



SOUTHAMPTON FC

5K, 10K, HALF MARATHON & JUNIORS

SUNDAY 4TH OCTOBER 2026

EVENT GUIDE

IN SUPPORT OF:

wetwheels
Foundation



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.

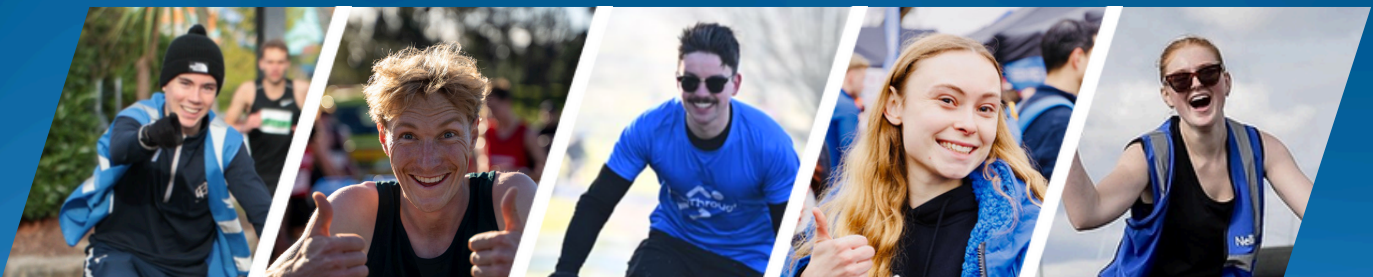
Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

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



GEORGE

JAMIE

WILL

SOPHIE

NELLIE

Wetwheels Foundation are the official charity of the year for Run Southampton 2026!

At Wetwheels, we are thrilled to be the official Charity of the Year for Run Southampton. We make the sea accessible, by providing exciting, barrier-free boating experiences open to all disabled people on board specially-built powerboat catamarans, from our UK coastal bases - including Hamble and Portsmouth.

For many of our participants, accessing the open water is something they never thought possible. By supporting Wetwheels you are helping us keep our custom-built, fully accessible boats on the water, ensuring that everyone - regardless of their impairments - can take the helm and experience the joy of the sea.

"There is something very special about being on the water. For a disabled person, being at sea offers unparalleled freedoms. Your mind and imagination fill with things that didn't seem possible." - Geoff Holt MBE DL, Founder of Wetwheels.



Get Involved

Get In Touch Today

Donate - Mark the occasion by celebrating your completion of Run Southampton with a donation to Wetwheels.



Did you know?

- Around 1 in 4 people in the UK are disabled.
- Last year, Wetwheels provided accessible powerboating experiences to more than 11,000 disabled participants and their families...
- ...giving almost 6,000 people their first-ever on-the-water experience.
- Time spent on the water offers Blue Health benefits including improved physical and mental wellbeing.

How to get involved:

If you, or someone you know would enjoy an active, participatory maritime adventure with Wetwheels, get in touch with the team today.

TRAVEL

Address: St Mary's Stadium, Britannia Rd, Southampton SO14 5FP

By Car:

