

RunThrough

HERTFORDSHIRE HALF MARATHON & 10K

SUNDAY 1ST NOVEMBER 2026

EVENT GUIDE

IN SUPPORT OF:

Garden House Hospice Care

YOUR RACE EXPERIENCE

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RunThrough

Garden House Hospice Care



Every Person Matters.

We would like to say a massive good luck and thank you to everyone running for Team Garden House, raising vital funds for Garden House Hospice Care. Your support means we can support more people to access the specialist care they need. Together, we are helping more people live well, remain independent for longer, and receive the support they need in the place that matters most to them.

About us

At Garden House Hospice Care, we put the patient at the heart of everything we do, 24 hours a day, 365 days a year. Serving a population of over 500,000 people in the communities of North Herfordshire, Stevenage and towns and villages in Central Bedfordshire and Cambridgeshire our aim is to provide equal access to palliative care, and rehab and wellbeing support for those affected by a life-limiting condition or advancing illness.

Less than half of our funding comes from the NHS, with the remainder raised through generosity of our local community. We have a fundraising target of £2.7 million this year to continue to provide our services free of charge to those who need them. That's £7,435.62 every day.

That's why every gift, no matter the size, helps ensure that local people facing some of life's most difficult moments receive expert care, comfort and support.



Join Team Garden House

Our calendar of events offers something for everyone. Every sign up is a step toward someone getting the care they need the minute they are told their illness can't be cured.

View our events calendar at ghhospicecare.org.uk/events or get in touch with us for fundraising guidance, t-shirts and more if taking part in another run or marathon.

Want to run for us at the weekend? There's still time to set up a JustGiving page at justgiving.com/campaign/teamgardenhouse24.

Registered with FUNDRAISING REGULATOR

Reg. Charity No. 295257

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



CALLUM GEORGE LUKE ROSS SIMON



JESS JESS NELLIE VICTOR

TRAVEL

Address: Knebworth House, Knebworth, SG1 2AX

Parking:

There is only one road into the car parking and event so please give plenty of time. The entrance is just off the A1(M) at the junction 7 roundabout.
We recommend car sharing where possible to reduce any congestion.

Please allow plenty of time to park and walk up to the Event Village. The car park opens at 06:30. There will not be any access to the car park after 08:15. After this time, the car park will be shut. Aim to arrive between 06.30 and 07.30 to give yourself the best chance of getting parked in time for the race to start. The earlier you arrive, the closer you will be parked to the event village.

Taxi/drop off:

Taxis and drop off vehicles to drop in the GridServe services. Please note there is strictly no exit after you enter Knebworth grounds until after the race has started.
Please arrive in plenty time as GridServe is a 25min walk from the event village.

Spectators:

Spectators need to arrive with runners if they want to get inside the venue in cars. If you plan to arrive after the races have started, please make arrangements to park elsewhere and enter the venue on foot.



what3words

Event Village: ///hotels.looks.dose

Car Park entrance: ///tests.march.palms

RACE PACK

START TIME

HM	9:00am
10K	9:30am

RACE PACK COLLECTION TIMES

HM: 7:30-8:30am

10K: 7:30-8:30am

FOR ENTRIES ON OR BEFORE THE 14TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 27th 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 14th 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



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING ✓

SPECTATORS WELCOME ✓

TOILETS

For this event, we will use portable toilets located in the event village.

For the Half Marathon, there will also be toilets at the 8 mile point on the course.

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.

Please stay within the event village until we call you to the start line in estimated finish time order - please don't make your way directly to the start!

DURING THE RACE

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

Half Marathon will follow yellow mile signs 1-13
10k will follow green KM signs 1-9

Please familiarise yourself with the course before you start. There will be some areas of the course where the distances will split from each other, and other areas where the distances merge back together. Look out for distance specific signage (e.g. a directional arrow with '10k' wording on), and listen for marshal instructions.

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

Please note, due to road closures in place there is a 3hr 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 water stations at the 3.5, 7, 10.5 mile points for the Half Marathon and 5.5km point for the 10k. Please help yourself as you pass.

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

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



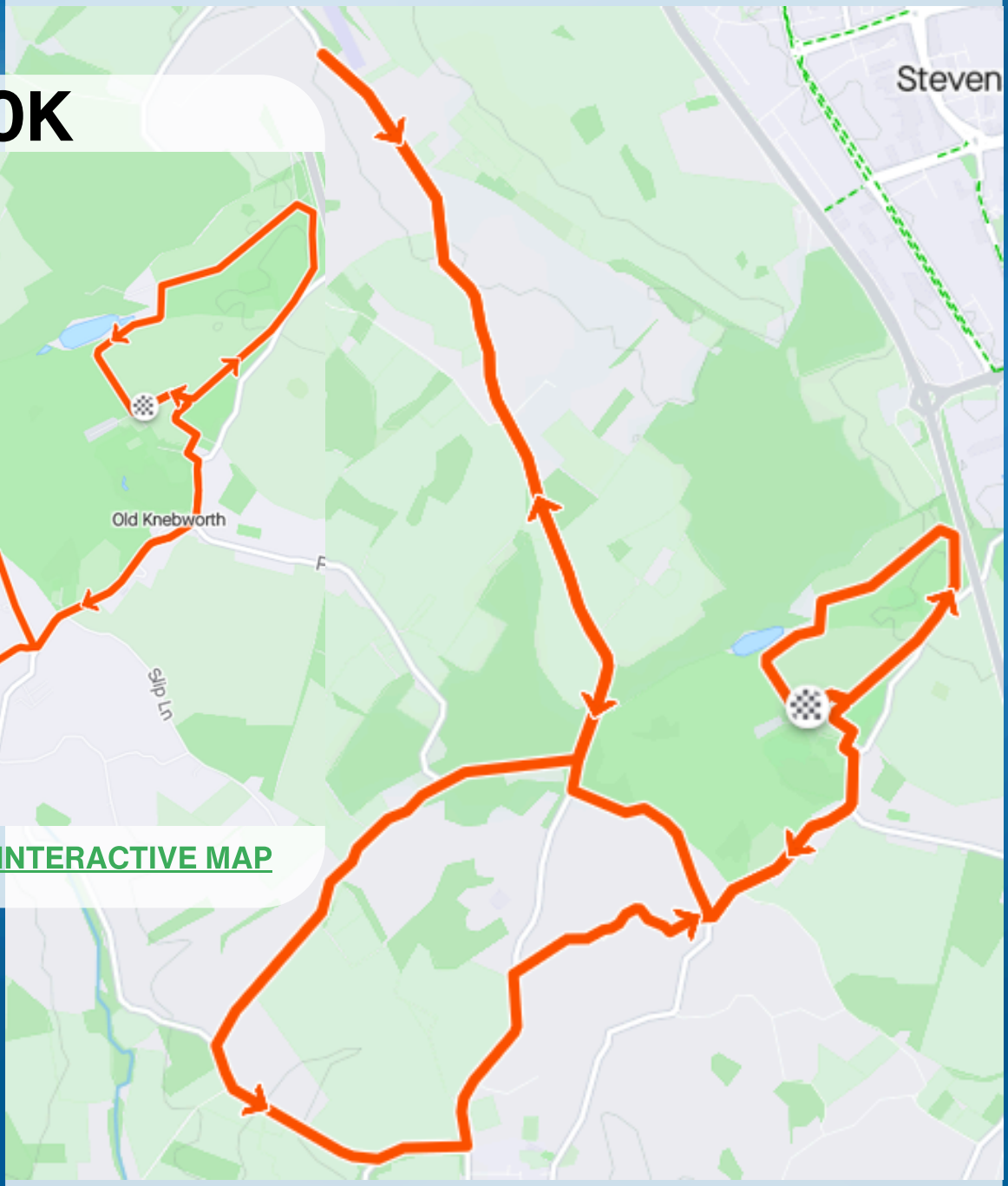
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

HALF MARATHON



CLICK FOR HALF MARATHON 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.



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

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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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

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01438 366024

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*vs non-medicated gel.

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RunThrough

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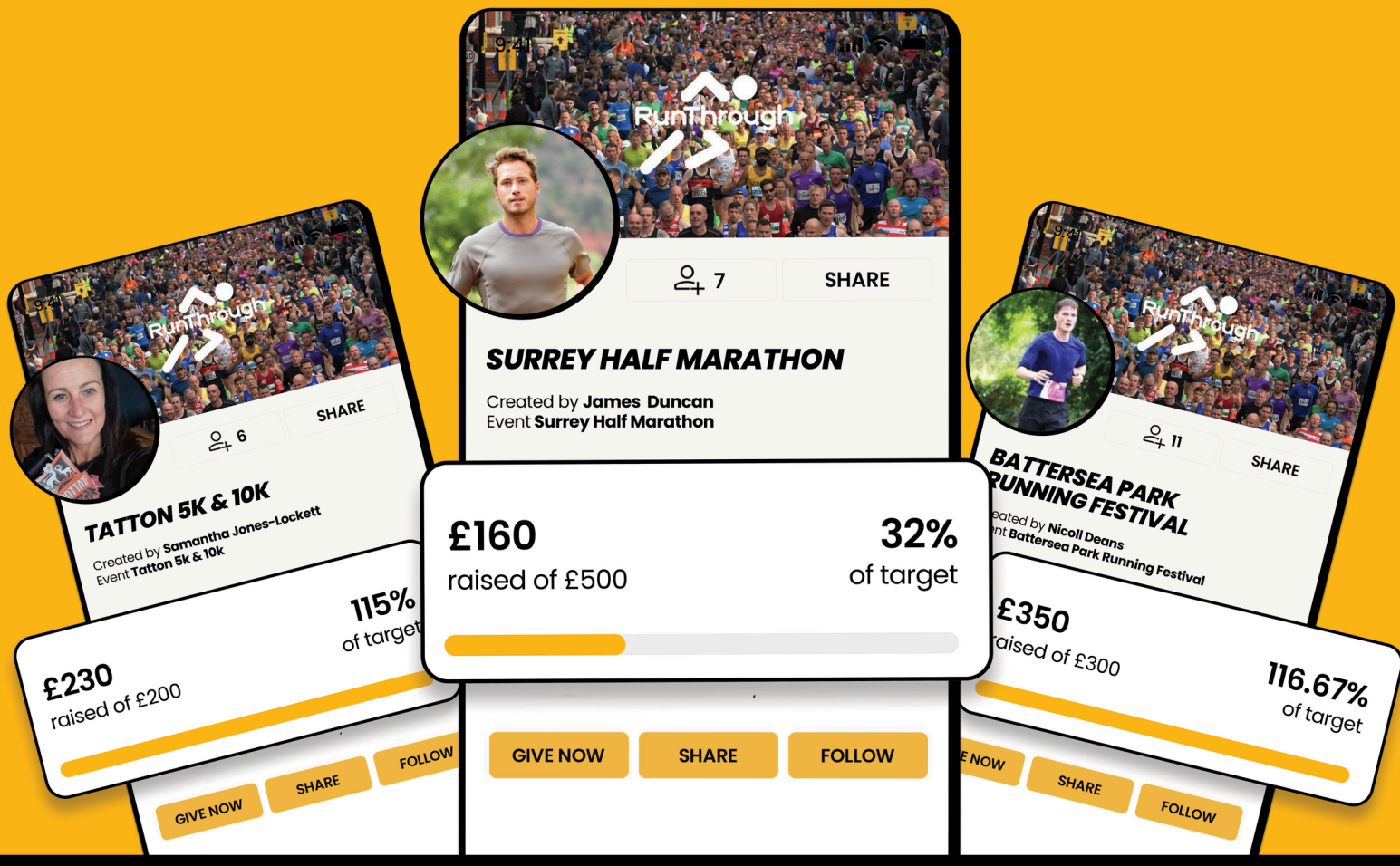
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THEY'RE MAKING A DIFFERENCE, ARE YOU?

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
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Provided on course for every runner to help fuel your performance.

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AIM FOR 60G OF CARBOHYDRATES PER HOUR



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MARATHON & HALF MARATHON TOUR

16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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