



THE
ROYAL
PARKS



Half

— OYSHO —

Oysho Royal Parks Half Marathon

Sunday 11 October 2026 | Hyde Park



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OYSHO

HEADLINE PARTNER

Our route is filled with landmarks,
stunning Royal Parks and London's
best supporters.

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GRAVEL RUNNING

FOR OFF TRACK MINDS



SALOMON

Before you arrive

Remember to:

- Complete the emergency contact details on the back of your race number (please don't run if you feel unwell, and don't give your race number to anyone else).
- Attach your bib to the front of your shirt using the safety pins provided.
- Pack a refillable water bottle or hydration vest/belt if you have one. We have plenty of water refill points in the event village and on the race route.
- Arrive dressed to run (no changing facilities available).
- Check your individual timings and plan your journey to Hyde Park. Your timings can be found in your Event Guide Information email. The race will start in waves from 08:45.
- Attach your baggage tag to your bag (you will receive a baggage tag in your race pack). You can drop a bag at the baggage tent, alternatively, leave your kit with your supporters.
- Pack an extra layer of clothing for after your run.
- Make sure your supporters have downloaded the Oysho Royal Parks Half App so they can track you along the route.

Our race app

Our race app will be available in early October. Look out for an announcement in your inbox or on our socials. Once it's live, search for 'Oysho Royal Parks Half' on your app store to get set up in time for race day and get your supporters to do the same. (If you have our old app, be sure to delete it as it won't automatically update.)

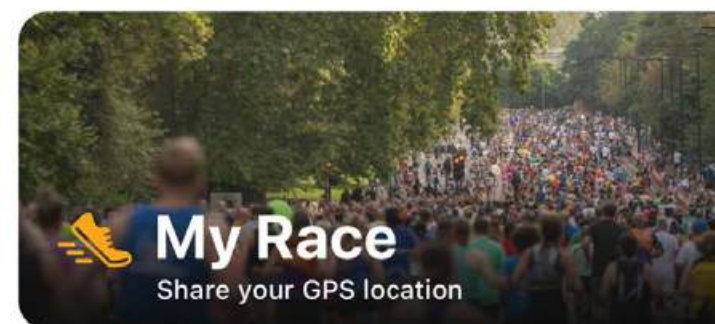
For supporters:

- Track your favourite runners
- Navigate seamlessly around the course
- Find accessibility information
- Plan your day out at the event village
- Donate to your favourite runners' charities

For runners:

- Find your way to the event village and assembly area
- Get your official race time and see your standings compared to other runners
- Find accessibility information
- Take a finish time selfie and share it on social media

Half

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From Victoria tube (Victoria Line) and mainline station – **with step free access** – exit onto Victoria Street and follow Grosvenor Gardens and Grosvenor Place to Hyde Park Corner. Enter the park through Apsley Gate and turn left down South Carriage Drive to the event village (25-min walk). Follow our video guide [here](#).

From Marble Arch tube (Central Line) – cross the road to the pedestrian gates at Speakers Corner and walk south towards the Serpentine Bar & Kitchen. Take the path to the left of the café over the bridge and head south to Rotten Row. Turn right onto Rotten Row and walk towards the event village (25-min walk). Follow our video guide [here](#).

From Lancaster Gate tube (Central Line) – enter the park through Victoria Gate and walk south down West Carriage Drive. Cross over the Serpentine and continue south. Turn left onto Rotten Row and walk towards the event village (25-min walk). Follow our video guide [here](#).

From Bond Street tube (Central, Elizabeth & Jubilee Lines – with step free access) follow Oxford Street west towards Marble Arch and follow directions from Marble Arch tube above (35-min walk).

By Bus

North London: 6, 7, 16, 52, 274, 390

South London: 2, 36, 137

West London: 9, 14, 19, 22, 52, 74, 148

East London: 30, 38, 274

Buses will drop you off on one of three roads: Knightsbridge, Bayswater Rd or Park Lane. Please note some roads may be closed from 06:00 for the event.

