

TORBAY

HALF MARATHON & 10K

EVENT GUIDE 2026



CONTENTS

Page 1 – Welcome to the Torbay Half Marathon & 10K

Page 2 – Participant Information

Page 3 – Start Information

Page 4 – Race Number Information

Page 5 – Safety Information

Page 6 – Event Day Information

Page 7 – Event Map

Page 8 – Event Route Maps

Page 9 – Travel & Parking

Page 10 – Discover the English Riviera

Page 11 – Discover the English Riviera Part 2

Page 12 – An Energy Boost with Kitson Boyce

Page 13 – Your Next Adventure with GWR

Page 14 – Good Luck from Torbay Pharma

Page 15 – Upcoming Run Plymouth Events

Page 16 – Your Legacy with Marathon Photos

Page 17 – Continue Your Training with Torbay Leisure Centre

Page 18 – Technical Solutions with JHAV

Page 19 – Introducing Chery Torbay

Page 20 – Specialist Support with D4S Health & Safety

Page 21 – The Great Wall of China with Rowcroft Hospice

Page 22 – Thank You!

WELCOME TO THE TORBAY HALF MARATHON & 10K

We are absolutely delighted to welcome you to the 2026 Torbay Half Marathon & 10K. Whether you're lucky enough to call the beautiful English Riviera home, joining us from the surrounding communities, or travelling from further afield to experience this spectacular stretch of coastline, we're thrilled to have you with us for what promises to be a fantastic day.

The Torbay Half Marathon & 10K is much more than a race; it's a celebration of determination, achievement and community spirit. Every participant on the start line has a unique story, a personal goal and a reason for taking part, and together you create the inspiring atmosphere that makes this event so special.

We are especially proud to see so many participants supporting charitable causes, with every mile completed helping to raise vital funds and awareness for organisations that make a real difference in our communities.

We would also like to say a huge thank you to our sponsors and partners, whose generous support helps make this event possible, and to our incredible team of volunteers who give their time, energy and enthusiasm to help make race day such a memorable experience. Quite simply, without their support, events like this could not happen.

Today is your day. Whether you're chasing a personal best, taking on your first race, fundraising for a cause close to your heart, or simply soaking up the experience, we encourage you to enjoy every moment. Take in the stunning coastal views, embrace the encouragement of our volunteers and spectators, and celebrate the achievement of reaching the start line.

Most importantly, have fun, enjoy the occasion and be proud of everything you've accomplished to get here.

Best Wishes,
Team Taurus



PARTICIPANT INFORMATION

PACERS - HALF MARATHON & 10K

Our amazing friends at Plymouth Musketeers Running Club will be providing pacers throughout the route. Keep an eye out for the large GWR Green pacer flags attached to their backs indicating their target finish time.

Thank you to Plymouth Muskies for your continued support!

PACER TIMES

Half Marathon	10k
1:30	45 mins
1:45	50 mins
2:00	60 mins
2:15	70 mins
2:30	

RACE RESULTS & PRIZES

Race results will be available on our website <https://www.torbayhalfmarathon.co.uk/> approximately 24 hours after the race has ended.

Prize giving for the top three male and female athletes in each distance will take place on the stage at approximately 10:30 on event day.

Anyone with a Torbay postcode will be entered into a separate challenge, where the fastest male and female athlete to cross the finish line will be awarded with the Torbay Athletic Club Trophy.

Team Challenge & Age Category Winners results will be announced approximately 1 week after the end of the race to ensure accurate verification.

TOILETS

Public toilets are available on Paignton Green, Corbyn Head and Torbay Road opposite Torre Abbey Park.

CROSSING THE LINE

Throw your arms up in the air and celebrate, you have just completed your race, CONGRATULATIONS!

Once you cross the finish line, your rewards will be waiting for you in our Rewards Area. Please make sure to follow the finisher funnel all the way through.

Photography will be on the final stretch to capture your finishing moments so give them your biggest smile and wave!

Please do not arrange to meet your friends, family and supporters on the finish line, it gets exceptionally busy! Make your way through and enjoy the hospitality of the Event Village.

ON-COURSE ENTERTAINMENT

We've lined up an incredible mix of entertainment to keep you motivated every step of the way. Elements Taiko on the corner of The Kings Drive! Their powerful drumming will be giving you an extra boost as you head out and again when you make your way back.

