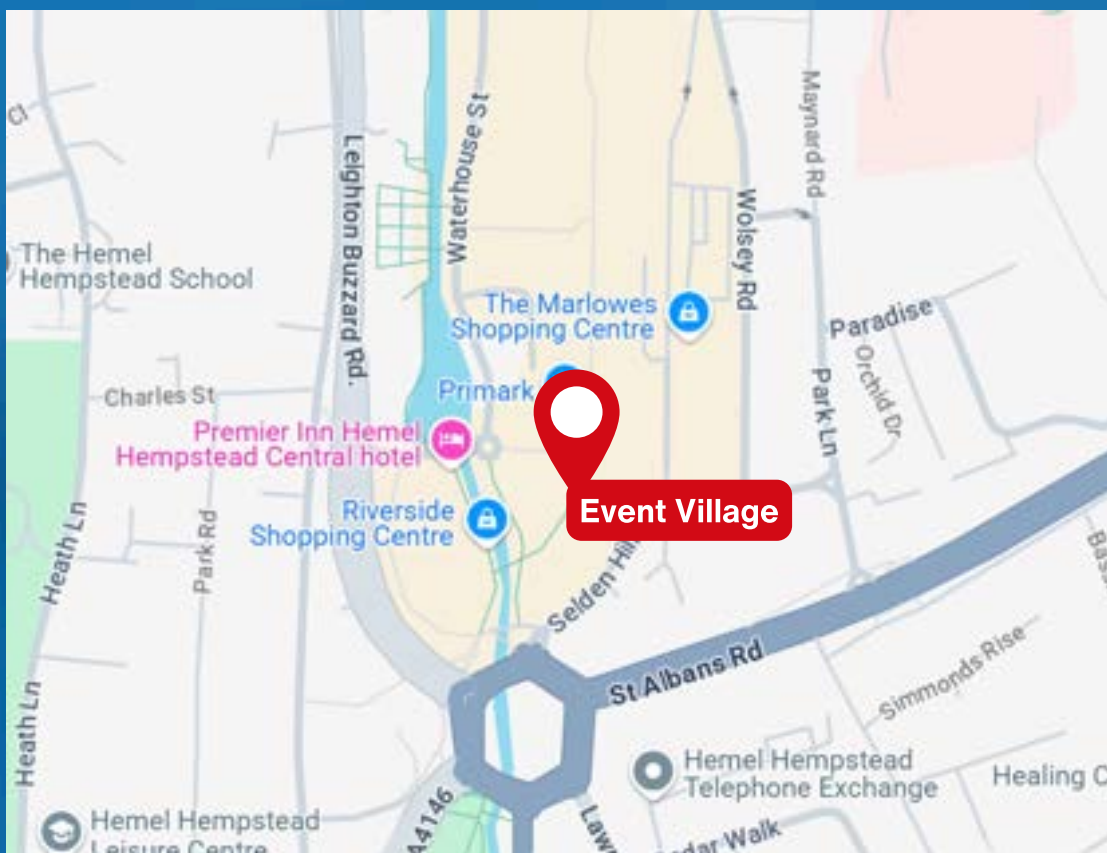
## By Bike:

The shopping centre is easily accessible by both foot and cycle.

Cycle parking is available by the Starbucks.

## By Train:

Hemel Hempstead train station is located 1 mile walk (25min) from the event village.



what3words

Event Village:

///glee.beam.burns

# RACE PACK

## START TIMES

5K	9:00am
10K	9:10am

## RACE PACK COLLECTION TIMES

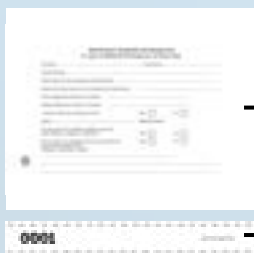
5K	7:30-8:30am
10K	7:40-8:40am



**FOR ENTRIES ON OR BEFORE THE 20TH APRIL YOUR RACE PACK SHOULD ARRIVE BY POST**

*If your pack hasn't arrived by 6<sup>th</sup> May please email us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) and we'll make sure you have a replacement to collect on the day.*

- If you've entered after the 20th April, 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 FORM](#)**

**[CLICK FOR ENTRY LIST & RESULTS](#)**



# EVENT VILLAGE

## FACILITIES

**TOILETS**



**REFRESHMENTS**



**PARKING NEARBY**



**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.**
- **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](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.

# RACE START

Please gather in the event village 15minutes prior to your race start. 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.

**10k Runners - follow green KM markers 1-9**

**5k Runners - follow red KM markers 1-4**

Both races will start at Riverside Shopping Centre and follow a hilly route which takes in the pedestrianised areas of Hemel Hempstead town centre, through the High Street of the Old Town, and through Gadebridge Park. The 10k completes a 2<sup>nd</sup> lap of the main loop, before rejoining the final stretch of the 5k route before finishing back in the event village.

Please drain and discard all litter and bottles within the signed litter zone, which will be shortly after the 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.

# WATER STATIONS

There will be water provided at roughly the 2k for both races and 7k point for the 10k race, and there will also be water available at the finish along with your post race goodies and medal.

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

We recommend bringing your own water to stay hydrated in the lead-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

## 10K Race Route



[CLICK FOR 10K  
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**

# 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)



**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)**

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)**

# 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 for Runthrough. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event. It features a profile picture of James Duncan, 7 participants, and a progress bar showing £160 raised of £500 (32% of target). Below the progress bar are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. To the left, a screen shows the 'TATTON 5K & 10K' event, created by Samantha Jones-Lockett, with 6 participants and a progress bar showing £230 raised of £200 (115% of target). To the right, a screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event, created by Nicolai Deans, with 11 participants and a progress bar showing £350 raised of £300 (116.67% of target). All screens feature a 'Runthrough' logo and a background image of a large crowd of runners.



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G  
CARBOHYDRATES**



**ISOTONIC  
FORMULA**



**INFORMED SPORT  
APPROVED**



**AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR**





# 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

WELCOME TO THE  
**HOUSE *of* SPORTSSHOES**

THE FLAGSHIP RUNNING STORE  
IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

VISIT HOUSE OF SPORTSSHOES AT  
133 SHOREDITCH HIGH STREET, LONDON,  
E1 6JE.

[Find Out More](#)

HOUSE *of* SPORTSSHOES

133

932 15322



# MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &  
PROTEIN BAR PARTNER**

FOR THE LATEST  
INFO ON TREK



FOLLOW US ON  
INSTAGRAM  
@EATTREK



# THE FUTURE IS HERE



*in the new*

## **GLYCERIN FLEX**

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

# **BROOKS**



OFFICIAL PARTNER



# RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training  
Improve technique & performance  
Supportive environment for all abilities

[FIND OUT MORE](#)

**RUNNER  
RETREATS**

# MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)



Supported by...



***BROOKS***



**SPORTSSHOES.COM**



Interested in supporting an event?

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