

# EVENT GUIDE

**Hertfordshire Half Marathon & 10k  
Sunday 2nd November 2025**



# YOUR RACE EXPERIENCE

Welcome

P4

Arrival

P5

Race Pack Collection

P6

Event Village

P7

Warm Up & Race Start

P8

During the Race

P8

The Course

P9

Finish Line

P10

Results & Photos

P11

Get Involved

P12

FAQ'S

P13

Our Partners and Offers

P14-24



# Garden House Hospice Care Charity of the Year



Nearly 40 years ago, Garden House Hospice Care was founded by our community – for our community – to ensure local people facing life-limiting illness receive expert care, comfort, and dignity when they need it most.

Today, that need is greater than ever. We're facing a funding crisis, with a £750,000 shortfall threatening the future of our care. But thanks to incredible supporters like you, hope runs on. Your steps help us continue to be there for patients and families across North Hertfordshire when they need us most.

## We can't wait to see you on the 2nd Nov!

We are the charity partner of this great local event and are extremely proud to be bringing together a team of runners who will be participating on our behalf. Good luck and thank you for standing by your local hospice.

Together, we can protect this vital care for generations to come.

Learn more or donate:

[www.ghhospicecare.org.uk/crisisappeal](http://www.ghhospicecare.org.uk/crisisappeal)



## Join #TeamGardenHouse

Want to run for us? View our events calendar at

[www.ghhospicecare.org.uk/events](http://www.ghhospicecare.org.uk/events)

or get in touch with us for fundraising guidance, t-shirts and more if taking part in another run or marathon!

01462 679540 [events@ghhospicecare.org.uk](mailto:events@ghhospicecare.org.uk)



# 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



**LAURA**



**JESS**



**ROSS**



**JESS**



**TOMMY**



**ANDREAS**



**GEORGE**



**SEAN**



**JOE**



**ROB**



# TRAVEL

**Address: Knebworth House, Knebworth, SG1 2AX**

There is only one road into the car parking and event so please give plenty of time. The entrance is just off the A1(M) at the junction 7 roundabout. We recommend car sharing where possible to reduce any congestion.

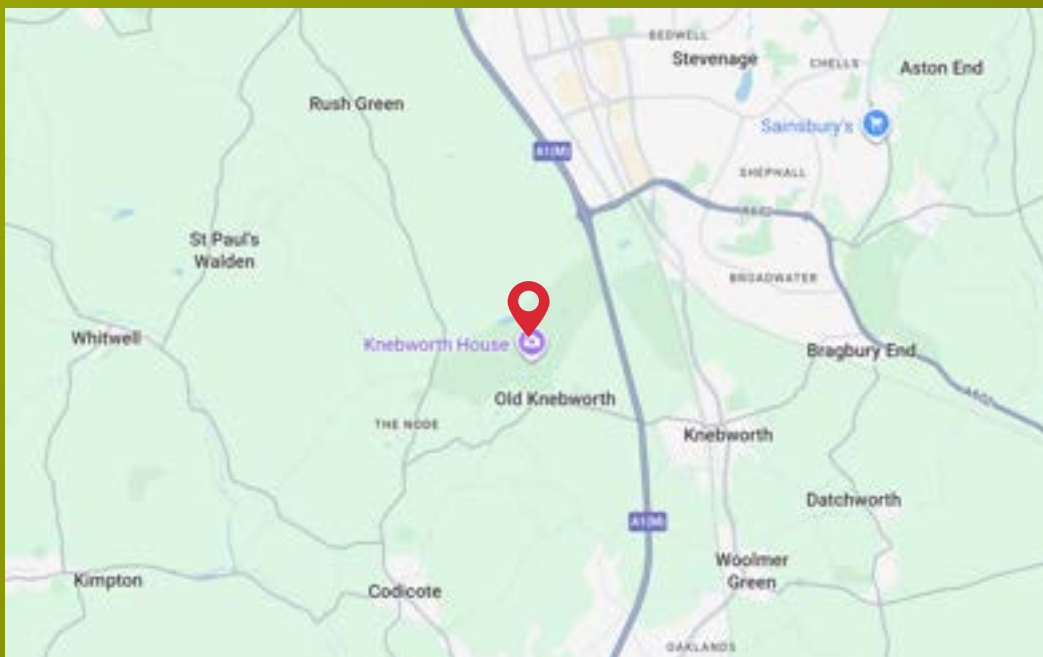
**We advise arriving before 8am to allow plenty of time to get parked and walk up to the Event Village. (The car park will open at 6:30am).**

**Please note, the car park will shut 30 minutes pre event, please arrive as early as possible. All 10k & Half Marathon runners need to be parked up by 8:30. After this time, the car park will be shut.**

Taxis and drop off vehicles to drop in the Novotel hotel car park, strictly no exit after you enter Knebworth grounds until after the race has started.

