

RunThrough

RUGBY HALF MARATHON
SUNDAY 25TH OCTOBER 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

03 WELCOME
04 TRAVEL
05 RACE PACK
06 EVENT VILLAGE
07 WARM UP & RACE START
07 DURING THE RACE
08 COURSE MAPS
09 FINISH LINE
10 RESULTS & PHOTOS
11 OUR PARTNERS AND OFFERS

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



KATIE | OLLY | KIRSTEN | JOE | LEAH | ISSY

TRAVEL

Address: Hart Field, Rugby CV21 3UB

Please arrive early and car share where possible.

By Car:

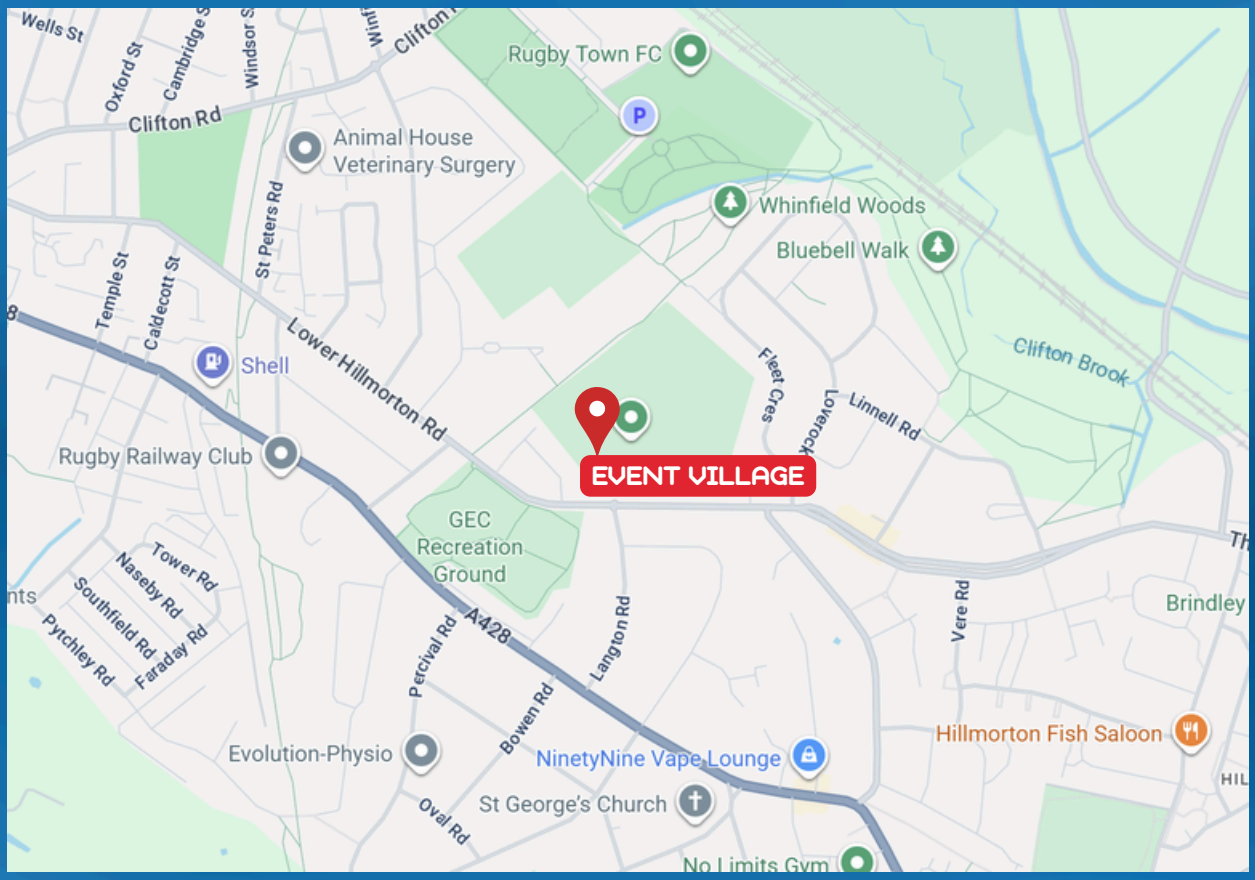
Hart Field sports ground is located just 1.2miles outside of Rugby town centre off the A428.

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.

There is plenty available street parking in the local area. If utilising street parking, please park with respect for the residents and pedestrian access.
Please avoid parking or driving up to Lower Hillmorton Road & Kinglsey Avenue. These roads will be closed and blocked by event infrastructure, any vehicles on these roads will not be able to leave until the race finishes.

Public Transport:

Rugby train station is located just 1.6miles from the event village (6min drive or 30min walk). Please check rail times ahead of the race as Sunday services may be limited.



what3words **Event Village:** **///studio.hosts.rugs**

RACE PACK

START TIME

9:00am

Please note the clocks go back on Sunday, 25 October 2026 at 2:00am.

RACE PACK COLLECTION TIMES

7:30-8:30am

FOR ENTRIES ON OR BEFORE THE 7TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 20th 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 7th 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

There will be portable toilets available to use in the Event Village & on the course.
If you live locally we recommend using toilets at home.

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 the race. From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

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

You will follow yellow Mile markers 1-13

The course follows an undulating loop around Rugby and onto the country lanes towards Barby. At around 6.5 miles, runners will begin a 2nd lap of these country lanes. At the end of the 2nd lap, the route heads onto the old Great Central Railway to head back into Rugby for the finish.

Due to the nature of some sections of the course looping back along the same roads, we ask that you remain to the right of the path 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 left 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, 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 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 2 bottled water stations, both of these you will pass twice. They will be at approximately 1mile, 4miles, 7miles and 10miles. Please help yourself to these as you pass.

There will also 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.

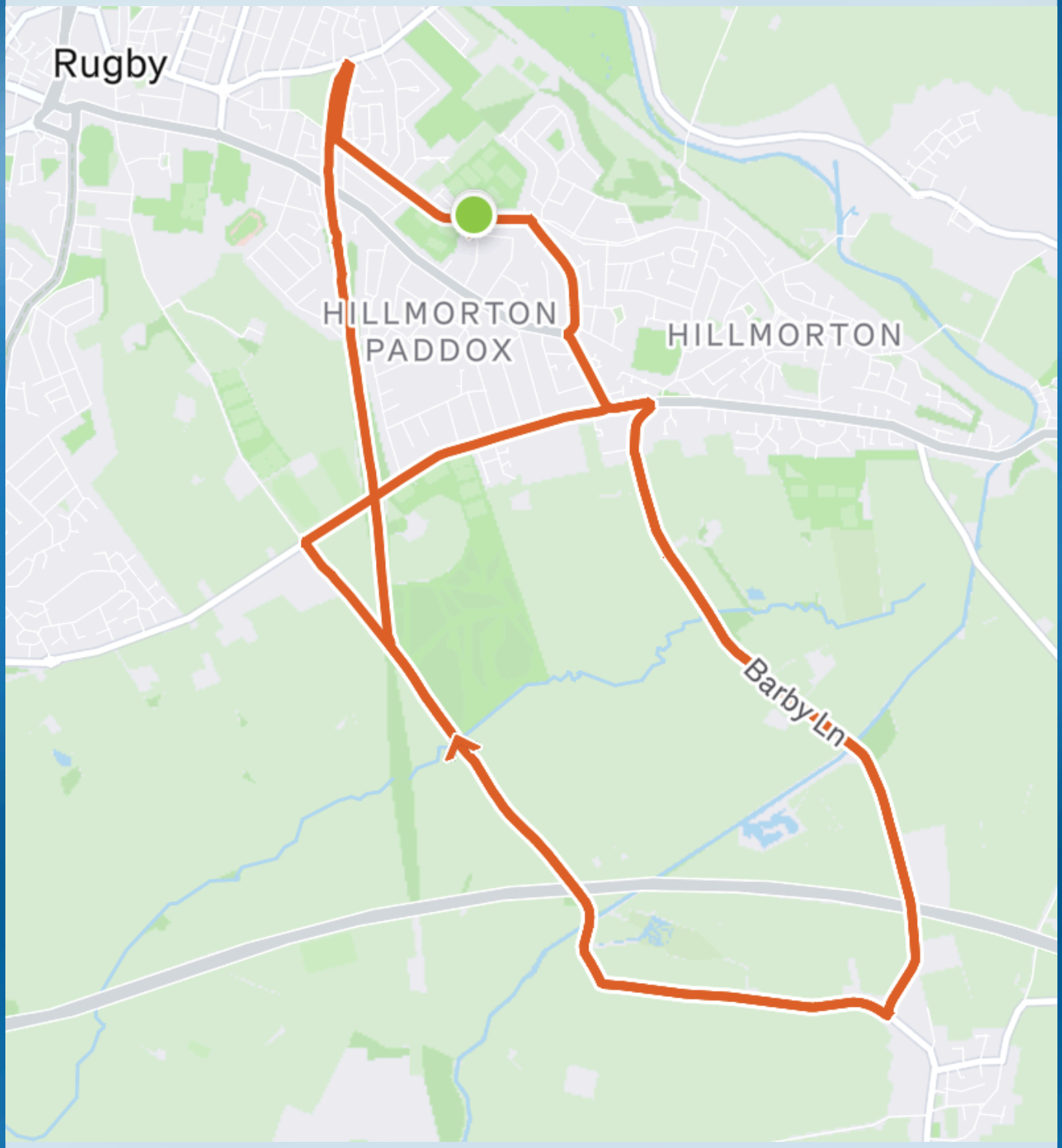


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP



CLICK FOR 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

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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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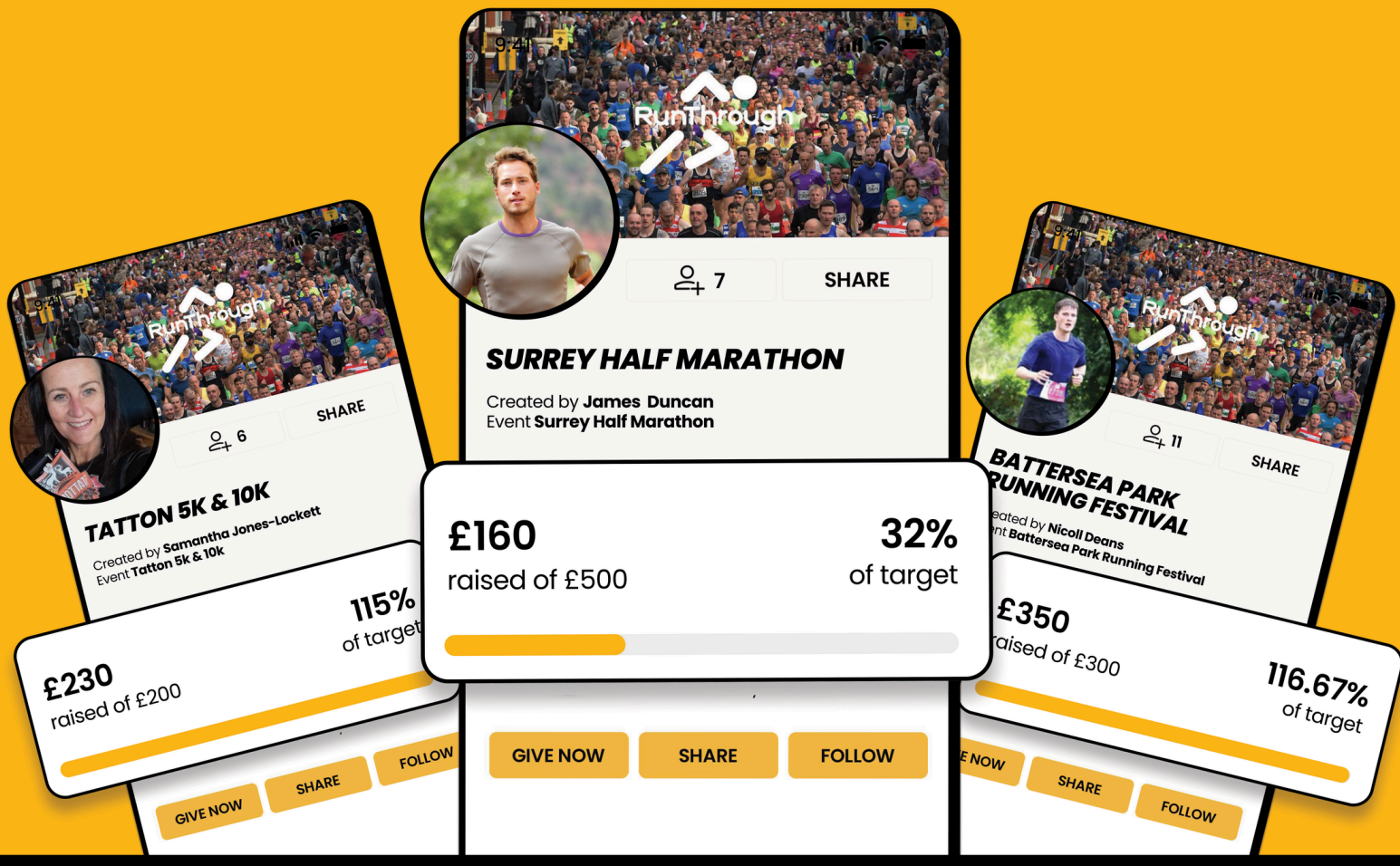
Download on the App Store

GET IT ON Google Play

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

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SiS
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OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

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

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ISOTONIC FORMULA

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Voltarol
The joy of movement

RunThrough

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



Always read the label

12 HRS

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.

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Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

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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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Improve technique & performance
Supportive environment for all abilities

FIND OUT MORE

RUNNER RETREATS&TOURS



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16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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BROOKS

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