Meet Drum Devon on the banjo in Princess Gardens, who will be providing some jungle drum vibes to help keep you motivated.

Then as you hit Princess Pier in Torquay, the Kitson Boyce Motivational Pier, accompanied by the sound communities Boom Bus, will give you the boost you need to return to Paignton Green.

You'll also be cheered on by enthusiastic supporters and designated cheer stations throughout the route – offering that extra motivational fuel when you need it most.

PARTICIPANT INFORMATION

START INFORMATION

Please read the following start information carefully to ensure a smooth and safe experience on event morning.



HALF MARATHON PARTICIPANT INFORMATION

Half Marathon participants will assemble directly inside the event funnel, located in front of the Start & Finish Gantry.

Important:

- You can begin to enter the funnel from 8:15am
- You should be inside the funnel by 8:30am
- Please allow time for your warm-up before the race begins
- Your warm up will begin at 8:45am
- Your start time will be 9:00am
- Follow your steward instructions at all times
- Ensure your race bib is clearly visible at all times



10K PARTICIPANT INFORMATION

10k participants should gather on the esplanade, between Manley's Catering and the Shorline Cafe, behind the Half Marathon runners.

Important:

- The 10K is expected to start at approximately 09:20am
- Participants should make their way into the event funnel at approximately 8:45am, following the departure of the Half Marathon runners
- Your warm up will begin at 9:10am
- Please listen carefully to the event commentators for any updates or changes to timings or procedures
- Ensure your race bib is clearly visible at all times

RACE NUMBER INFORMATION

YOUR RACE BIB Detailed Overview



Your chosen distance

Your First Name

Race Number

T-shirt size (if pre-selected)
& event information

Baggage label, baggage is
next to the information tent
in the event village

Important Information About Your Race Bib

- It is strictly forbidden to pass an unwanted race bib to another participant or to take part in the event using someone else's number, as all race bibs are linked to individual registration and medical information for safety purposes; anyone found misusing a race number will be disqualified.
- Please ensure medical information, on the reverse of your Race Bib is filled out correctly.
- Ensure your Race Bib is attached to the front of your chest, this ensures validity of race results and helps identify you for your official Finisher Photos.
- Don't forget your safety pins to attach your Race Bib!
- If you have any issues with your Race Bib, please report to Event Information located in the Event Village at Paignton Green.

SAFETY INFORMATION

We are committed to delivering a fun, memorable and competitive event day experience for all participants and spectators.

Please help us achieve this by following the guidance below:

- Respect and be mindful of your fellow participants, volunteers and event staff at all times.
- Your timing chip records your official start and finish times. Please do not rush or overcrowd the front of your wave in an attempt to move forward.
- Arrive early. Queues at 'Event Information' and 'bag drop' can cause delays. Please leave belongings in your car if possible and arrive with your Race Bib pinned to your front.
- Listen carefully to all instructions given by course marshals and event officials.
- Take part in the pre-event warm-up delivered by Torbay Leisure.
- Weather conditions can change quickly. Please ensure you are dressed appropriately for the forecast, including wind and rain if expected.
- ⚠ Please take extra care on Princess Pier in wet conditions, as the surface can become particularly slippery.
- Stay hydrated before and during the event.
- Remain alert to road furniture and traffic calming measures along the route.
- Only bone conducting earphones are allowed on the route, these allow you to play music whilst still being able to hear our route marshals and event officials.
- The use of unauthorised drones at large-scale events is now forbidden in the UK. Please make sure anyone spectating you is aware of this ruling.
- If there is a delay to the start time, please be assured this will only be for safety reasons. The event will only start when safe to do so.
- The transfer window for this event has now closed. All Race Bibs are personalised and linked to the original entrant, including submitted medical information. Under no circumstances should you give your Race Bib to another person. This is strictly monitored, and misuse may result in a permanent ban from future events.
- If at any point during the event you feel unwell, inform the nearest marshal (wearing yellow high-visibility clothing). They will contact Event Control and ensure you receive the appropriate assistance.

EVENT DAY INFORMATION



KEY TIMINGS

08:00 - Event Village Opens

08:30 - Participants assemble into their funnels

08:45 - Half Marathon Warm-up

09:00 - Half Marathon Start

09:10 - 10k Warm-up

09:20 - 10k Start

09:50 - 10k First Finisher Expected

10:05 - Half Marathon First Finisher Expected

10:30 - Podium Finisher Awards Presentation

14:00 - Site Closes

Please note: All timings can be subject to change, listen to our commentators on event day for guidance



WATER STATIONS

Water stations are located at the following points along the route:

- Outbound - Mile 1.8, 6.5 & 8.8
- Inbound - Mile 5.5 & 12
- Finish line (Rewards area)
- ⚠ Under no circumstances should bottles or caps be dropped along the coastal course. Please use the designated disposal areas provided that are signposted.



