

HOWDEN TOWN 5K/10K MULTI-TERRAIN RUN - WEDNESDAY 5TH AUGUST 2026, 7PM START

Organised by the Howden Run Group

Event Licence Number #30969 from Run Events by England Athletics

Dear Participant,

Thank you very much for your entry into the Howden Town Run 2026 taking place on Wednesday 5th August, 7pm. We look forward to welcoming you to the beautiful historic market town of Howden for this event.

This year's route is attached below - the 10K is 2 laps of the 5K route.

We are supporting local charities again this year and could not put on the event without the backing of HOWDENS.

Our run is a popular event and we have been sold out for a few months now, with a growing waiting list. So ...

- **If you have decided not to run, please inform us as we may be able to allocate your place to someone else.**
- **If you cannot run and have arranged a swap yourself, please ensure you complete the online form (www.howdentownrun.co.uk) or send us the details so we are able to make these changes - this can be completed until 7 days before the event.**

However, we hope you are fit and well and looking forward to joining us on the night.

Any communication relating to changes to those running should be sent via email to kwinter2405@gmail.com.

What follows here is important information about the event. Please take the time to read it carefully and if you have any questions please do not hesitate to get in touch.

RACE HQ / REGISTRATION

Race HQ this year will be in the Shire Hall situated in the Market Place – DN14 7BJ.

The 5k/10k registration desks will open at 4pm inside the Shire Hall. Here you will be able to **pick up your 'chipped' run number and T-shirt if ordered.** A few T-shirts will be available to purchase if not ordered.

- Please write your personal, medical and emergency contact details on the back of your run number before pinning onto your shirt.
- The registration desk opens at 4pm and we ask that you do not leave it too late to register and certainly do not arrive just before the run is due to start!

TOILETS

Toilets are available on the ground floor of the Shire Hall....if busy there are more toilets available on the first floor.

Public toilets are also available in the ERYC car park in front of the COOP off Hailgate.

BAG/COAT DROP FACILITY

A bag/coat drop facility will be available on the ground floor of the Shire Hall to the right of the registration area as you enter the Hall. Although items will be supervised, use of this facility is entirely at the discretion of the user and we cannot be held responsible for the loss/damage to any items left here.

REFRESHMENTS

The Market Place and Highbridge are the subject of a road closure from 4pm until 9pm for the safety of runners and spectators. There is an ice cream parlour, a number of cafes and eateries in this area, and in Howden itself, who will be open throughout the evening selling drinks and light refreshments.

CAR PARKING

Car Parking is available very close by in the ERYC 'pay-and-display' car parks located behind the Bishops Manor House and down Carter Street, to the left and right in front of the COOP. These car parks are free after 6pm and prior to that time moderate charges do apply.

There is some on-street parking available but please check the parking times as they vary.

THE RUN

A map of the route is attached and one will also be on display at the registration desks.

This is a multi-terrain run and will therefore cover a variety of terrain including tarmac paths, cobble stones, the footpaths around the town and the boardwalk and rough terrain of Howden Marsh.

Keep to the footpaths and take great care when crossing roads. The Market Place/ Highbridge, where you start and finish, are closed to traffic. Buttfield Road (the one-way road) is also closed this year.

We ask all runners to be extra careful particularly if conditions are wet. Some of the pavers can be 'greasy' when wet and the boardwalk around Howden Marsh will need care, particularly if wet. Please be aware that on one side of the boardwalk is the water course so again extra care is required throughout this area. Tree stumps are exposed along the route and Marshals will be on hand to point them out so take care here too.

Howden Marsh is open to members of the public who walk their dogs in this area.

Although we have reminded them of the run and we hope they will avoid the area during the time of the run, we are advising you of this for this area.

If your intention is to run the 5k look out for the signs that will guide you to exit the course **to the left** of the Market Cross just after the start/finish line. As you finish bottled water will be available.

Runners registered for the 10k will be directed **to the right** to begin the route again from this point and will be guided to the right of the Market Cross and back through the Minster grounds.

A water station with bottled water for 10k runners will be located at the front entrance to the Minsterand again bottled water will be available as you complete the 10k.

START TIME IS 7.00pm. All runners are to gather in the Market Place by 6.50pm, outside the Hop Cavern. There will be an important **briefing for all runners delivered by our Chief Marshall immediately prior to the run starting.** Please listen carefully to the information given. Much of what is here will be reinforced.

The 1k Fun Run will be taking place at 6.15pm prior to the 5k/10k. We hope that runners will cheer on these young competitors as they start their run in the Market Place and return to finish along Highbridge. Please do not use the entrance from the town centre to the Ashes Playing Field as your warm up area as the children will be returning along this path.

The event is being timed by 'Sports Timing Solutions'. Your timing chip is located on the back of your running bib and can be disposed of after the run.

UNABLE TO COMPLETE THE COURSE?

Please inform a marshal if you are unable to complete the course and need to drop out for any reason.

We have a great team of medics available and all marshals can contact assistance as required.

Our back-markers, Clare & Lorraine for the 5k and Sarah & Amy for the 10k, will be there to 'bring up the rear' and ensure everyone is safe.

HEADPHONES

No headphones other than bone conducting headphones are permitted.

Any runners using headphones do so completely at their own risk.

Please be aware of your surroundings and respectful to the other people on the course and please pay attention to any instructions of the race marshals – they are there for YOUR safety.

WEATHER AND CLOTHING.

Please keep an eye on the forecast and treat the running conditions accordingly.

FINISH.

There are bespoke medals for all finishers.

In addition, we will award prizes for the first, second and third males and females in the 5k and in the 10k. We will also be acknowledging the final runners to cross the line!

Presentation of prizes will take place outside the Shire Hall following the return of the majority of participants. Please gather to support the winners.

And finally.....on behalf of the Howden Run Group, Howden Shire Hall and Howden Minster, I would like to say a huge 'THANK YOU' to HOWDENS who have fully sponsored this event and of course, to you 'the runner' for your support of this event.

Enjoy the event....have a great run and a great night!

Katie Winter

On behalf of the Howden Run Group

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