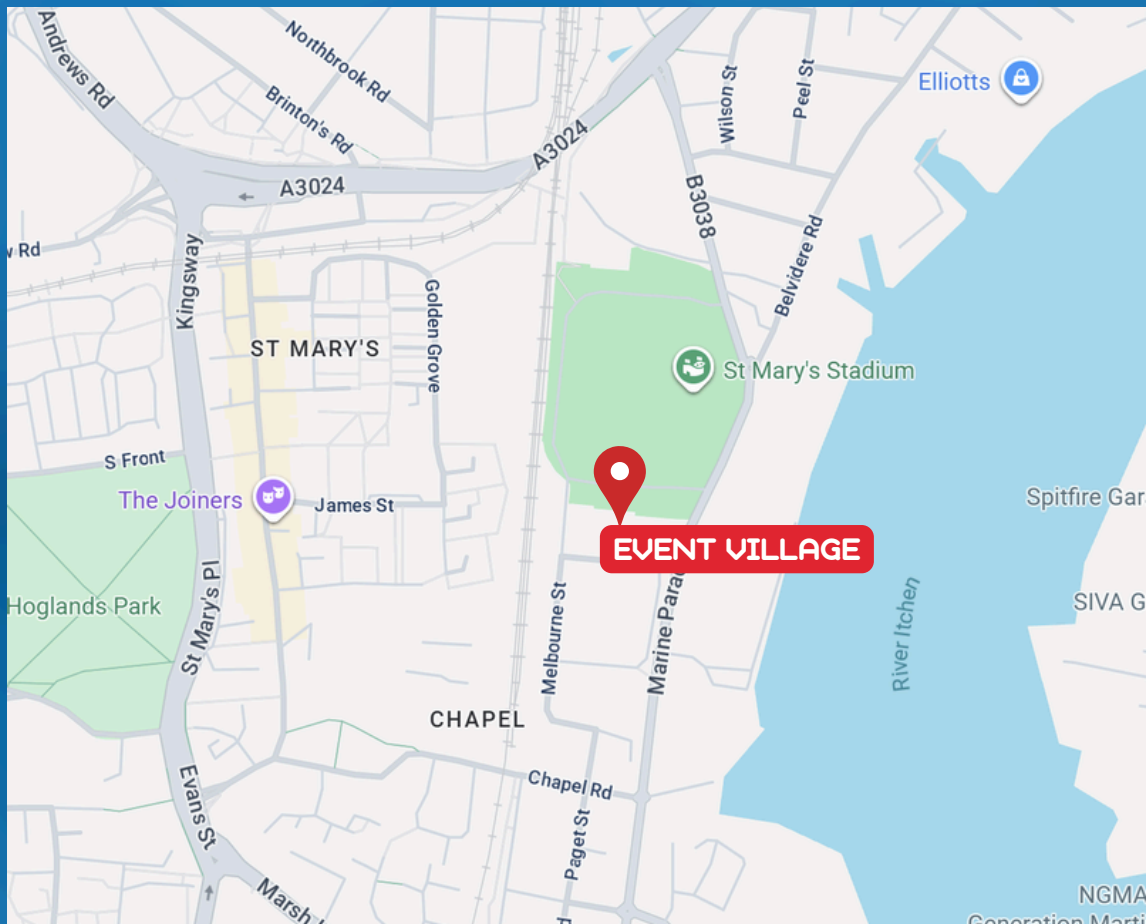
There will be no parking at the venue, we recommend using public transport or car sharing where possible. Please use parkopedia.com to find somewhere suitable to park nearby.

There are several surrounding small car parks available which are often used on match days.

By Public Transport:

Southampton Central, Bitterne and Woolston Stations are all within 2 miles of the stadium. Please check rail times ahead of the race as services may be reduced on weekends.

BlueStar Buses run in and out of Southampton, you can check their services [HERE](#)



what3words

Event Village:

///quit.clouds.budget

RACE PACK

START TIMES

HM	9:00am
10K	9:30am
5K	9:45am
JUNIORS	12:00pm

RACE PACK COLLECTION TIMES

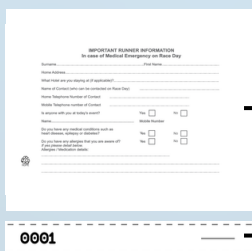
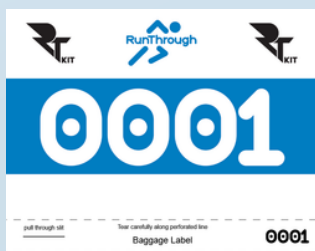
HM	7:30-8:30am
10K	8:00-9:00am
5K	8:15-9:15am
JUNIORS	10:30-11:30am



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 FORM](#)

[CLICK FOR ENTRY LIST & RESULTS](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

There will be toilets available to use in the stadium which can be accessed from the event village.

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 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 note, each race starts in a different location, please ensure you listen out for mc instructions to guide you to your start.

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 (4 Laps)

10k Runners - follow green KM markers 1-9 (2 Laps)

5k Runners - follow red KM markers 1-4 (1 Lap)

Due to the nature of the lapped route, 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 zone, shortly after the water station on each lap. 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 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 a water station on each lap of the course. Please help yourself to this as you pass.

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.



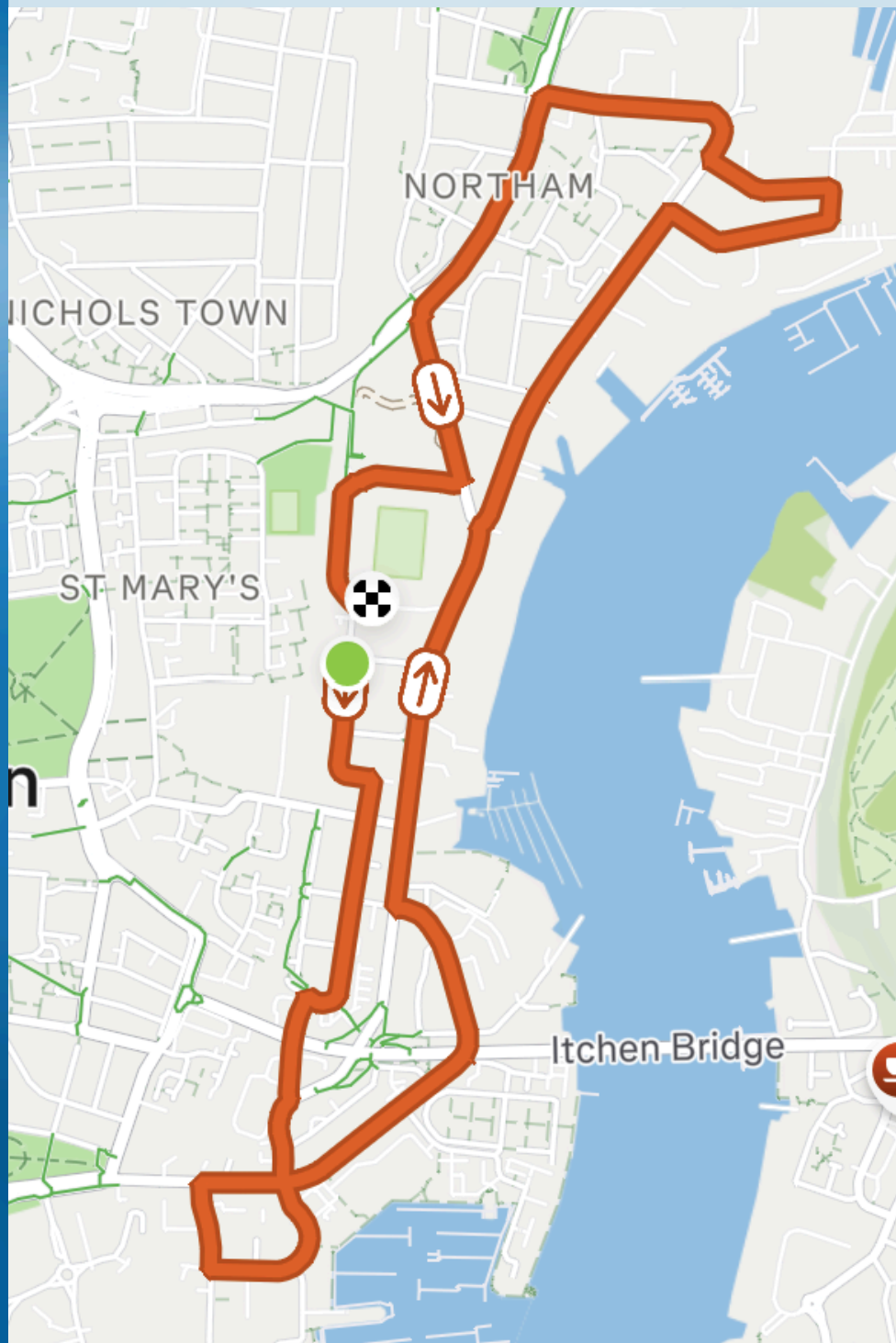
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

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



COURSE MAP

1 Lap of the route



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR HM 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!

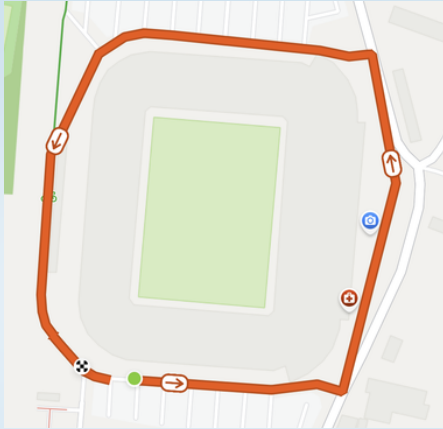
If you've not pre-ordered kit, but would like to purchase some, these are available below.

(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

JUNIOR RACE



JUNIORS- 1 MINI LAP

**CLICK FOR JUNIORS
INTERACTIVE MAP**

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 20mins prior to the start time.

We'll have a group warm up at 11.45 and walk to the start together.

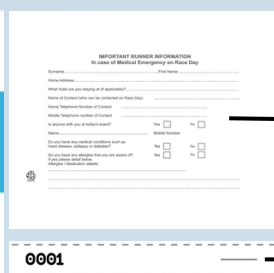
The race will start at 12.00 and will follow a 800m loop of the stadium. There will be a lead bike and marshals along the course.

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!



INCLUDED:

BIB NUMBER AND
ATTACHED TIMING CHIP

ADULT WRISTBAND



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

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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IN RUNNING**



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FASTER RECOVERY*
*vs non-medicated gel.

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Expert coaching workshops for smarter training
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Supportive environment for all abilities

[FIND OUT MORE](#)

RUNNER
RETREATS & TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



Supported by...

wetwheels
Foundation



BROOKS



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Interested in supporting an event?

Email: partners@runthrough.co.uk