Do not travel by car. There is strictly no parking and road closures from 06:00.

For more information, to plan your journey and check any engineering works please check the TFL website: tfl.gov.uk and National Rail nationalrail.co.uk

How to get there

Plan your journey to the start using public transport.

By Tube

From Hyde Park Corner tube (Piccadilly Line) – enter the park through Apsley Gate and turn left down South Carriage Drive to the event village (15-min walk). Follow our video guide [here](#).

From Knightsbridge tube (Piccadilly Line) – enter the park through Edinburgh Gate, cross over South Carriage Drive and you will be able to see the event village to your left (12-min walk). Follow our video guide [here](#).

From Green Park tube (Jubilee & Victoria Lines – **with step free access from the Victoria Line**) follow Piccadilly west towards Hyde Park Corner. Enter the park through Apsley Gate and turn left down South Carriage Drive to the event village. (20-min walk). Follow our video guide [here](#).

From South Kensington tube (Piccadilly Line) walk north on Exhibition Road, turn right at Prince's gate and follow Kensington Road until you reach Rutland Gate and turn left to enter Hyde Park. Cross South Carriage Drive and the event village will be straight ahead (20-min walk). Follow our video guide [here](#).

There are planned engineering works on Saturday 10 and Sunday 11 October on the Circle line from Edgware Road to Aldgate via Victoria and on the District line from Tower Hill and Edgware Road to Ealing Broadway, Kensington (Olympia), Richmond and Wimbledon.

