



**BRIGHTON TEN
10K & 10MILES
SUNDAY 7TH JUNE 2026**

EVENT GUIDE

IN SUPPORT OF:



the
sussex
beacon



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



SAM

ROSS

JESS

JESS

JOE



The Sussex Beacon Hospice is delighted to be the official charity partner for Brighton TEN 2026!



For over thirty years The Sussex Beacon has been a trusted lifeline and place of safety for people living with HIV across Sussex.

We are dedicated to delivering equitable, person-centred care in a welcoming environment for everyone we support. As we prepare to reopen our clinical services, The Sussex Beacon continues to lead the way in challenging stigma and tackling health inequalities. We are returning to providing inclusive palliative and end-of-life care for people living with HIV, and expanding to offer hospice care to the LGBTQ+ community across Sussex.

Get involved

- Fundraise for us – Want to make a difference? Use your Brighton TEN place to help us support those living with HIV across Sussex.
- Donate – Celebrate your achievement by making a donation to The Sussex Beacon.
- Join our community – Become a Team Beacon Hero for free entry to other Sussex Beacon events. You'll be joining a passionate group of people committed to making a real and meaningful impact.

Interested in joining us as an own place runner? Email us at fundraising@sussexbeacon.org.uk to find out more.

We'll be in the race village on the day, cheering on all our runners. We'd love to see you - come by and say hello!

TRAVEL

Address: Black Rock Station, Madeira Dr, Brighton Marina, Brighton and Hove, BN2 1FY, UK

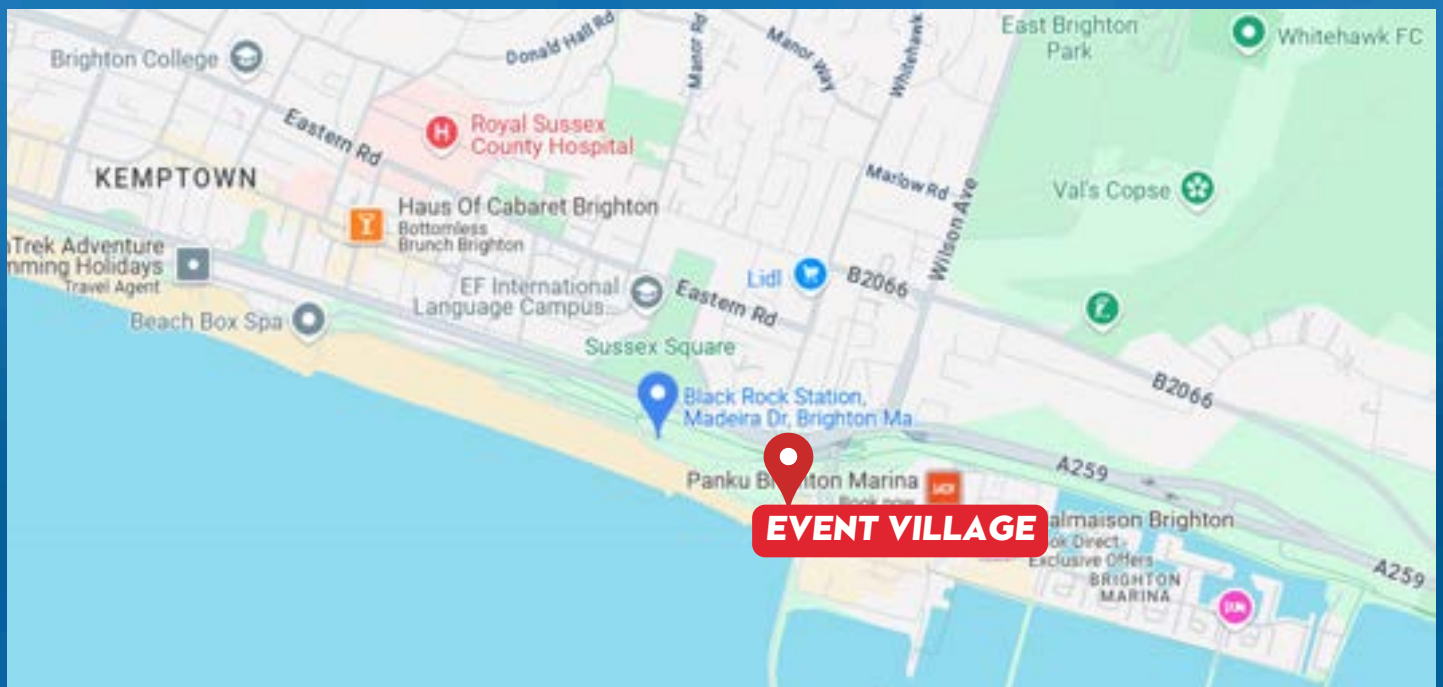
By Public Transport:

Brighton Train Station is a 2.1mile walk (45min) or a 15min taxi from the event village. Please check train times in advance of race day, as Sunday services may be limited.

