



GUILDFORD

5K, 10K & JUNIORS

SUNDAY 18TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF:

gtcc 
Guildford Town Centre Chaplaincy



YOUR RACE EXPERIENCE

03 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 JUNIORS

12 RESULTS & PHOTOS

**13 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



CAOLAN

LUKE

VICTOR

SOPHIE

SAM

GTCC are thrilled to be Charity of the Year for the Guildford 10k!



Since 2008, **Guildford Town Centre Chaplaincy (GTCC)**, has been providing non-judgemental, positive support to those who live or work in, or visit Guildford. Rooted in the Christian faith and open to all, we warmly welcome clients and volunteers of all faiths and none.

With a dedicated team of over 130 volunteers, three paid coordinators, a CEO and active Board of Trustees, we manage three inspiring projects: each improving wellbeing in our community. We offer compassionate support to the vulnerable, marginalised and those experiencing loss, stress or anxiety.



Street Angels: carrying first aid kits, water, phone chargers, flip-flops, space blankets and lollipops, we provide reassurance, safety and a listening ear on Friday and Saturday nights.

Community Angels: offer a befriending service to individuals on a weekly basis. We help them reconnect, rebuild confidence and rediscover a sense of belonging.

Volunteer Chaplains: bring a non-judgmental, confidential listening ear to workplaces across the community.

Get Involved

Find out about being a
volunteer:

- [Street Angels](#)
- [Community Angels](#)
- [Volunteer Chaplains](#)

Donate by [clicking here](#)



Follow us on socials



TRAVEL

Address: High Street, Guildford Town Centre, GU1 3AJ

By Car:

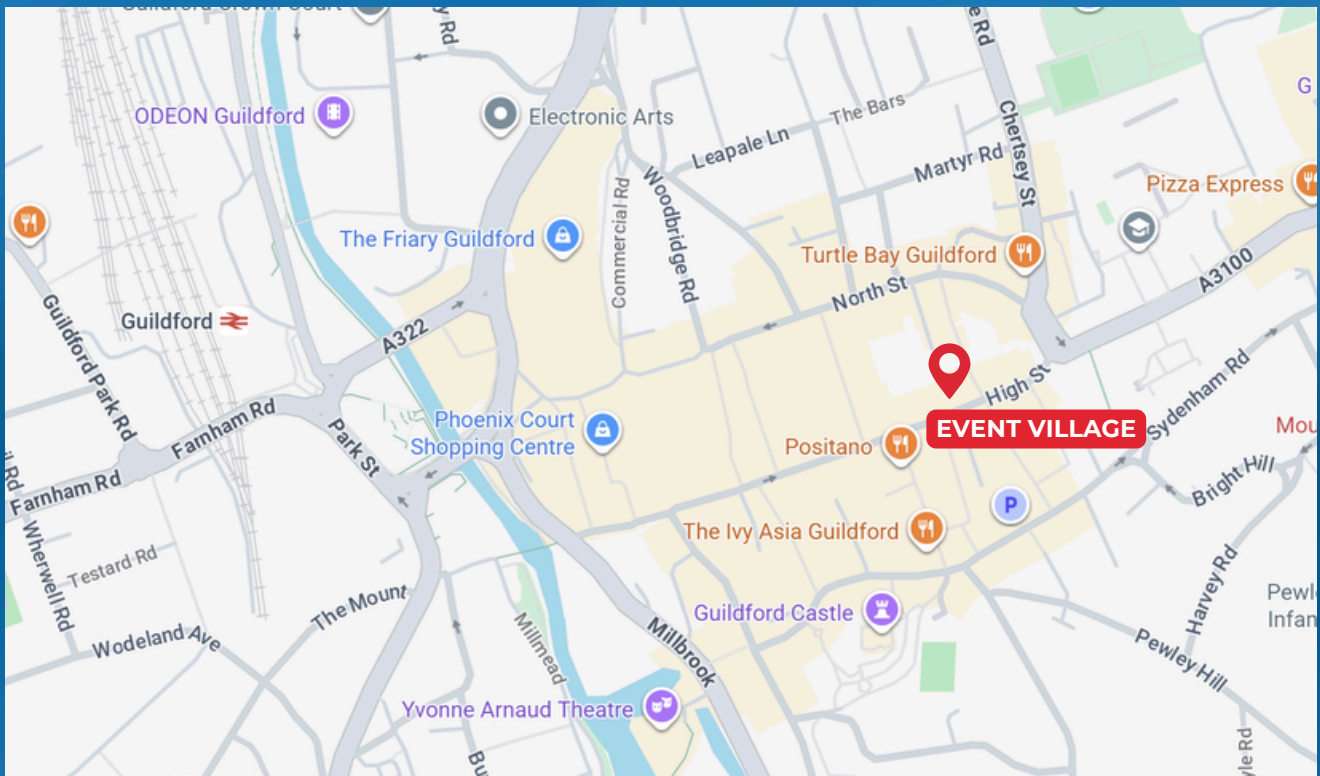
Guildford Town Centre is located just over an hour west of London, just off the A3.
Although there is no specific event parking, we recommend you check out the Parkopedia website [CLICK HERE](#) to find parking for the event.
Castle Car Park, Bright Hill Car Park and Bedford Road Car Park are all suitable pay and display options just a short walk from the event village.

