



HAMPSHIRE AND  
ISLE OF WIGHT  
AIR AMBULANCE



## Runway Run 5k Frequently Asked Questions 2025

### What is the Runway Run?

A 5K race held on the Southampton airport runway, offering a unique running experience.

### Where and when is the event?

Sunday 20<sup>th</sup> July 2025, with check in opening at 4am, the warm up at 5.20pm and the 5km run at 5.30am.

Please read on to find out about parking, check in and where to go to access the runway for the run.

### Who can participate?

Anyone over 14 years of age. Anyone between 14-17 years has to be accompanied by a registered adult.

### Is the race timed?

No this is not timed.

### What should I wear?

Wear comfortable running shoes and fitness clothing - but feel free to get creative with fun costumes too! We love seeing participants dress up!

## Registration & Packet Pickup

### How do I register?

Registration is open through our website and the registration platform Enthuse [Runway Run | Hampshire and Isle of Wight Air Ambulance](#)

### What is included in my fee?

Your participation in the event and a bespoke Runway Run medal.

### Do I need to check in on arrival?

When you arrive at the event, please follow directions to the check-in area from our volunteers. Be sure to bring a valid form of ID, such as a passport or driver's license.

At check-in, you will receive a wristband with a QR code. This wristband is unique to you and must not be given to anyone else. Before starting the run, your wristband will be scanned again to grant you access to the runway.

If you lose your wristband or swap it with someone else, you will not be allowed onto the runway and will be unable to participate in the run.

### Can I register on race day?

Because we need to register names in advance for runway access, we won't be selling any spots on the day of the event.

**Are refunds or transfers allowed?**

We're sorry, but places are non-refundable and can't be transferred. Wristbands are issued in the name of the registered participant, and you'll need to show ID at check-in to receive yours and take part in the event.

**Race Day Logistics****What time should I arrive?**

Check-in is open from 4:00 to 5:15. Please allow time to park up and walk to the check-in area which is a 3-5 minute walk.

After checking in, you will be able to walk through to the runway, but please note you cannot come back land-side to use the facilities, so please do this before entering the runway.

The warm up will take place on the runway at 5.20.

**Where should I park?**

Please use the long-stay car park, SO18 2HG and then follow the directions from our volunteers to check-in. Parking is £5 payable on exit of the car park via the airport staff designated in the car park.

**I am being dropped off.**

On arrival to the airport our volunteers and staff will direct you to the drop off.

**Is there a bag check?**

We do not have a bag check in area, please bring as little as possible with you, or hand your belonging to any spectators you may bring with you.

**Will there be water stations?**

We are a plastic free event, but will have water areas at the start/ finish for you to fill up your water bottle – please bring one with you.

**Can I run with a pushchairs?**

Yes you can and this includes running buggies.

**Are wheelchairs allowed?**

Yes of course – we are a fully accessible event. Please note we do ask everyone to finish the 5k distance in one hour due to the runway requiring to be open for departing flights.

**Is there a time limit to complete the race?**

Yes – due to the airports first flight leaving at 8am, we ask you to complete the run in under 1 hour, and the runway is to be cleared by 6.30am.

## **Security & Safety**

### **What security measures are in place?**

All runners must check-in and present a valid form of ID to receive their wristband. Each wristband is unique to the participant and contains a QR code, which will be scanned before you enter the runway.

### **Do I need an ID to enter?**

Yes you will need a form of ID for you to be given your event wristband with a QR code on specific to you.

### **Are spectators allowed?**

Yes – they will be able to watch you run from the top of the short stay car park which has a brilliant view over the whole runway. Unfortunately, they are unable to go onto the runway itself.

### **What happens in case of bad weather?**

The event will still go ahead and we will be guided by the Met Office if the weather is forecasted to have a danger to life.

### **Will medical aid be available?**

We will have first aiders on site.

## **Post-Race & Results**

### **Can I take photos on the runway?**

Yes of course and remember to upload them to your social media and tag us in them! We would love to see them.

### **How can I contact the organizers?**

[event@hiowaa.org](mailto:event@hiowaa.org)

023 8074 3510