By Car:

There is no specific event parking, please use <https://www.parkopedia.com/> to find somewhere suitable. We advise car sharing where possible.

Please be aware road closures will be in place from 6am-12pm. These can be seen [HERE](#). Please note, there is no parking on Madeira Drive.



what3words

Event Village:

///orbit.fade.advice

RACE PACK

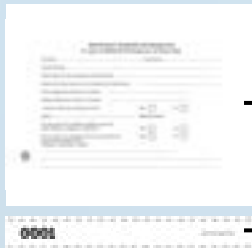
START TIMES

10MI 9:00am
10K 9:30am

RACE PACK COLLECTION TIMES

10MI 7:30-8:30am
10K 8:00-9:00am

- 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



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets within the event village.

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop within the Event Village where you can leave 1 bag. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- Your baggage tag is attached to your race number.
- Tear it off and attach 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.

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.

We will have marshals all around the course as well as distance signs and arrows. The majority of the race is on the Promenade with some sections on closed roads. The Promenade is a public path, while we will attempt to keep the paths clear, please be respectful of other path users.

10mi will follow Yellow mile markers 1-9
10k will follow Green km markers 1-9

The both routes head out along Madeira Drive for a flat first mile before heading out onto the promenade until reaching Kingsway car park to loop back around the gardens. At the peace statue, the 10k heads back, and the 10mille route repeats a 2nd larger lap of the gardens out to Hove Lagoon, before returning to start the journey back. Both routes return along the promenade whilst overlooking Brighton Pier and the pebbled beaches.

Please drain and discard all litter and cups within the signed litter zone, 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.

A limited number of SiS gels will also be provided at the 2nd water station on the 10mile course. 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 at 5k on the 10k route, and at 3mi and 6mi on the 10mile route. This will consist of paper cups of water & refill options should you choose to carry your own bottle or reusable cup.

There will also be a water waiting for you at the finish line, please help yourself to a cup, or have your bottle/reusable cup ready for our team to help you refill at the finish.

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

Please note, no bottled water will be provided at this event.



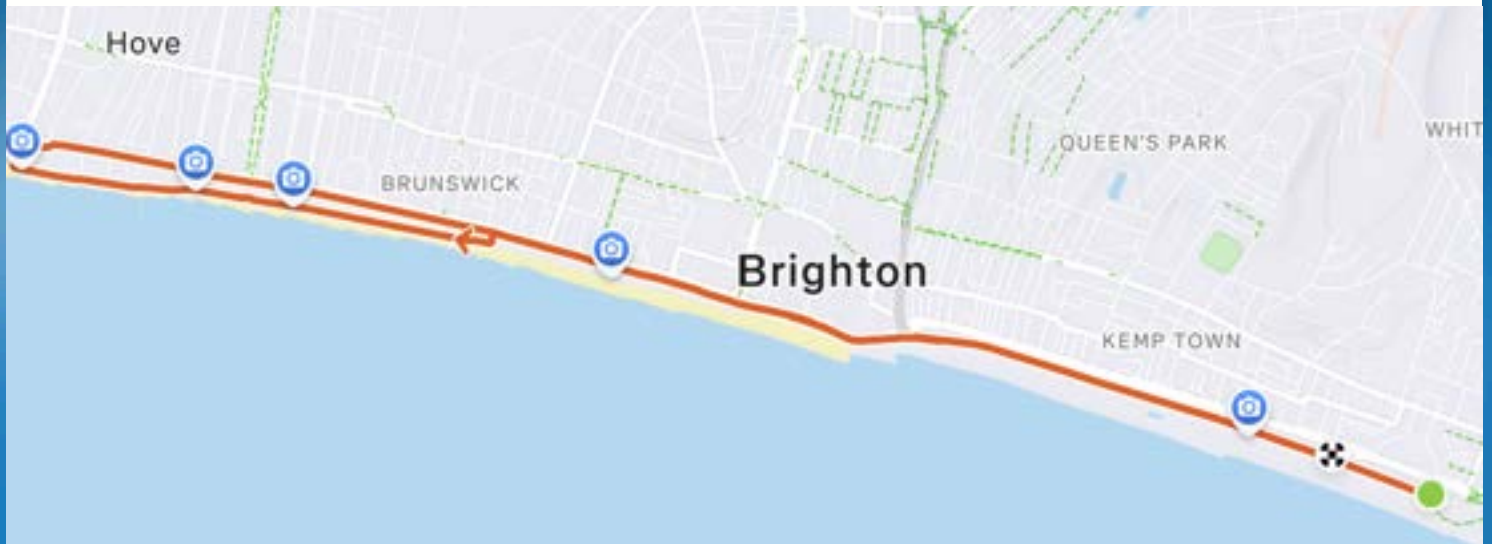
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



