

**Luton
Rising**

love
Luton RunFest
5K, 10K & HALF MARATHON 

loveluton.org.uk

**5K, 10K &
HALF MARATHON**



2026 RUNNER'S NOTES



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Love Luton RunFest

5K, 10K & HALF MARATHON

Under UKA rules

Dear Runner

Congratulations on your entry into the **Love Luton RunFest**, we hope your training is going well and we look forward to seeing you on Sunday 11th October 2026.

We are delighted to welcome three official charity partners this year - Keech Hospice Care, Luton & Dunstable Hospital and Tuff2Talk. Many runners taking part are raising money for these vital charities. There is still time if you would like to raise money, visit our website to find out more.

This year, the half marathon course includes the full closure of Hatters Way giving runners the whole road alongside the Luton Dunstable Way and passing the iconic Luton Town Football Club. We encourage all participants to familiarise themselves with the course route ahead of the event and follow the signs and marshal instructions throughout.

The half marathon will also begin slightly earlier this year. All participants for the half marathon need to make their way to the starting line from 8:15am with the race officially beginning at 8:30am.

It is really important that you read the runners' notes in detail, this will ensure your safety and make for a much more enjoyable run.

We would also encourage runners to dispose of plastic cups and bottles responsibly. Please use the bins provided where possible, but do not throw items into areas that may be unsafe or pose a risk to other participants or road users.

Runners packs can be picked up on the Friday and Saturday before the race or on the morning of the race. This will include your runner number and timing chip.

The following pages should provide you with all the information you need for a safe and enjoyable run.

Unfortunately, the course is **NOT suitable for buggies, prams or wheelchair users**. ALL participants must be wearing their runner number. **Marshals will be managing this on the day and you run the risk of being removed from the course.**





Event Timetable

EVENT & REGISTRATION DESK OPEN

7.15am

MASS WARM UP

8.00am

HALF MARATHON STARTING LINE

LINE UP

8.15am

BEGIN

8.30am

10K STARTING LINE

LINE UP

8.45am

BEGIN

9.00am

5K STARTING LINE

LINE UP

9.10am

BEGIN

9.20am

Presentations to the winners will happen throughout the morning at the main stage.

*Times may slightly change on the morning of the race, but please be at the start line in plenty of time and ready for the race to begin.

The 5k will not begin until the Half Marathon and 10k has cleared the town centre.

On the day, if races hit capacity numbers, we may need to slightly stagger start times. However, this will be fully communicated on the day.

RACE OFFICIALS

Race Director

Sinead McNamara

Race Organiser

Linsey Sweet

Event Adjudicator

Nick Rimmer



Chip Timing and race management

Active Training World

eventchiptiming.com/results

Please email for additional information

events@atwevents.co.uk

Official Photographs

CG Photography

Photographs will be available online after the event by visting

loveluton.org.uk/runfest/

If you are unsure on any points please contact

events@atwevents.co.uk

All our latest event news and updates will also appear on our Facebook and Twitter accounts! We encourage you to tag us into your updates!

On behalf of Love Luton and all our partners – **good luck!**

Love Luton Event Team

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Race Number & Timing Chip

Your official **race number and timing chip** can be picked up on race day from the **Race HQ**, which is located in **St. George's Square, Luton, LU1 2NG**.

For those wishing to collect earlier, you can pick up your race packs on the Friday or Saturday from Luton Central Library, located by St. George's Square.

When picking up your race pack, your timing chip will be attached to the back of your race number.

If you ordered a t-shirt, you can collect it with your race pack. T-shirts are now sold out, but any additional stock will be available to purchase on the day at the finish line.

We ask all runners to be considerate when queuing for their race number and timing chip. There is plenty of space for people to queue safely and at a distance. Please do respect others. Marshals will guide and assist with any concerns.

Your number is personal to you and must not be used by another competitor without the prior consent of the race organisers. Secure your number to the front of your running vest with four pins (one in each corner), and ensure that it is clearly visible.

On race day, if you do not wear your chip and race number, you will be removed from the course and you will not be registered with an official finish time.

Please note: the Half Marathon race begins at 8:30am. Part of the course passes Race HQ, so please make sure you allow adequate time, use the crossing point and follow marshal instructions.

Runners can pick up their race packs on Friday 9th or Saturday 10th October from Luton Central Library, St. George's Square, Luton LU1 2NG. Staff will be available from 10am to 4pm. Or you can pick up your race packs from 7.15am on the morning of the race. Please do make sure you give yourself enough time.





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MATILDA MAY

Location, Facility Details & How To Get There

The Race HQ will be located in St. Georges's Square, Luton LU1 2NG.

