

ROYAL PARKS HALF MARATHON 2026

Sunday, 11 October



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

ROYAL PARKS HALF MARATHON 2026



Your runner's guide

You're running the Royal Parks Half Marathon for us. Thank you. This guide will give you everything you need to know about the day. Share this with your friends and family so that they can find our cheer points and marquee in the event village. If you've got any questions, give us a shout. Otherwise, we'll see you on race day.

Why it's important

"I joined the Diabetes UK team to run in the Royal Parks Half because I love running and was diagnosed with Type 1 diabetes in January. Running for Diabetes UK will not only be good to raise awareness and funds, but it will show my friends and family (and strangers) that anyone can cover 13 miles if they are determined enough – even people who struggle with chronic conditions. I am running for Diabetes UK to inspire fellow diabetics – because change must come from us."

Olivia, Royal Parks Half 2022 participant

Getting ready

You should receive your race pack, including your race number, directly from the race organiser in the post a few weeks before race day. Please ensure you read the enclosed race day booklet included in the pack before attending.

If you haven't received your pack by the week of the event, please do contact the race organisers at info@royalparkshalf.org to arrange one to be sent out to you.

If you've got one of running tops, don't forget to wear it. Iron your name on the front so we can see you coming and the crowd can chant your name as you pass our cheer points. If you need more iron-on letters, just let us know. Please stick your race number below your logo so everyone knows who you're running for.

Celebrate with us

Celebrate your amazing achievement with #TeamDUK in the Event Village. Just follow the Charity Marquee signs after you cross the finish line. We'll have well deserved refreshments and sports therapists on hand to help with your cool down. Please feel free to use our marquee as a meeting point for friends and family.

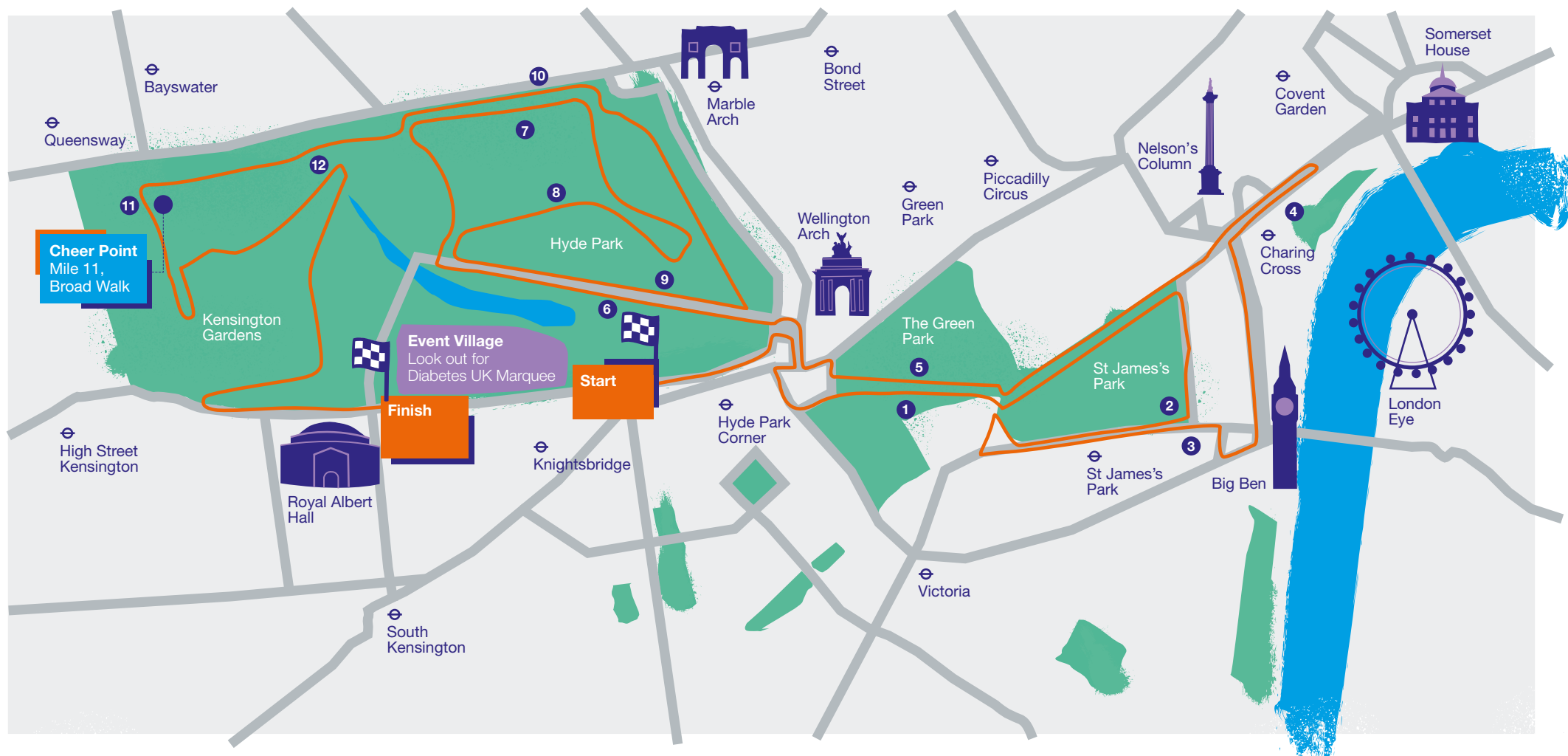
Social media

If you're on X, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to run 13.1 miles and race day is a great time to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@DiabetesUK** in your posts.



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Feel the noise

Never underestimate the power of hearing your name called, to perk you up if you're flagging or drive you on if you're feeling great. Look out for our big blue cheer point along the route and encourage your friends and family to join us in cheering you on.

Our cheer point

Mile 11, Broad Walk

You'll find the official Diabetes UK cheer point on Broad Walk, across from the Diana Memorial Playground. Invite your family and friends to join us there so they can give you a big cheer as you run past. **What3Words: ///ritual.dusty.refers**

Visit us in the Event Village

After you finish, head to the charity marquees where we'll be waiting with refreshments and massage therapists. Come and say hello so we can thank you properly for your amazing efforts.

We can't wait to cheer you over the finish line and celebrate your incredible achievement with you on the day!

Got a question

Email us:
events.fundraising@diabetes.org.uk