



CARSINGTON WATER TRAIL 10K & HALF MARATHON

SATURDAY 17TH OCTOBER 2026

EVENT GUIDE



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



LEAH

TIM

CONNOR

JAKE

TRAVEL

The Half Marathon and 10k races will begin at different start locations, so please review the details carefully to ensure you're in the right place on race day.

Address: Event village, half marathon registration & start line, finish for both races:

Carsington Water, Big Ln, Upper Town, Ashbourne DE6 1ST

10k start & registration:
Millfields Car Park, Ashbourne DE6 3JL

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

Parking: There are multiple car parks available to use.

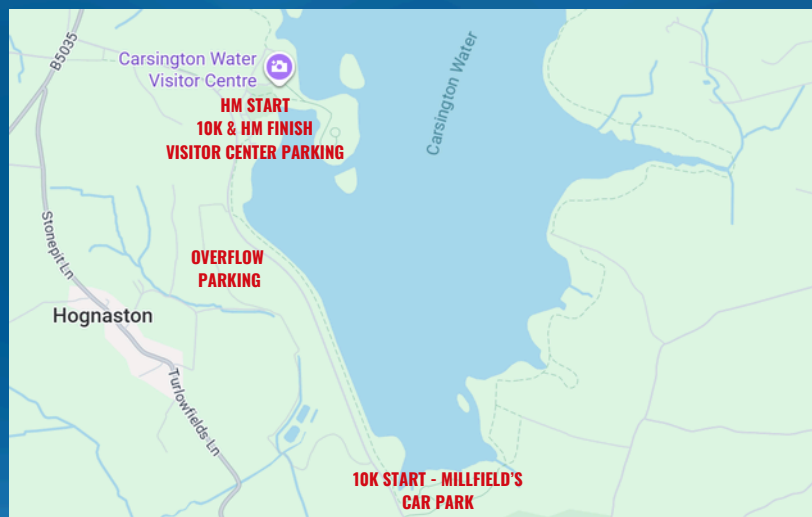
Anyone approaching from the south of Dam road will be directed to the 'overflow car park'. This will be £4 all day- pay and display on arrival.

Anyone arriving from the north will be directed into the venue car park. This is number plate recognition; payment is required upon exit. Visitor Centre Car Park prices range from: £1 for 1 hour up to £7 for the whole day. (Cash & Card payments accepted).

Alternatively, 10k runners can park at Millfield's, which will be charged at £3 for up to 2 hours, or £4.50 all day.

Drop Off: 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: Both races finish at the main Event Village. If you're participating in the 10k, the finish line is 1.3 miles (approximately a 25-minute walk) from the start location at Millfields Car Park.



what3words

10K Event Village:

[///narrow.after.heaven](https://www.what3words.com/narrow.after.heaven)

HM Event Village:

[///hound.sanded.shackles](https://www.what3words.com/hound.sanded.shackles)

RACE PACK

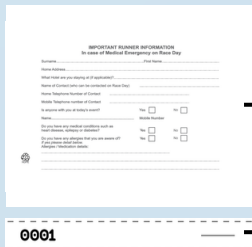
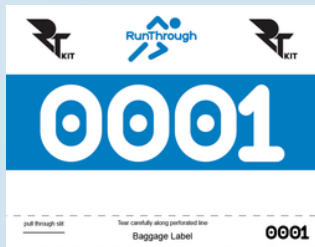
START TIMES

HM 9:30am
10K 10:00am

RACE PACK COLLECTION TIMES

HM: 8:00 – 9:00am
10K: 8:30 – 9:30am

- 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**](#)

[**CLICK FOR ENTRY LIST & RESULTS**](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

We will be using toilets located behind the visitor centre.

There is also a toilet block located in Millfields Car Park at the 10k start.

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.
- **For the 10k, we will transport your bags from the start line to the finish, to be collected at the finish.**

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, (please only discard bottles in the designated drop zones provided along the course).**

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 respective event villages 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

The course will be marked out by Trail Flags and small arrows. Please note, there will be no distance markers on the route. There will be marshals all around the course and at every major junction.

10k Runners - follows 3/4 of a lap of the reservoir.

Half Marathon Runners - follow an out and back + 1 full lap.

Please drain and discard all litter and bottles within the signed litter zone, shortly after each water station. 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 2nd Half Marathon 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 1 water station on the 10k, and 3 on the half marathon course, please help yourself to these as you pass.

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.



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

10K



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

HALF MARATHON



[CLICK FOR INTERACTIVE MAP](#)



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

This 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

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



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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



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Run any eligible
RunThrough
event

AUGUST

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RunThrough
event

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ONE IN **JULY**
ONE IN **AUGUST**

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APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





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IN RUNNING**



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RUNNER
RETREATS&TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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Email: partners@runthrough.co.uk