



WINDSOR HALF MARATHON 2026

WINDSOR GREAT PARK
27TH SEPTEMBER 2026 10AM
RUNNERS INFORMATION PACK



WELCOME

Welcome to the 42nd Windsor Half Marathon.

On behalf of the entire Windsor Half Marathon team, I'm delighted to welcome you to the magnificent Windsor Great Park for the 42nd Windsor Half Marathon.

As organisers, your safety and enjoyment are our highest priorities. Before the race, please take a few moments to read the important Medical and Hydration guidance included, together with the information regarding the deer that call Windsor Great Park home.

Whether you're chasing a personal best, raising money for a cause close to your heart, taking on a personal challenge, or simply looking forward to enjoying this very special event, we hope you enjoy every step of your Windsor Half Marathon journey.

For me personally, this year's race will be particularly special. **After 27 years, this will be my final Windsor Half Marathon as Race Director.**

It is difficult to put into a few words what those 27 years have meant to me. I have had the enormous privilege of watching many thousands of runners make their way through Windsor Great Park and cross that finish line — some chasing times and personal bests, others raising money for causes close to their hearts, and many simply proving to themselves that they could do it.

But no event like this happens because of one person. Over the years I have been fortunate to work alongside some remarkable people — our team, volunteers, marshals, medical teams and everyone behind the scenes who has given their time and enthusiasm to make the Windsor Half Marathon the event it is today. To all of them, and to every runner who has supported the event during my 27 years, I offer my heartfelt thanks.

There have been challenges along the way, of course, but far more importantly there have been friendships, laughter, unforgettable moments and memories that I will carry with me for a very long time.

So, as I welcome you to Windsor for one final time as Race Director, I have one simple request:

Enjoy it.

Take in the magnificent surroundings. Appreciate the support around the course. Encourage the runner beside you when things get tough. And when you reach that finish line, whatever the clock says, take a moment to be proud of what you have achieved.

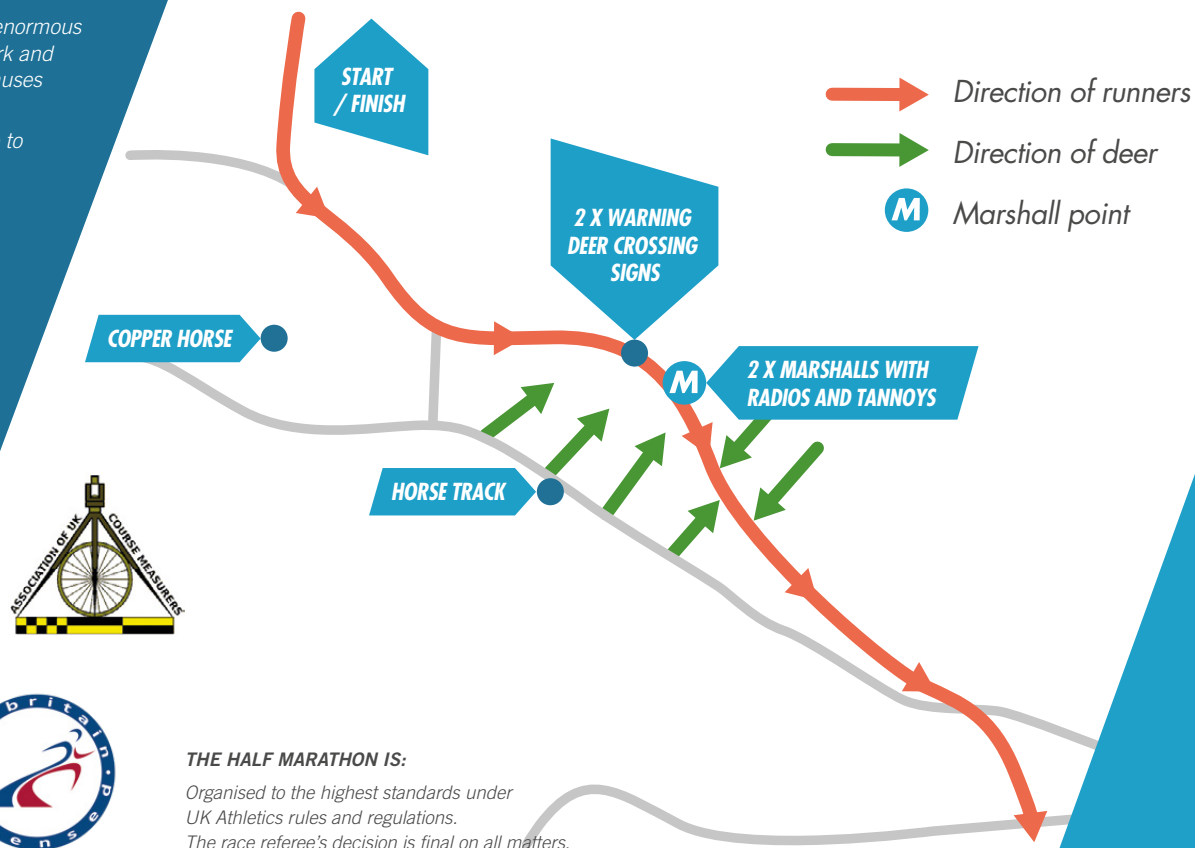
Thank you for being part of the **42nd Windsor Half Marathon** — and thank you for allowing me to be part of this very special event for the past 27 years.

