



RUN KENT 5K, 10K & HALF MARATHON SUNDAY 4TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF:



demelza
extraordinary care for extraordinary children

IN PARTNERSHIP:



Rotary
Tonbridge





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



CHARLOTTE

SAM

ROSS

JESS

SIMON

JESS



demelza



Demelza is delighted to be the official charity partner for Run Kent 2026.

About Demelza

Demelza is your local children's hospice, providing expert care for children with serious or life-limiting conditions across Kent, East Sussex and South East London.

We need your support

Running for Team Demelza? Thank you for supporting your local children's hospice. Every pound you raise helps us be there for children and families when they need us most.

Why not join Team Demelza today and set up your fundraising page.

- **Raising £10 will help give children the chance to have fun at a Dots session.**
- **Raising £20 will help families access the hydropool.**
- **Raising £50 could pay towards a short break at one of our hospices.**

Visit justgiving.com/campaign/run-kent-2026 to set up your fundraising page and ask friends and family to sponsor you.

On the day

We'll be there on the day to cheer you on and give you a boost! You'll also find us in the event village, so please do come and say hello.

Demelza is Run Kent's official charity partner



demelza.org.uk

Registered Charity No. 1039651

TRAVEL

Address: The Judd School, Brook St, Tonbridge TN9 2PN

By Car:

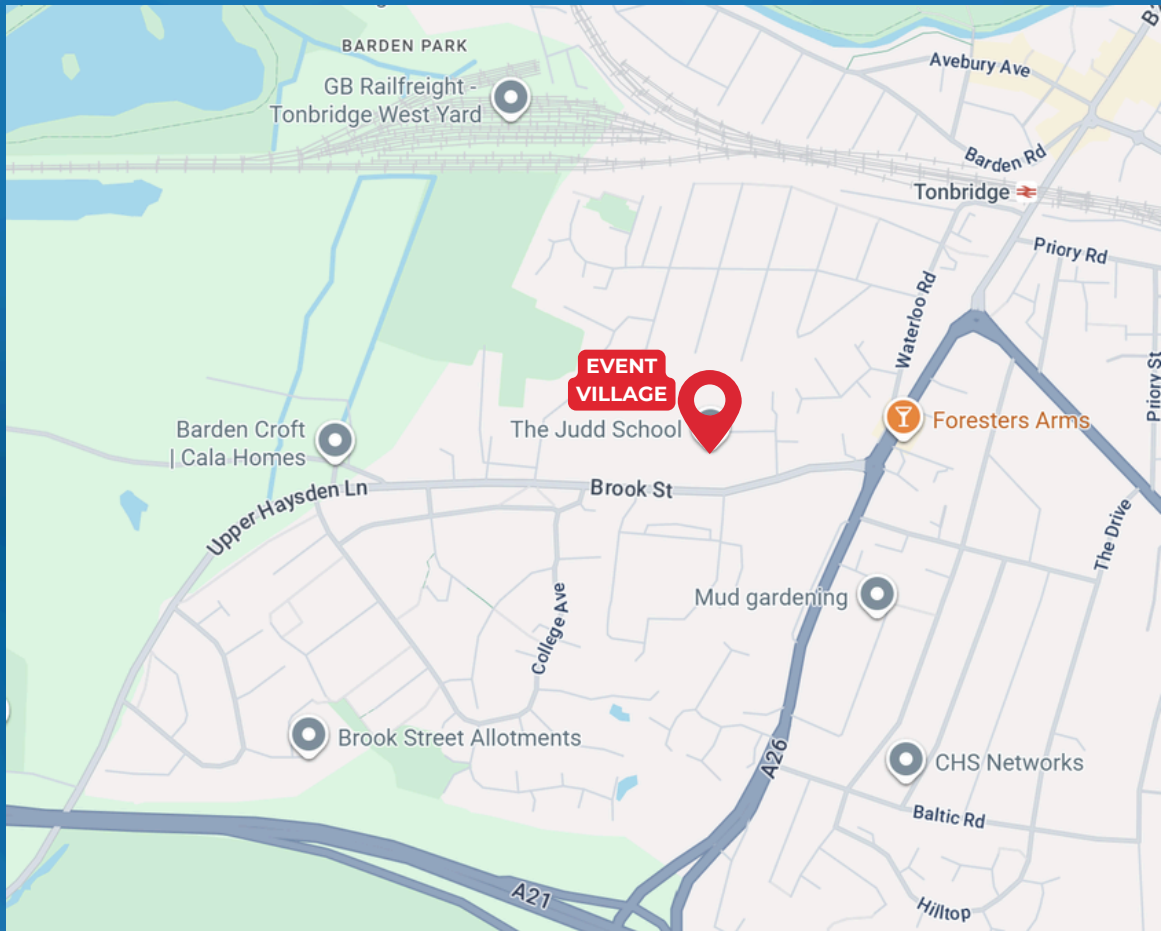
The Judd School is located just out of Tonbridge, off the A26.

If driving to the event, please plan in advance as local parking options will fill up quickly. We recommend you use parkopedia.co.uk to find a suitable parking spot. Please note there is no parking at the school.

Please be aware of road closures in place HERE and plan your journeys accordingly.

By Rail:

Tonbridge train station is located just 0.5miles from the event village (10min walk). Please check rail times ahead of the race as Sunday services may be limited.



what3words

Event Village:

///offer.lofts.hands

RACE PACK

START TIMES

HM	9:00am
10K	9:30am
5K	9:45am

RACE PACK COLLECTION TIMES

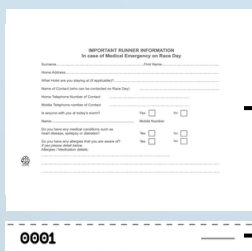
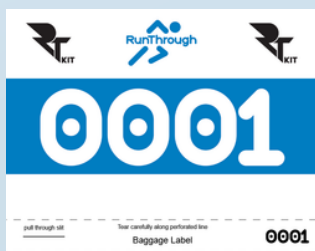
HM	7:30-8:30am
10K	8:00-9:00am
5K	8:15-9:15am



FOR ENTRIES ON OR BEFORE THE 15TH SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 30th September 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 15th 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets available to use in the Event Village and at approximately half way on the half marathon course.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the 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.

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.

DURING THE RACE

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

Half Marathon Runners - follow yellow Mile markers 1-13

10k Runners - follow green KM markers 1-9

5k Runners - follow red KM markers 1-4

All routes will head out along Upper Haysden Lane, the 5k will then turn right onto Lower Haysden Lane to head back, the 10k & Half Marathon will continue out along Haysden Lane. Once reaching Ensfield Road Bridge, the 10k will U turn back down Ensfield Road and join the 5k route on Haysden Lane. At Leigh Village, the Half Marathon continues out on loop of the countryside lanes before meeting back up with the 10k course to return back.

Due to the nature of some sections of the course looping back along the same roads, we ask that you remain to the left of the road at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake or pass to have a clear path on your right and ensure not only everyone's safety but allow for the best experience throughout the race.

Please drain and discard all litter and bottles within the signed litter zones, 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 HM 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 there is a 3hr 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 3 water stations on the half marathon course, which you will pass at 3, 6.5 and 10 miles. The 10k will pass the water station at half way. The 5k does not pass a water station.

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.