COURSE MARSHALS

Keep an eye out for our marshals positioned at key points around the route. They'll be wearing bright yellow high-visibility jackets.

As well as cheering you on, they are there to provide important directions and safety information.



FIRST AID

Our medical team, Alliance Pioneer Group, will be based at Paignton Green near the Event Village. They will also be based at Princess Gardens and Preston Green.

If you experience any difficulties while out on the course, please alert the nearest course marshal immediately. They will arrange for medical assistance as quickly as possible. Please note that medical teams may be operating on bicycles along the route to ensure a fast response time.



EMERGENCY ACCESS

In the event of an emergency, runners must move safely to the side of the road to allow access for emergency vehicles.

Please follow all instructions given by our volunteer marshals at all times.



BAGGAGE DROP

Your baggage label is attached to the bottom of your race bib. Please complete your details and securely attach the label to your bag before arriving on event day.

The baggage drop area is located at Paignton Green within the Event Village.

Baggage is open 08:00 - 14:00



MILE & KM MARKERS

Each mile along the Torbay Half Marathon route and each kilometre along the 10k route will be marked.

EVENT MAP



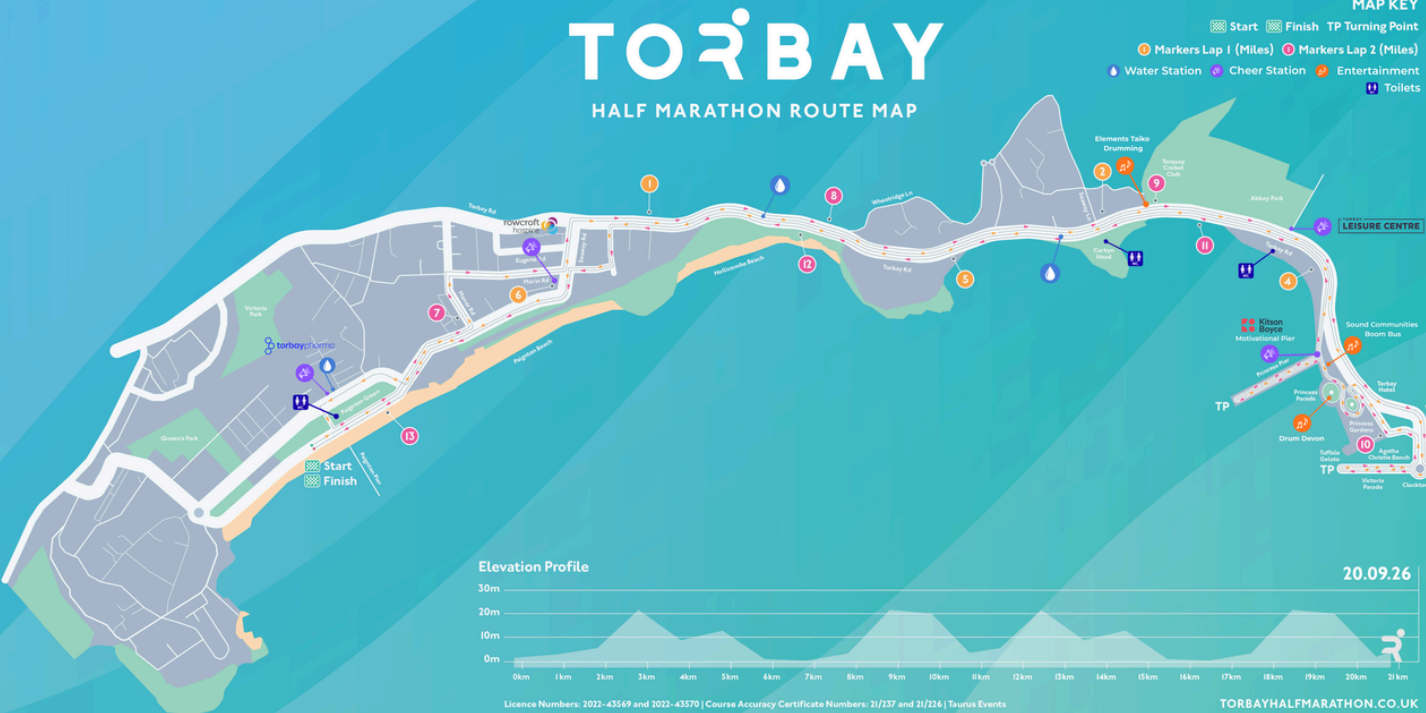
[CLICK HERE FOR LARGE SCALE EVENT MAP](#)

