



HISTORIC
ROYAL
PALACES



Voltarol
The joy of movement



**HAMPTON COURT PALACE RUNNING FESTIVAL
HALF MARATHON & 10K
PRESENTED BY VOLTAROL
SUNDAY 11TH OCTOBER 2026**

EVENT GUIDE

IN SUPPORT OF:



THE
FELIX
PROJECT

YOUR RACE EXPERIENCE

03 WELCOME

06 TRAVEL

07 RACE PACK

09 EVENT VILLAGE

11 WARM UP & RACE START

11 DURING THE RACE

12 COURSE MAPS

13 FINISH LINE

14 RESULTS & PHOTOS

**15 OUR PARTNERS
AND OFFERS**



Voltarol
The joy of movement



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

JESS

KATIE

SAM



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



When you run the Hampton Court Palace 10k
for The Felix Project, you're helping to fight
food waste and hunger.

The Felix Project is a food redistribution charity. We rescue
high quality surplus food that cannot be sold and would
otherwise go to waste and distribute it to over 1,200
community organisations like food banks, homeless shelters
and primary schools.

In 2025, we rescued enough food to provide 44 million meals
to those in need.

We recently merged with FareShare to become the UK's
largest food redistribution charity. By joining forces, we are
able to rescue even more good food and support more
community organisations across the country.

Want to get involved?

Fundraise • Donate • Volunteer

thefelixproject.org



TRAVEL

Address: Hampton Court Palace, KT8 9AU

By Car:

**** THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY ****

We strongly advise using public transport and planning your journey in advance as there is very limited parking within walking distance from Hampton Court Palace.

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308. The palace is also accessible via the A3 and then the A309.

By Rail:

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website South West Trains.

Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

By Bus:

Bus routes from Kingston: 111*, 216*, 411*, 461, 513.

From Richmond: R68*

*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

By Taxi:

Visitors arriving by taxi may be dropped off at the train station and walk up the road to the palace. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

By Bike:

Please dismount your bike when entering the palace grounds and walk into the event village where you will find bike racks alongside the bag drop.



what3words

Event Village: [///tiny.farms.hired](http://tiny.farms.hired)

VISIT PARKOPEDIA TO FIND A SUITABLE PARKING SPOT HERE.

RACE PACK

RACE PACK COLLECTION TIMES: 7:30-8:30AM

START TIMES

9AM - WAVE 1 - 10K & HM (SUB 1HR 30 HM; SUB 45 10K)
9:05AM - WAVE 2 - 10K & HM (SUB 1HR 40 HM; SUB 50 10K)
9:10AM - WAVE 3 - 10K & HM (SUB 1HR 50 HM; SUB 55 10K)
9:15AM - WAVE 4 - 10K & HM (SUB 2HR HM; SUB 60 10K)
9:20AM - WAVE 5 - 10K & HM (SUB 2HR 15 HM; SUB 75 10K)
9:25AM - WAVE 6 - 10K & HM (SUB 3HR HM; SUB 90 10K)

**PLEASE ADD YOUR ESTIMATED
FINISH TIME USING THE BUTTON
BELOW BEFORE TUESDAY 6TH
OCTOBER 2026.**

**YOUR WAVE WILL BE CONFIRMED
VIA EMAIL ON FRIDAY, AHEAD OF
RACE DAY.**

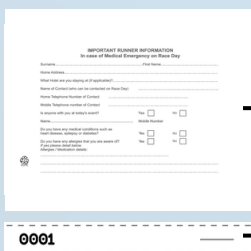
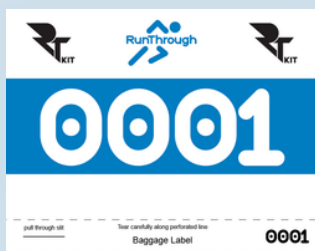
**ADD YOUR FINISH TIME
HERE**



**FOR ENTRIES ON OR BEFORE THE 23RD SEPTEMBER YOUR RACE PACK SHOULD
ARRIVE BY POST**

*If your pack hasn't arrived by 8th 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 23rd 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



DOGS



Any spectators will need to arrive before 11am. Sadly dogs are not permitted in the event village or anywhere in the Palace grounds. Please inform any spectators that may be attending with you.

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#). Please note, this is not included in the race entry, any runners wishing to enter the palace will also be required to purchase entry.

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop in the Event Village. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



TOILETS

There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.

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.

EVENT VILLAGE MAP



****PLEASE NOTE THE EVENT VILLAGE IS A 15 MINUTE WALK FROM THE MAIN ENTRANCE, AND THE START LINE IS A FURTHER 15MINUTES AWAY, PLEASE ARRIVE WITH PLENTY OF TIME TO DROP YOUR BAGS, USE THE TOILETS AND GET LINED UP TO RUN.****

DOGS ARE NOT PERMITTED WITHIN THE EVENT VILLAGE OR ANYWHERE IN HAMPTON COURT PALACE GROUNDS.

WARM UP & RACE START

Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15 minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.

If you'd like to bring an old jumper/warm layers with you to the start, anything left will be collected up and donate to charity.

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals. Both the 10k & Half Marathon will start together.

DURING THE RACE

Both races follow a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

The second half of the race is off road, we advise wearing appropriate footwear for the conditions.

There will be plenty of marshals and directional arrows to keep you going all the way to the finish.

10k will follow Green KM markers 1-9

Half Marathon will follow Yellow Mile markers 1-13

Please listen out for marshal instructions and signage, as there are sections of the course where the half marathon and 10k go separate ways & re-merge on the course.

*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.

A limited number of SiS gels will also be provided at the 2nd water station on the half marathon. 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 zone, 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.

WATER STATIONS

Water stations will be available at the following points along the course. Please help yourself as you pass:

- 10k: At approximately 4.5km.

- Half Marathon: Just before 3 miles, at 7 miles and just after 10 miles.

There will also be a bottle of water waiting for you at the finish line. We recommend staying hydrated in the lead up to the event.



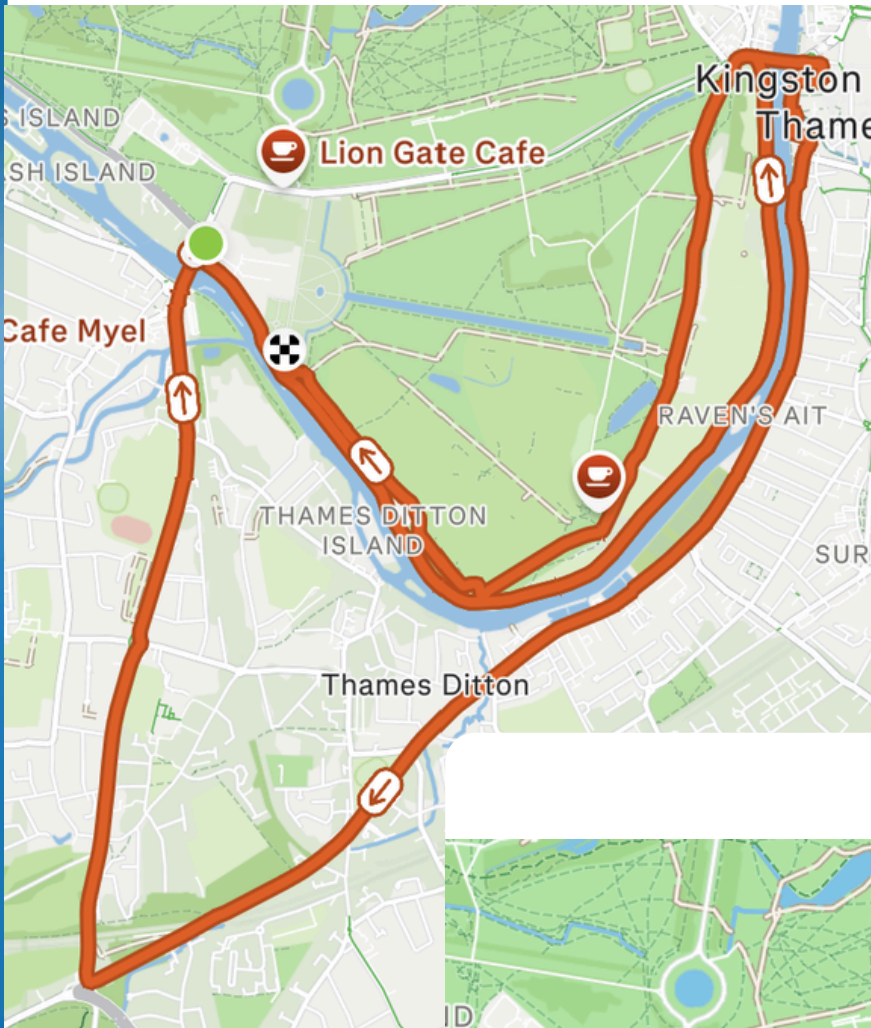
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.



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

COURSE MAPS

HALF MARATHON



[CLICK FOR HM
INTERACTIVE
MAP](#)

10K



[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.

If you've completed the double, you can also collect your double medal at the end of the half marathon finish funnel.



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



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



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

Lizi's[®]

GRANOLA



RUN, DON'T WALK. YOUR FREE PERFECT SERVE AWAITS!

**Your run might be complicated.
Your breakfast doesn't need to
be.**

**Lizi's brings real ingredients,
straightforward nutrition and
seriously good taste.**

**Because when you know what's
in your bowl, you can focus on
what matters outside it.**

**DON'T BE SHY,
GIVE US A FOLLOW!**



LIZIS_OFFICIAL

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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



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





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





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...



Voltarol
The joy of movement



BROOKS

Lizi's
GRANOLA

POWERED BY
givestart

FAST&UP

SNELLERS
ESTATE AGENTS

SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk