

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.

When and where is the event?

Southampton Airport, Southampton, Hampshire, SO18 2NL

Sunday 20th July 2025

Check in opens - 04:00, warm - 05:20, 5km run begins - 05:30

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!

Check-in

How do I register?

The event is now sold out with 1,500 runners and no places will be available on the day. Check out our website- www.hiowaa.org - for 2026 Runway Run updates!

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 and park up, please follow directions to the check-in area from our volunteers.

The check-in desks will be arranged alphabetically by surname. Go to the desk that corresponds to your surname, where a volunteer will ask for your name and ID. They will then issue and securely attach your wristband for you. This wristband is unique to you and must not be given to anyone else. Before starting the run, your wristband will be checked before you are able to go onto 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.

What ID do I need to bring with me?

ID can be either a passport or driver's license.

Please note that there will be no lockers or bag storage available at the event, so we recommend bringing as little as possible. Make sure you have a safe way to carry and store your ID while you're running.

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 04:00 to 05:15. Please allow time to park up and walk to the check-in area which is a 10-15 minute walk.

After checking in, you will be able to walk through to the runway, but please note you cannot come back land-side until you have finished the run.

The warm up will take place on the runway at 05:20.

Where should I park?

There will be a designated car park for the event, and all runners will be directed there by our volunteers. The cost is £5 for the day. Please note that if anyone parks in the short-stay car park, they will be charged standard rates, which could be up to £30 depending on the duration of your stay.

The designated event car park is about a 10-15 minute walk from the check-in area and volunteers will direct you on the day.

The parking is payable on exit of the car park via the airport staff designated in the car park.

If you have a blue badge and require closer parking, please email events@hiowaa.org

I am being dropped off.

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

Are there toilets?

Yes, toilets for runners will be located on the runway.

Please note: once you've entered the runway, you won't be able to return to the check-in area.

Toilets for spectators will be available inside the terminal building.

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 pushchair?

Yes you can and this includes running buggies. 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.

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 one 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 checked 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?

events@hiowaa.org

023 8074 3510