Wishing every one of you a wonderful race.

Regards, **Peter Hier**
Race Director

WELCOME TO THE 42ND RUNNING OF THE WINDSOR HALF MARATHON

The start and finish of both the Windsor Half Marathon and the Windsor Womens 10K are within the confines of the Deer Park although it is a beautiful site when you see them it is necessary to be aware of their presence. The areas of particular interest where groups of Deer are likely to cross the course are marked on the maps below.



THE HALF MARATHON IS:

Organised to the highest standards under UK Athletics rules and regulations.

The race referee's decision is final on all matters.

WHAT'S ON?

WHAT'S ON & WHEN?

42nd Windsor Half Marathon 2026

Open to all grades of athletes

Sprite Sprint - 40 yds for five to nine year-olds

9.15 *Sprite Sprint*

10.00 *42nd Windsor Half Marathon 2026*

11.08 *Expected winner finish time*

12.00 *Presentation of first 3 men & women*

IMPORTANT NOTICE:

The cut off time for the start is 10.10am.



TRAVEL

HOW TO GET THERE

BY CAR Please allow at least 1 hour on top of anticipated journey time.

FROM THE NORTH

Join M4 and travel westbound to J10. Take A329M to Bracknell.

At Twin Bridges roundabout continue on to the A329 signposted to Ascot.

At Heatherwood Hospital roundabout (near racecourse) turn left onto A332 towards Windsor.

The route will be AA signposted - from the West, Leave M4 at J10 and follow directions as above.

FROM THE SOUTH

Leave M3 at J3 and follow A322 towards Bracknell.

At first major roundabout, get in offside lane and take A332 to Ascot.

At Heatherwood Hospital roundabout (near the racecourse) continue on A332 towards Windsor. The route will be AA signposted. These routes have been pre-planned in consultation with the Police in order to alleviate traffic congestion. Your co-operation is greatly appreciated. Please exit by the same route.

FROM THE EAST

Leave M4 at J6 towards Windsor then follow AA sign for Windsor Half Marathon.

BY RAIL

FROM PADDINGTON

Change at Slough for Windsor & Eton (Central).

FROM WATERLOO

To Windsor (Riverside) via Staines. On leaving stations walk up High Street into Park Street to the castle gates, then down the Long Walk to Start (about one mile). For up to date travel information: www.bbc.co.uk/travelnews/berkshire

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PARKING

IMPORTANT INFORMATION

The Car Park only has 2 exits and both of these lead onto the very busy A322.

We accommodate over 4000 cars on race days so consequently there are going to be delays in exiting.

To try and alleviate the problems of previous years we are asking ALL runners to have their RACE NUMBER visible in the windscreen of their car on entrance to the car park.

This will enable you to have priority parking which should make your exit a little fairer. However there WILL be delays so we are asking you to please exercise patience and not to abuse members of Staff who will be doing their best to get you on your way.

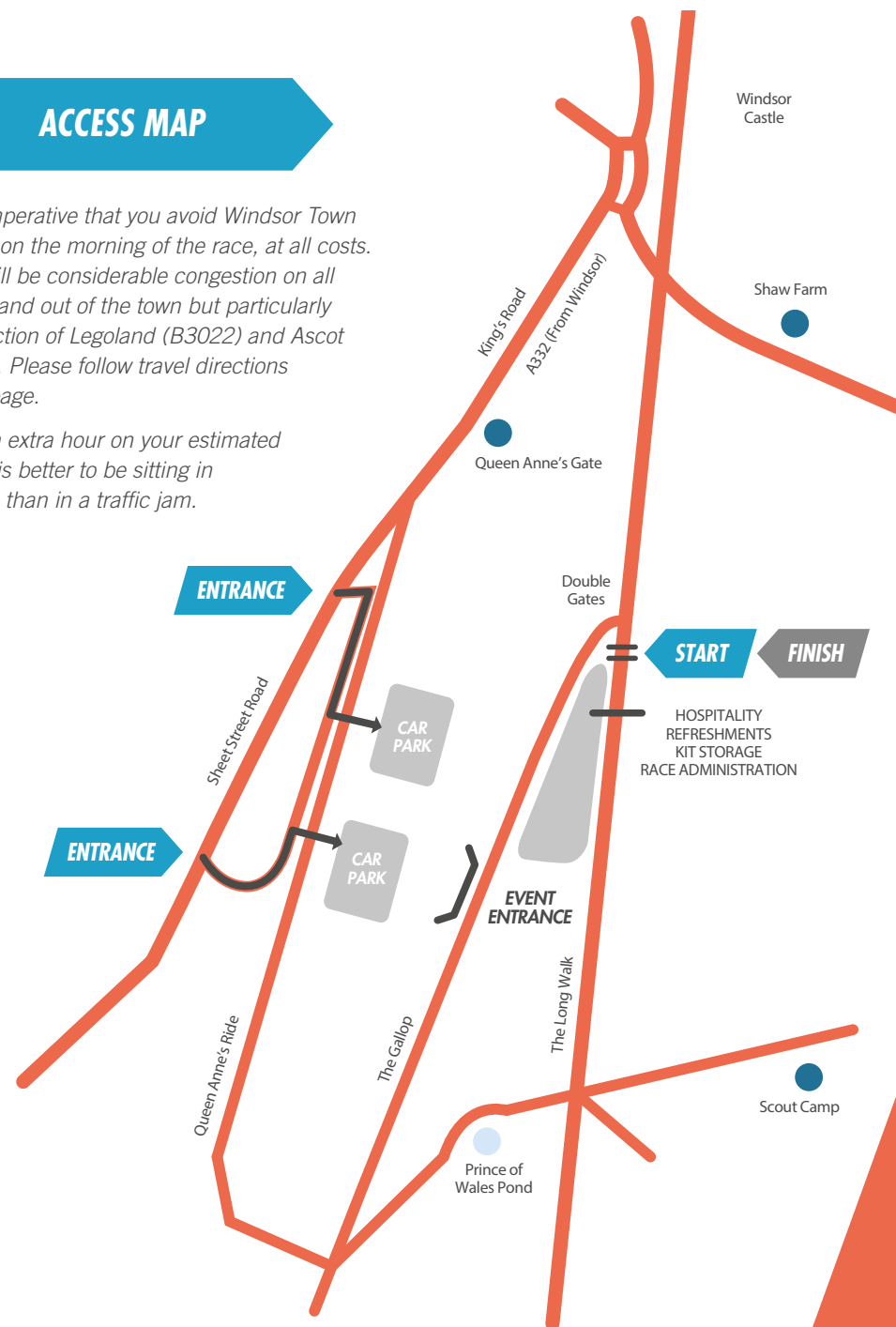
If you start queue jumping it will only cause anger amongst other drivers and will also result in you having to wait a great deal longer to exit.

