

RunThrough

WINDSOR TRAIL RUN

10K & HALF MARATHON

SUNDAY 8TH NOVEMBER 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



ANDREAS SIMON HEIDI

TRAVEL

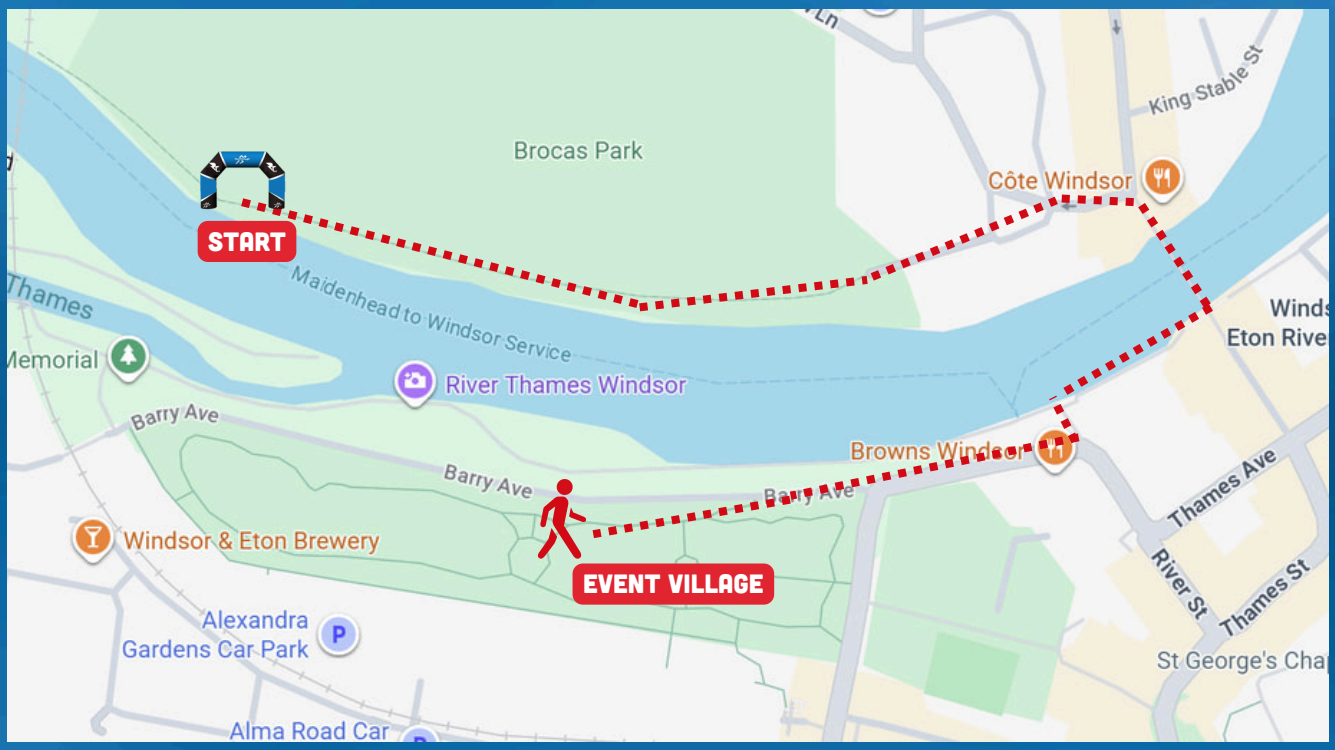
Address: Alexandra Gardens, Alma Rd, Windsor SL4 3HU

Public Transport: Windsor is served by two train stations, Central and Riverside. Both are situated a few minutes walk from the Event Village.

First Great Western operates services from London Paddington, change at Slough onto the branch line that links with Windsor & Eton Central. South West Trains operate from London Waterloo to Windsor & Eton Riverside.

Please check train times in advance as Sunday services may be limited.

By Car: Windsor is 30 miles west of London and is accessible via the major motorway networks: from M3 exit at Junction 3; from M4 exit at Junction 6; from M25 exit at Junction 13 and from M40 exit at Junction 4 or Junction 2.



what3words **Event Village:** ///impact.metro.enter

RACE PACK

START TIMES

10K	9:00am
HM	9:20am

RACE PACK COLLECTION TIMES

HM: 7:30 – 8:30am

10K: 7:50 – 8:50am

- 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.
If you live locally we recommend using toilets at home.

