RunThrough

RICHMOND PARK
TRAIL HALF MARATHON

SUNDAY 18TH OCTOBER 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

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RunThrough

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!

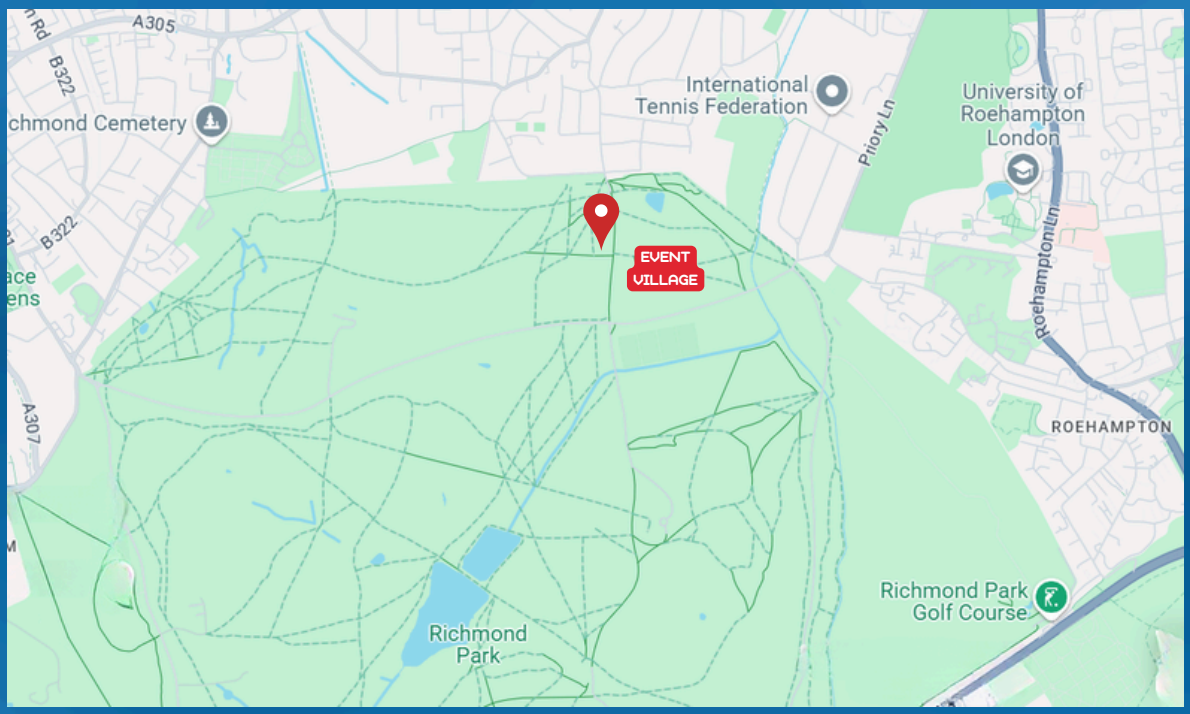
The RunThrough Team

WILL HEIDI

TRAVEL

Address: Sheen Gate, Richmond Park, London, SW14 8BJ

Public Transport:	Richmond mainline station is about 30-40 minutes walk and Mortlake is about a 20 minute walk away. Getting there from the Tube/Train station will need careful planning. Be sure to give yourself plenty of time!
Parking:	There is limited parking available at both Sheen Gate & Roehampton Gate. As it is a Sunday there will also be parking available within the surrounding roads, please check any relevant signage displayed.
By Foot/ Bike:	The park is easily accessible by both foot and cycle. There is bike parking at Sheen Gate, a short walk from the event village.
Important Note:	The event village is located next to Sheen Gate. The nearest postcode we have for this location is SW14 8BJ. This is not the exact postcode but it should give you a close enough location when using navigation services. Sheen Lane is the street that takes you directly into the Park.



what3words **Event Village:** ///refuse.pencil.flag

RACE PACK

START TIME

9:30am

RACE PACK COLLECTION TIMES

8:00 – 9:00am

- 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

CLICK FOR ENTRY LIST & RESULTS

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 NEARBY ✓

SPECTATORS WELCOME ✓

There are a selection of cafe's and refreshment points around Richmond Park that will be open for runners and spectators to use, the closest being Roehampton Gate which is a 10 minute walk from the event village.

Dogs are not permitted on the course, due to deer in the park. You're more than welcome to spectate with dogs, however, these must be kept on leads at all times.

