



**LEEDS RUNNING FESTIVAL
5K, 10K, HALF MARATHON &
JUNIORS
SUNDAY 30TH AUGUST 2026**

EVENT GUIDE



YOUR RACE EXPERIENCE

03 WELCOME

04 TRAVEL

05 RACE PACK

06 EVENT VILLAGE

07 WARM UP & RACE START

07 DURING THE RACE

08 COURSE MAPS

09 FINISH LINE

10 JUNIOR RACE

10 RESULTS & PHOTOS

**11 OUR PARTNERS
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



KATIE

KANE

GRAHAM

JASON

TRAVEL

Address: Roundhay Park, Mansion Lane, Roundhay, Leeds, LS8 2HH

By Car:

Roundhay Park is situated approximately 3 miles North of Leeds City Centre off the A58 Wetherby Road at Oakwood. Alternatively, Roundhay Park is accessible from the A6120 Leeds Ring Road.

Please be aware that parking on site is limited. We recommend car sharing and the use of public transport.

Nearby car parks are marked on the map [HERE](#).

By Public Transport:

Roundhay Park can be reached by buses to and from Leeds City Centre 2 & 12.

You can find the First Bus journey planner via [THIS LINK](#).

By foot/bike:

The park is easily accessible by both foot and cycle. Any bikes can be left at bag drop throughout the event.



what3words

Event Village:

///rope.anyway.fees

RACE PACK

START TIMES

HM	9:00am
10K	10:00am
5K	10:00am
JUNIORS	11:30am

RACE PACK COLLECTION TIMES

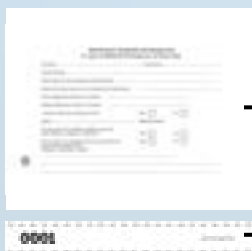
HM	7:30-8:30am
10K	8:30-9:30am
5K	8:30-9:30am
JUNIORS	10:00-11:00am



FOR ENTRIES ON OR BEFORE THE 4TH AUGUST YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 27TH 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 4th August, 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**



TOILETS

There will be portable toilets available to use in the Event Village.

If you live locally we recommend using toilets at home.

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 and ready to run.

The 5k & 10k will start together.

DURING THE RACE

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

Please keep count of your laps during the race. The course is on the paths in the park:

Half Marathon - Out & back + 4 laps- Yellow Mile signs 1-13

10k - 2 laps - Green KM signs 1-9

5k - 1 lap- Green KM signs 1-4

***Please note - This event takes place on public paths that may also be used by pedestrians. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.**

Due to the nature of a lapped course we ask that you remain vigilant to other runners and keep left at all times. This will allow for anyone needing to overtake to have a clear path on the right and ensure not only your safety but allow you the best experience throughout the race.

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

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 STATIONS

There will be a water station on each lap of the course.

SiS gels will also be provided at the 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.

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

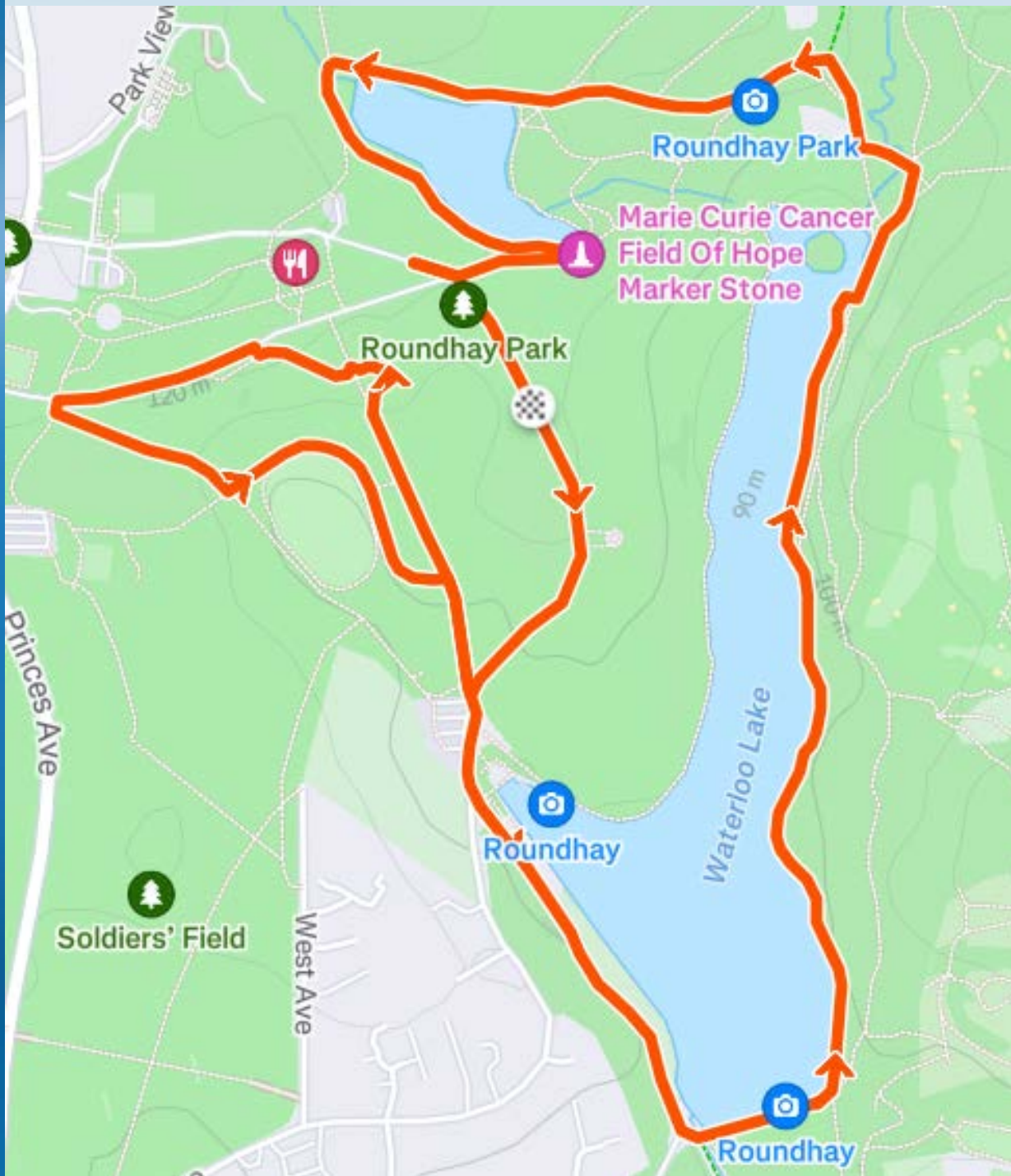
We recommend bringing your own water to stay hydrated in the lead up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

1 lap of the course



[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.

Momentum Event Therapy will also be on hand for pre and post race massages, if you'd like to pre book a slot, this can be done [HERE](#).



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

JUNIOR RACE



JUNIORS- 1 MINI LAP

**[CLICK FOR JUNIORS
INTERACTIVE MAP](#)**

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out).

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/ guardian throughout the event.

Meet by the big blue flag by the info tent 15mins prior to the start time.

We'll have a group warm up at 11.20 and walk to the start together.

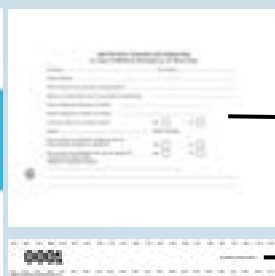
The race will start at 11.30 and will follow a 1.2km loop around the park. There will be a lead bike and marshals along the course.

You will finish at the same finish as the other races and be funnelled into a finish pen.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!



INCLUDED:

— BIB NUMBER AND
ATTACHED TIMING CHIP

— ADULT WRISTBAND



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

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**

EARN YOUR SUMMER TRIPLE SERIES MEDAL!



SIGN UP FREE

Get a 10% discount code to
use on any eligible June,
July or August event.



COMPLETE ALL THREE

and earn your exclusive
Summer Triple Series
Medal.



NO ADDITIONAL COST

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

THE ALL-TIME FAVOURITE

GHOST 18



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.