BAG DROP

- Please limit the number of belongings you bring to the event.
- 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.
- Please note the start is a 10minute walk from the event village- we'd advise bringing an old jumper to wear to the start.
- Any belongings left at the start will be donated to charity. We advise passing any belongings to a spectator should you wish to keep it.

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.

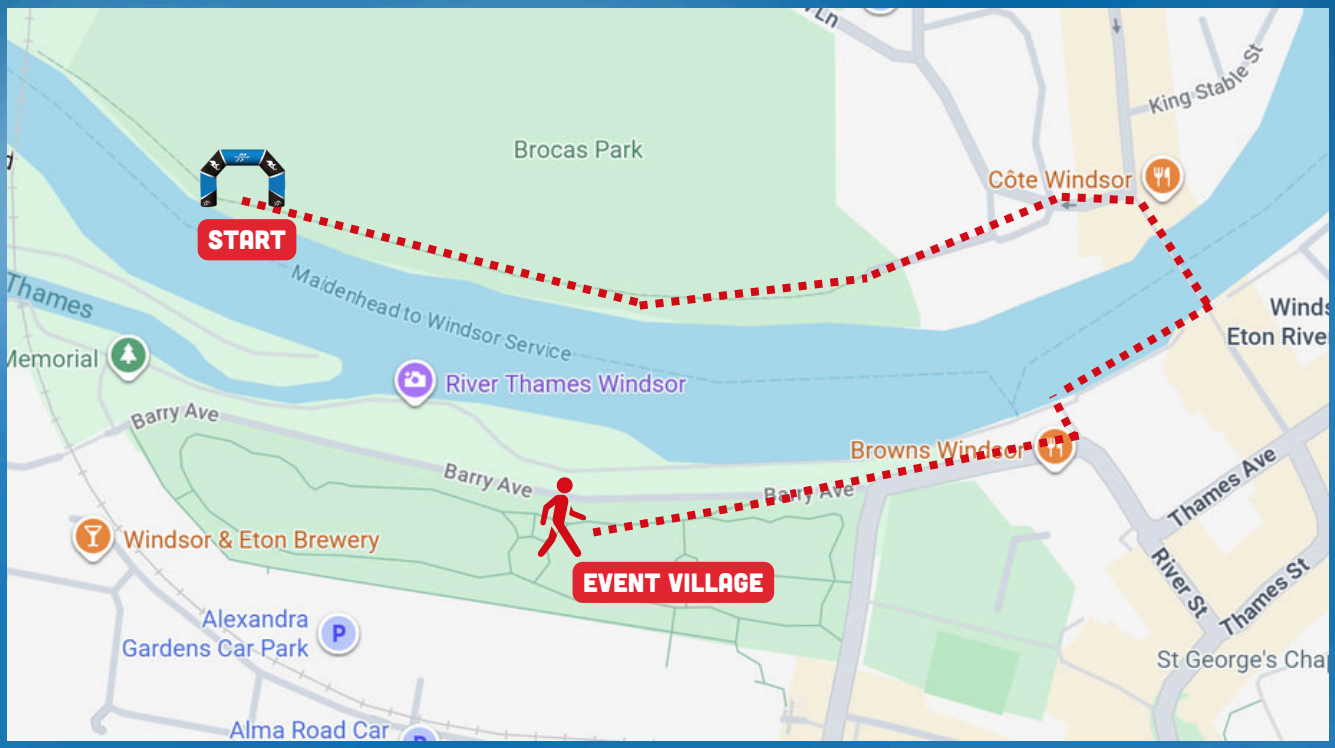
-Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

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

30 minutes before the start of each race there will be a group warm up in the event village. We will then call out estimated finish times to walk runners to the start. Please note this is 800m (10minute walk) from the event village- Shown on the map below.
Please listen out for marshal and MC instructions to get lined up ahead of the race.



DURING THE RACE

We will have marshals all around the course as well as directional arrows and red trail flags.

This scenic course is run on a combination of trail paths, roads, public footpaths and grass. Please wear appropriate shoes for mixed terrains.

Please note there will be road crossings and gates along this route, it is vitally important you listen out for any marshals instructions throughout. Although on quiet lanes, all roads are open to cars throughout the day, and paths are open to the public to use.

Please keep to the right of the path at all times to allow runners to overtake if they wish.

Please drain and discard all litter and cups within the signed litter zones, shortly after the water station. There are no council 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 Half Marathon water station. If you chose 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.

