Richmond Park Half & Full Marathon 2026

Final Race Instructions

Sun 23rd August 2026 - Race start time 10.00am
Richmond Park, Sheen Gate, TW10 5HS

Competitor Information for the 2026 event

Please read the following information as it will ensure you have a safe and enjoyable race.

The Half Marathon course is held entirely within the boundaries of Richmond Park, starting, and finishing at Sheen Gate.

Race HQ / Start & Finish

Race HQ is situated just outside Sheen Gate Car Park, you will notice a gathering of marquees and gazebos in the area underneath a clutch of trees. The link below shows the location of the Start area – look at the top for SHEEN GATE.

https://www.royalparks.org.uk/sites/default/files/2023-06/Richmond-Park-Map-English.pdf

Car Parking (and recent park road closures)

There will be plenty of car parking spaces at Sheen Gate and Roehampton Gate Car Parks – the earlier you arrive for the race, the more chance you will have of getting a space at the Sheen CP which is where the race HQ and Start is situated. Please do not park on verges outside Sheen Car Park. Please note that various roads at Sheen Gate to Sheen Cross Road junction, Richmond Hill to Roehampton and to Robin Hood Gate are CLOSED to public vehicle traffic. Please ensure you consider these restrictions when planning to get to the event.

Registration and Race packs

Runners will be able to collect their race numbers at registration HQ on the morning of event. There will be a Help Desk for those who have any queries re numbers, timing chips and require any information or support. Race packs will include your running number (which has chip timing attached) and safety pins. You will be asked to complete medical information on reverse of race number.

Communication to all runners

There will be some brief announcements made at the beginning of the race event at Sheen gate, and we will advise all runners and those involved with the Race to always stay socially distanced – **The race organisers will email Final Race instructions to all the runners the race format and what runners need to be aware of during the race, traffic, bicycles other parks users and any potential hazards to be careful and considerate of others.**

Richmond Park Half & Marathon

There will be a mass start for the runners at 10.00am. We will request runners to stick to the left-hand side of the track – mainly the Tamsin trail and to allow overtaking to be safely done to the right of the track keeping 2 metres distance when doing so if you can.

Participants will be required to have no Covid or flu like symptoms. If you have any symptoms of Coronavirus infection on the day – such as high temperature, a new continuous cough or a loss or change to your sense of smell and taste, you must not take part and stay away from the event.

Runners Warm up – 9.45/9.50am

We recommend you stretch and warm up before race to avoid or prevent any injuries. We will be calling all runners into position between 9.45-9.50 so we can count down to the race start!

Start Time – 10.00am

The Half and Marathon will start promptly at **10.00am** - setting off from Sheen Gate heading down on the grass towards to Sheen Crossroads, then turning right up towards Sawyers Hill. This will allow the runners to spread out, by the time they return down through Sheen Gate at the HQ, and then onwards around the Tamsin trail path towards Roehampton Gate, Robin Hood Gate, Kingston Gate, Ham Gate, Richmond Gate .....and around park to complete the 13.1m distance.

Hygiene

All staff volunteers and officials will be asked to maintain personal hygiene throughout the day – particularly hand washing. Hand sanitisers and paper towels will be available at HQ and drink stations to maintain the hygiene at our event.

We ask runners not to travel to the event if they show any Covid 19 symptoms such as:

- A new continuous cough or a high temperature
- A loss of, or change in, your normal sense of taste or smell.
- Runners do not have to wear a mask when they run.

Please sanitise after using any toilet facilities inside Richmond Park – sanitise gel will be available at HQ, toilets, and drink stations (Broomfield Hill and Ham Gate).

Keep a safe distance at the race HQ on number pickup and wear your mask. During the race please do not spit or blow your nose at the event.

The water stations will be "help yourself" only Promoting individual responsibility

We would like runners to follow the items in this notice for runners to ensure they enjoy a safe and successful race at Richmond Park.

Course Map

Please visit our website at **www.1m2go.co.uk** to review course Map – we will have print outs of race map for you so you can see where the route takes you. We will also have a large-scale map at HQ so you can see the area, route and terrain of the 13.1 miles.

We would urge all runners to familiarise themselves with the route in general, so no wrong turns are made, and official timings will not be affected. There are obviously certain key points of the route where runners will need to be careful and ensure they follow directions or instructions from marshals or race officials**.** Organisers cannot be held responsible for any incorrect times where runners have not followed or completed the official course. If you can get a trial run before the event to familiarise yourself with certain parts of the route that would be ideal but appreciate it will obviously not be possible for many runners.