LIST OF EXHIBITORS/CATERERS

- | | |
|--|---|
| 0 – Funtasia | 7 – Provincial Grand Lodge of Devonshire Freemasons |
| 1 – Yum Yumz of Torbay | 8 – VX3 |
| 2 – Sea Cadets | 9 – Rowcroft Hospice |
| 3 – Mercure Hotel Paignton | 10 – Bakes with Benefits |
| 4 – Torbay Pharma | 11 – Golden Mile Coffee |
| 5 – Torbay Leisure | 12 – Chery |
| 6 – Torbay and South Devon NHS Charity | |

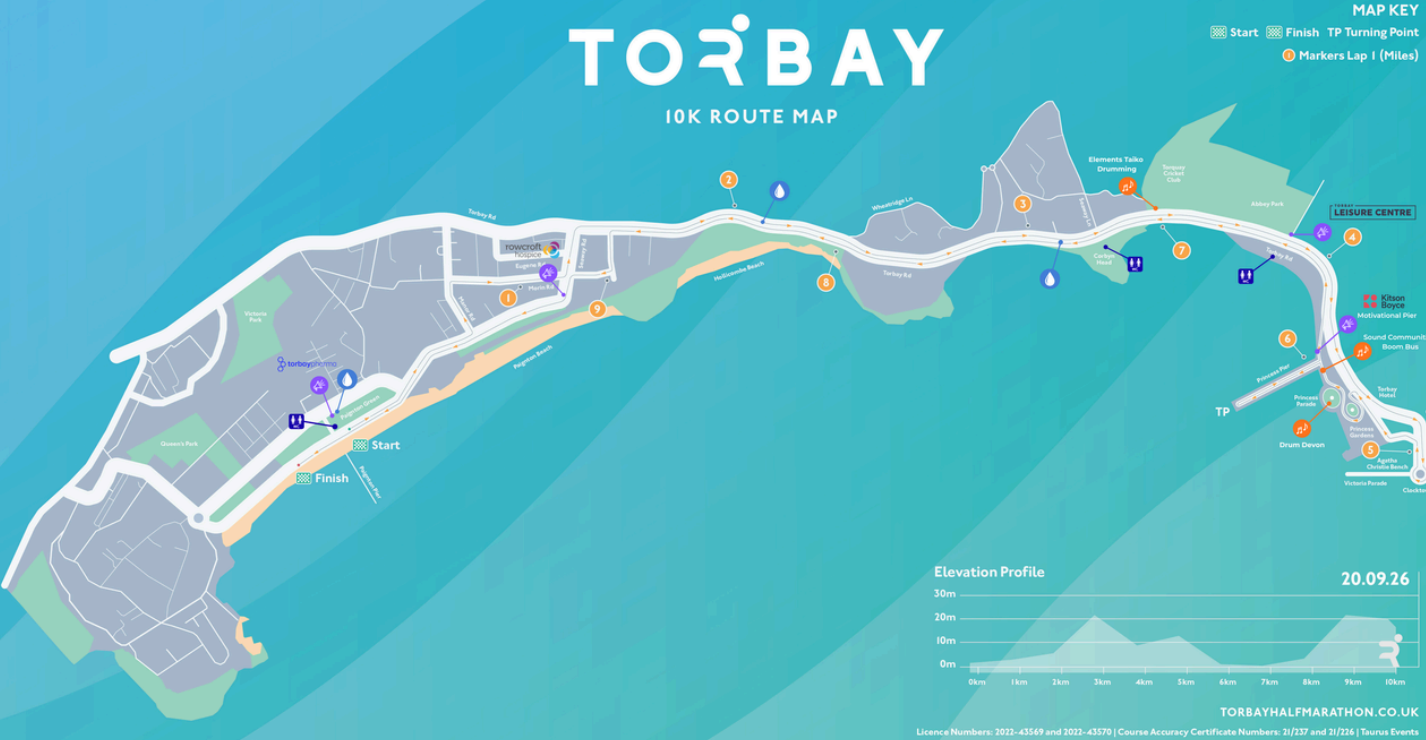
EVENT ROUTE MAPS

TORBAY HALF MARATHON ROUTE MAP



[CLICK HERE FOR LARGE SCALE EVENT MAP](#)