WATER STATIONS

There will be water stations at approximately 5k on the 10k route, and at 4mi, 6mi & 10mi on the Half Marathon, these will provide cups of water. We advise bringing your own bottles/water to take along the course.
There will also be water refill stations waiting for you at the finish line.

We recommend bringing your own water and fuel to stay hydrated 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.

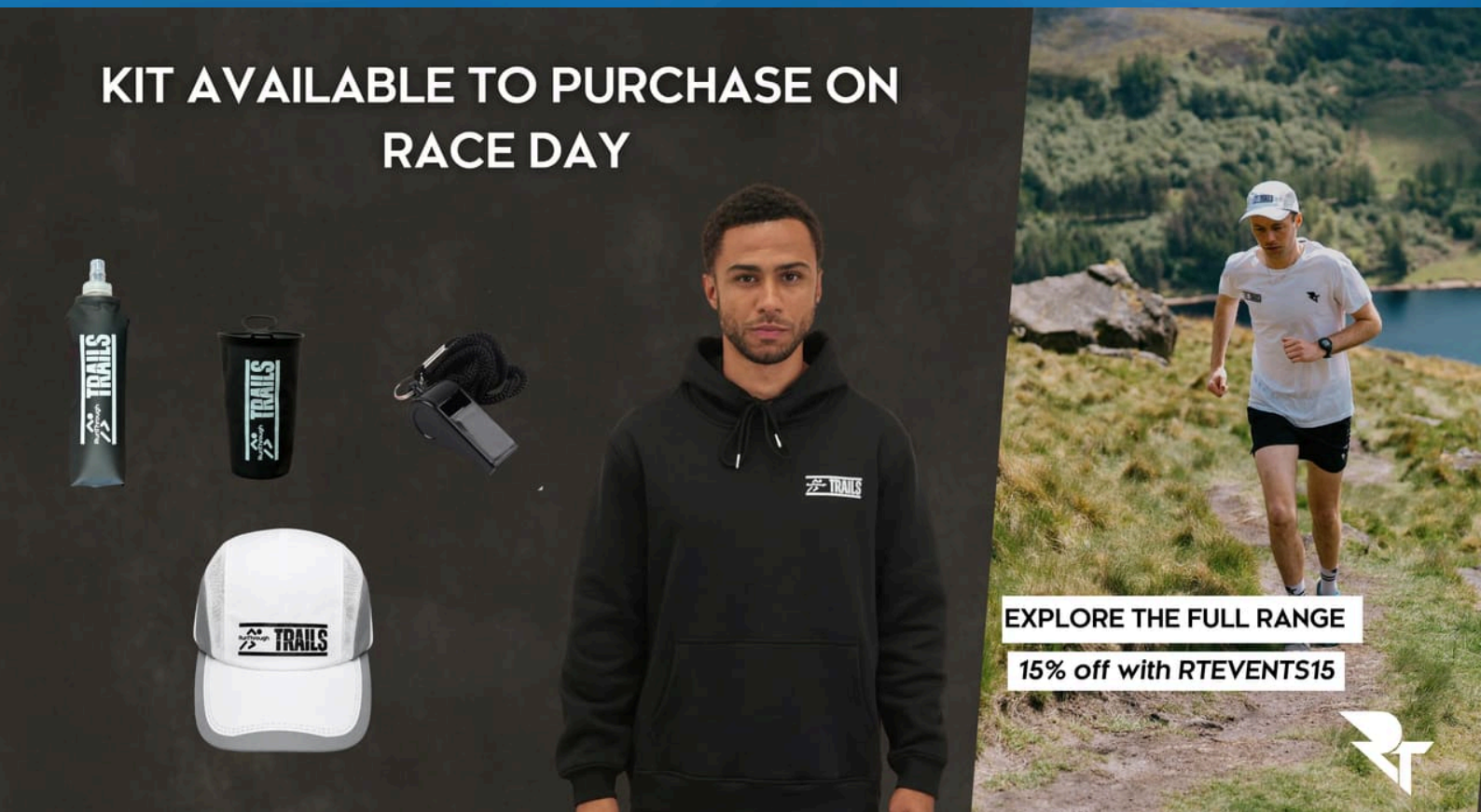
LOOK OUT FOR THE LITTER ZONE SIGNAGE!



RECOMMENDED KIT

Trail Running Shoes
Running Vest or Belt
Fuel & Water
Mobile phone and/or GPS device (fully charged)

Please contact the medical team if you or any other participants require medical treatment out on the course.
Their number is: 07521 973668
We recommend saving this number in your phone ahead of the event



COURSE MAPS

10K



CLICK FOR INTERACTIVE MAP

HALF MARATHON



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


GO FURTHER
SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

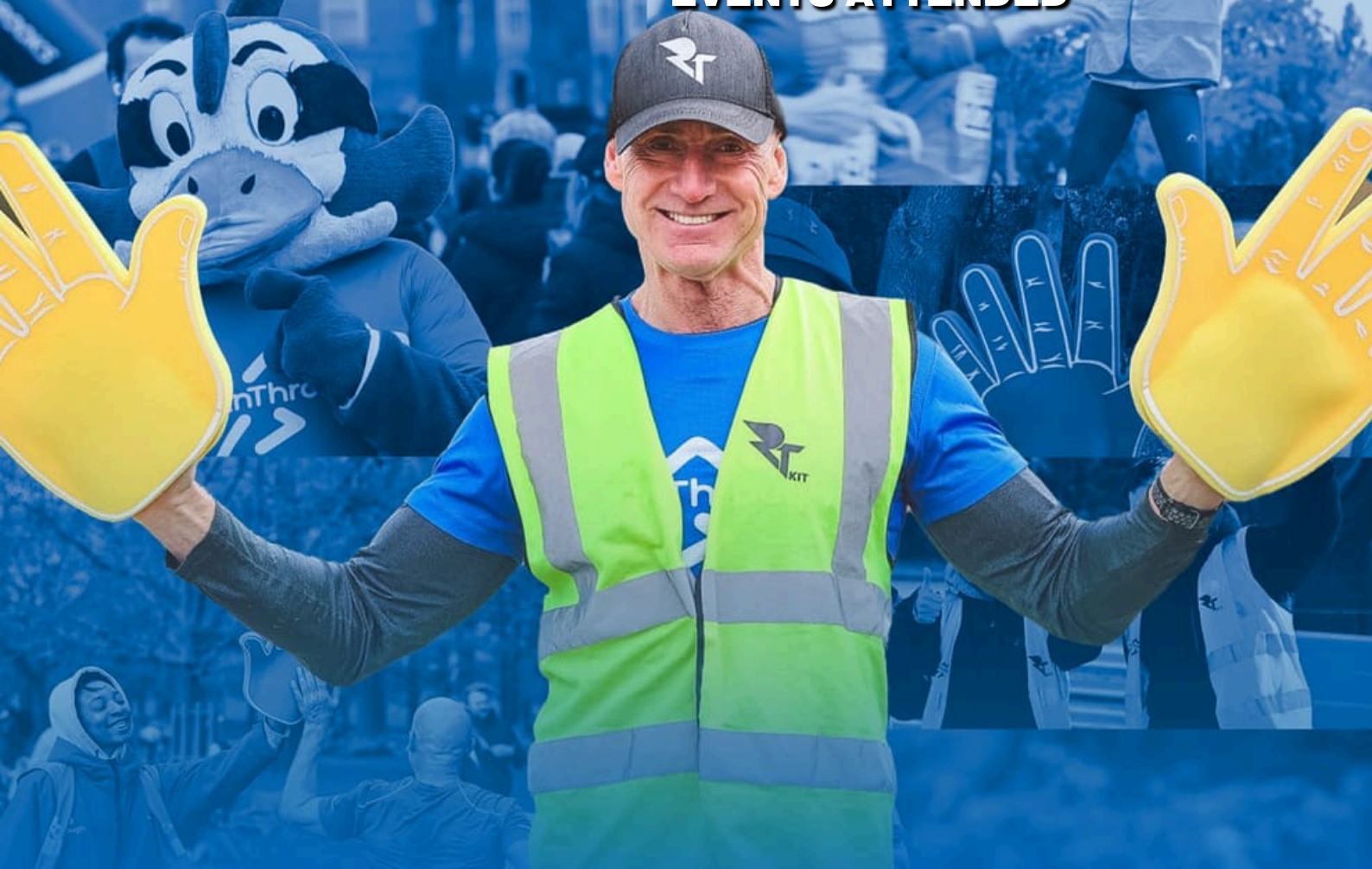
GET INVOLVED!

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

THE ALL-TIME FAVOURITE

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BROOKS

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OFFICIAL PARTNER

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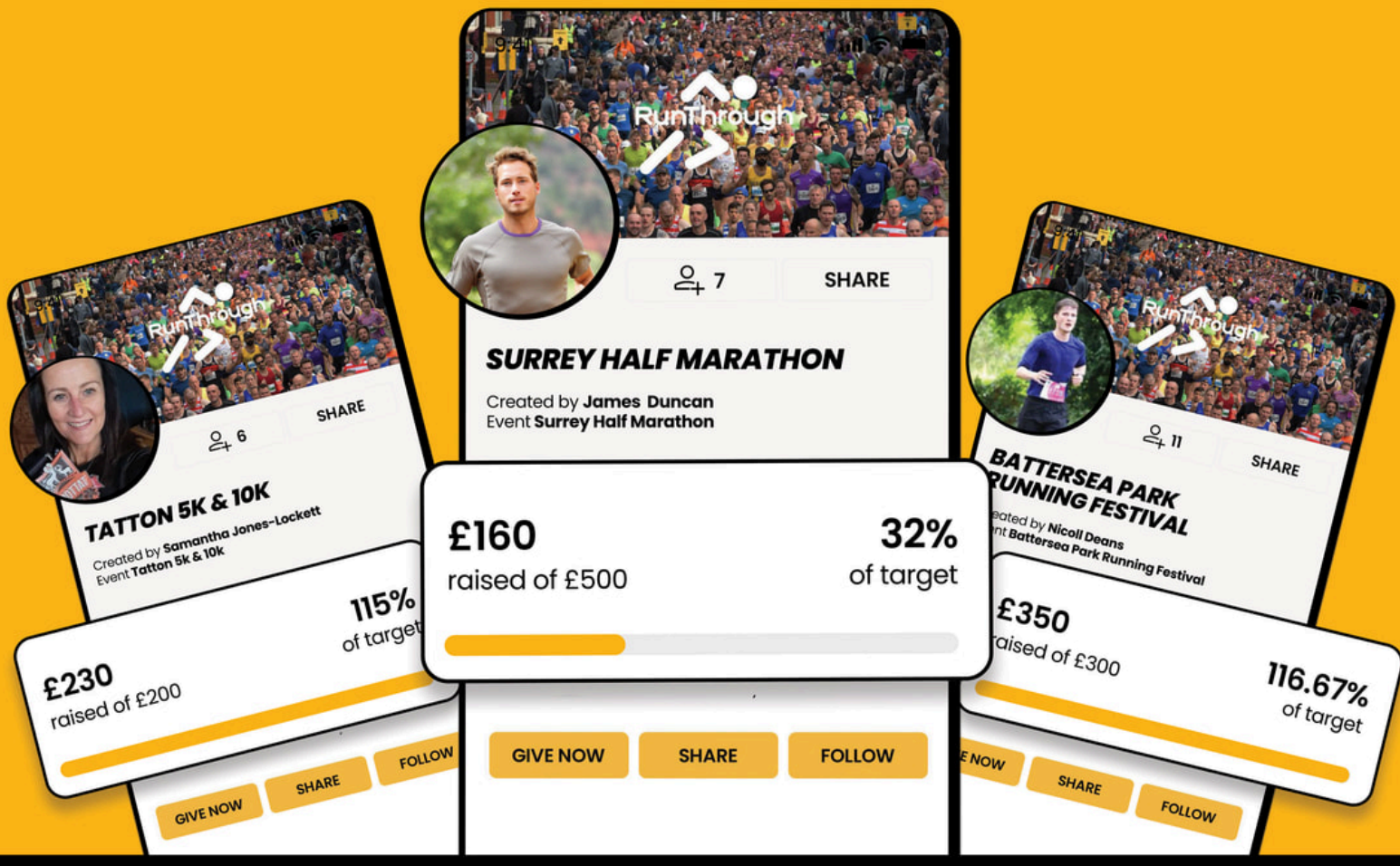
Download on the App Store

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

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



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OFFICIAL VITAMIN PARTNER



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.

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.

THE **OFFICIAL PAIN RELIEF PARTNER** OF RUNTHROUGH

MAKE NATURE YOUR POWER

JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

RunThrough Coach

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





BOOK YOUR SPOT →

RunThrough

Supported by...

RT KIT

SOLGAR® Since 1947

JB's TREK

Voltarol The joy of movement

BROOKS

SiS SCIENCE IN SPORT

POWERED BY givestar

SPORTSSHOES.COM

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