Bag drop off

We will provide a bag drop off tent at HQ Sheen Gate, please use these as quickly as you can to avoid any delays. NOTE: You will need to place bags, as volunteers cannot carry this out - and your race number will be the same as your bag drop label/tag. We recommend you do not leave any valuables in your bags to be extra safe. We will have someone looking after baggage throughout the race day. Note: Organisers cannot be held responsible for any belongings or items that may go missing which are stored in the baggage area, however we are aiming to secure this area and have our officials supervise bag drop off and collection.

Water Aid Stations

We will provide water aid stations after approximately every 3 miles – so every time you pass Sheen Gate, Broomfield Hill, and Ham Gate, you can take on water and nourishments on offer. We recommend you bring your own gels, but may have some on offer at Sheen Gate, during the second half of the race. If you have a special drink you want to leave at Sheen Gate (passing at 3,6,9,12, miles) we will leave a special drinks table – **please flag and mark up your own drink bottle so you can easily identify**.

A bottle of water (or cup) will also be provided to all runners at the finish line. NOTE: Volunteers will NOT hand bottles or cups to runners.

First Aid and medical assistance

KLP Medical (07739 98168) are the very best medical support you can have at these marathon events, and we will have once again a significant presence of support medics, both at HQ and mobile to assist runners with any injuries or illness that may occur. Professional race medics KLP will be based at Sheen Gate throughout the race to administer best medical help and support for any running injury related issues – and / or any illness or sickness or injury that happens on 27/2/2021 at our event.

Toilets

There are toilets situated at all major entrances of Richmond Park - they can be found at Sheen Gate, then clockwise around the park at Roehampton Gate CP, Kingston Gate, Ham Gate and Richmond Gate.

Mile Markers

There will be individual mile markers or markings along the course – as a basic rule, Start/Finish at Sheen HQ = 13.1 miles. NOTE: mile markers are not an exact science and may not necessarily correspond exactly to individuals Garmin and/or satellite devices.

Litter in the Park

Please drop all your litter in the bins or area situated next to the water Stations or the many various bins within the park. It's important we leave the park with only our footprints of the running and nothing else, to ensure the beauty and well-being of the park is maintained.

Marshals

There will several race marshals and supporters who will be situated at key road junctions, aid stations and the HQ start and finish area. Please do bear in mind they are all giving up their time to support you on race day, and make sure it is both fun and successful – without these people we would not be able to put on the Richmond Park Half & Marathon. I would encourage you to give thanks to our wonderful support team right throughout the day – they will be cheering you on!!

We would also urge all runners to use caution when crossing busy junctions, as marshals do not have rights to stop traffic, but will obviously help runners at certain key points. It is the responsibility of each entrant to ensure care and caution is exercised when crossing roads and junctions within the park to ensure there are no accidents or injuries.

Prize Giving and Prizes at the Finish

Runners will complete the Half & Marathon back at Sheen Gate and be directed to pick up their own finish medal, designer buff and Richmond Park Mug and tee shirts – and further to collect their own bottled water and one pre-packed goody pack which will contain fruit, and packets of sweets. **There will be a wide finish area – athletes will be instructed to clear through the finish area as quickly as possible and not to congregate – there will be marshals encouraging runners through into this wide finish area so they can recover and then return home.**

Race Sweeper

A race cut off time of 3.0 hours (1pm) will be strictly adhered to. Any runners who appear to be unable to complete the distance by then may be asked to stop and return directly to Sheen Gate HQ. A race sweeper will monitor the slowest runner(s) to communicate this with the race directors. We hope as in previous years, all our runners will safely and successfully complete the distance!

Race HQ will start to be dissembled from 1.30pm onwards.

We are committed to providing a safe and enjoyable event and will ask all runners to be mindful of adhering to all these restrictions, whilst still enjoying the day and this wonderful occasion. It's been such a long wait ....**and we can't wait to see you all again soon in 2026.**

Good luck everyone and we will see you all on race day. PLEASE HELP US KEEP EVERYONE SAFE

If you have any queries in the meantime, please contact Race Directors either 1m2go3@gmail.com – Contact **Gareth 07967 729922**