RunThrough

OFFICIAL EVENT GUIDE

NOTTINGHAM RUNNING FESTIVAL

HALF MARATHON · 10K · 5K · JUNIOR

SUNDAY 22ND NOVEMBER 2026



VENUE

NG2 4BE

EVENT VILLAGE OPENS

8:00AM

IN SUPPORT OF

NOTTINGHAMSHIRE HOSPICE

Nottinghamshire Hospice

RunThrough

NOTTINGHAM RUNNING FESTIVAL • EVENT GUIDE

SUNDAY 22ND NOVEMBER 2026

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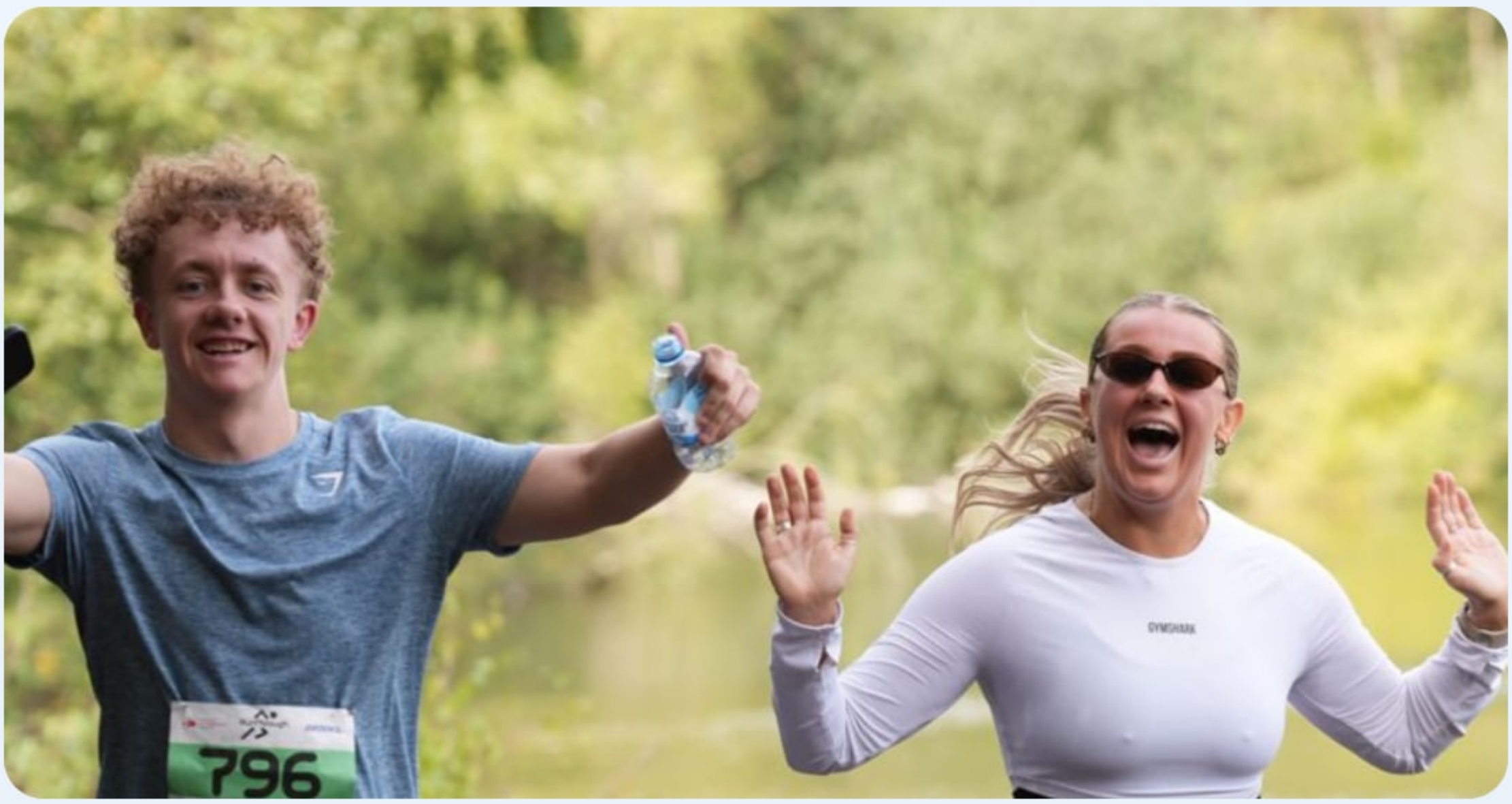
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WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to Nottingham Running Festival! Everything you need for race day is in this guide: how to get here, your race pack, the course and what happens at the finish. Whether you're chasing a PB or running your first race, we can't wait to see you on the start line.