TORBAY 10K ROUTE MAP



[CLICK HERE FOR LARGE SCALE EVENT MAP](#)

TRAVEL & PARKING

Please be aware of the road closures that will be in place on event day and allow plenty of extra time for travel. We strongly recommend planning your journey in advance and making use of our Park & Stride initiative, with parking available at Victoria Car Park, Quay West Car Park and Torbay Leisure Centre Car Park.

[CLICK HERE FOR TRAVEL INFORMATION](#)

You will also find suggested travel routes, information on available car parks, guidance for those travelling from further afield and details on car sharing options to help make your journey as smooth as possible.



Smile and wave - One Plymouth, our official media partner for Torbay Half Marathon & 10K, will be out on the course capturing all the action in both photos and videos! Keep an eye out for their team on the day and you might spot yourself in the highlights. All content will be shared on our official Facebook page:

<https://www.facebook.com/TorbayHalfMarathon>



Whether you're staying for the weekend, travelling down for the day, or you're a local resident of Torbay looking for your next adventure, there's so much to see, do and experience before and after the event.

Make the most of your visit and discover the very best that Torbay has to offer.



Savour the sights, sounds and smells of Paignton Pier!

No visit to the resort is complete without a stroll along the iconic and magnificent Paignton Pier – one of just a handful of traditional seaside piers still delighting holidaymakers around the country.

Award-winning Paignton Pier, reaching out majestically from the centre of Paignton seafront, is an unmissable destination for fun, food and relaxation.

The famous South West Coast Path transforms a relaxing and idyllic visit to the English Riviera and South Devon into an exciting walking adventure.

The whole 630-mile coast path is the UK's longest national trail and it meanders along some of the most spectacular coastline in the country with plenty to see and do on the way.

Get closer to nature and explore the Naturally Inspiring English Riviera through walking the coast.





PAIGNTON ZOO

For more than a century, Paignton Zoo has been dedicated to wildlife care, conservation and education.

Set across 80 acres in Torbay, the zoo is home to more than 1,800 animals and around 1,600 plant species.

Our work connects local stewardship with global conservation networks, combining heritage with forward-thinking practice.

Torre Abbey is Torbay's most historic building, an ancient scheduled monument dating back to 1196 set within 18 acres of garden and parkland.

Today the Abbey is a real hive of activity where world class exhibitions are shown side-by-side with creative work from local emerging talents. You can learn about the early years and the Georgian Cary Family who resided in the Abbey for hundreds of years.



TORRE ABBEY



AGATHA CHRISTIE TOURS

Even if you've never read an Agatha Christie novel or watched one of her plays, it doesn't matter!

This fascinating walking tour tells the story of her extraordinary life, which is as interesting as any of her novels.

Guests will discover how she overcame personal and professional challenges to become the world's best selling novelist, the most translated author and the author of the longest running play.

Come and join
us for an energy
BOOST!



Find us by the Princess Theatre
at the beginning of the Pier for
a refreshing sugary boost!

FIVE SPEED OFF TO THEIR NEXT ADVENTURE



THE FAMOUS FIVE © 2022, Hodder & Stoughton Limited. All rights reserved.

Start your Torbay adventure with
Great Western Railway.

Book now at [GWR.com](https://www.gwr.com), or on our app.

GWR

ADVENTURES START HERE



Proud sponsors of the
TorbayHalfMarathon& 10K

From our home in the Bay...

Torbay Pharma is trusted to
develop, manufacture and supply
essential medicines worldwide.



**Good luck to
everyone taking part!**

www.torbaypharma.com



SUNDAY 18 OCTOBER
WWW.RUNPLYMOUTH.CO.UK



RUN
PLYMOUTH
HALF
MARATHON

RUN
PLYMOUTH
10K



#BEPARTOFIT



ENTER NOW

SUNDAY 16 MAY 2027
WWW.RUNPLYMOUTH.CO.UK



YOUR LEGACY, YOUR PHOTOS.

