

RunThrough

HALTEMPRICE 10K

SUNDAY 25TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF: Health Stars

YOUR RACE EXPERIENCE

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RunThrough

Health Stars



We can't wait to cheer on our Team!

If you're already signed up and want to support your local community - get in touch and raise money for Health Stars!



Health Stars is the charity of Humber Teaching NHS Foundation Trust. Together we create better healthcare and brighter futures for people across East Yorkshire, Hull, and North Yorkshire.

As a local NHS charity, we rely on the generosity of our local community.

By taking on the Haltemprice 10K and raising money, you will directly enhance the health care and experiences of thousands of people using mental health, neurodiversity, learning disability, children's and young people and local NHS services every day.

We fund equipment that NHS budgets do not cover, make our buildings more attractive and therapeutic and provide the little extras that make a visit or stay in our services that little bit brighter.

Your support also helps us say an extra special thank you to our incredible team, making them feel appreciated, supported and healthy at work.

For more information or if you have any questions, please contact us at hnf-tr.healthstars@nhs.net or call us on 07939 939784.

Everyone in our Haltemprice 10K Dream Team will receive:

- **A FREE Health Stars running vest**
- **A Fundraising Guide to support you with tips and tricks.**
- **Support from a dedicated member of the Fundraising Team**
- **The best cheer point on the course!**
- **The feeling of immense joy and pride whilst helping support patients, their families and those that are caring for them.**

Go Team Health Stars!



Registered Charity no. 1052727

Registered with FUNDRAISING REGULATOR

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



KANE JAMES CHRIS JASON

TRAVEL

Address: Haltemprice Leisure Centre, Anlaby, Hull, HU10 6QJ

By Car: There is no event parking at the leisure centre. We recommend Anlaby Retail Park, which has 3 hours of free parking and is a short walk away. please arrive early if planning to park here. We recommend using www.parkopedia.com to find suitable alternatives in the area.

By Train: Hessle Train Station is the closest station, located 2.5miles (10min Taxi) from the event village. Please note Sunday morning services may be limited.



what3words **Event Village:** ///harsh.singer.zealous

RACE PACK

START TIME

9:00am

Please note the clocks go back on Sunday, 25 October 2026 at 2:00am.

RACE PACK COLLECTION TIMES

7:30-8:30am

FOR ENTRIES ON OR BEFORE THE 7TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 21st 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 7th October, 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	✓

There will be coffee and food vans located HERE serving hot drinks and snacks.

TOILETS

For this event, we will use portable toilets located by the leisure centre.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the leisure centre's sports hall 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 area.
- 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.

RACE START

Please congregate 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.

DURING THE RACE

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

You will follow green KM signs 1-9

Starting and finishing in the East Yorkshire village of Kirk Ella, the Haltemprice 10k course takes in some beautiful scenery along closed roads. You will run up through West Ella before an undulating yet scenic loop around Swanland and returning to South Ella Way.

The first half of the course is gradually uphill but then you are rewarded with a wonderful downhill return stretch to the finish.

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.

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

WATER STATION

There will be a water station at approximately 5km.

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

We recommend bringing your own drinks as well to stay hydrated in the lead up to the event.

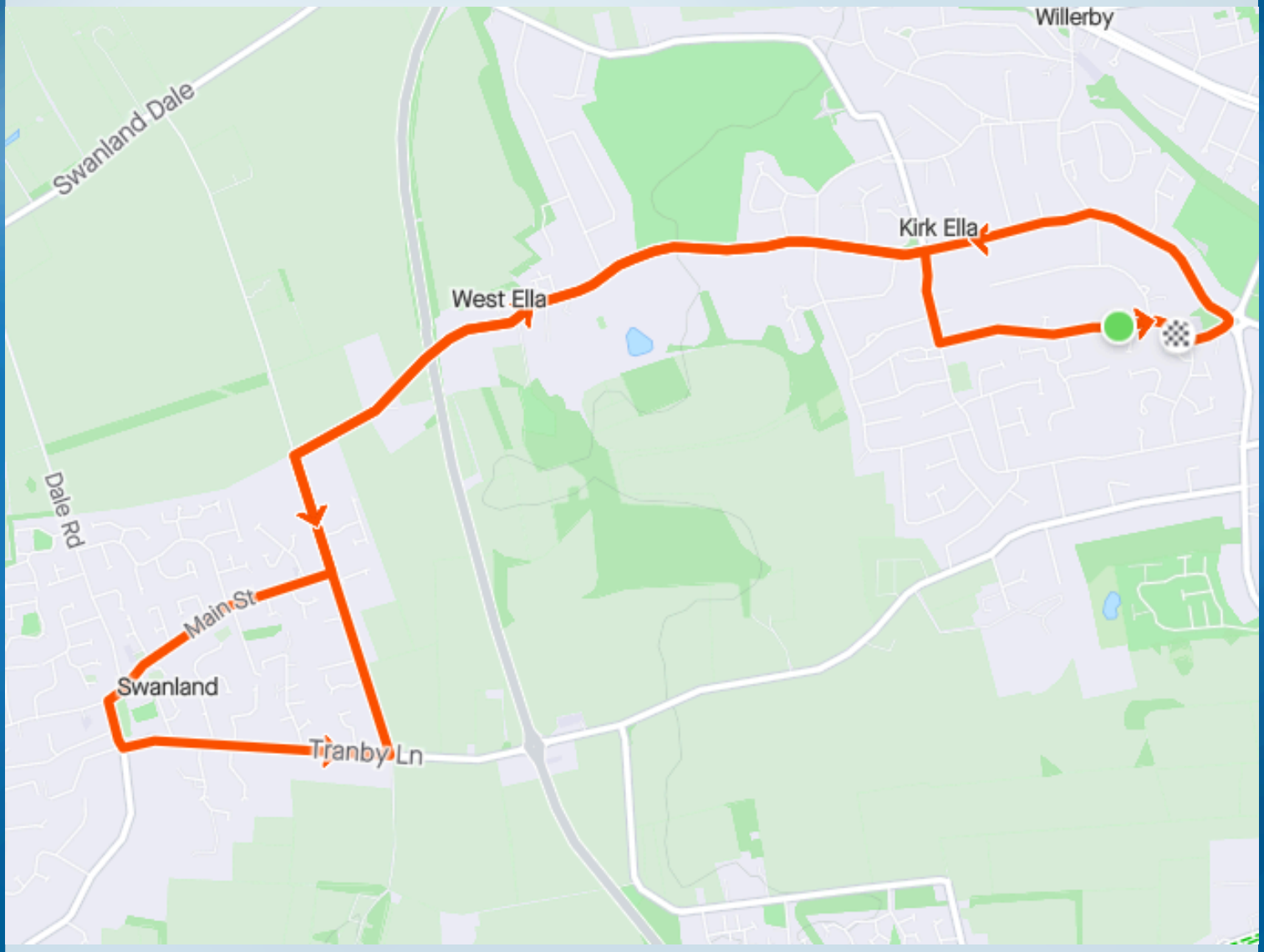


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP



CLICK FOR INTERACTIVE MAP



THE FINISH LINE

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

These will consist of a bottle of water and snacks from our sponsors.



THE MUG



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

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


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



TAKE YOUR RUNNING TO NEW LEVELS

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



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

JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

Voltarol
The joy of movement

RunThrough

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



Always read the label

12 HRS

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

RunThrough

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.

SOLGAR®

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.

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

RunThrough
OFFICIAL PARTNER

givestar

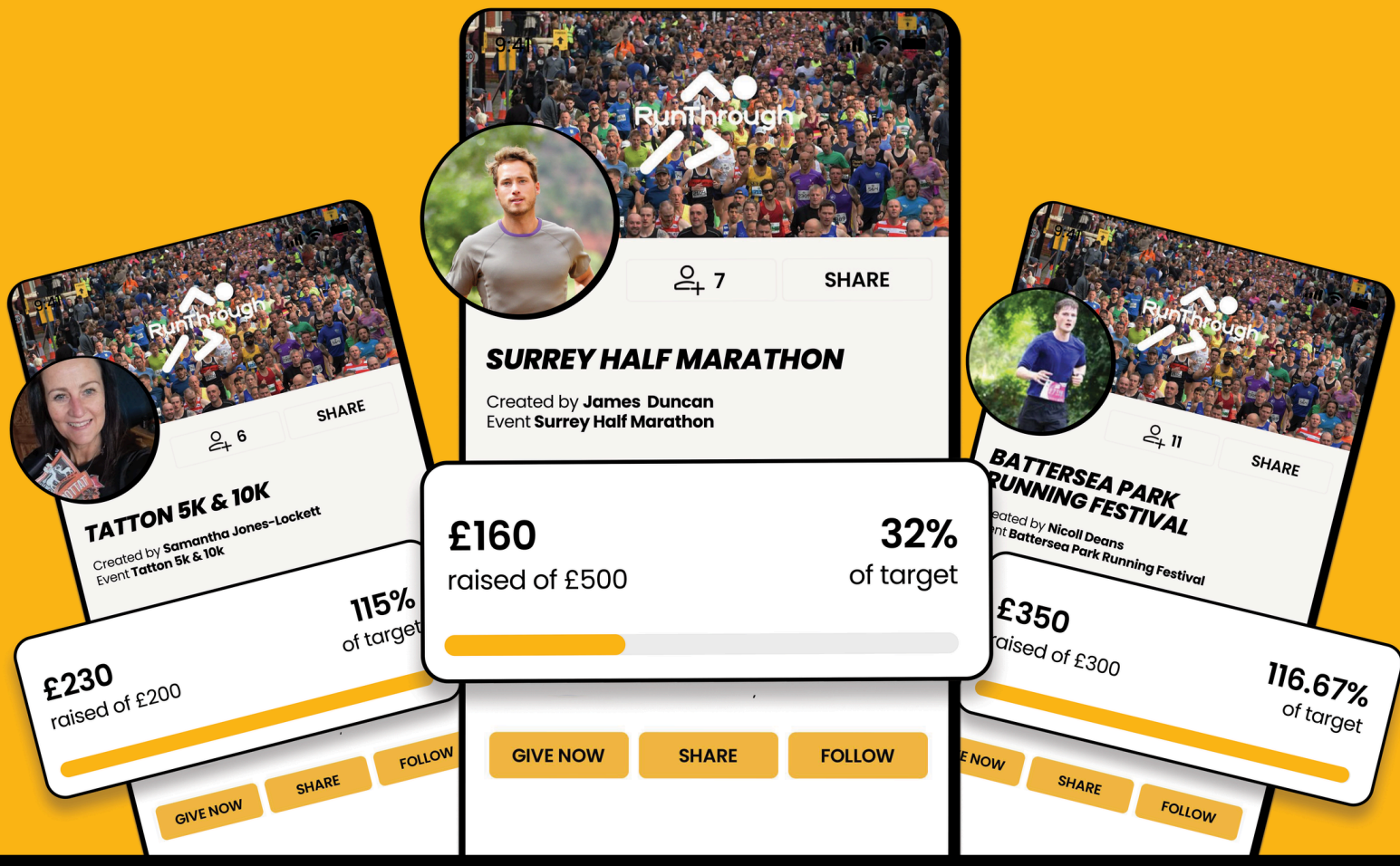
Download on the App Store

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

Certified B Corporation

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

- 22G CARBOHYDRATES
- ISOTONIC FORMULA
- INFORMED SPORT APPROVED
- AIM FOR 60G OF CARBOHYDRATES PER HOUR



Spire Healthcare

Hull and East Riding



We've got your recovery covered

We're proud to be supporting the Haltemprice 10K.

Visit our gazebo after the race for complimentary sports massage, recovery advice, injury prevention tips, and the opportunity to speak with our expert consultants and physiotherapists.



AUTUMN TRAINING COLLECTION

Autumn Training Starts Here

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...

Health Stars

RT KIT

Voltarol
The joy of movement

Spire Healthcare
Hull and East Riding

JB's TREK

BROOKS

SOLGAR®
Since 1947

SiS
SCIENCE IN SPORT

POWERED BY
givestar

SPORTSSHOES.COM

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