R

THE RUNTHROUGH TEAM
RUNTHROUGH

RACE WEEK UPDATES

If anything changes before race day — timings, the course or the weather — we'll email you at the address you booked with and on our social channels (@runthroughuk). Keep an eye on your inbox (and junk folder) in the days before.



GETTING HERE

EVENT LOCATION

COLWICK PARK, COLWICK RD, NOTTINGHAM NG2 4BE, UK

PARKING & TRANSPORT

There is limited free parking available at the Racecourse - we recommend arriving early if you plan to use this car park as spaces will fill up quickly. There are also multiple car parks around Colwick Country Park, and street parking in nearby industrial estates, which are all within a short walk of the venue.

WHAT3WORDS

Event Village: ///comet.diner.swept

BEFORE YOU SET OFF

Arriving in good time will help ensure a smooth start for everyone. Please allow extra time to get parked and make your way to the start area.

NOTTINGHAM RUNNING FESTIVAL • EVENT GUIDE

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RACE PACK

YOUR TIMES

DISTANCE	START	CUT-OFF
Half Marathon	9:30am	12:30
10K	10:15am	12:15
5K	10:25am	11:25
Junior	12:00pm	—

MINIMUM AGE Half Marathon 17+ · 10K 15+ · 5K 11+ · Junior Under 11

PLEASE DO THIS BEFORE RACE DAY

COMPLETE YOUR RUNNER INFORMATION FORM

It only takes a couple of minutes, and it means our medical team has your emergency contact and any medical details to hand, so they can look after you quickly if you need them.

FILL IN THE FORM NOW >

BY POST

Entered on or before Sunday 8th November? Your race pack will be posted to you ahead of race day.

Not arrived in time? Get in touch with info@runthrough.co.uk and we'll help.

ON THE DAY

Entered after Sunday 8th November? Race packs will be available to collect upon the event village opening at 7:30am.

WEARING YOUR BIB

Pin your race number to the front of your top so our team can see it easily. Your timing chip is on the back, so please leave it attached — and take a moment to fill in the medical details on the back too, just in case.

SUNDAY 22ND NOVEMBER 2026

EVENT VILLAGE

TOILETS | REFRESHMENTS | PARKING | SPECTATORS | DOGS

BAG DROP

- We will have a secure marquee where you can leave your baggage.
- We recommend you bring as little baggage as possible.
- Your baggage tag is attached to your race number, you simply tear it off and attach to your bag.
- To collect, show your number to our staff and they will help you find your baggage.

TOILETS

We will be using toilet blocks located within the racecourse grandstand. They are a short diversion from the race route, accessible at the end of each lap, should you wish to use them during the race.

Should you require any sanitary products, please visit our staff at the information marquee who will be able to help you.

RACE DAY ETIQUETTE

Something not right? Pop over to the Information tent, have a word with any of our team, or get in touch with info@runthrough.co.uk — we're always happy to help.

- 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.

RACE DAY

WARM UP

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 note that the Half Marathon start is located away from the Event Village and Finish Area. The start is approximately 10 minutes' walk from the Event Village, so please allow plenty of extra time to make your way across before the race. There will be clear signage and marshals directing you from the Event Village to the Half Marathon start.

COURSE CUT-OFFS: HM 12:30 · 10K 12:15 · 5K 11:25

If you think you may take longer than the cut-off time, please email info@runthrough.co.uk before the event so we can advise on the options — we want everyone to finish, and knowing in advance lets us keep the course and marshals in place for you where we can.

WATER STATIONS

There will be water provided approximately every 5km and there will also be water available at the finish along with your post race goodies and medal. Please note the 5k won't pass a water station on the course.

Litter zones:

Just after the water station on each lap there's a signed litter zone. Please drop your bottle or cup inside it rather than on the course — there are no road sweepers, so our team collects every one by hand. Thank you for helping us keep the course clean for everyone, including our neighbours.

HEADPHONES

Please note, headphones are not permitted unless bone-conduction. If you use bone-conduction, please keep the volume low so you can hear marshal instructions and remain aware of your surroundings at all times. Thank you!

THE COURSE

The course starts and finishes in front of the Racecourse Grandstand, taking runners out onto the scenic trails of nearby Colwick Country Park. The route then leads back to Nottingham Racecourse for a lap of the infield, before returning to the Grandstand to cross the finish line. The course makes use of a 5km loop on flat tarmac paths within the Racecourse and on gravel paths in Colwick Park. Please note this means the HM and Junior race start line are separate from the 5k and 10k, so please plan accordingly.

We will have marshals all around the course as well as signs and arrows — keep an eye out for them, especially where routes split.

GOOD TO KNOW

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow anyone needing to overtake to have a clear path on your right and ensure not only the safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

Please note: this event takes place on public paths that may also be used by pedestrians. 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.

SiS gels will also be provided at the water stations. 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.

DISTANCE	LAPS	SIGNS	TERRAIN	ELEVATION
Half Marathon	4.25	Yellow	Road/gravel	20
10K	2	Green	Road/gravel	10
5K	1	Red	Road/gravel	5
Junior	0.25	—	Road	—

HALF MARATHON ROUTE ›

10K ROUTE ›

5K ROUTE ›

JUNIOR ROUTE ›

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COURSE MAPS

HALF MARATHON



10K



5K



JUNIOR



JUNIOR RACE

ON THE DAY

JUNIOR

- Starts 12:00pm · Maximum age 11

FOR PARENTS & GUARDIANS

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 15 minutes prior to the start time.

We'll have a group warm up at 11:45 and walk to the start together.

The race will start at 12:00 and will follow a 1.5km loop around the racecourse. 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!

AFTER YOUR RUN

FINISH LINE
Keep moving through the funnel to make room for runners behind you.

YOUR MEDAL
Every finisher gets a well-earned medal.

GOODIES
Grab water and post-race treats on your way out.

EVENT MERCH
Pre-ordered kit? Collect it at the RT Kit stall.

YOUR RESULTS See your chip time after you finish ›

RACE PHOTOS Free to download after the race ›

BUY EVENT MERCH ›

SHARE YOUR RACE · TAG @RUNTHROUGHUK

The RunThrough Podcast

WATCH ON YOUTUBE ›

LISTEN ON SPOTIFY ›

RANKINGS
Every race you run with us, all in one place. ›

QUESTIONS?
Our FAQs have the answers to most things. ›

THANK YOU FOR RUNNING WITH US
We hope you have a brilliant day — see you at the next RunThrough event!

Nottinghamshire Hospice

Nottinghamshire Hospice is delighted to be the charity partner for the Nottingham Running Festival in 2026!



For over 45 years, Nottinghamshire Hospice has delivered exceptional end-of-life care to local people. All our care is provided in patient's own homes or out in the community - our focus has always been on enabling patients to die in their preferred place.

All of our services are provided free of charge to those who need them. But they are not without cost. We rely heavily on the generosity of our community to continue to be able to deliver care our local community needs.



Get involved!

Fundraise for us

Do something amazing and use your place in the Nottingham Running Festival to support your local hospice!

Donate

Simply make a donation towards our vital care. Just £10 can help us be there for someone in their final days.

Keep in touch

Sign up to our e-newsletter and get regular updates on the work of the hospice and more ways to support



Charity Number: 509759 | Phone: 0115 962 1222 | Email: fundraising@nottshospice.org

RunThrough



VOLUNTEER WITH US

Volunteer at any of our races and choose race credit or a kit voucher:

5k / 10k	£40 RACE CREDIT	or	£20 KIT VOUCHER
Half Marathon	£65 RACE CREDIT	or	£30 KIT VOUCHER
Marathon / Ultra+	£100 RACE CREDIT	or	£40 KIT VOUCHER

One reward per event volunteered. You choose when you sign up.