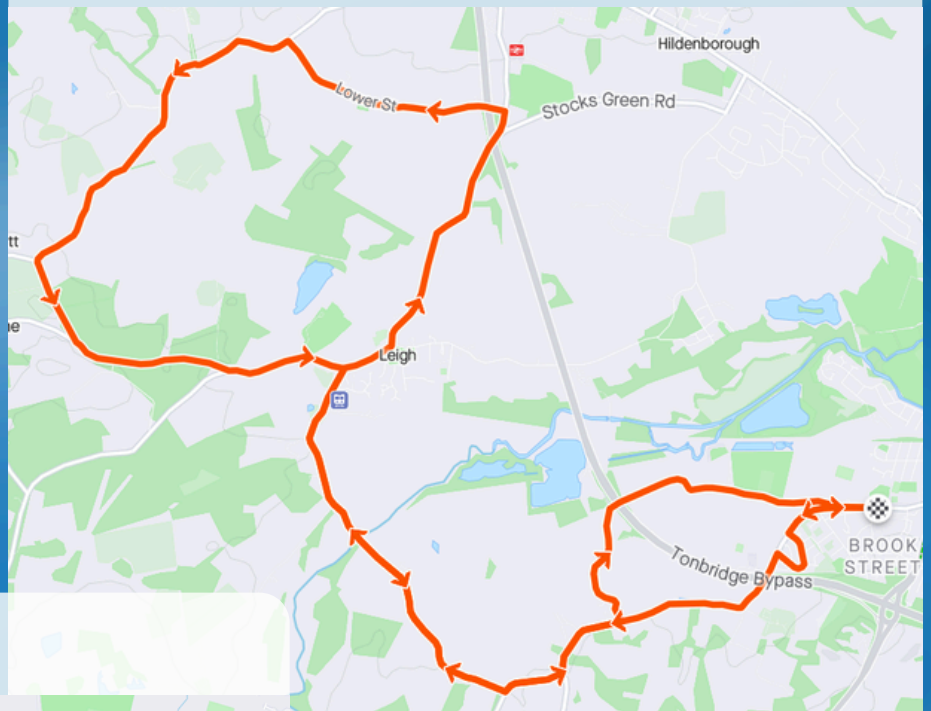
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

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

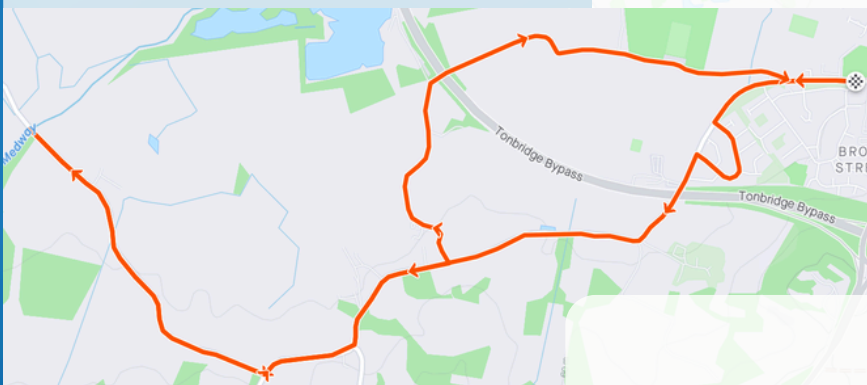


COURSE MAPS

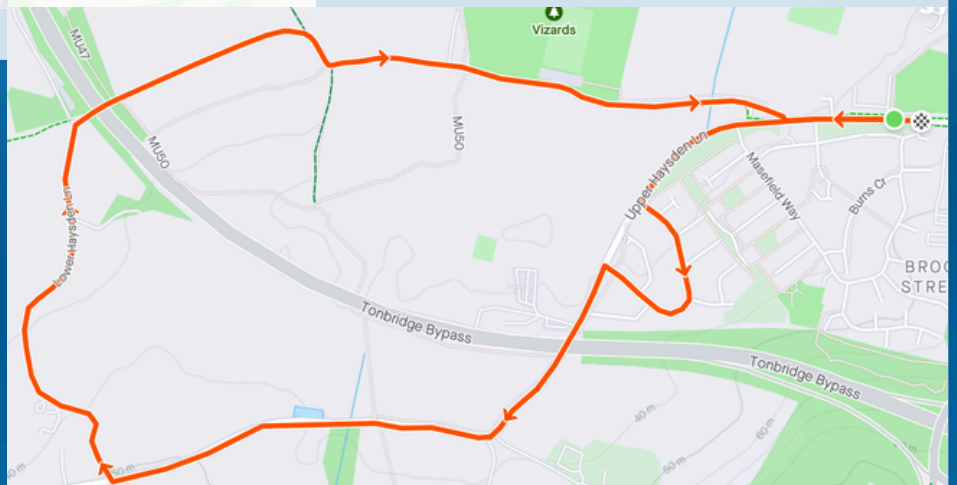
HM Race Route



10K Race Route



5K Race Route



[CLICK FOR INTERACTIVE MAPS](#)



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

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:

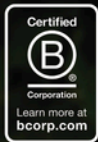
- **£40 - 5K/10K**
- **£65 - HALF MARATHON**
- **£100 - MARATHON/ULTRA**

