

BIRMINGHAM RUNNING FESTIVAL
5K, 10K, HALF MARATHON & JUNIORS
SUNDAY 1ST NOVEMBER 2026

EVENT GUIDE

IN SUPPORT OF: Midlands Air Ambulance Charity®

YOUR RACE EXPERIENCE

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RunThrough

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



SEAN LEAH JOE

RunThrough

Birmingham Running Festival

Midlands Air Ambulance Charity - Your Charity Partner at the Birmingham Running Festival

We're thrilled to be the official charity partner for this year's Birmingham Running Festival!

Who Are We?

Midlands Air Ambulance Charity provides rapid response emergency care to save lives across six Midlands counties. Your support helps fund these lifesaving missions—and today, every step you take is making a difference!

Each year it costs £16 million to maintain the three aircraft and the provision of a lifesaving service. The charity does not receive funding from the Government or National Lottery for its daily missions so relies entirely on the support and generosity of local people and businesses

Come and Meet Us!

After crossing the finish line, visit our stand where we'll have our Helipod on display - get a firsthand look at the aircraft that's helped save so many lives! We'll also have a range of merchandise available for purchase, with all proceeds supporting our critical missions.



Want to Get Involved?

Already feeling inspired? Sign up to become one of our own place runners at future events and keep making an impact. Whether it's a local run or a bigger race, your miles could save lives! Thank you for your support, and we look forward to celebrating with you at the finish line!

Headline Sponsor

Midlands Air Ambulance Charity

Registered Charity Number 1143118

For more information scan here

TRAVEL

Address: Sutton Park, Park Road, Sutton Coldfield, B73 6BT

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

Parking:

There are several entrances to the park. Car parks are marked on the Sutton Park website linked below.

There is limited parking available on site at Town Gate, so we recommend carpooling and taking public transport.

There are plenty of car parks within a 15-minute walk of the event village. As on-site parking is extremely limited, we recommend planning your journey in advance.

We advise anyone arriving after 8am to park at the Gracechurch Shopping Centre, B72 1PA. This car park will be open from 8am on Sunday and is £1 for the day. If you plan on parking here, please avoid blocking fire exits.

Public Transport:

If using public transport, it's a short walk to the main entrance at Town Gate from either the bus station in central Sutton Coldfield or the Sutton Coldfield rail station.

Sutton Coldfield is less than half a mile away from the event parking.

You can access either car park for free for up to 15 minutes to drop off runners. For longer stays, parking charges will apply.

Important Note:

The address given is the entrance to the park, the Event Village is located a short walk away from the main visitor centre, and 'Town Gate' Car Park.

See Sutton Park Car Parks HERE

Use Parkopedia to find a car park outside of the park HERE.

what3words

Event Village: ///system.across.seats

RACE PACK

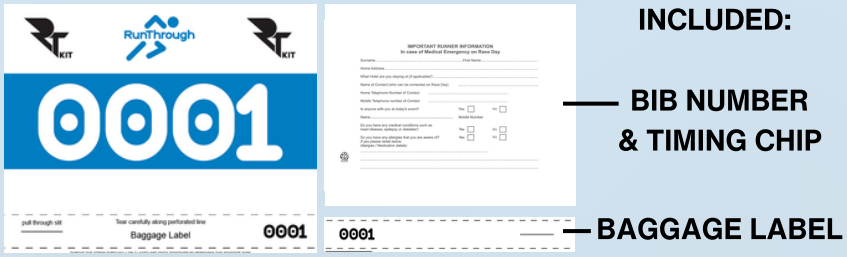
START TIMES

HM	9:30am
10K	10:15am
5K	10:25am
JUNIORS	12:00pm

RACE PACK COLLECTION TIMES

HM	8:00-9:00am
10K	8:45-9:45am
5K	8:55-9:55am
JUNIORS	10:30-11:30am

- 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 FORM



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING ✓

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.
- 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.

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

We will have marshals around the course and directional arrows and distance signs.
The course is within Sutton Park, following a 5km loop on the roads and paths.

Half Marathon Runners - Yellow Mile Signs - Out & Back + 4 Laps
10k Runners - Green KM Signs - 2 Laps
5k Runners - Red KM Signs - 1 Lap

At the end of each lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the event village).

Due to the nature of a lapped course we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only your safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner 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 note - This event takes place on public paths that may also be used by pedestrians and cyclists. 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.

Please drain and discard all litter and bottles within the signed litter zone, which will be 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.

A limited number of 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.

WATER STATIONS

There will be a water station on each lap of the course.
There will also be a bottle of water waiting for you at the finish line.
We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.