There are a number of town centre car parks available. Runners can access the Crawley Road (LU1 1HT) car park free of charge (approx 8 mins walk from the start line). There are limited places available, so if you wish to access this, please ensure you arrive early.

<https://goo.gl/maps/NjHrEyzJHPnnqPc7>

Other car parks available include:

Chapel Viaduct Car Park

(£2 all day Sunday)

Vicarage Street (£2 all day Sunday)

There are also three multi-storey car parks and car parking on St. Mary's Road.

The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square.

There are regular bus services from across the town that stop in the Interchange.

Please visit

www.traveline.info to plan your journey.

Road closures will start to go in from 7:45am, so please make sure you have planned your journey accordingly as you do not want to get stuck behind a road closure.



The race and **START LINE** is located in
**Luton Town Centre,
St. George's Square,
Luton, LU1 2NG**





London Luton Airport

London Luton Airport is central to Luton's local economy.

We create employment opportunities, support skills development, work with local suppliers and invest in our communities, contributing directly to strengthening the local economy.

We deliver this impact through a unique public private partnership model, working with Luton Rising, Luton Council and local organisations to deliver the greatest value for local people and support the Luton 2040 mission to tackle poverty and inequality.

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& skills programmes



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invested in
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14

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The Start

The start line for all three races is just by St. George's Square (by Race HQ). It will be clearly signposted and marked up. The Half Marathon will begin first. You should be at the starting point at 8:15am with the race beginning promptly at 8.30am. You are asked to line up in your finisher times – 30 minutes - 45 minutes, 45 minutes to 1 hour, 1 hour to 1 hour 30, 2 hours to 2 hours 30 and 3 hours.

The 10k is the second race. You should be making your way to the start line at 8:45am with the race promptly starting at 9am. The third race is the 5k. 5k runners are asked to line up from 9:10am and will begin once the 10k runners have cleared the town centre.

Staff will call and direct all runners to their starting point prior to their race, so please listen for instructions.

Please note: if we hit full capacity on the races, we may need to slightly stagger start times. However, this will be fully communicated on the day.

Public Transport

The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square. There are regular bus services from across the town that stop in the Interchange. Please visit **www.traveline.info** to plan your journey.

Bag Drop

Kelly's Storage will be managing the Bag Drop on the day. This will be located in St. George's Square. This facility will be supervised, but no responsibility will be accepted for loss or damage.



love Luton RunFest

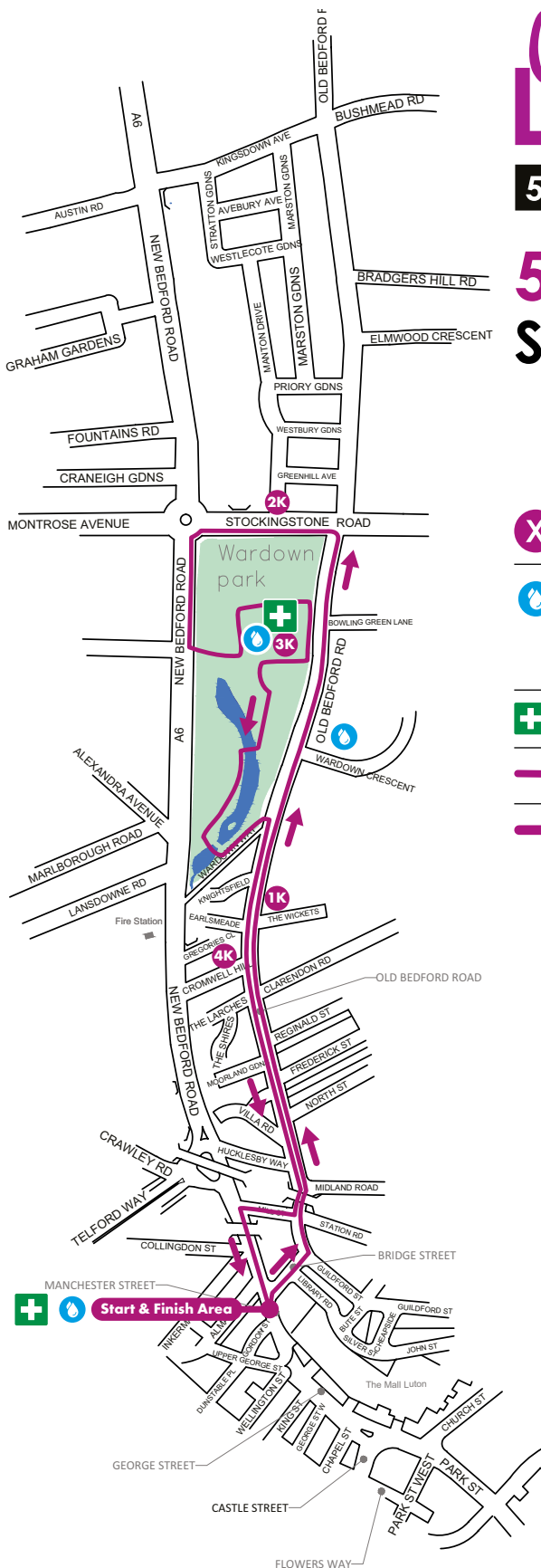
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5K, 10K & HALF MARATHON



