



**Larking Gowen**

Chartered Accountants & Business Advisors



# COLCHESTER ZOO STAMPEDE 10K

PRESENTED BY LARKING GOWEN  
SUNDAY 17TH MAY 2026

**EVENT GUIDE**

 **mind**  
Mid and North  
East Essex

IN SUPPORT OF:

**COLCHESTER**  
ZOOLOGICAL  
SOCIETY



# 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

ROSS

EMMA

TILLY

LAURA

SAM



# Larking Gowen

Chartered Accountants & Business Advisors

Proud sponsors  
of The Colchester  
Zoo Stampede

Find out  
how we can  
support you  
and your  
business



# COLCHESTER

## ZOOLOGICAL SOCIETY

Charity no. 1105621

Each and every visit made to CZS contributes to not only the continuous development of the Zoo, but also to vital conservation projects worldwide.

Whether you make a purchase of Admission Tickets, Animal Adoptions, Experiences, Annual Zoo Memberships or donate through our website, without your support, we wouldn't be able to help protect wildlife and wild places.



## HOW CAN YOU HELP?



### ADOPT AN ANIMAL

Support your favourite species at CZS by purchasing an Adoption and help us protect endangered animals across the globe.



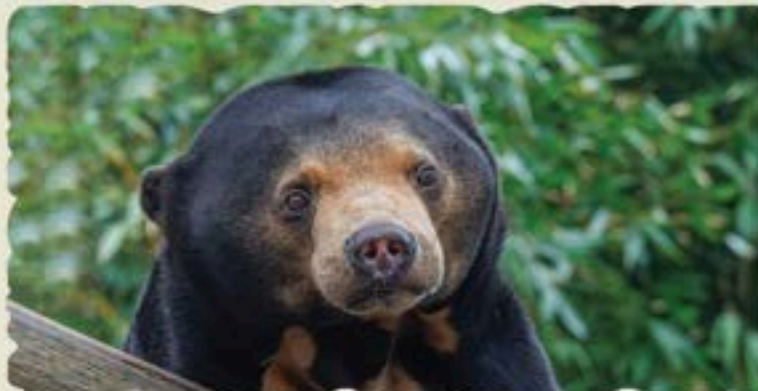
### MAKE A DONATION

Help us achieve our mission by making a donation! No matter what size, you will be supporting conservation projects at home and worldwide.



### JOIN THE CZS FAMILY

Become a CZS Annual Zoo Member and enjoy a whole host of benefits whilst also helping to care for wildlife and wild places.



### OUR MISSION

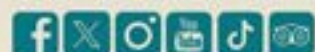
Since 2004, we have donated over £5 million to a broad spectrum of conservation projects worldwide. By protecting living animals and their habitats, we can help ensure that future generations can grow up in a world filled with extraordinary creatures.



SCAN THE QR CODE  
AND SUPPORT



For more information please visit  
[www.colchesterzoo.org](http://www.colchesterzoo.org)



## Good luck running the Colchester Zoo Stampede 2026!

We're sending you all our luck and a huge thank you for going the extra mile on Sunday 17 May, to support local mental health services. We'll be there cheering you on every step of the way!

By choosing to run and fundraise for Mid and North East Essex Mind, you're helping us be there for more people struggling with their mental health - offering support, understanding, and hope when it's needed most.

Every year, one in four of us will experience a mental health problem. With your incredible support, we can make sure no one in our community has to face it alone.

**Thank you for being part of our team!**



### You are doing something wonderful!

£119 could fund a weekly Welcome Café hosted by a mental health practitioner, providing a safe space for people in Mid and North East Essex to meet others, share a cuppa, and talk about their mental health without judgement. Your gift helps people feel seen, heard, and connected.

### Get closer to your local mental health charity, Mid and North East Essex Mind.

After your fantastic fundraising, we'd love you to stay in touch with us as we work to create a community where everyone with a mental health problem is treated with support and respect.

#### You could:

- Follow us on social media, and subscribe to our newsletter.
- Volunteer for us
- Fundraise for us again. Go on, you know you're tempted...  
Scan the QR code for more info!



Thank you to our sponsors:



[mnessexmind.org](https://mnessexmind.org)

01206 764600

[fundraising@mnessexmind.org](mailto:fundraising@mnessexmind.org)

Mid and North East Essex Mind Registered charity number 1064309

# TRAVEL

Address: Colchester Zoo, Maldon Road, Stanway, Colchester, CO3 0SL

## Public Transport:

The nearest stations are: Colchester North and Marks Tey. We advise planning your journey before the race to ensure you arrive at the train station with as much time as possible. Colchester North and Marks Tey train station are a 4 mile walk from the zoo, or a 10minute taxi.

## By Car:

**We recommend you arrive as early as possible, as with many large sporting events there will be traffic coming into the venue. Please plan your journey accordingly.**

Please note, the southside of Maldon road will be closed, with access to the zoo only. We do, however, advise arriving before 8am to avoid congestion

Colchester Zoo is located just south of Colchester. Take the A1124 exit (Junction 26) off the A12 following the brown elephant signs and using the Stanway Western Bypass. Colchester Zoo is situated on Maldon Road in Stanway.

The car park will open at 6:00am and we would advise arriving before 7:30am to avoid queuing into the carpark. We ask that all participants are parked up by 8am to avoid delays and build up on the surrounding roads. There will be plenty of FREE parking available for all runners and spectators next to the event village. Please look out for event parking signs, and event drop off signs on arrival.

[For more information regarding how to get to the zoo visit the site HERE](#)



what3words

Event Village:

[///quits.inclined.firmly](https://www.what3words.com/quit.inclined.firmly)

# RACE PACK

## START TIMES

9:00am

## RACE PACK COLLECTION TIMES

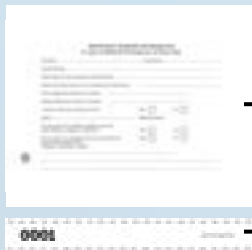
7:00-8:00am



**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 ENTRY LIST & RESULTS](#)**

**[CLICK FOR FORM](#)**



# EVENT VILLAGE

## FACILITIES

TOILETS



REFRESHMENTS



PARKING NEARBY



SPECTATORS  
WELCOME



DOGS



## TOILETS

There will be portable toilets within the event village and at 6km on the course.

## BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop marquee in the event village. 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](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 front of the stage in the event village 30 minutes prior to the 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.

You will follow Blue km signs 1-9

The race will start in the zoo, heading past the animals and then lead out on to the closed roads around Colchester before finishing back in the event village.

Please drain and discard all litter and bottles 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.

# WATER STATION

There will be a water station on at approximately 5k on the route. 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 also bringing your own drinks 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 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



# SPECTATORS

we recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Spectator tickets for friends & family wanting to enter the zoo are available to book at an exclusive discounted rate up until 21:30 on Saturday the 16th May.

[Tickets can be pre-purchased HERE](#)

Passholders are not required to pre-book in advance.

Full price will be available to purchase on the day in line with usual Zoo opening hours, after 9:30am.

You can access the zoo from 8.30am to gain limited viewing around the giraffe and elephant paddocks and spectate the runners finishing. Please note you won't be able to spectate the start from here. The run finishes within the main event village which will be accessible for spectators at all times.

**Sadly dogs are not permitted within the zoo or on the course.**

## 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](#)**



# 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)**



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



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PER HOUR**





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\*vs non-medicated gel.

## THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

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[Find Out More](#)

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*in the new*

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[Learn more](#)

# **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



**SURREY HALF MARATHON**  
Created by James Duncan  
Event Surrey Half Marathon  
£160 raised of £500  
32% of target

**TATTON 5K & 10K**  
Created by Samantha Jones-Lockett  
Event Tatton 5k & 10k  
£230 raised of £200  
115% of target

**BATTERSEA PARK RUNNING FESTIVAL**  
Created by Nicolai Deans  
Event Battersea Park Running Festival  
£350 raised of £300  
116.67% of target



# 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](#)



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**BROOKS**



**SPORTSSHOES.COM**



Interested in supporting an event?  
Email: [partners@runthrough.co.uk](mailto:partners@runthrough.co.uk)