



FROME RUNNING FESTIVAL 5K, 10K & HALF MARATHON SUNDAY 16TH AUGUST 2026

EVENT GUIDE

SUPPORTING:



**Dorothy
House**



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



CAOLAN

KIERAN

SIMON

LUCY

LAURA



Dorothy House

Proud Charity Partners of the Frome Running Festival 2026

This year is especially meaningful for Dorothy House, as we celebrate 50 years of providing compassionate care across our community.

The money raised through the Frome Running Festival helps us continue delivering vital care and support to people with a life-limiting illness, as well as their families and carers.

Dorothy House provides free palliative and end of life care across Bath & North East Somerset, and parts of Wiltshire and Somerset, including Frome. Our services support people physically, emotionally and psychologically, both at home and within the Hospice.

As demand for hospice care continues to grow, your support has never been more important. Every mile run and every pound raised helps us continue caring for local people when they need us most.



Find Out More!



Running for Dorothy House?

If you've secured your place in the 5k, 10k or Half Marathon, why not run for Team Dorothy House? We'll support you with fundraising resources, a free running vest and a warm welcome in the runners' village on the day.

Not running?

You can still be part of Team Dorothy House by volunteering in the event village, cheering on runners or helping create an amazing atmosphere on the day. Thank you for supporting Dorothy House during our special 50th anniversary year.

Get in touch: events@dorothyhouse-hospice.org.uk

FIND OUT MORE



Registered Charity no. 275745



TRAVEL

Address: The Old Showfield, Berkley Rd, Frome BA11 2EH

By Car:

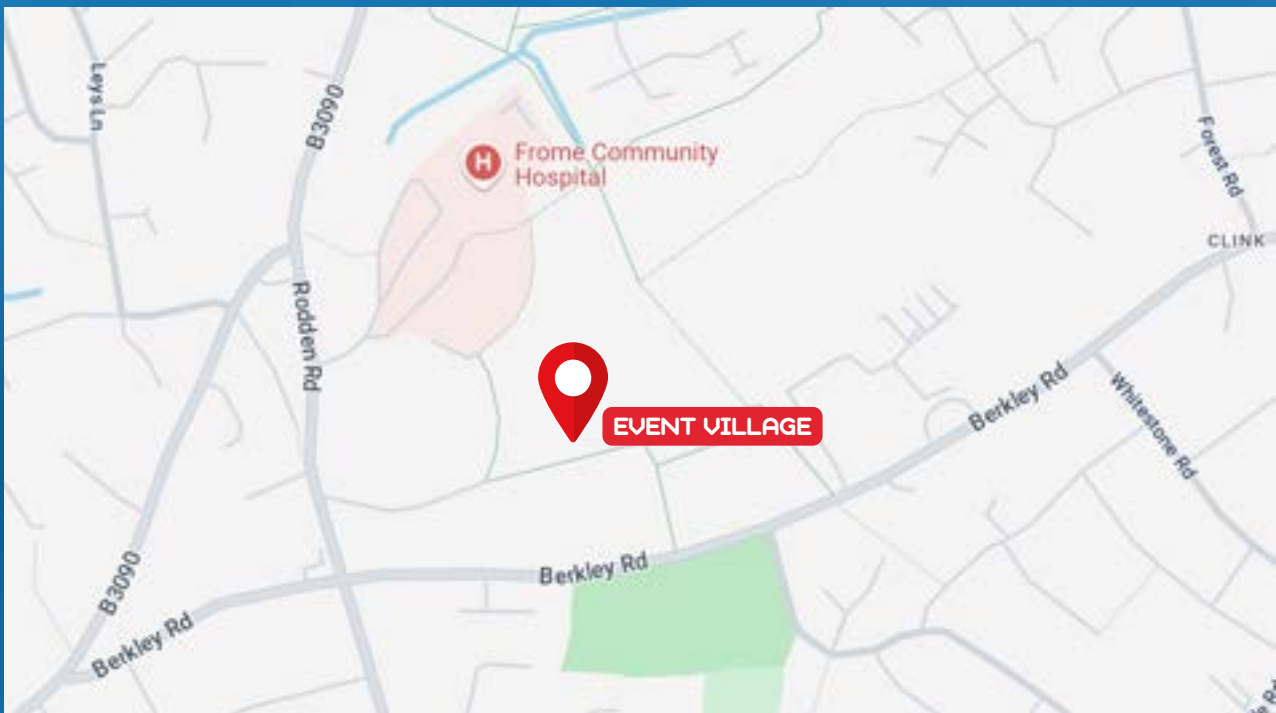
There is no event specific parking, please use Parkopedia.com to find somewhere suitable. Please note road closures will be in place from 8:00am. These can be seen [HERE](#). Please arrive early to avoid congestions on the morning.