5K ROUTE

Sunday 11th October 2026



X Kilometre Markers



Water Stations

all station locations are approximate



First Aid



Direction



Route



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5K, 10K & HALF MARATHON



10K ROUTE

Sunday 11th October 2026

X Kilometre Markers



Water Stations

all station locations are approximate



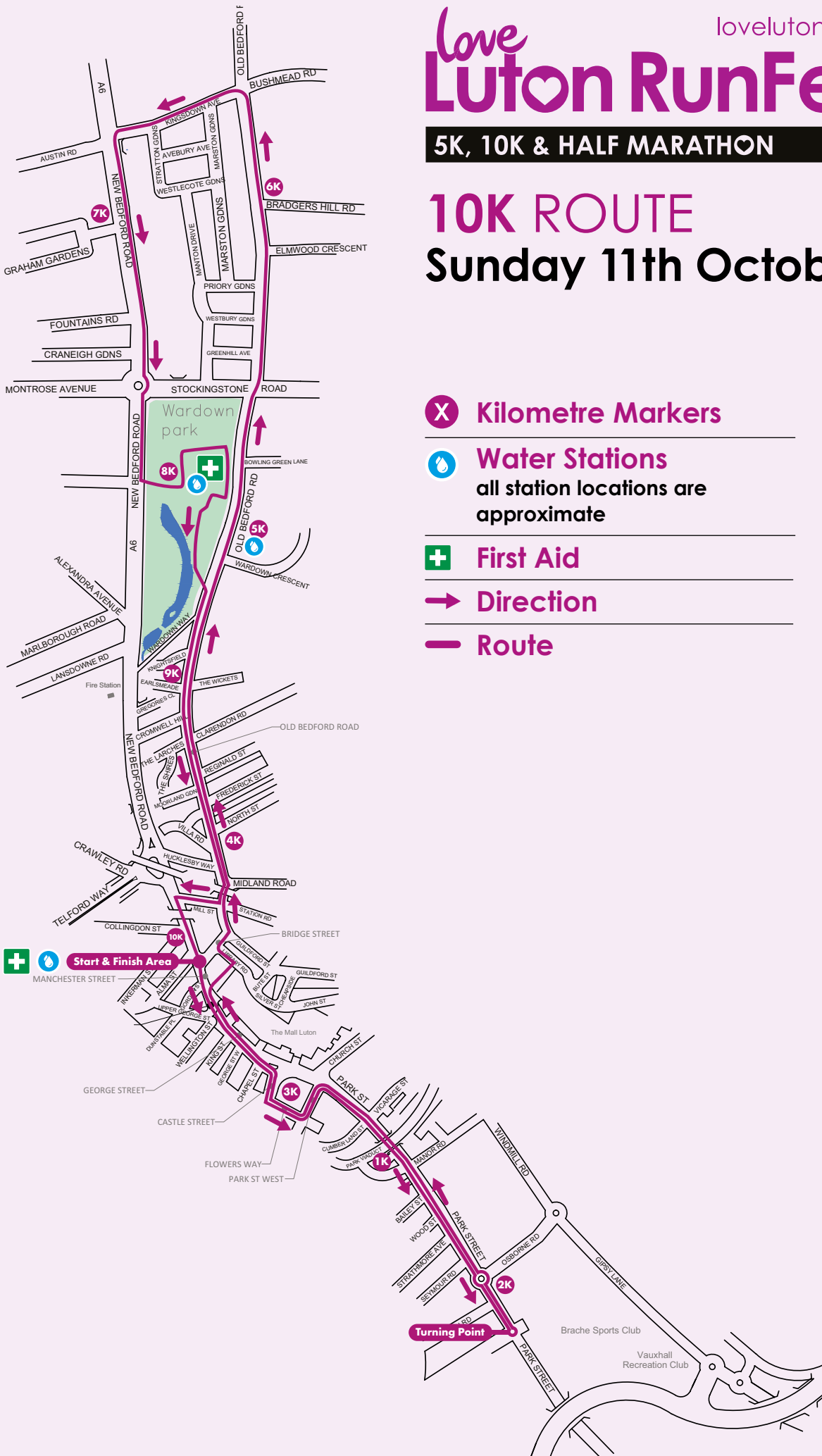
First Aid



Direction



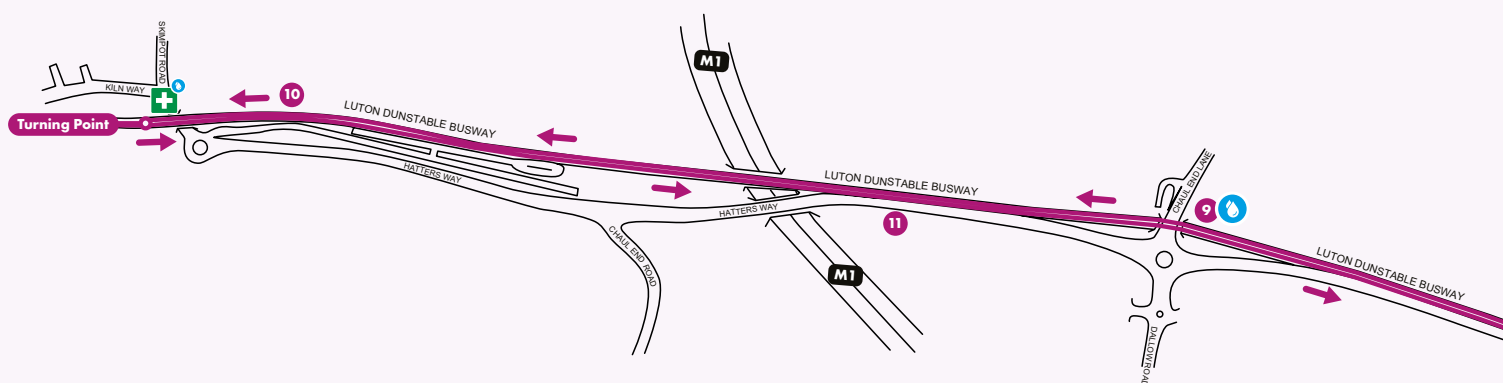
Route





HALF MARATHON ROUTE

Sunday 11th October 2026



X Mile Markers

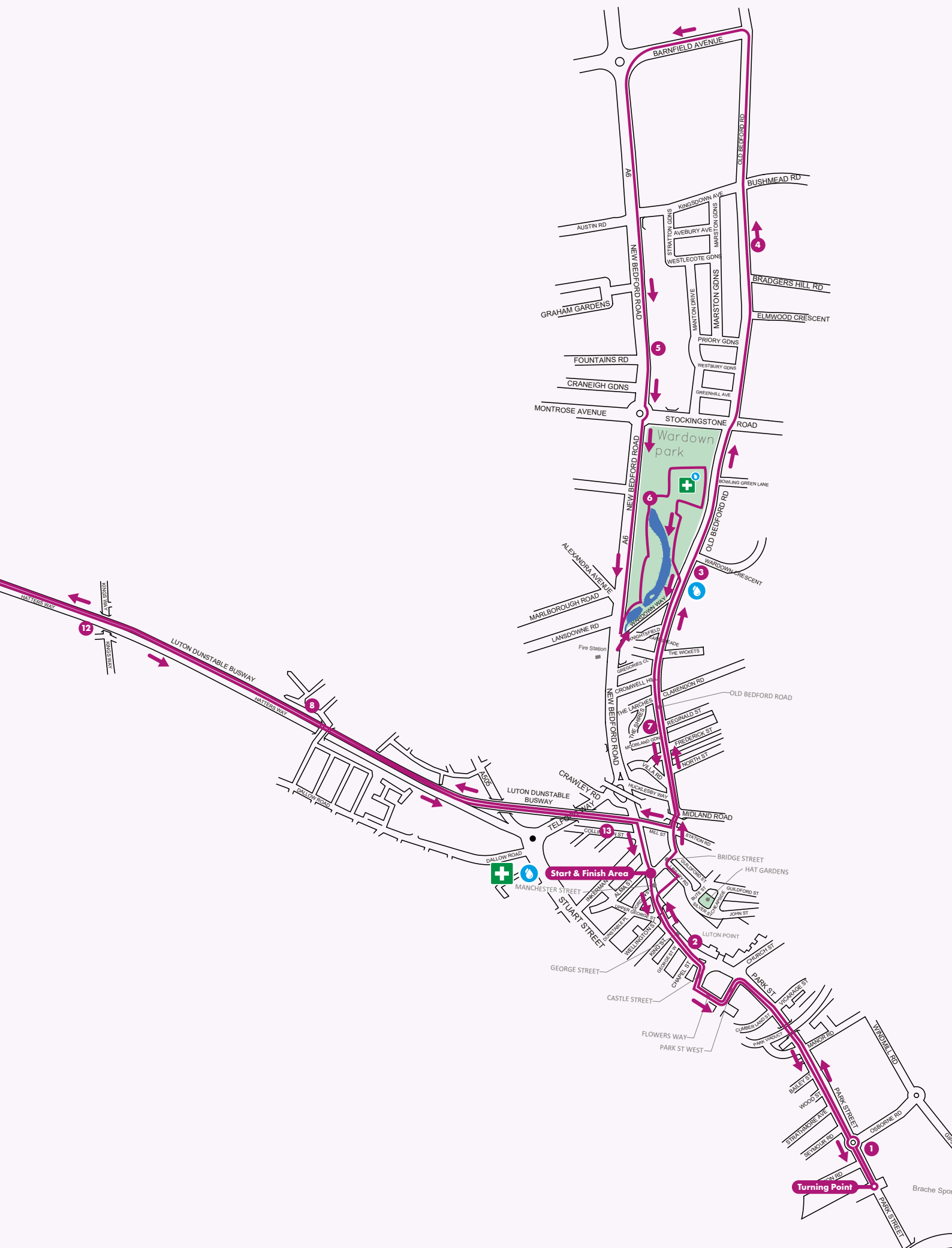
Water Stations

Mile 3 station is a double (3/6).
Mile 9 station is a double (9/12).
All station locations / distances
are approximate

+ First Aid

→ Direction

— Route



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Love Luton Sponsorship Tiers



For more information, ask for one of our Membership Brochure's, visit loveluton.org.uk/sponsors/ or contact Linsey or Sinead:

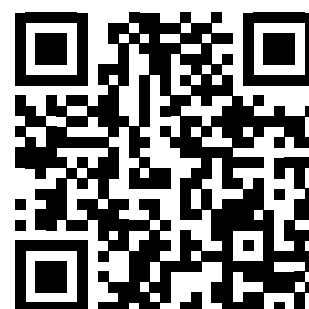


Linsey Sweet
Linsey.Sweet@loveluton.org.uk
07961 034 324



Sinead McNamara
sinead.mcnamara@luton.gov.uk
07824 307 262

There has never been a better time to join **Love Luton**



Maximum Endorphins

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Love Luton RunFest
5K, 10K & HALF MARATHON

Do you have a specific sporting or life event that you would like support with?

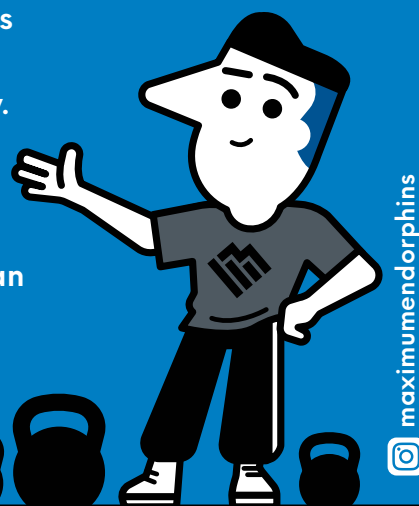
At Maximum Endorphins we can offer support with sports specific strength and conditioning, injury rehabilitation, wellbeing, nutrition and that all important accountability.

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The Courses



5K Course

The 5k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 5k distance signage will be yellow. Please ensure you follow this signage throughout and pay attention. Marshals will also be on hand to support you as you may encounter runners in the opposite direction within your final Km.

10K Course

The 10k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 10k distance signage will be green. Note there will be a U-Turn point at approximately 2Km. Please ensure you follow the signage throughout. Marshals will also be on hand to support you.

Half Marathon Course

The 13.1 mile course is a closed road race therefore runners have full access to the road including Hatters Way which is fully closed to road traffic. Distances will be shown in miles and the route will be sign-posted with marshals in attendance. Half marathon distance signage will be purple.



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the Luton
community



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SCAN TO SECURE YOUR TICKETS



Guidance

Obey marshals' instructions at all times. Across the course runners should generally keep to the left unless instructed otherwise but marshals and/or signage will give you clear directions.