[Shop now](#)

BROOKS

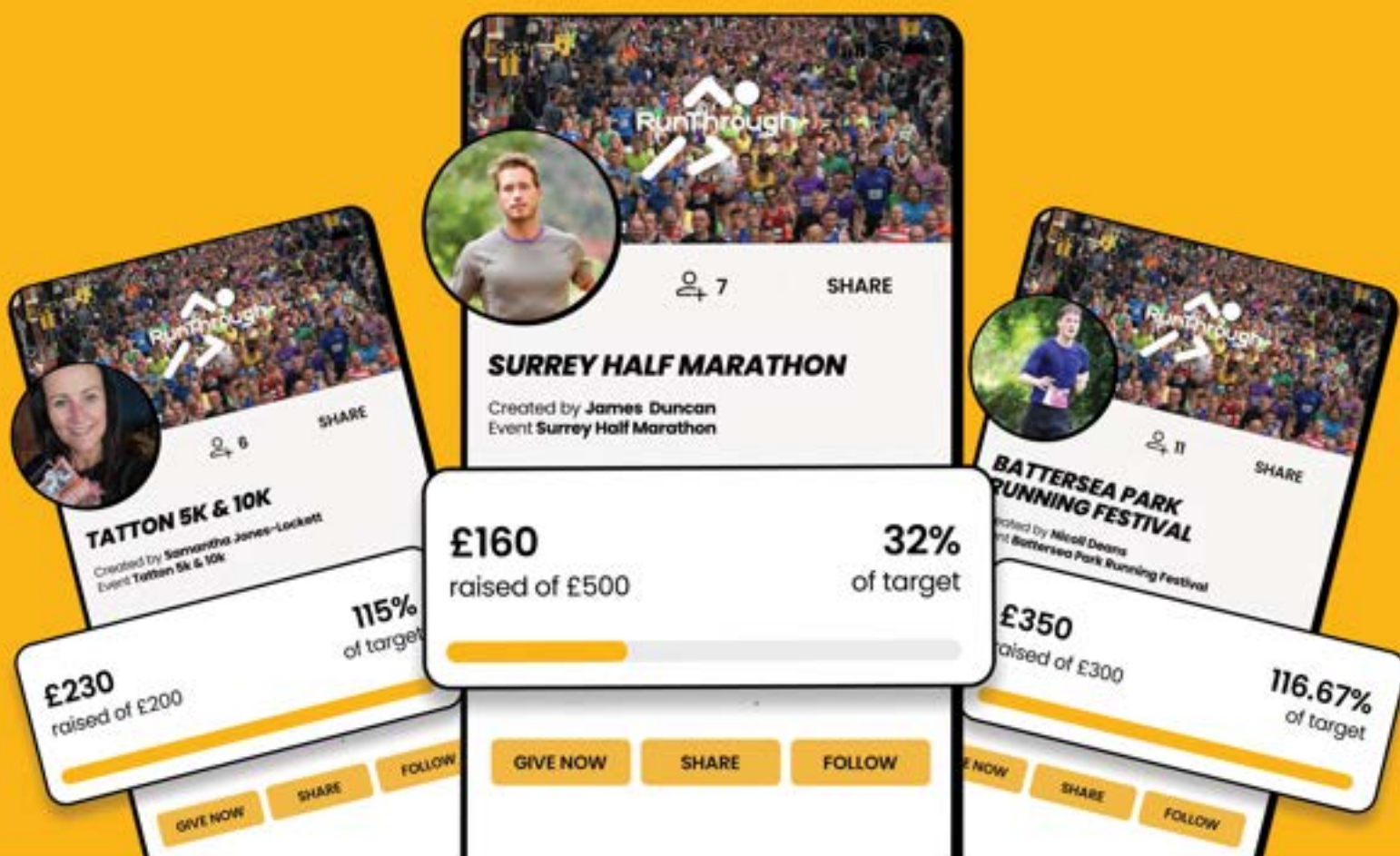


OFFICIAL PARTNER

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**





OFFICIAL VITAMIN PARTNER

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.

SPORTS
SHOES
.COM

**UNRIVALLED
IN RUNNING**



GET 15%^{OFF}*

**Find your discount code on the
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.

THE **OFFICIAL PAIN RELIEF** **PARTNER** OF RUNTHROUGH

MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK



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 & 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 →



Supported by...



BROOKS



POWERED BY
givestar

SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk