

Runway Run 5K – Frequently Asked Questions 2026

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 19 July 2026

Check in opens – 04:00

Warm-up – 05:20

5K run begins – 05:30

Please continue reading to find out about parking, checking in and how to access the runway for the run.

Who can participate?

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

What is the last date to sign up?

Entries close on Sunday 12 July. Sign up quickly to avoid disappointment.

Is the race timed?

No, this is not a timed event.

What should I wear?

Participants are advised to wear comfortable running shoes and fitness clothing – feel free to get creative with fun costumes, too! If you are wearing earbuds or earphones, we ask you to please only wear one so you can hear the marshals and other runners.

Check-in

What is included in my fee?

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

Entry fee is £30 per person.

We ask that you set your fundraising target at £60 per person.

Do I need to check in on arrival?

When you arrive at the event, please follow directions to the check-in area. Our team of volunteers will be on hand to assist.

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 by a marshal, enabling you to gain access onto the runway.

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

What ID do I need to bring with me?

ID can be either a passport or a 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. Where possible, we ask that your ID corresponds to the details listed on the registration.

Are refunds or transfers allowed?

Places are non-refundable and can't be transferred. Wristbands are issued in the name of the registered participant, and you will need to show ID at check-in to receive take part in the event.

Race Day Logistics

What time should I arrive?

Check-in will be open from **04:00** and will close at **05:15**.

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

Please allow time to park at your allocated parking location and walk to the check-in area.

After checking in, you will be able to go 'airside' and walk through to the runway. Please note, once you have done this, you cannot return 'landside' until you have finished the run.

Where should I park?

We have been working in partnership with Southampton Airport to minimise any delays associated with car parking. As a result, a pre-pay parking option has been introduced.

Event parking will be located in the SOU Airport Long-Stay Car Park on Wide Lane, situated beyond the terminal.

SOU Airport Long-Stay – Mitchell Way, SO50 5QJ

What3Words – ///petty.second.firm

A charge of £5 per vehicle will apply for the day for those intending to use this car park. The fee is payable per car; if you are travelling with another participant who has already purchased a parking pass for their vehicle, you will not need to purchase an additional pass.

When registering for your place, you will be able to select the car parking pass option. Confirmation of your parking pass will be required upon entry, and full details will be issued closer to the event date.

Spaces in this car park are limited and will be allocated on a first-come, first-served basis.

To further reduce delays and congestion, the barriers to the airport long-stay car park will remain open, and all registrations will be verified to confirm payment has been received. Volunteers will also be available on the day to assist with directions.

Vehicles parked in the short-stay car park adjacent to the airport terminal will be subject to standard airport charges, which may be up to £30 depending on the length of stay.

Alternatively, parking is available at Southampton Airport Parkway Railway Station, where standard tariffs apply. The expected charge for the event duration is approximately £9.10.

Southampton Airport Parkway Station – Wide Lane, Southampton SO18 2HW

What3Words – ///frock.quarrel.hands

To help avoid delays and disruption, please ensure you allow sufficient time for parking and event check-in.

If you are a Blue Badge holder and require parking closer to the event, please email events@hiowaa.org once registered so that appropriate arrangements can be made. Relevant information will be provided upon request.

Being dropped off at the event?

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

Are there toilets on site?

Yes, toilets for runners will be located both on the runway and by the check-in area.

Toilets for spectators will be available inside the terminal building.

Please note: Once you have entered the runway, you will not be able to return to the check-in area prior to the start of the event. You are welcome to use the toilets located at the check-in area and the runway both before and after the event.

Please also note that once the event has closed and the last runners have crossed the finish line, there is a tight turn around to ensure that the event is closed prior to the first flight. Therefore, we ask that you exit the runway as quickly as possible and collect their medal.

Is there somewhere to store my bag?

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

Will there be water stations?

We are a plastic free event, but we will have water areas for you to fill up your water bottles.

Can I run with a pushchair or running buggy?

Yes, you can. Please note, we do ask everyone to finish the 5K distance in one hour so the runway can be opened in time for departing flights.

Are wheelchairs allowed?

Yes, of course – we are a fully accessible event.

Is there a time limit to complete the race?

Yes – due to the first flight leaving at 8am, we ask you to complete the run in one hour so the runway can be opened in time for departing flights.

Security and 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 specific to you.

Are spectators allowed?

Yes – spectators 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.

Are pets allowed?

No pets are not allowed at the event or on the runway.

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 present a danger to life.

Will medical aid be available?

We will have first aiders onsite throughout the event.

Post-Race & Results

Can I take photos on the runway?

Yes, of course, and remember to upload them to your social media and tag our social media handles.

We will also have a photographer on site to capture the event; photos will be shared on our website and social media pages.

How can I contact the organisers?

Email: events@hiowaa.org

Telephone: 023 8074 3510

SOUTHAMPTON AIRPORT
**RUNWAY
RUN**