BAG DROP

- Please limit the number of belongings you bring to the event.
- 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 area.
- Collect your bag after your race.

TOILETS

There will be portable toilets within the event village.

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 before 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

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

The course is 4 laps. Please keep count of your laps during the race.

There is a mixture of trail paths, well trodden pathway, and grass- we advise wearing trail shoes as some sections can get muddy.

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 for anyone needing to overtake to have a clear path on your right and ensure not only your safety but allow for the best experience throughout the race.

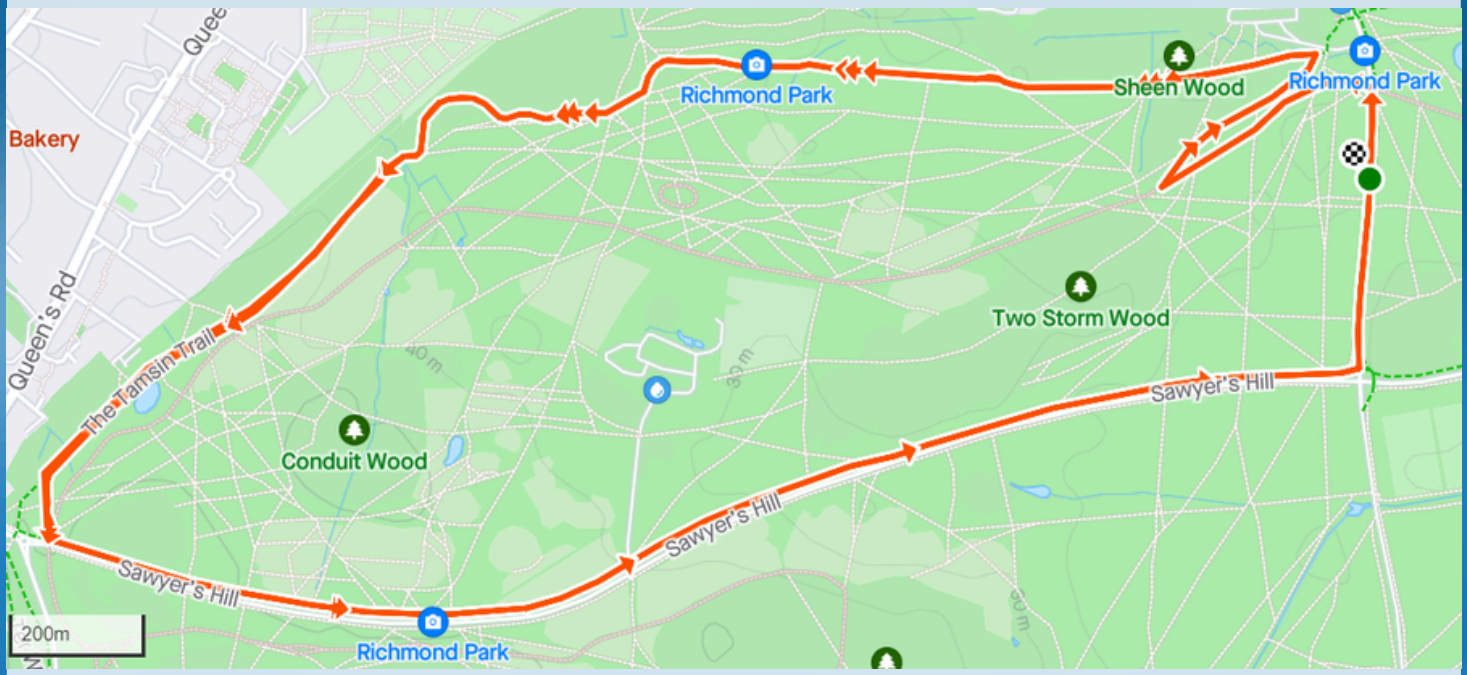
Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

*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.

Please drain and discard all litter and bottles within the signed litter zone, shortly after the water station. 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.

With respect for the marshals, venue and environment, littering of any kind won’t be tolerated.

COURSE MAP



CLICK FOR INTERACTIVE MAP

WATER STATIONS

There will be two water stations on each lap of the course providing cups and refills.

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

We recommend bringing your own water bottle/flask to stay hydrated in the lead up to the event and throughout the run.

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!