Key timings

07:30

Event village opens

07:30

Baggage tent opens

08:05

Wave loading opens – look at the screen to load into the correct funnel

08:45

Half Marathon starts

09:50-14:00

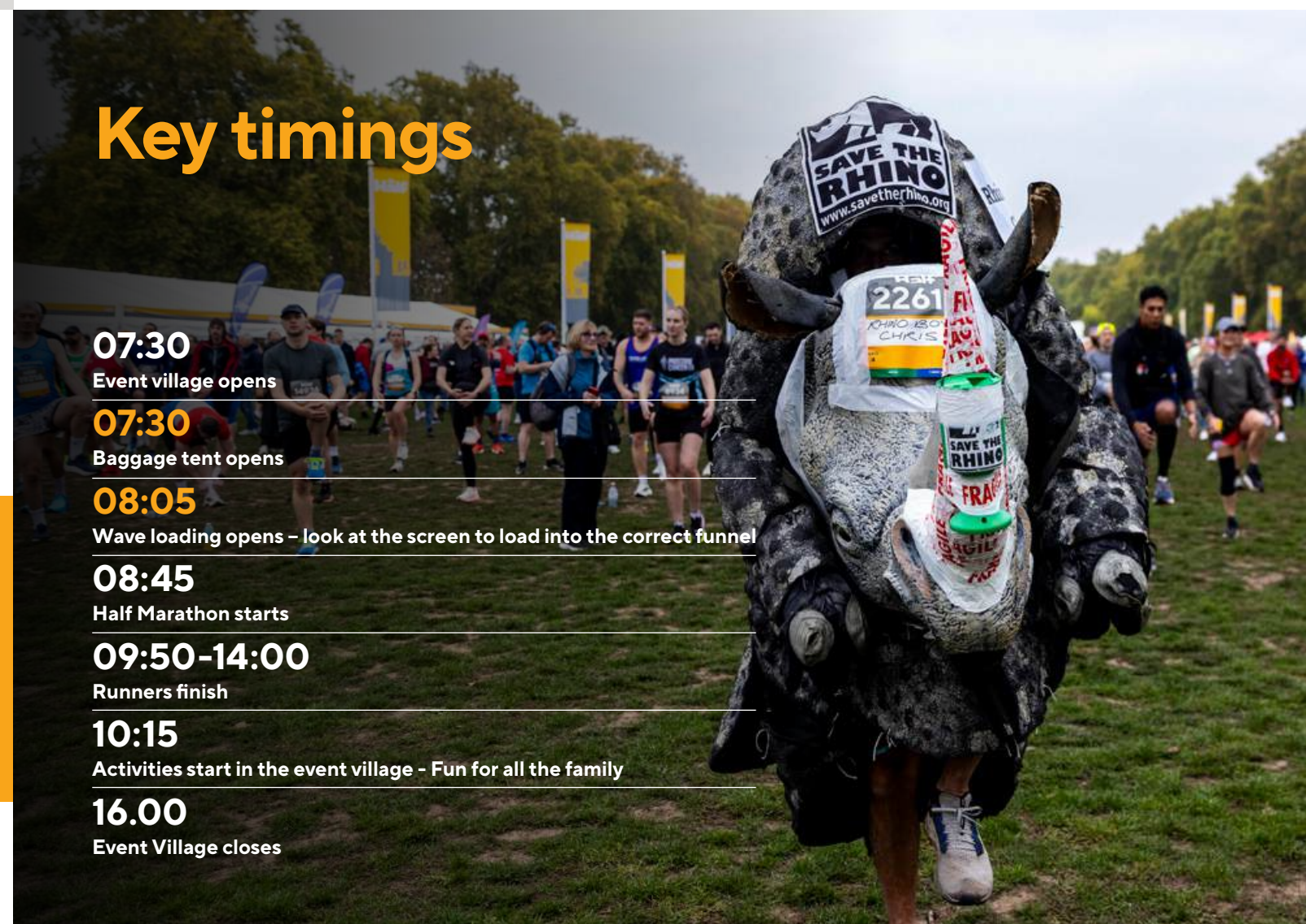
Runners finish

10:15

Activities start in the event village - Fun for all the family

16.00

Event Village closes





Sustainability at the Oysho Royal Parks Half

In 2026 participants had the option to forgo a finisher t-shirt. Those that opted out of receiving a finisher t-shirt will contribute to planting aquatic plants along the Serpentine Lake edge, providing habitats for invertebrates, amphibians, fish and birds.

If you need a reminder, your race bib shows whether you opted out or opted in to receive a t-shirt.

Our participants also had the option to forgo a finisher medal. Whether you opted to receive a medal or not is referenced on your bib.

JogOn are returning to our event village this year to collect unwanted running shoes and distribute them to 15 locations around the world to people with no shoes. Please bring your old shoes and donate.

To donate your shoes, please note:

- Pairs of shoes only.
- Shoes must be tied together by their laces.
- Wet, muddy shoes will not be accepted.



Plastic bottle-free course.



T-shirts made of 100% recycled polyester.



FSC Certified wooden medals.



Digital only race comms.



JogOn partnership – donate your unwanted running shoes.



All water stations will be stocked with compostable cups. There will also be three separate refill points on the route for participants carrying their own water in bottles or hydration vests/belts.



RUNNING FOR PB?

We've got you.

Find Pip & Nut at the Oysho Royal Parks Half Marathon this October.



CHASING SNACKS.

CHASING SNACKS.



NATURAL
CAFFEINE



ESSENTIAL
ELECTROLYTES



ANTIOXIDANTS



L-THEANINE



LIFE'S TOO GOOD FOR BAD ENERGY



Your race bib explained



All runners will receive their individual race day timetable by email as part of their runner instructions. Please keep this email safe and adhere to your arrival time and race timetable.

In your email, you will find your recommended arrival time along with wave loading times and your race start time.

If you live in the UK, your event pack will be posted out to you. If your event pack has not arrived by Tuesday 6 October at 17.00, please complete the replacement pack form [here](#).

Runners who live outside the UK will not have their packs posted, so will need to collect them.

If you need to collect your pack or any missing items, you can collect them from:

■ **12:00 to 19:00 on Friday 9 October** from Marathon House, 190 Great Dover Street, London, SE14YB.