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



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BROOKS

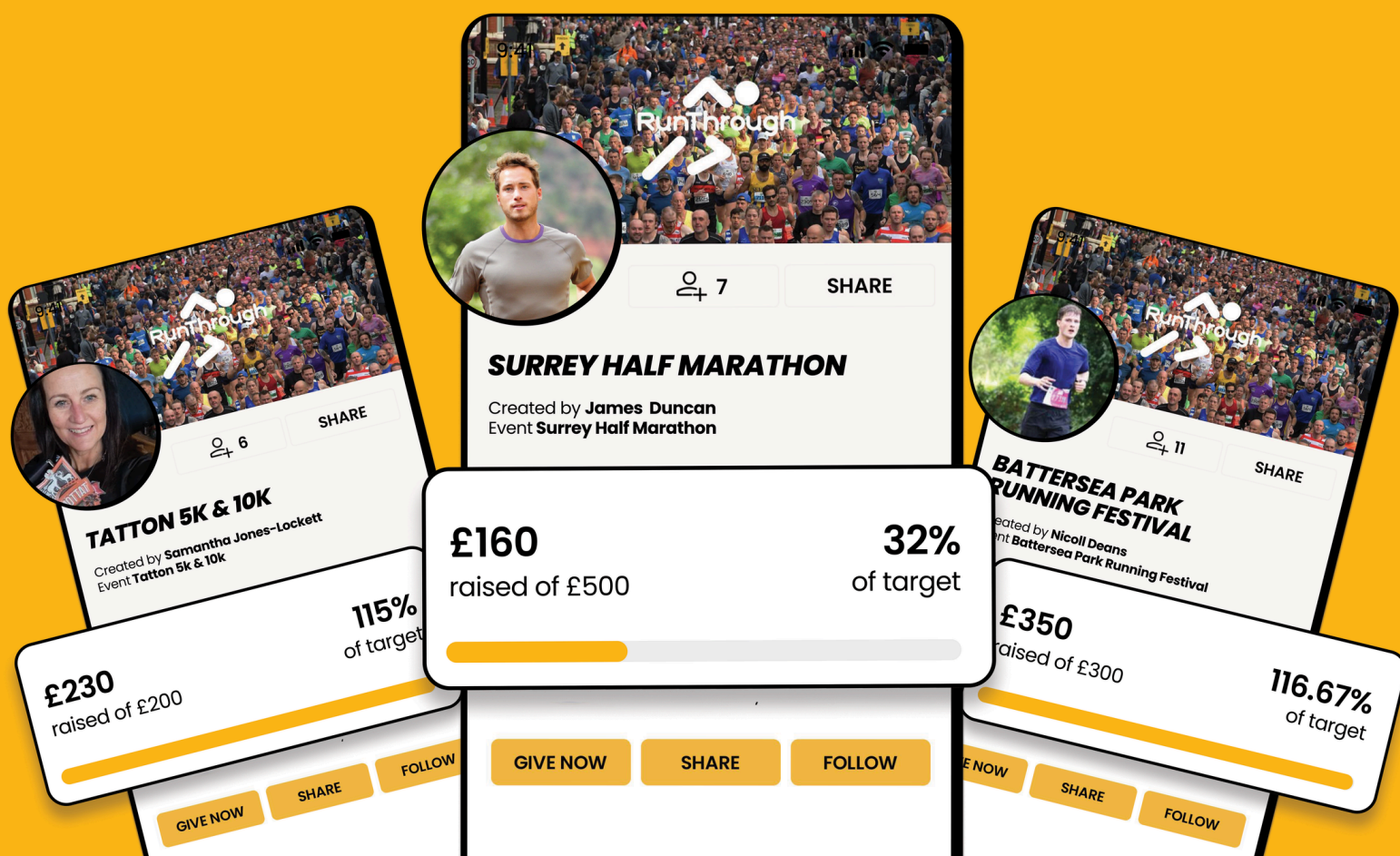


OFFICIAL PARTNER

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.

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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 →](#)



Supported by...



demelza

extraordinary care for extraordinary children



SILVERHAND
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The joy of movement

BROOKS



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