THE FINISH LINE

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

This will consist of a water refill station 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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15% off for RunThrough runners
Use code: RTEVENTS15
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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

Voltarol
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RunThrough

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

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12 HRS

UP TO **12 HOURS** OF TARGETED ANTI-INFLAMMATORY

POWERFUL **ANTI-INFLAMMATORY** TARGETS THE SOURCE OF PAIN

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*vs non-medicated gel.

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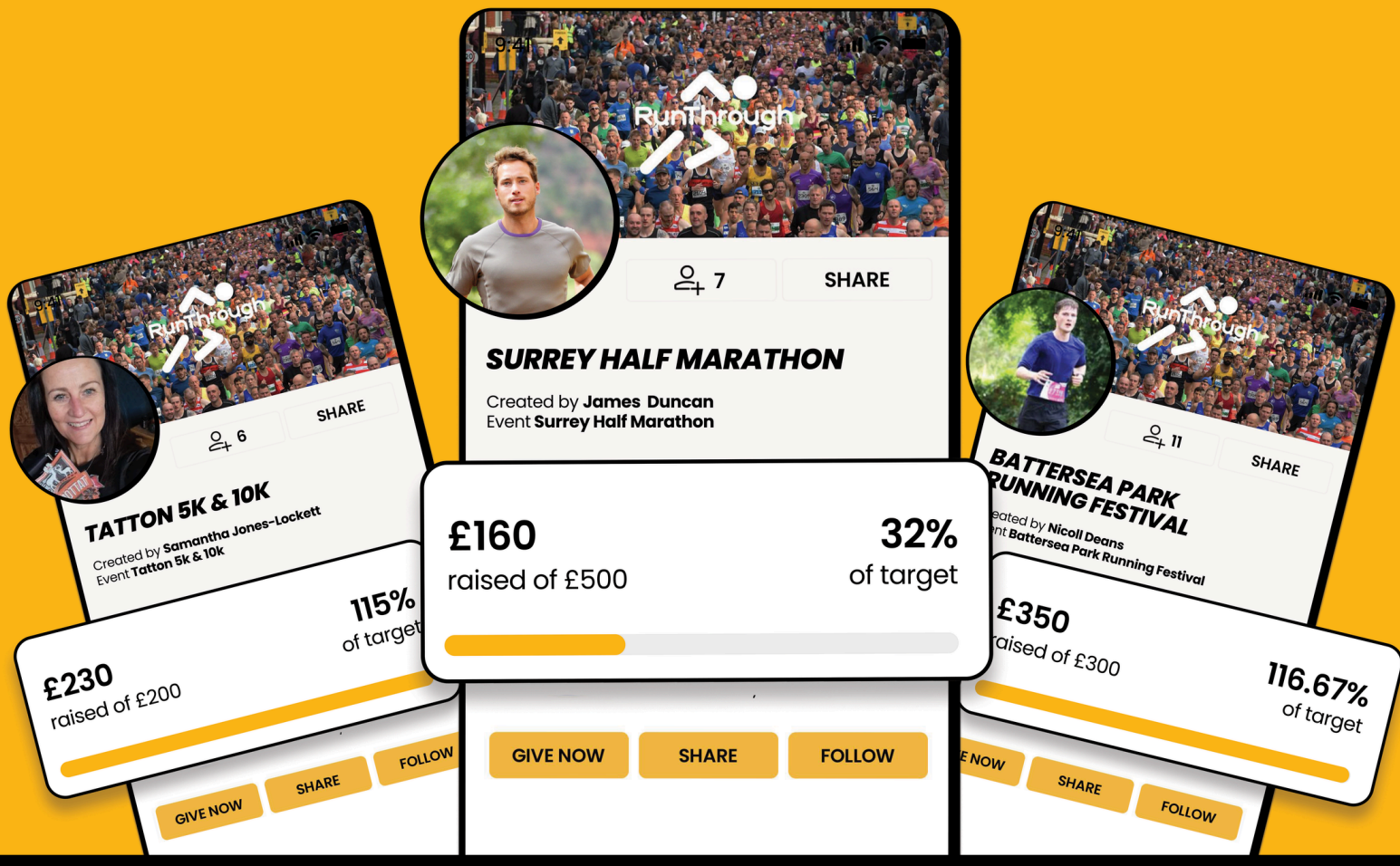
Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

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

22G CARBOHYDRATES

ISOTONIC FORMULA

INFORMED SPORT APPROVED

AIM FOR 60G OF CARBOHYDRATES PER HOUR

RunThrough

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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.

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.

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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

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16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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SOLGAR® Since 1947

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Voltarol The joy of movement

BROOKS

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