PLEASE NOTE: **Runners are strongly advised NOT to wear earphones while competing in this event for safety reasons.**

If a runner fails to obey (or hear) instructions from the police or a marshal, he/she will do so at their own risk and the race organisers will not be held responsible. Dogs (or other animals) will not be allowed to accompany runners and neither will unauthorised cyclists be permitted to accompany runners. The finish is in the town centre adjacent to the Town Hall.

The course is NOT considered suitable for wheelchairs, Prams or Buggies.

Water Stations

Water stations will be sited at approximately three mile intervals which are:

Half Marathon

- **Three and six miles** (double water stations are located between **three** and **six** miles at Wardown Park.)
- **Nine miles** (water station located at **nine** miles near Chaul End Lane.)

10K

- **5K and 8K**

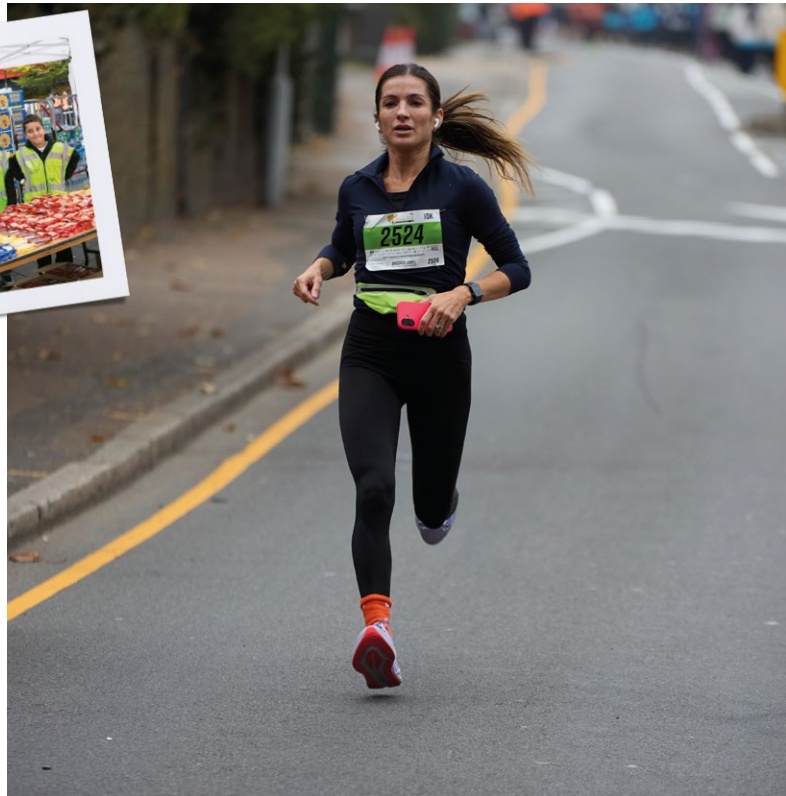
5K

- **1.5K and 3K**
- **Finish area**

Toilets

There will be toilets and changing facilities at **St. George's Square**.

For those running the half marathon – there will be toilet facilities at the junction of the Busway Interchange at Chaul End Lane and Dallow (near to mile 9).





Sunday 11th October 2026

Volunteer Marshal
= Hero 2026



Come and join the team

Love Luton is proud to partner with Luton Council to power this iconic event and we need you. Every year, hundreds of brilliant volunteers help make the race fun, safe, and unforgettable. From marshalling the course to cheering runners across the finish line, there's a role for everyone. Sign up, get involved, and be part of something amazing.

To find out more email: love_luton@outlook.com

Charity Partners



Special thanks to our Sponsors



The Finish Line!



The course has a three hour time limit. Finishing times will be displayed on a clock at the finish.

Finishers medals will be available at the end of the race for all runners.

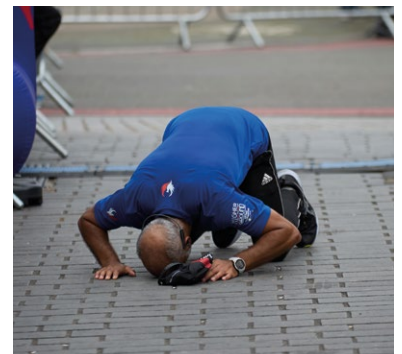
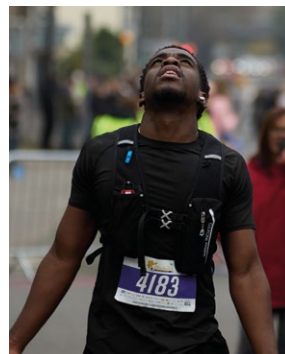
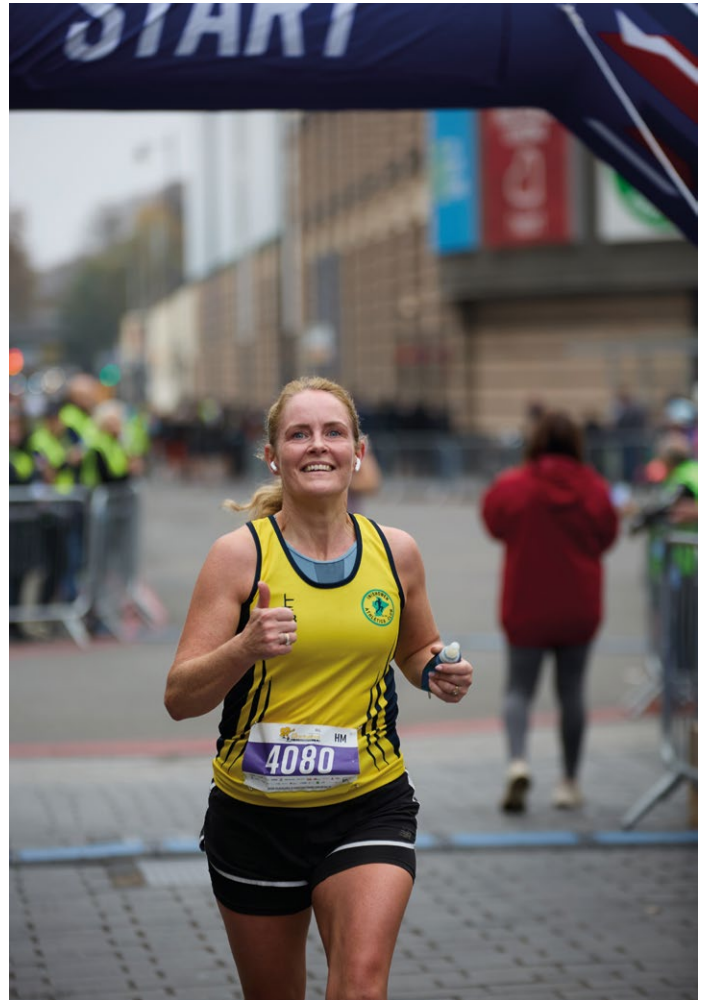
Water and refreshments will also be available at the finish line.

Photographs will be taken of runners at the finish and out on the course, which will be available for inspection via the website.

Official Photographs taken by **CG Photography**

Photographs will be available online after the event by visiting **loveluton.org.uk/runfest/**

Presentations to the winners will take place throughout the morning. This will be done on the stage in St. George's Square.





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**GOOD LUCK
RUNNERS!**

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Medical Information

On the day, please do not run if you feel unwell or have been unwell on the days prior to the event. Nearly all medical emergencies occur in such circumstances. It is unfair to yourself, your family and marshals to risk becoming a medical emergency. There is always another race.

PLEASE NOTE: **Should you have a medical condition that first aid should be aware of, please give details on the reverse side of your race number.**

The event is fully supported by ALR Training. A paramedic and first-aiders will be in attendance. It could be cold on the day so please do wear appropriate clothing for the weather conditions. Foil blankets will be available at the finish line.

Should you require any further information prior to the day, please visit our website loveluton.org.uk/runfest

or email

events@atwevents.co.uk

Particular thanks to our Headline sponsor Luton Rising, our local community organisations for all their support and The Family Hub and Luton Council for hosting Race HQ. Thanks also go to Pratts Bananas for the generous donation of bananas for our runners.

The Hugest thanks to Jo and all the volunteers, Robin and the cycle marshals and finally thanks to the Love Luton partners as this event would not be possible without their sponsorship and support.



Set the Pace for Commercial Travel

We wish all runners the very best of luck this week and invite you to continue striving for more next time you fly.

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Luton Rising Fireworks Spectacular