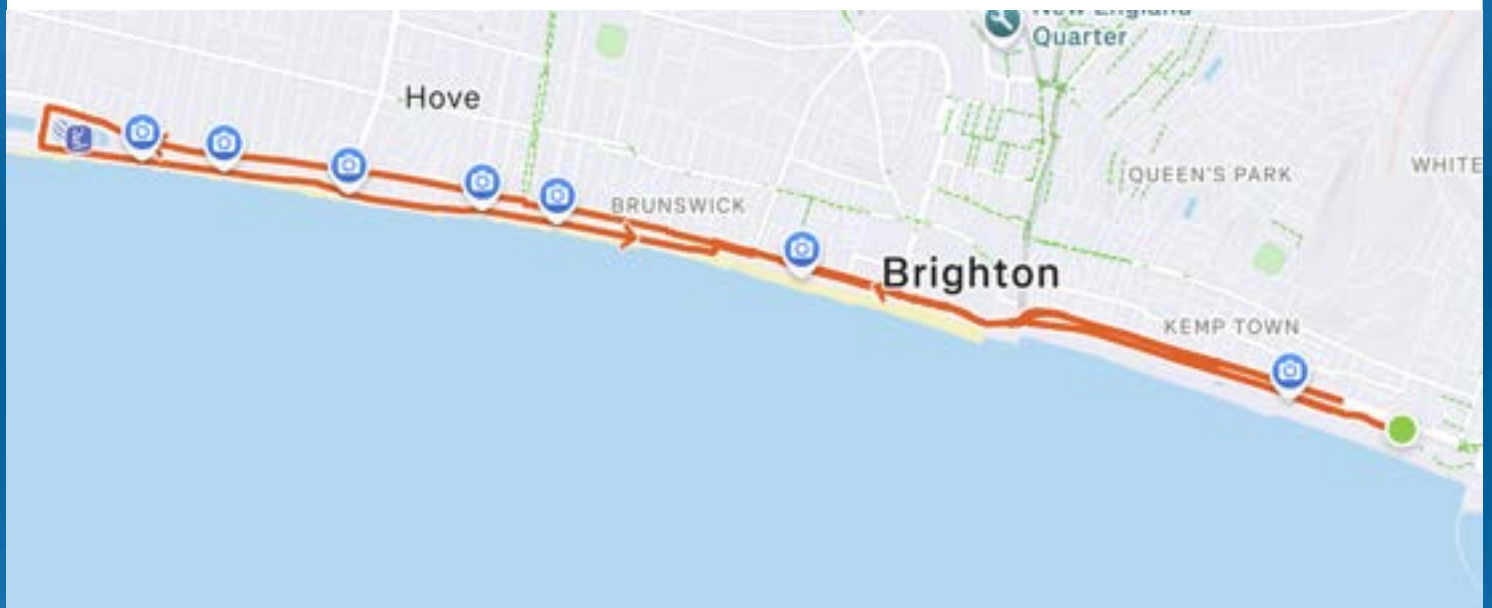
COURSE MAPS

TUK



[CLICK FOR TUK INTERACTIVE MAP](#)

TUMI



[CLICK FOR TUMI 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 refill water station (cups provided) 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

Q 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



GO FURTHER SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

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.

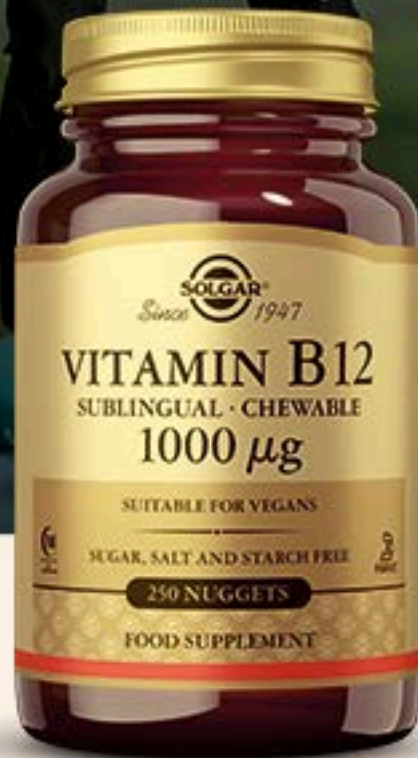
WWW.RUNTHROUGH.CO.UK/VOLUNTEER



OFFICIAL VITAMIN PARTNER

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for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

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
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E1 6JE.

[Find Out More](#)

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133

932 15322



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BROOKS



OFFICIAL PARTNER

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 profile picture of the event creator, the event name, the number of participants, a 'SHARE' button, and a progress bar showing the amount raised relative to the target.

- TATTON 5K & 10K**
Created by Samantha Jones-Lockett
Event Tattton 5k & 10k
£230 raised of £200
115% of target
- SURREY HALF MARATHON**
Created by James Duncan
Event Surrey Half Marathon
£160 raised of £500
32% of target
- BATTERSEA PARK RUNNING FESTIVAL**
Created by Nicolai Deans
Event Battersea Park Running Festival
£350 raised of £300
116.67% of target



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

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CARBOHYDRATES**



**ISOTONIC
FORMULA**



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





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WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY***
*vs non-medicated gel.

THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH



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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