By Train:

Frome Train Station is a 20min walk/ 1 Mile drive from the Event Village. There are direct services running from London Paddington, London Waterloo, Weymouth, Bath and Bristol. However, if traveling by public transport, please plan in advance as Sunday morning services may be limited.

By foot/bike:

The Event village is easily accessible by both foot and cycle.



what3words

Event Village:

///answer.skirt.useful

RACE PACK

START TIMES

HM	9:00am
5K	9:20am
10K	9:30am

RACE PACK COLLECTION TIMES

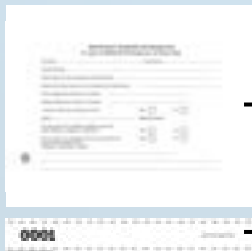
HM	7:30-8:30am
5K	7:50-8:50am
10K	8:00-9:00am



FOR ENTRIES ON OR BEFORE THE 27TH JULY YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 13th August please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 27th July, 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



SPECTATORS
WELCOME



PARKING



TOILETS

There will be portable toilets located in the event village.

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, 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 in waves and ready to run.

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows.

HM will follow Yellow mile signs 1-13

10k will follow Green km signs 1-9

5k will follow Red km signs 1-4

The courses follow a road closed single loop circuit, with the Half Marathon route heading out around Frome town centre and the Somerset countryside, heading past the English Heritage site of Nunney Castle, and the 10k & 5k routes stay within Frome itself.

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

Please note there are sections of the route where runners will be going 2 way, along with sections where distances split and re-merge routes. Please keep to the left of the route to allow other runners to overtake on your right, and pay attention to marshal instructions and signage in place.

Please drain and discard all litter, cups and bottles within the signed litter zone, which will be shortly after each 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 half marathon route. 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.

Please note there is a 3hr cut off on this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There will be a water station approximately every 5k on the 10k & Half Marathon course. The 5k won't pass a water station. The 1st water station will provide 200ml bottles, and then all subsequent water stations will be providing cups & refills.

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

We recommend bringing your own water bottle/flask and nutrition to stay hydrated and fuelled in the lead up to the event and throughout the run.



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!



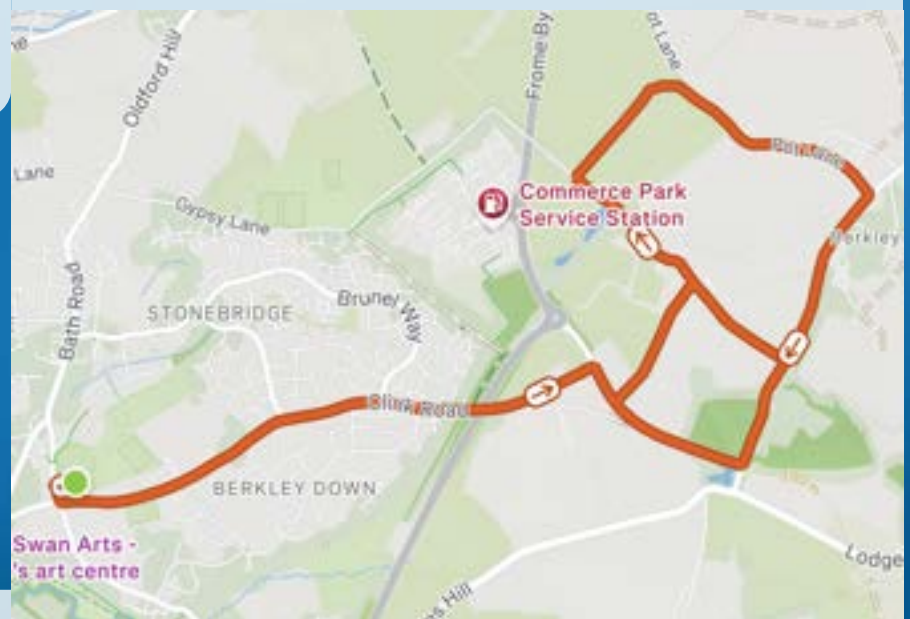
COURSE MAP

HALF MARATHON



[CLICK FOR
INTERACTIVE
MAP](#)

10K



5K



[CLICK FOR
INTERACTIVE
MAP](#)

[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.



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!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com



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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



SUMMER TRIPLE SERIES

THREE MONTHS, THREE EVENTS, ONE EPIC ACHIEVEMENT.



JUNE

Run any eligible
RunThrough
event

JULY

Run any eligible
RunThrough
event

AUGUST

Run any eligible
RunThrough
event

RUN ONE EVENT IN **JUNE**
ONE IN **JULY**
ONE IN **AUGUST**

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Get a 10% discount code to
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COMPLETE ALL THREE

and earn your exclusive
Summer Triple Series
Medal.