■ **08:30 to 14:00 on Saturday 10 October** from the information tent in our event village.

On Saturday 10 October the information tent will be in The Royal Parks charity tent located in the event village what3words location [///spine.grab.noble](#) (please see our event village map for details).

Your bag drop lane is shown at the bottom of your bib next to your wave number. If you plan on dropping a bag, join the queue at the baggage marquee that corresponds to your bag drop lane.

Your wave number is found on the bottom left of your bib.

In the assembly area, screens will tell you to load into funnel A, B, C or D depending on your wave number.

After loading into your funnel, you will be walked forward to the start line by marshals.

You can run in a later wave if you need to, but we ask that runners do not promote themselves to earlier waves.

Wave times are listed on our website [here](#).

Your timing chip is attached to your race number! Your official race time will be recorded from when you cross the start line.

Please ensure that you have completed the emergency contact information on the reverse of your race bib.

Please remember your race number is not transferable.

Your race bib will also show whether you opted in or out of receiving a finisher t-shirt and or medal.

We will post your official race time by Monday 12 October at [royalparkshalf.com](#) and you will also receive a confirmation email.

We encourage you to write your name on your race bib so supporters on the route can cheer you on!



THANK YOU

Your run is making a difference.

Every step helps our charity protect wildlife, preserve historic spaces and connect people with nature across London's Royal Parks.

The money you raised supports these incredible green spaces, now and for generations to come.

VISIT [ROYALPARKS.ORG.UK](#)



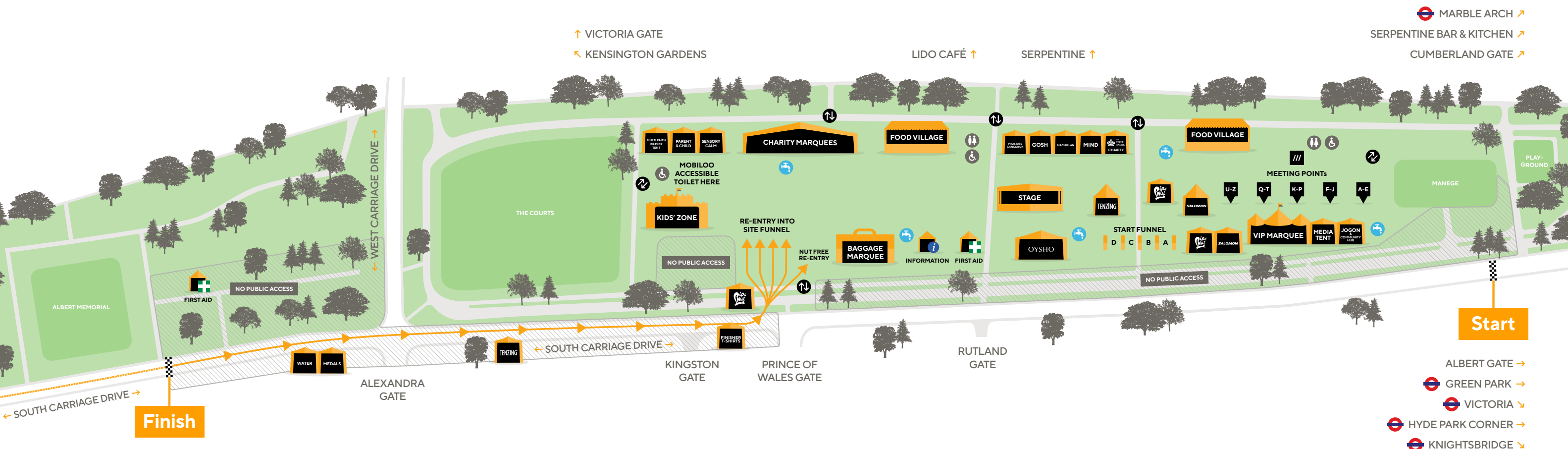
Registered Charity No: 1172042

Half | OYSHO

EVENT VILLAGE KEY

- ↕ ENTRANCE / EXIT
- ♿ TOILETS
- ♿ ACCESSIBLE TOILET
- 💧 WATER
- /// TRYING.LOCK.PITCH

The map is representative only and subject to change



Enjoy delicious food & drink, meet our partners and try some have-a-go activities, all in our bustling event village in beautiful Hyde Park. All food traders will make reasonable adjustments to ensure those with access needs can use their services. See our Accessibility Guide for details.



Pacing

A team of experienced pacers will be present at the event. They are identified by a large flag carried on their back, displaying their predicted finishing time. We will have pacers from 1h30 through to 3hr30.

Keep an eye out for the pacer in your start wave.

We have a cut-off time of 4 hours after the last wave has started. This means participants need to maintain an average pace of around 18 minutes 19 seconds per mile (about 11 minutes 23 seconds per kilometre) to finish within the time limit.

Due to our strict central London road reopening times, you'll need to maintain this pace throughout. If you're unable to maintain this pace, but wish to continue, we may need to move you onto the pavement for safety reasons. Our team will support you to the finish line.



Race day tips

- Plan your journey with plenty of spare time and remember to check if any travel disruptions will affect your journey. Your recommended arrival time is stated on your runner timetable.
- If you want to run with friends, you can move backwards to a later start wave, but not forward.
- It takes time for all our participants to cross the start line, so don't worry if your start time is later than when the klaxon sounds at 08:45! The staggered start times mean a better race experience for you out on the course.
- Be self-sufficient with your hydration if possible, bring a refillable water bottle or hydration belt/backpack. We have plenty of refill points in the event village and three on the race route.
- There are four water stations along the route, using cups. Cups will be laid out on long tables, run a bit further so you can grab and go, rather than using the first table.
- Please drop your cups to the side of the course using the bins provided. They can become a slip hazard! Cups will be collected and composted after the event.
- If you plan on wearing an old top to keep you warm prior to starting; one that you plan to throw away, please discard in the 'Clothing Drop Zone', located just ahead of the start line. We will collect all discarded clothing for reuse and recycling.
- Stay hydrated but don't take on too much water. Prepare for race day in your normal way, with a familiar routine. Eat and drink things you have used in training!
- Most of the race route in the Royal Parks is barrier-free, but remember the Parks are open to the public. There may be locations where members of the public are crossing.
- Smile for our official race photographers **Marathon Photos Live**, who will be at various locations around the route.

Have a great run!

JustGiving®

Make your miles count

The Oysho Royal Parks Half Marathon is nearly here, and every step you take can help make a bigger difference for a cause you care about.

Ready to get started?
Go to www.justgiving.com and start fundraising today.

Here are four simple ways to boost your fundraising and help more good happen.

- 1. Set a fundraising target**
Fundraisers with goals raise more. Choose an ambitious but achievable target. Let friends and family help you reach that special total.
- 2. Tell your story**
Make your page personal. Share why you take on this challenge and why the cause matters. People donate when they see what inspires you.
- 3. Connect your fitness app**
Link Strava or Fitbit to share training progress. Every single run shows effort. Keep your fundraising momentum growing.
- 4. Share, share, share**
Spread the word. Post your page on social media networks. Send links to your family. Keep everyone updated along the whole way.

Every donation, big or small, helps turn I care into I can

[justgiving.com](https://www.justgiving.com)

JW STEAKHOUSE

PRIME CUTS.
TIMELESS FLAVOURS.

Enjoy the finest USDA prime cuts and steakhouse classics with an array of tempting sides, all served inside or al fresco in our JW Garden.

Good luck to all the runners from everyone at Grosvenor House.

JW Marriott Grosvenor House London
86-90 Park Lane
London, W1K 7TN

Wellness

We encourage all participants to be self-sufficient with their hydration, while recognising that everyone has different needs. This year we will have four water stations on the route with compostable cups, located at approx. 3.5, 6.5, 9.5 and 11 miles.

We will also have three dedicated water refill station for self-sufficient, located at approx. 4.5, 7.5 and 10.5 miles.

We advise you to stick to your normal hydration strategy, used in training, particularly if you plan to use gels or carbohydrate drinks. **TOP TIP:** Nothing new on race day!

Injury or illness

Please carefully consider whether or not you should run if you have recently been injured or unwell, seek advice from your doctor if in doubt. Exerting yourself over 13.1 miles can be dangerous if you're not fit and well.

Safety and Security

The safety and security of our participants and spectators is of paramount importance to us.

We will deliver a safe, secure and enjoyable event and you can help us by following the instructions of our team of friendly stewards at all times. We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure, including random bag checks.

If you see something suspicious, please report it to a steward, a police officer or call 999.

Respecting the Parks

Our parks are home to various plants, animals, and other wildlife. Please respect these and keep an eye on park signs that will guide you on how to protect our wildlife.

Please ask your supporters **not** to bring:

- balloons
- confetti cannons
- glass

As these items can disrupt and damage the protected natural habitats in the parks.

Please ask your supporters to:

- bring reusable water bottles as we have plenty of refill points in our event village
- bring recycled or upcycled cardboard signs to support you and other runners
- use bins provided to dispose of litter on the route and the designated waste stations in our event village

Accessibility

We've introduced more ways to make the Oysho Royal Parks Half an accessible event. For details please visit our [website](#) to [download our accessibility guide](#).

This year's event will feature:

- Accessible viewing areas
- Accessible toilets
- BSL Interpreters
- A multi-faith prayer tent
- A community activation space
- A low volume supporting area on our route
- A sensory calm zone
- Accessible food traders

If you have any access needs, please [contact us](#) ahead of event day.

Nut Allergies

Our event sponsor Pip & Nut will be onsite at our event. Please note that their bars are not suitable for peanut, oat or tree nut allergy sufferers. For those with nut allergies, we'll have clear signage to keep you safe and informed and we will operate a finish exit route that doesn't pass their giveaway.

Please see our event village map for where Pip & Nut will be based.



Community Running Groups

This year we're working with community running groups from London and the Southeast to help drive participation from underrepresented groups.

Click on a group's logo below to find out more about their community.

ASIAN
GIRLS
RUN

BE MORE YOU

Black
Girls
Do Run UK

KIM^{tv}
KEEP IT MOVIN'

LES RUN

MM

MUSLIM SPORTS NETWORK

RAMLA ALI
SISTERS CLUB

RUN:
REAL

RUNDERBOLT

SW16
RUNNING CLUB

THE
UNLIKELY
MUMMY
BORN FROM LIVED EXPERIENCE

T & C

VERTEX³³

WESTSIDE RUNNAS
LONDON

WOMEN
MAKE
MOVES

Golden Oak Charities



There are charities of all sizes taking part in this year's race. As well as supporting London's eight Royal Parks, runners have raised over £80m for over 1,900 charities since 2008.

Thank you to all our amazing runners!



Our Golden Oak charities, which have the largest teams taking part this year are: Macmillan Cancer Support, Great Ormond Street Hospital Charity, Mind and Prostate Cancer UK.



RBC Race for the Kids | Saturday 10 October

If you're in London on Saturday and looking for some family fun, join our friends at RBC Race for the Kids, which raises money for Great Ormond Street Hospital Charity. Walk, jog, wheel or scoot 2km or 5km with your family to help build the new Children's Cancer Centre at Great Ormond Street Hospital.

The event village is on the football pitches in Hyde Park on South Carriage Drive. Sign up at race.gosh.org before Thursday 8 October. The 5k starts at 10am and the 2k starts at 11.50am.

