



KETTERING HALF MARATHON & 5K

SUNDAY 8TH MARCH 2026

IN SUPPORT OF



EVENT GUIDE



YOUR RACE EXPERIENCE

04 WELCOME

05 TRAVEL

06 RACE PACK

07 EVENT VILLAGE

08 WARM UP & RACE START

08 DURING THE RACE

09 COURSE MAPS

10 FINISH LINE

11 RESULTS & PHOTOS

**12 OUR PARTNERS
AND OFFERS**





Supporting Mental Health in Our Community

We offer advice, support and understanding to anyone facing a mental health challenge. We won't stop until everyone gets the support and respect they deserve

Community

No one should face mental health struggles alone

Raise Awareness

Your run spreads the word: Talk, Listen, and open up the conversation

Volunteer

Your time can make a real difference

Make an Impact

Every step you take supports your local community

www.ketteringmind.org.uk

Registered Charity no. 1069373
Registered Company no. 3530898

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



SARAH

CLAIRE

BEATRICE

ROB

GIAN

JOE

TRAVEL

Address: Wicksteed Park Ltd, 226 Barton Rd, Kettering NN15 6NJ

Please arrive early and car share where possible. As with many sporting events, please anticipate queues arriving at the venue.

Parking:

There is limited parking available on site at Wicksteed Park. Parking costs £3 for 2 hours, £5 for 3 hours, or £7.50 for all day.



We recommend downloading their app to pay for parking to avoid queueing for the Pay & display machines on the morning. Or alternatively scan this QR code (or the QR codes around the car park) to pay on exit.

Please note, parking is limited, we advise arriving before 8am to use it, and car sharing where possible. This car park will close once full.

There is also limited free parking at Tresham College **HERE**. Again, if planning to use this car park, we recommend arriving early.

By Public Transport:

The park is also accessible via public transport. Bus routes to the park can be found [here](#).

By Bike:

If you cycle to the park, you can keep your bicycle safe at one of the bike racks near the Playground entrance gate. Please note: you will need to dismount when travelling through the playground or highly populated areas of the park.

On foot:

You can enter the park on foot from multiple locations. The gates can be found along Paradise Lane, Barton Road or through the Wicksteed Park arboretum.



what3words

Event Village:

///with.snaps.silks

RACE PACK

START TIMES

| | |
|----|--------|
| HM | 9:00am |
| 5K | 9:20am |

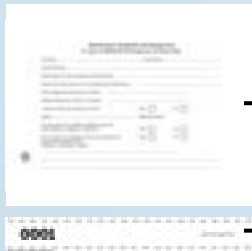
RACE PACK COLLECTION TIMES

| | |
|----|-------------|
| HM | 7:30-8:30am |
| 5K | 7:50-8:50am |



**FOR ENTRIES BEFORE THE 20TH FEBRUARY
YOUR RACE PACK SHOULD ARRIVE BY 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 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



**SPECTATORS
WELCOME**



BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- 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.



TOILETS

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

If you live locally we recommend using toilets at home.

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

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

Half Marathon Runners - follow Yellow mile markers 1-13
5k Runners - follow red KM markers 1-4.

This scenic course follows an undulating route, heading out from Wicksteed Park, the route goes into Kettering town centre, through the grounds of Boughton House, and along country lanes before returning to Wicksteed Park.

The 5k follows London Road for an out before looping around the War Memorial fountain in town, and returning the same way back to Wicksteed Park.

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.

Please drain and discard all litter and bottles within the signed litter zones, which are 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.

WATER STATIONS

There will be water stations at 3.5mi, 7mi & 10.5mi on the half marathon course. Please note, the 5k won't pass a water station.

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

We recommend bringing your own water 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!

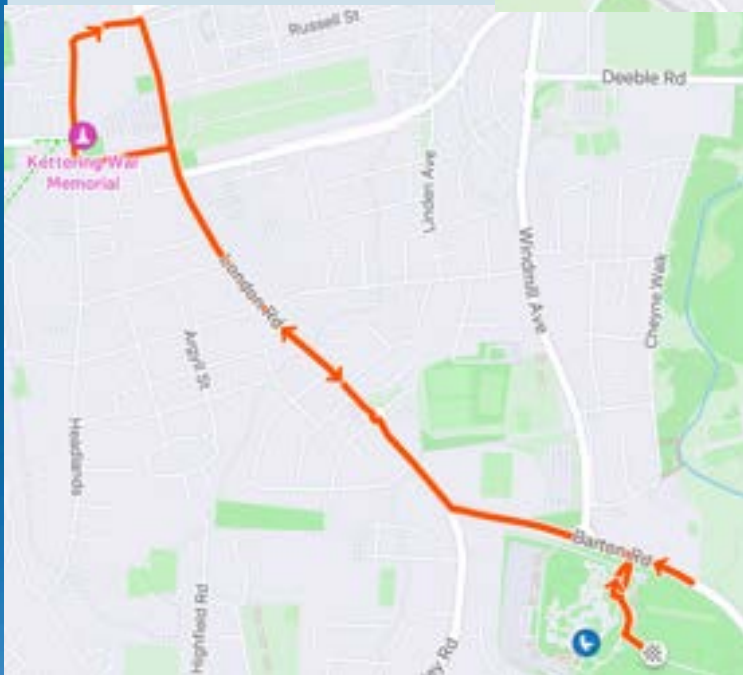


COURSE MAPS

HM Race Route



5K Race Route



[CLICK FOR HM
INTERACTIVE MAP](#)

[CLICK FOR 5K 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

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



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

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

THE FUTURE



in the new

GLYCERIN FLEX

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[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



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 amount raised, the target amount, and the percentage of the target reached. The 'Surrey Half Marathon' screen is the largest and most prominent, showing £160 raised of £500 (32% of target). The 'Tatton 5K & 10K' screen shows £230 raised of £200 (115% of target). The 'Battersea Park Running Festival' screen shows £350 raised of £300 (116.67% of target). Each screen also has a 'GIVE NOW', 'SHARE', and 'FOLLOW' button at the bottom.

| Event Name | Created by | Amount Raised | Target Amount | Percentage of Target |
|---------------------------------|------------------------|---------------|---------------|----------------------|
| TATTON 5K & 10K | Samantha Jones-Lockett | £230 | £200 | 115% |
| SURREY HALF MARATHON | James Duncan | £160 | £500 | 32% |
| BATTERSEA PARK RUNNING FESTIVAL | Nicola Deans | £350 | £300 | 116.67% |



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**





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



Ts&Cs apply*

Get 15% off SS26 products*

YOUR FAVOURITES. NOW WEATHERPROOF.

Get 15% off our latest launches*

Shop Now



saucony

Triumph 23 GORE-TEX



asics

GEL-CUMULUS 27 GORE-TEX



HOKA

Clifton 9 GORE-TEX



**Nike
RUN**

Vomero 18 GORE-TEX



We are not just building houses here at Hanwood Park. We are creating homes.

Home is a place in which you feel safe and secure, connected to your community, where you feel you can achieve your aspirations.

#HomelsHanwood

www.hanwoodpark.co.uk





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](#)



Supported by...



SPORTSSHOES.COM

Interested in supporting an event?
Email: partners@runthrough.co.uk