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Just run and get your
extra medal at the end of
summer!

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Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

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BROOKS



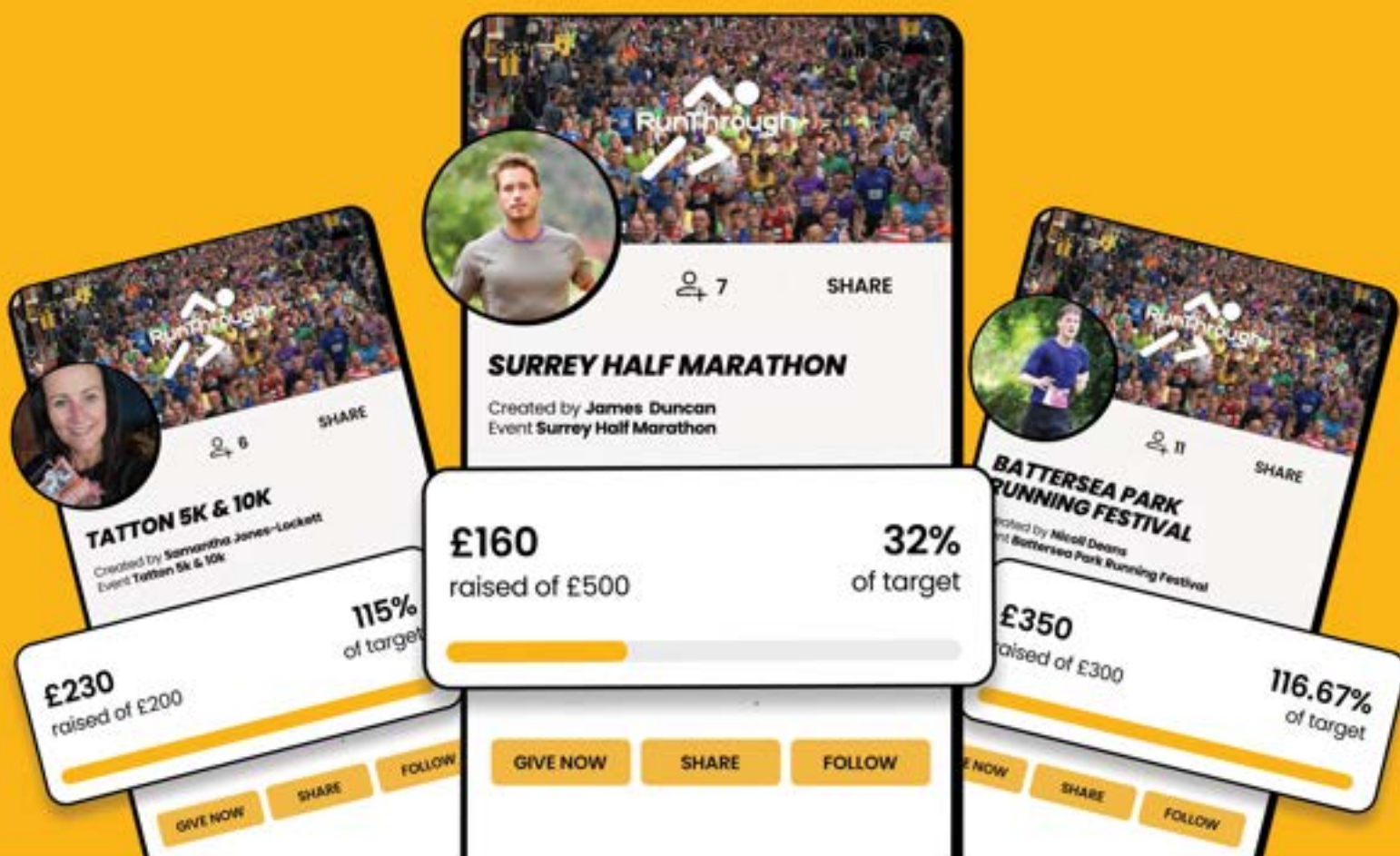
OFFICIAL PARTNER



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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



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





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Energy to test your athletic skills?

There's a  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.

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IN RUNNING**



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OFF

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back of your race bib.**

*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.



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.

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INFO ON TREK



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Improve technique & performance
Supportive environment for all abilities

FIND OUT MORE

RUNNER
RETREATS & TOURS

ZURICH MARATÓN DE SEVILLA
ZURICH NOVOO ZURICH

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

BOOK YOUR SPOT →



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Interested in supporting an event?

Email: partners@runthrough.co.uk