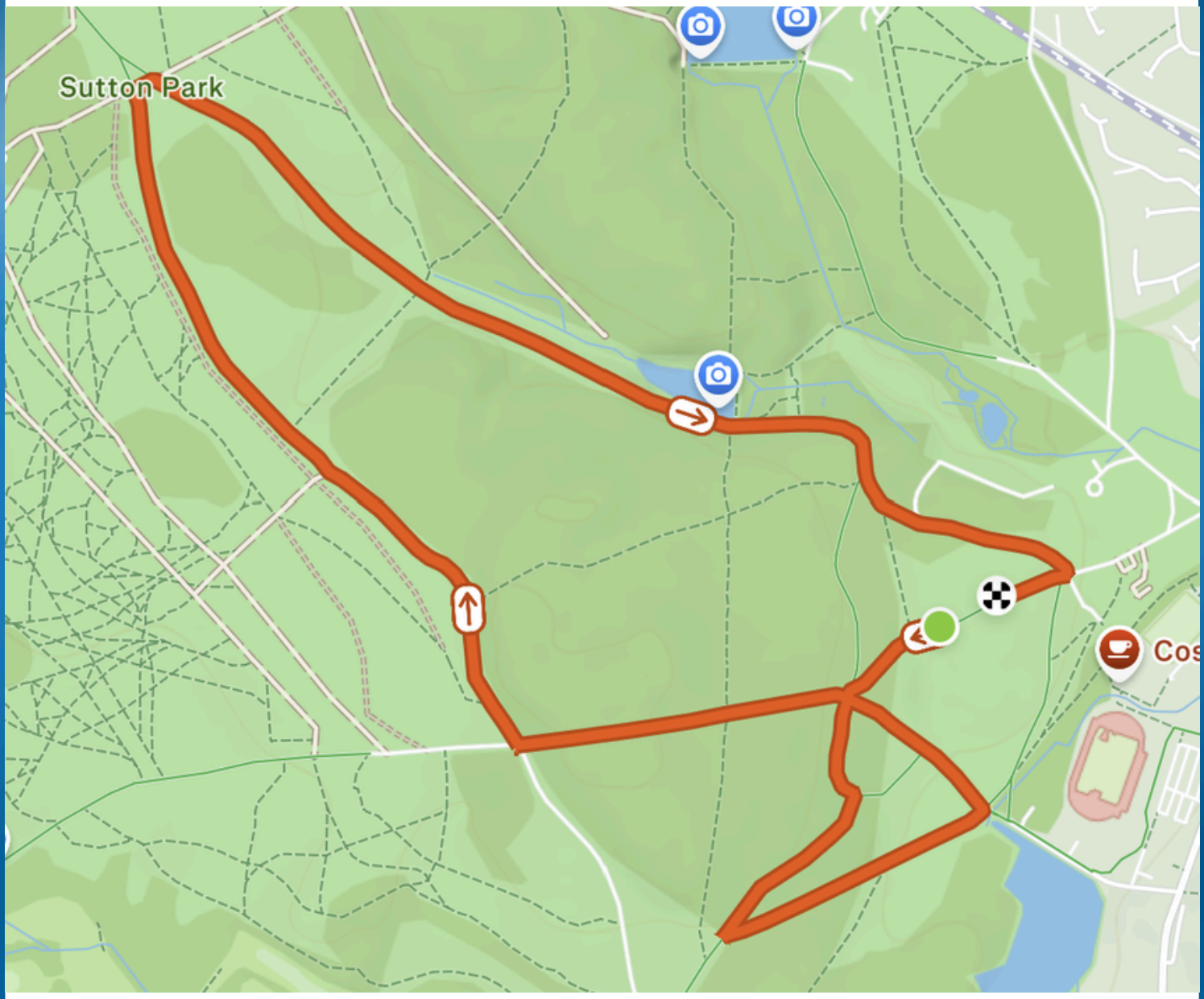
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

5K - 1 LAP | 10K - 2 LAPS | HM - 4 LAPS (+ OUT & BACK)



CLICK FOR 5K INTERACTIVE MAP

CLICK FOR 10K INTERACTIVE MAP

CLICK FOR HM 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 hoodie 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

T-SHIRTS



CLICKTO PRE-ORDER

(Please note, these are pre-order only, any on the day purchases will be posted out)

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 11.50 and walk to the start together.

The race will start at 12.00 and will follow a 800m loop around the park. There will be a lead bike and marshals along the course.

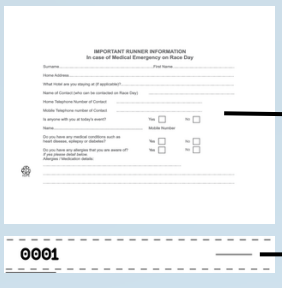
You will finish at the same finish as the other races and be funnelled into a finish pen.

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

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

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!



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


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SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE



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REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

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

Voltarol
The joy of movement

RunThrough

MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **RUNNING INJURIES**



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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***

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

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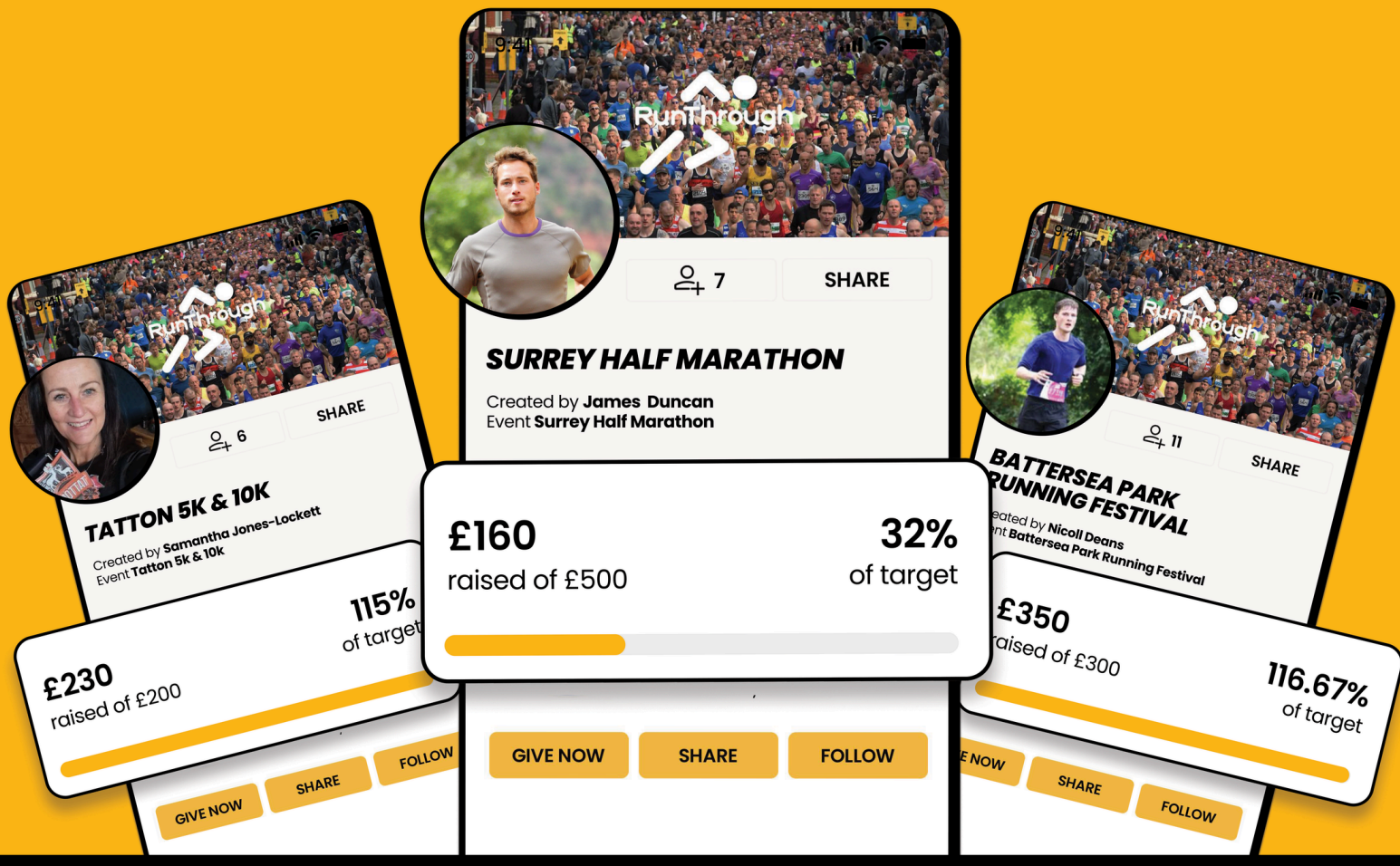
Download on the App Store

GET IT ON Google Play

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 FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

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SiS
SCIENCE IN SPORT

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



RunThrough Coach

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



AMSTERDAM

MARATHON & HALF MARATHON TOUR

16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

BOOK YOUR SPOT →

RunThrough

Supported by...

Midlands Air Ambulance Charity

RT KIT

SOLGAR® Since 1947

JB's TREK

Voltarol The joy of movement

BROOKS

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