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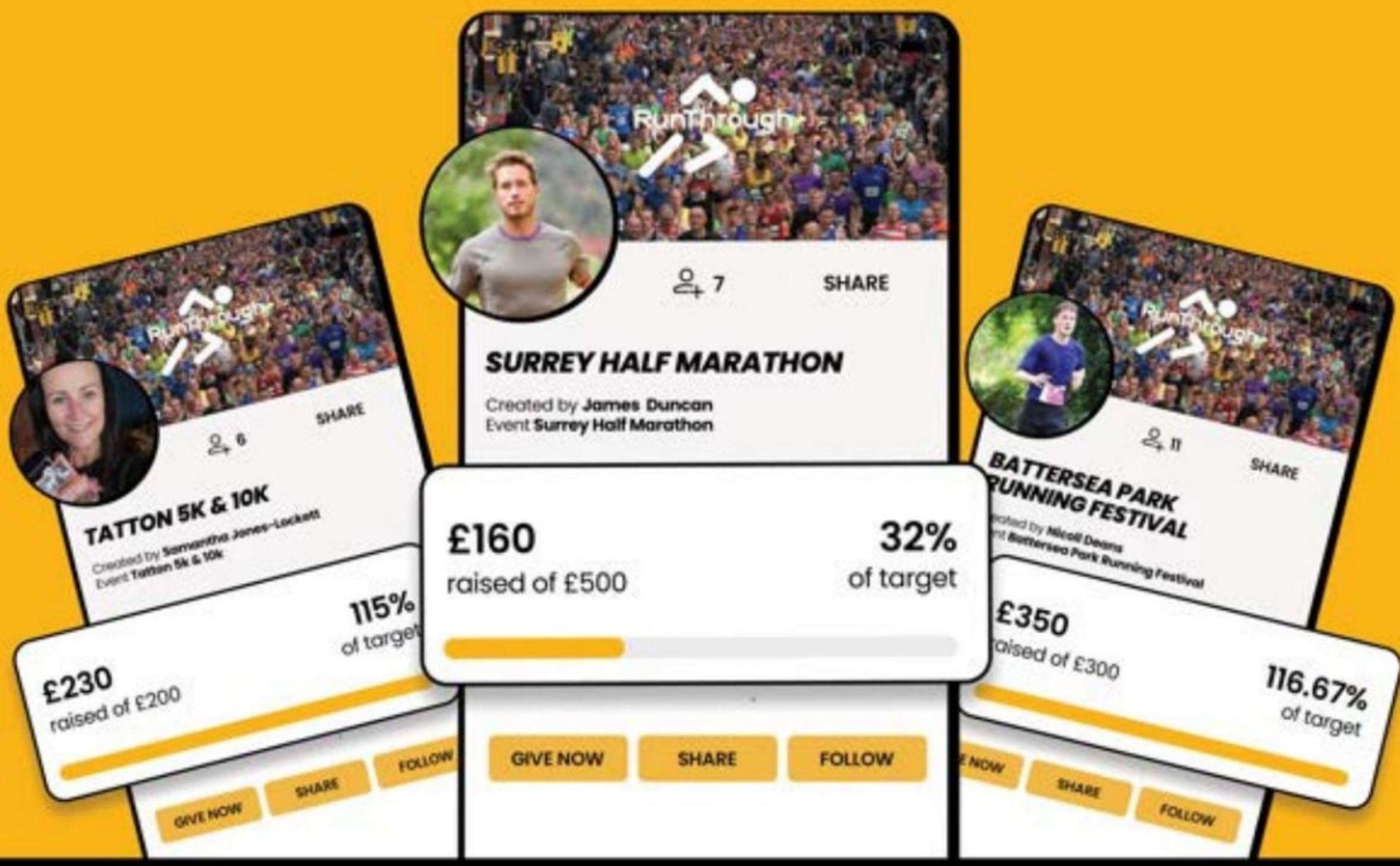
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THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



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*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

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