Due to the nature of the venue, there will be no entry for spectators after the races have started. If you plan to arrive after the races have started, please make arrangements to park off site and enter the venue on foot.

If driving and using the app What3Words, use the words [///tests.march.palms](https://www.what3words.com/#!/en/SG12AX///tests.march.palms) for exact entrance location.



what3words

[Event Village:](#)

[///hotels.looks.dose](https://www.hotels.looks.dose)

# RACE PACK

## Start Time

**Half Marathon - 9:00am**  
**10K - 9:30am**

## Race Pack Collection Times

**Half Marathon 7:30 - 8:30am**  
**10K 8:00 - 9:00am**



**IF YOU'VE ENTERED PRIOR TO THE 20TH OCTOBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE 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.
- If you have received your pack, simply turn up and run, you don't need to check in.



**Step 1**



**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 2**

**Step 3**

**Step 4**



# EVENT VILLAGE

## FACILITIES

**Toilets**



**Refreshments**



**Parking nearby**



**Spectators  
Welcome**



## TOILETS

For this event, we will use portable toilets located in the event village.  
For the Half Marathon, there will also be toilets at the 8 mile point on the course.

## 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 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 15 minutes prior to the start of the 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

We will have marshals all around the course as well as directional arrows and distance signs.

**Half Marathon runners will follow yellow mile markers 1-13.**

**10k runners will follow green km markers 1-9.**

Please familiarise yourself with the course before you start. There will be some areas of the course where the distances will split from each other, and other areas where the distances merge back together. Look out for distance specific signage (e.g. a directional arrow with '10k' wording on), and listen for marshal instructions.

Please drain and discard all litter and bottles within the signed litter zones. These will be just past each of the water stations.

A limited number of SiS gels will also be provided at the 2nd water station. 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.

**LOOK OUT FOR THE  
LITTER ZONE SIGNAGE!**



## WATER STATIONS

There will be water stations at the 3.5, 7, 10.5 mile points for the Half Marathon and 5.5km point for the 10k.

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

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



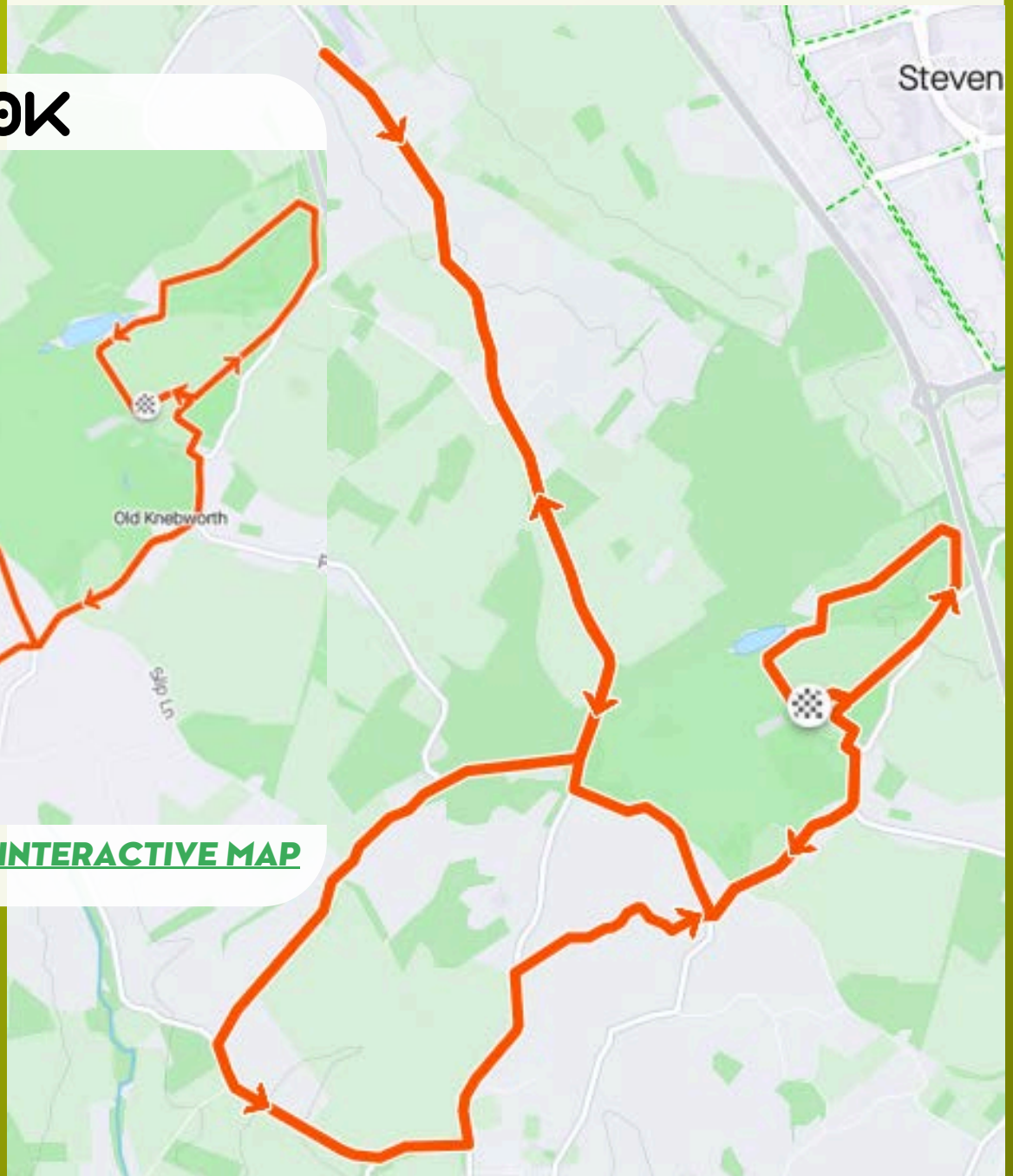
# COURSE MAPS

## HALF MARATHON

10K



[CLICK FOR 10K INTERACTIVE MAP](#)



[CLICK FOR HALF MARATHON 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.

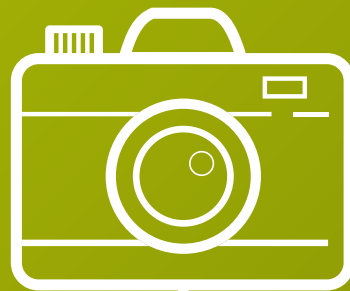
*(Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect- if this is the case, we will ensure your items are posted out.)*



**[PURCHASE AN EVENT T-SHIRT](#)**

# 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 Chat 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, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

10k-15 | Half Marathon- 17

Is there a time restriction to complete the race?

Yes, due to road closures in place please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 3hrs to complete your race as we may need to make special arrangements around the course and 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 as your race pack and everything associated with your entry fee including your medal, and post race goodies have 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 or swap distances?

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 out on the course for you to help yourself to at the 3.5, 7, 10.5 mile points on the half marathon, and at 5.5k in the 10k. Please empty any bottles before discarding.

Am I allowed to wear headphones?

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.

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?

There is parking on site, however we advise arriving early as there may be queues on arrival.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to spectate from the course however please be aware of road closures in place [HERE](#).

Will there be a prize giving?

There will be a prize giving on the stage for the top 3 male and female in each distance. 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

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 mins

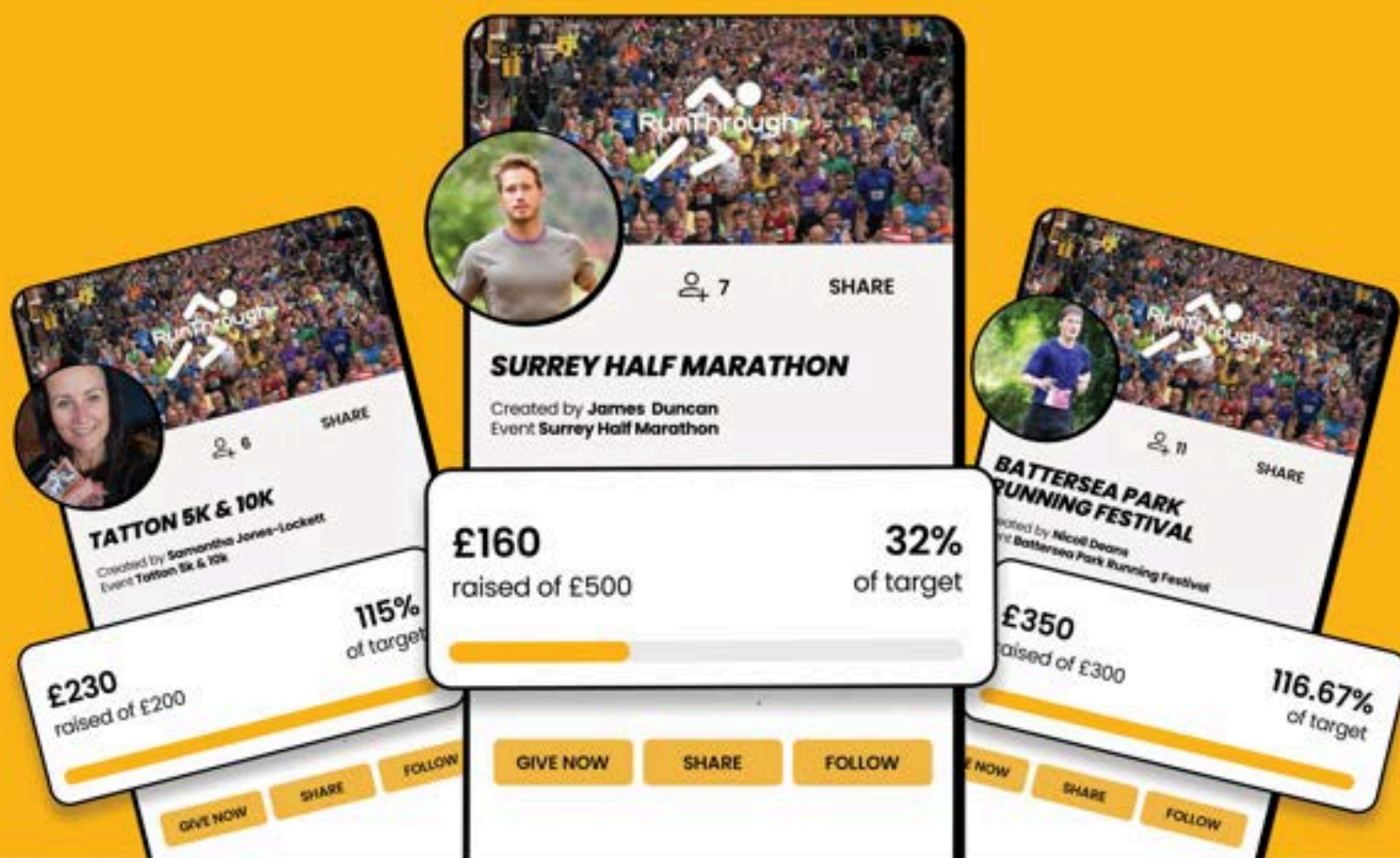
Check out our podium and photo wall to get your celebratory pictures!



# 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

*Let's Run There*

**MAX SOFTNESS.  
MAX ENERGY.  
MAX RUN.**

*in the*

**GLYCERIN MAX 2**



Go on a run that never runs out in the Glycerin Max 2. Dual-cell DNA TUNED cushion is optimized for soft landings and powerful toe-offs to help you truly tune out and max your run.







# MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **SPORTS INJURIES**



Always read the label



UP TO 12 HOURS OF  
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



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

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



22G  
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT  
APPROVED



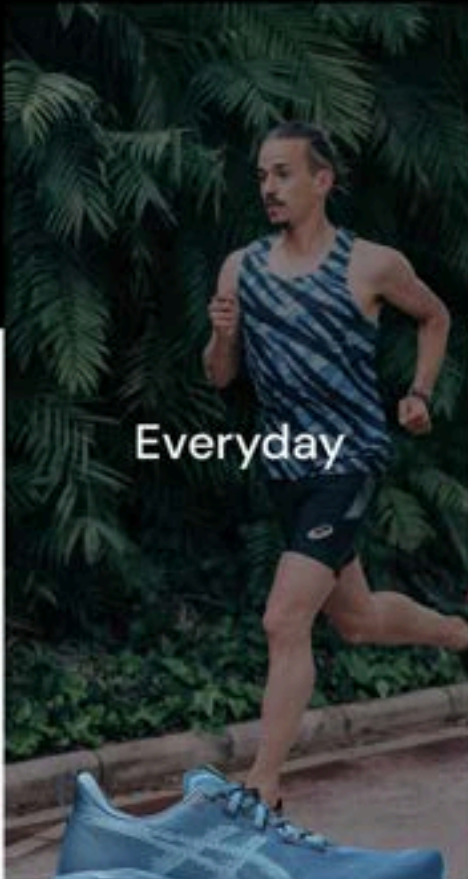
AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR





SPORTSSHOES.COM

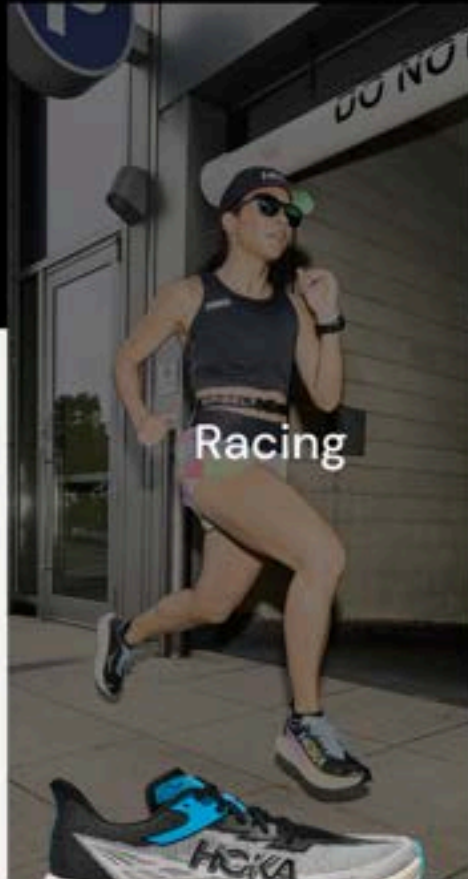
Get 15% off our  
latest launches\*



**asics.**

**NOVABLAST 5**

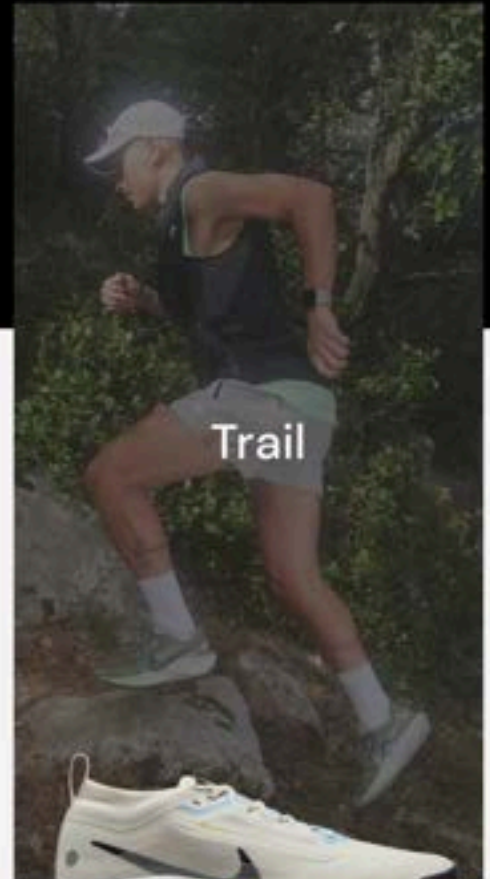
The Asics Novablast 5 is a great and lightweight everyday running shoe that offers an extra bounce on steady runs.



**HOKA**

**ROCKET X 3**

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



**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

# THE PERFECT RUNNING PAIR



**9G**  
PLANT  
PROTEIN

  
NATURAL  
INGREDIENTS

  
SOURCE OF  
FIBRE

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





# CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT\***

\*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



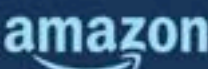
## TRY OUR FLAVOURS



## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



**20% OFF**  
*your next order* 

**USE CODE:  
RUNRUNRUN**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



**Gates | BYD**

**KEEP MOVING WITH GATES BYD**



**DOLPHIN SURF ACTIVE**

**£199 | £199**

PER MONTH | DEPOSIT

**0% APR\***

Gates BYD Stevenage Arlington Business Park, Gunnelswood Road, Stevenage, Hertfordshire, SG1 2BE

\*Terms & Conditions Apply

# NEW HOMES MILES AHEAD OF THE REST

1-4 bedroom homes across London & the Home Counties.

 **FAIRVIEW NEW HOMES**

**Fairview**  
NEW HOMES Ltd.



**PROUD SPONSORS OF THE HERTFORDSHIRE HALF MARATHON AND 10K.**

  
**WATTONS**  
HERTFORDSHIRE

Discover our newly launched 2, 3 & 4 bedroom houses,  
just 5.6 miles away in Watton-at-Stone.







**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)**





**Garden  
House**  
Hospice  
Care



**Supported  
by...**



***BROOKS***

**Fairview<sup>®</sup>**  
NEW HOMES Ltd.



**nuun**  
HYDRATION



**RUNNER  
RETREATS**

**Gates**  
ESTABLISHED 1920

**LOVE,  
CORN<sup>®</sup>**

**SPORTSSHOES.COM**

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