By Foot:

We strongly recommend that anyone who lives within 2km of the town centre to walk or cycle to reduce traffic congestion around the road closures and car parks.

By Public Transport:

Guildford Train Station is only a 10minute walk from the event village. If planning to travel by rail, please be aware Sunday services may be limited.



what3words

Event Village:

///payer.expose.verbs

RACE PACK

START TIMES

10K	8:00am
5K	8:00am
JUNIORS	9:20am

RACE PACK COLLECTION TIMES

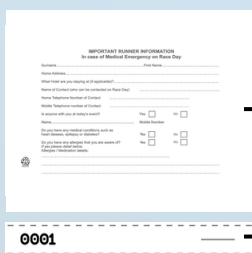
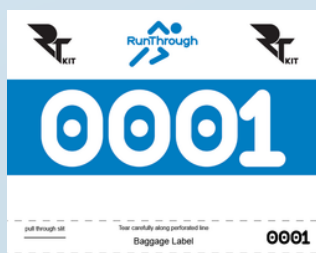
10K	6:30-7:30am
5K	6:30-7:30am
JUNIORS	7:50-8:50am



FOR ENTRIES ON OR BEFORE THE 30TH SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 15th October 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 30th September, 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 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.
- There will be a bag drop within the Guildhall [HERE](#) 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 room.
- 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 the race.
From here, we will call out estimated finish times to get all runners lined up and ready to run.
Please note the 5k & 10k will start together.

DURING THE RACE

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

10k Runners - follow green KM markers 1-9

5k Runners - follow red KM markers 1-4

The 10k course starts and finishes in the town centre and follows a closed road route towards Clandon, along Epsom Road and the A25 and back again.

The 5k course sets off the same way before turning back earlier. Please listen out for marshal instructions and keep an eye out for event signage at this point, as 5k & 10k runners will split in different directions.

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 drain and discard all litter and bottles within the signed litter zone, shortly after the water station on each lap. 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.

Please note there is a 90min cut off on this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There will be a water station at 5km on the 10k course. Please help yourself to this as you pass.
Please note the 5k won't pass a water station on route.

There will 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.

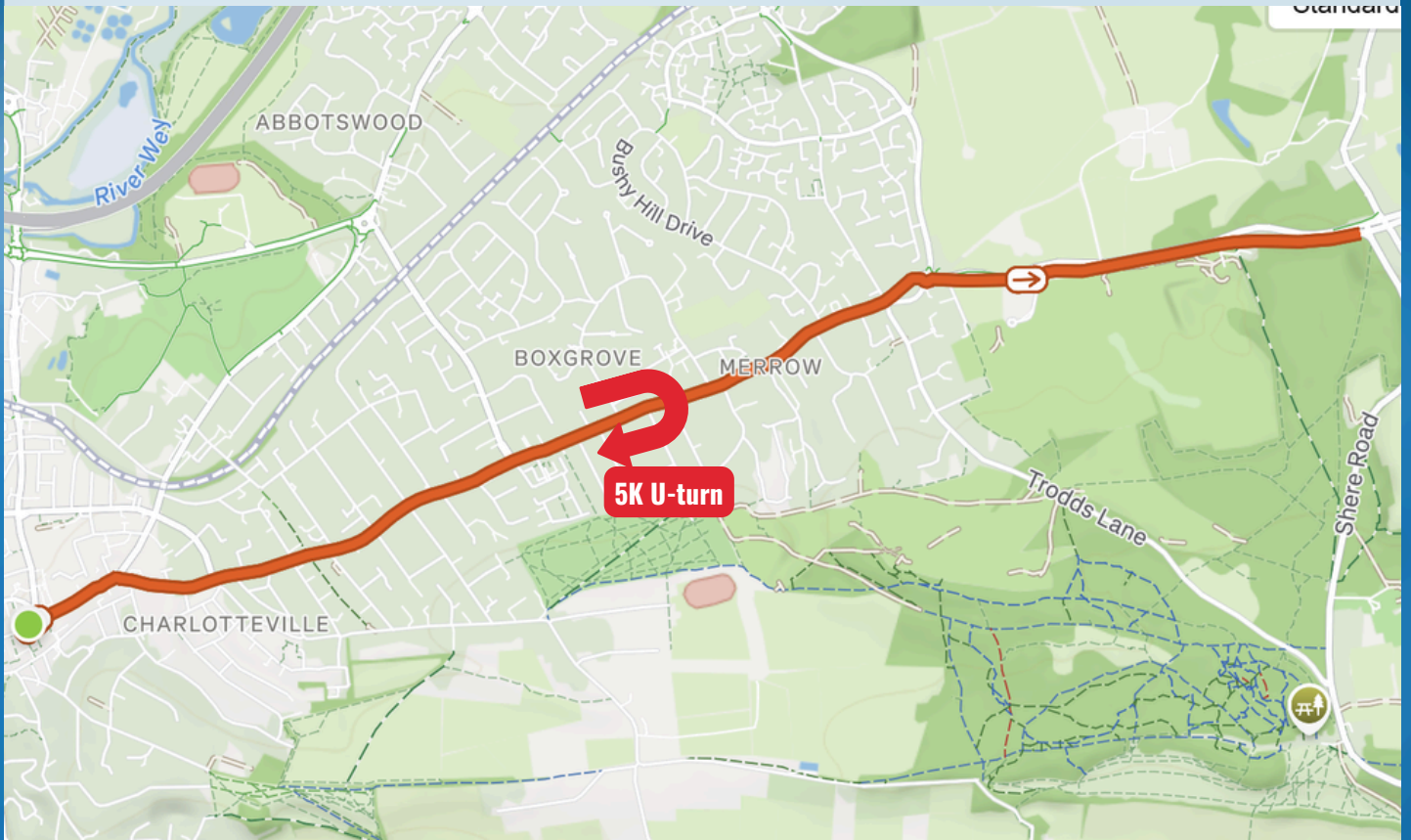


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

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



COURSE MAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K 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

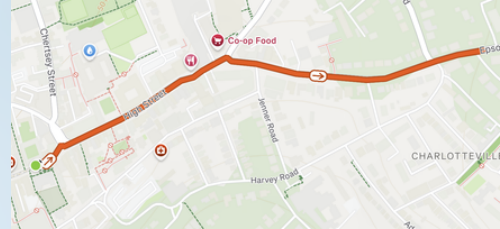
T-SHIRTS



[CLICK TO 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 9.05 and walk to the start together.

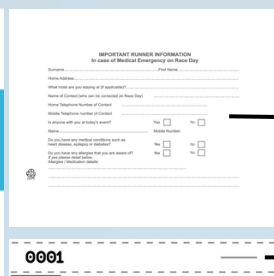
The race will start at 9.20 and will follow a 2km out and back course. There will be a lead bike and marshals along the course.

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



GUILDFORD HIGH SCHOOL

JUNIOR | SENIOR | SIXTH FORM

VISIT US



Junior



Senior



Sixth

Visit us



Join us at one of our upcoming
Visitor Mornings for 2027 Entry



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.

MAKE NATURE YOUR POWER



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



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



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





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



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 →](#)



Supported by...



GUILDFORD
HIGH SCHOOL



BROOKS



POWERED BY
givestart

SPORTSSHOES.COM

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