Saturday 7th November 2026

Popes Meadow, Old Bedford Road

6.30pm onwards, entertainment from **7pm**

The **FREE ENTRY** display will start at **7.30pm**

Fairground rides for children, hot food, snacks and drinks

www.luton.gov.uk/fireworks

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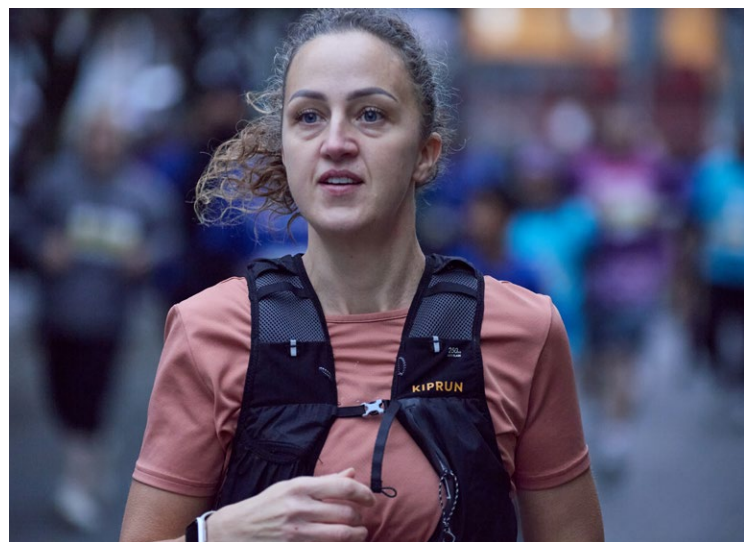
Building for life: Reaching for quality, sustainability, value and integrity as we construct buildings fit for the times we live in now, for the next generation and beyond.



- A leading provider of bespoke flat roofing and brickwork solutions across London, the East and South East of England.
- Managing property development schemes through our sister company, Crestview Homes.
- Offering estate agency and property services in Luton through our sister company, McLains.
- Proud to support our local community.

Wishing all Luton RunFest runners the best of luck!

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EXTRAORDINARY? THAT'S JUST OUR EVERYDAY.

Good luck to everyone
participating in the
Love Luton RunFest 2026.



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next journey.



Maldives

Pell Frischmann

We're HIRING!

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*Adult monthly Direct Debit applies to High Town Gym & Wellbeing Centre.
Membership terms, eligibility and joining fee apply. See online for full details.

Our Charity Partners

RunFest isn't just about taking part, it's about making a real difference close to home. This year, we're proud to stand alongside three incredible local charities whose work touches countless lives across our community:

KEECH HOSPICE.

Keech Hospice

Providing compassionate support for adults and children with life-limiting illnesses, Keech Hospice Care offers comfort, dignity, and specialist care when it matters most.



Your Hospital Charity
Supporting Bedfordshire Hospitals

Luton & Dunstable Hospital

Supporting patients and staff across Bedfordshire Hospitals, the charity funds vital equipment, innovation, and care that go beyond NHS provision. Every donation helps improve experiences, advance treatment, and make a lasting difference where it matters most.



Tuff2Talk CIC

Dedicated to improving men's mental health and wellbeing, Tuff2Talk CIC creates safe spaces for honest conversations, early intervention, and support for those who need it most.



2026

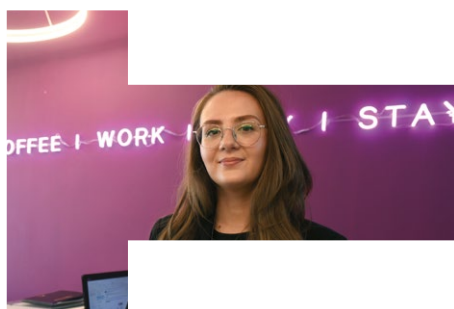


Your chance to step forward



Become a *Supporter*

Be the heart of Step Forward Luton!
Embrace the opportunity to become a
valued supporter and join our uplifting
community shaping the future of our
vibrant town.



Become an *Ambassador*

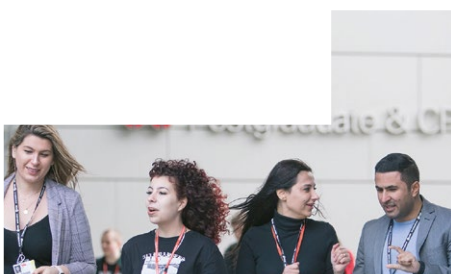
Our lead ambassadors are at the
forefront of Step Forward Luton, using
their influential voices to celebrate the
town and passionately defend its reputation.



Become a *Business Ambassador*

Business ambassadors play a key role in
helping attract new investment and new
businesses to the town. By supporting
the wider initiative of Step Forward Luton,
businesses can greatly benefit from
increased exposure and awareness,
opening up new opportunities for growth.

If you're ready to step forward for Luton,
we'd love to hear from you! Email us at
hello@stepforwardluton.co.uk



#LutonsMoment
#StepForwardLuton

**STEP
FORWARD
LUTON**



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Headline sponsor

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A huge thank you to Luton Rising & the Love
Luton Partnership for organising this event.

Without sponsorship, this event would
not be possible.