We are doing our utmost to ensure that you leave the Great Park as quickly as possible but we need your help too!

ACCESS MAP

It is imperative that you avoid Windsor Town Centre on the morning of the race, at all costs. There will be considerable congestion on all routes in and out of the town but particularly in the direction of Legoland (B3022) and Ascot Racecourse. Please follow travel directions on previous page.

Please leave an extra hour on your estimated journey time - it is better to be sitting in the car park early, than in a traffic jam.



AWARDS & HOSPITALITY

PRIZES

PRIZE MONEY WILL BE AWARDED TO TOP 3 MEN AND TOP 3 WOMEN OVERALL:

Men overall	Women overall
1st £500	1st £500
2nd £300	2nd £300
3rd £200	3rd £200

MALE Prize to the value of

V40	V45	V50	V55	V60	V70+
1st £100	£75	£50	£50	£50	£50
2nd £50	-	-	-	-	-
3rd £25	-	-	-	-	-

FEMALE Prize to the value of

V35	V40	V45	V50	V55	V60
1st £100	£75	£50	£50	£50	£50
2nd £50	-	-	-	-	-
3rd £25	-	-	-	-	-

PRIZE GIVING

All competitors who cross the finish line will receive a commemorative medal. Prize giving prizes will be awarded to the first 3 male and female runners on the day. All other prizes will be checked, then posted.

COMPANY HOSPITALITY MARQUEES

Hire a marquee and make the day a special company sporting challenge. Provide your team of runners, their families and friends with their own meeting place. After the race, relax with your colleagues and families. Hire charges and booking forms available from Joanne Tranter on 01384 379028 or joanne@running4women.com

SITE MAP



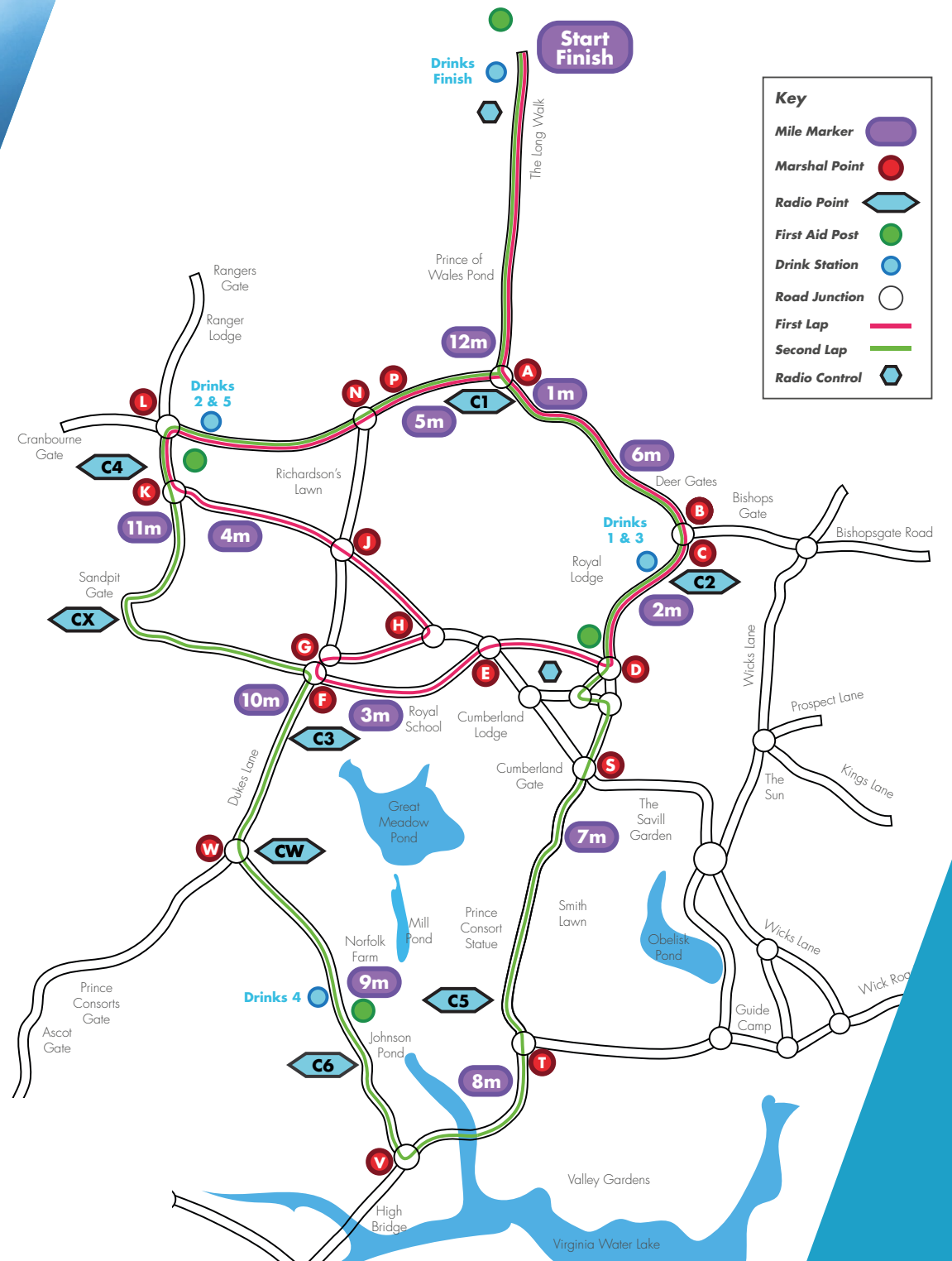
WASTE ZONES



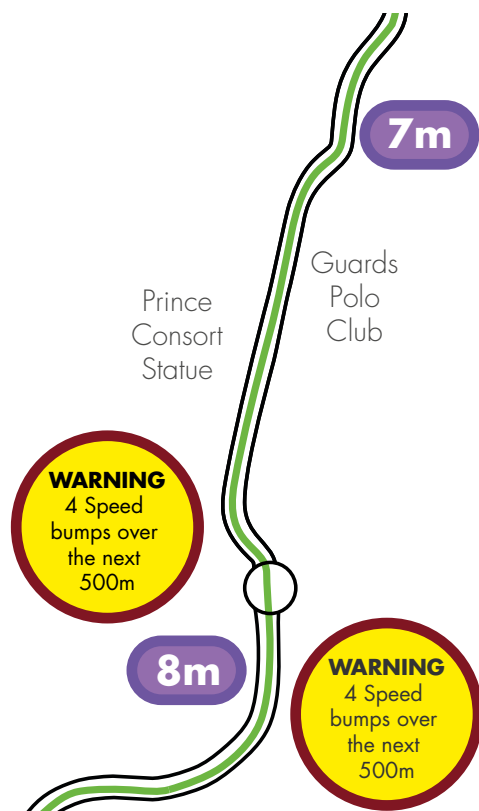
There will be **WASTE ZONES** after each drinks station on both sides of the road. Can you please throw your bottle in the bags provided.

LET US ALL TRY AND KEEP WINDSOR GREAT PARK CLEAN AND TIDY.

THE COURSE



SPEED BUMPS



GENERAL INFO

MEDICAL PROBLEMS

Discuss any medical problems with your GP. This advice supplements anything he or she says. See your GP if you have a problem that makes it a risk to run in a Half Marathon. We are happy for people even with serious medical conditions to run, but only with their GP's and/or specialist's agreement. If this applies to you, send details of your condition and the treatment to me with your running number when you know it.

Send an email to Peter Hier Race Director - director@runwindsor.com

BLACKOUTS

If you have a medical problem that may lead to you having a blackout, such as fits or diabetes, put a cross on the front of your number and write the details, especially your medication, on the reverse of the number.

GENERAL ADVICE

A lot can happen between placing your race entry and the event itself. You should never run with a fever, as there is a risk of myocarditis (inflammation of the heart), which can be fatal or debilitating in the long term. Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the race.

If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family and the event support staff to risk becoming a medical emergency. You are unlikely to perform well and do yourself justice. There are many races but only one "you". If you are not fit then please withdraw from the event for your own safety.

Slow your pace if you start to feel unwell during the race. Seek advice early from race marshals or medical staff if you do not improve. Cramps can be an early sign of dehydration - DO NOT ignore them. There are drinks stations every 2 miles on this course, so if you start off well hydrated and take small drinks at each station dehydration should be avoided. Sprinting to the finish line will increase the stress on your heart and may cause abnormal heart rhythms and even sudden death. Unless you are an elite competitor, then a sprint finish should be avoided. Taking appropriate care will make the race safe, as well as an enjoyable experience.

IMPORTANT RUNNER INFORMATION

Timing Gates - Your running number is colour coded with the timing gates at the start area, so position yourself at your matching coloured banner flag at the start area.

Pacers - At each timing gate from 1h 45min onwards there will be pacer runners, these are experienced runners who are able to run at the pace required - so just follow them! They will be clearly identifiable.

All Fit to compete information can be found [here](#).

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to the finish funnels, where you will receive your medal. The exit point for the finish system should be kept clear to allow runners to exit.

DON'T

- Run if you have been feeling unwell before the race.
- Run if you have had a flu like viral illness or diarrhoea.
- Drink alcohol - it is dehydrating.

DO

- **Drink plenty of water before, during and after the race.**
- Eat sensibly. Have a good mixed pre-event diet.
- Get into warm dry clothing as soon as you can.
- Make way if you see or hear an ambulance.
- Contact the nearest marshal if you feel ill.
- Contact the nearest marshal if you see someone else in trouble.

GENERAL INFO

WHAT'S ON SITE?

Water stations at 2.25 miles, 4.5 miles, 6.5 miles, 9 miles and 11 miles and finish. Radio network and course marshals. Fast food, cold drinks, toilets and free supervised kit storage area. For photographs this year we are using a company with a worldwide reputation - Marathon-Photos.com, more information can be found elsewhere within this book. NO BBQ'S ARE ALLOWED UNDER ANY CIRCUMSTANCES.

BAGGAGE MARQUEE

PLEASE use the Baggage label provided in your race pack and tie this label to your kit bag and deposit it in the Baggage Marquee. To collect your kit bag at the end of the race simply show your race number to the Security volunteers in the Baggage Marquee.

MISSING CHILDREN

If you are looking for a missing child, please go immediately to the Start/Finish Area, where our event team will be able to assist you.

IN WINDSOR

Visit Windsor Castle, the oldest continuously occupied palace in the world. See the magnificent restoration of the state apartments following the horrendous fire in November 1992, which destroyed or severely damaged more than 100 rooms. Tour Eton College, Savill Gardens and Berkshire Vineyards and Wineries or take a boat trip down the River Thames.

ACCOMMODATION

Information can be found here <https://runwindsor.com/accommodation/>





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of the Windsor Half
Marathon.**





WINDSOR

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TO REMEMBER



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*Offer valid only for the weekend of 26/27th September 2026. A copy of this ad in the Windsor Half-Marathon Booklet must be shown to redeem this offer. Afternoon Tea for 2 normally priced at £30 per person.



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WINDSOR HALF MARATHON

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Thank You and Good Luck from The Prince Philip Trust Fund

By taking part in the Windsor Half Marathon, you are giving back to the local communities across the Royal Borough of Windsor and Maidenhead.

As founding charity for this event, profits are donated to The Prince Philip Trust Fund who in turn provide financial support to local charities, good causes and projects.

To find out about the organisations, charities and projects we fund, or make an application for funding, visit: theprincephiliptrustfund.org



The Prince Philip Trust Fund

The Prince Philip Trust Fund is a charity registered in England and Wales. Charity reg. no: 272927

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