Immortalise your crowning moment of triumph with our official Finish Line photos.

We're proud to be working in partnership with leading marathon photography specialists Marathon Photos to showcase your best event-day moments.

The Marathon Photos Live team will be positioned at Paignton and Torquay Marina to capture your moment of victory as you cross the line. Every participant will receive an email after the event with a direct link to view their personal photos and videos, along with a special early-bird discount for purchases made within the first week.

These are your photos. Your achievement. Your legacy.



TORBAY

LEISURE CENTRE

Continue your Training with Us

Newly Refurbished
State-of-the-Art Gym
Group Exercise Classes
Velopark Access
25m Swimming Pool
Sauna, Steam Room,
and Spa Pool

**Recover
in our
Health
Suite**

LeisureCentre.com

**Make a
weekend of
it with our
kids activities**



RIVIERA
INTERNATIONAL CENTRE



YOU RUN THE RACE... ...WE RUN THE SHOW



Tailored Technical Solutions for All Your Event Needs
Production | Hire | Hybrid and Online | Sales

01579 345250 | www.jhav.co.uk | contact@jhav.co.uk

Introducing Chery Torbay



Your **local** destination for **innovative, stylish,**
and **technology-packed SUVs.**

As part of the trusted City West Country Group, we are proud to bring **one of the world's fastest-growing automotive brands to South Devon.** Established in 1997, **Chery** has become a **global success story**, exporting vehicles to over 100 countries and earning a reputation for **advanced technology, safety** and **quality.** Whether you're looking for a spacious family SUV, the latest driving technology, or exceptional value for money, our friendly team is here to help you discover the Chery range and **find the perfect vehicle for your lifestyle.**



Scan the QR code
or visit us at:
cherytorbay.co.uk

59 Totnes Road
Paignton
TQ3 3RE





D4S

H&S Consultancy
and Training

D4S
HEALTH AND SAFETY

ABOUT D4S

D4S Health and Safety is a chartered Health and Safety consultancy based in Plymouth, Devon yet support business from across the nation. We provide specialist health and safety advice as well as training for employees to support a wide range of organisations and industries.

CONTACT US



info@d-4s.co.uk



01752 922619



www.d-4s.co.uk



EXPERT ADVICE

Access professional health and safety advice when you need it.



BESPOKE SUPPORT

Bespoke support tailored to your organisation and your events.



PRACTICAL SOLUTIONS

Practical solutions and control measures that help you manage risk and stay compliant.



SAFER EVENTS

Helping you deliver successful events while keeping your people safe.



DEVON BASED CONSULTANCY
COVERING THE ENTIRETY OF THE UK



Chartered Safety and
Health Professional

PROTECT YOUR EVENT, PROTECT YOUR PEOPLE, PROTECT YOUR BUSINESS.

www.d-4s.co.uk

14-22 OCTOBER 2027



JOIN TEAM ROWCROFT.

TAKE ON A 35KM-TREK.

**RAISE VITAL FUNDS TO CARE
FOR LOCAL FAMILIES.**



To find out more,
scan or visit:

[rowcrofthospice.org.uk/
greatwall](https://rowcrofthospice.org.uk/greatwall)

rowcroft
hospice



THANK YOU!

IT TAKES A LARGE NUMBER OF ORGANISATIONS WORKING TOGETHER TO MAKE A SUCCESSFUL LARGE-SCALE EVENT AND WE RE SO GRATEFUL TO THE FOLLOWING:

OUR AMAZING TEAM

Our great event team, suppliers and volunteers from across Torbay and beyond.

TORBAY COUNCIL

Officers, Councillors and Torbay Council staff for their continuing support and help in making the event such a success.

LOCAL COMMUNITIES

The residents, places of worship and businesses from the local communities on the course for their support.

THE SUPPORTERS

All the entertainers and support on the event route and all those supporting you along your training journey.

THE CHARITIES

The charities who have runners taking part, including those for our Official Charity Sponsor Rowcroft Hospice.

PARTICIPANTS

Simply, there would be no point in the Torbay Half Marathon & 10K without you. Thank you all for entering and for all your preparation and training.

LOCAL SERVICES

The local police and emergency services who work alongside us both on event day and all year round.

OUR SPONSORS & PARTNERS

All of our wonderful sponsors and partners who have invested in the event and supported the wider health and wellbeing agenda.

EVENT PROUDLY SPONSORED AND SUPPORTED BY:

