

2025

Love Luton RunFest

loveluton.org.uk

5K, 10K & HALF MARATHON



RUNNER'S NOTES

Love
Luton
CONFIDENT • PROUD • POSITIVE



Love Luton RunFest

loveluton.org.uk

5K, 10K & HALF MARATHON



Under UKA rules

Dear Runner

Congratulations on your entry into the **Love Luton RunFest**, we hope your training is going well and we look forward to seeing you on Sunday 12th October 2025.

This year, we have a brand new half marathon course which will take runners alongside our Luton Dunstable Busway, passing the iconic Luton Town Football Club. We encourage all participants to familiarise themselves with the course route ahead of the event and follow the signs and marshal instructions throughout.

It is really important that you read the runners' notes in detail, this will ensure your safety and make for a much more enjoyable run.

Runners packs can be picked up on the Friday and Saturday before the race or on the morning of the race. This will include your runner number and timing chip.

The following pages should provide you with all the information you need for a safe and enjoyable run.

Unfortunately, the course is **NOT suitable for buggies, prams or wheelchair users**. ALL participants must be wearing their runner number. **Marshals will be managing this on the day and you run the risk of being removed from the course.**

If you are unsure on any points please contact
events@activetrainingworld.co.uk

All our latest event news and updates will also appear on our Facebook and Twitter accounts! We encourage you to tag us into your updates!

On behalf of Love Luton and all our partners – **good luck!**

Love Luton Event Team



Event Timetable

EVENT & REGISTRATION DESK OPEN

7.15am

10K & HALF MARATHON STARTING LINE

8.45am

10K & HALF MARATHON BEGINS

9am

5K STARTING LINE

9.15am

5K BEGINS

9.30am

Presentations to the winners will happen throughout the morning at the main stage.

*Times may slightly change on the morning of the race, but please be at the start line in plenty of time and ready for the race to begin.

The 5k will not begin until the Half Marathon and 10k has cleared the town centre.

On the day, if races hit capacity numbers, we may need to slightly stagger start times. However, this will be fully communicated on the day.

RACE OFFICIALS

Race Director

Sinead McNamara

Race Organiser

Linsey Sweet

Event Adjudicator

Robert Cook

Chip Timing and race management

Active Training World

eventchiptiming.com/results

Please email for additional information

events@activetrainingworld.co.uk

Official Photographs

CG Photography

Photographs will be available online after the event by visiting

loveluton.org.uk/runfest/

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Race Number & Timing Chip

Your official **race number and timing chip** can be picked up on race day from the **Race HQ**, which is located in **St. George's Square, Luton, LU1 2NG**.

For those wishing to collect earlier, you can pick up your race packs on the Friday or Saturday from Luton Central Library, located by St. George's Square.

When picking up your race pack, your timing chip will be attached to the back of your race number.

We ask all runners to be considerate when queuing for their race number and timing chip. There is plenty of space for people to queue safely and at a distance. Please do respect others. Marshals will guide and assist with any concerns.

Your number is personal to you and must not be used by another competitor without the prior consent of the race organisers. Secure your number to the front of your running vest with four pins (one in each corner), and ensure that it is clearly visible.

On race day, if you do not wear your chip and race number, you will be removed from the course and you will not be registered with an official finish time.

There is **no** timing chip marquee at the finish line. This will be live on the website. The results of the race will also be emailed to you.

Runners can pick up their race packs on Friday 10th or Saturday 11th October from Luton Central Library, St. George's Square, Luton LU1 2NG. Staff will be available from 10am to 4pm.

Or you can pick up your race packs from 7.15am on the morning of the race. Please do make sure you give yourself enough time.





Committed to our community

Just like every runner on today's course, the Aegis Group of Companies is committed to going the distance for our community, supporting great causes at every step of their journey.

AEGIS

GROUP OF COMPANIES



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info@aegisgroupofcompanies.com

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Location, Facility Details & How To Get There

The Race HQ will be located in St. Georges's Square, Luton LU1 2NG.

There are a number of town centre car parks available. Runners can access the Crawley Road (LU1 1HT) car park free of charge (approx 8 mins walk from the start line). There are limited places available, so if you wish to access this, please ensure you arrive early.

<https://goo.gl/maps/NjHrfEyzJHPnnqPc7>

Other car parks available include:

Chapel Viaduct Car Park

(£2 all day Sunday)

Vicarage Street (£2 all day Sunday)

There are also three multi-storey car parks and car parking on St. Mary's Road.

The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square.

There are regular bus services from across the town that stop in the Interchange. Please visit

www.traveline.info to plan your journey.

Road closures will start to go in from 7:45am, so please make sure you have planned your journey accordingly as you do not want to get stuck behind a road closure.



The race and **START LINE** is located in
**Luton Town Centre,
St. George's Square,
Luton, LU1 2NG**





Delivering enduring benefit for our local community

As the UK's most socially impactful airport, London Luton Airport (LLA) is well positioned to drive economic growth, support local communities and create meaningful employment and skills development opportunities for local people.

LLA contributes £830m to Luton's economy and supports 28,000 jobs. Since 2013, its unique public – private ownership structure has seen over £0.5 billion in concession fee income provided to the airport owner, Luton Rising, which has contributed to investment in local community causes including frontline council services.

From education and skills development initiatives through to employee volunteering, grant giving schemes and charity partnerships, LLA's community investment programme continues to deliver exceptional outcomes to improve lives, and shape better futures, for tens of thousands of local people.

For further information on LLA's community programme, please contact: communityupdate@ltn.aero



£180k

donated to our Community Trust Fund and Greener Future Fund benefiting 19,000+ people

£110m

60% of LLA's total 2024 supply chain spend went to over 320 businesses based within a 25-mile radius of the airport



£28k+

raised so far this year for new charity partners, National Literacy Trust and Tokko Youth Hub



300+



students across 11 local schools reached in the first year of our classroom to career initiative

3rd major airport

to achieve Level 4 of the leading ACA programme



airport carbon accreditation

300 hrs

spent planting trees locally as part of our biodiversity investment



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The Start

The start line for all three races is just by St. George's Square (by Race HQ). It will be clearly signposted and marked up. The Half Marathon and 10k will set off together this year. You should be at the starting point at 8:45am with the race beginning promptly at 9am. You are asked to line up in your finisher times – 30 minutes - 45 minutes, 45 minutes to 1 hour, 1 hour to 1 hour 30, 2 hours to 2 hours 30 and 3 hours.

The 5k is the second race. You should be at the starting point from 9:15am and be ready to line up after the Half Marathon & 10k departs. The 5k will not begin until the Half Marathon and 10k has cleared the town centre.

Staff will call and direct all runners to their starting point prior to their race, so please listen for instructions.

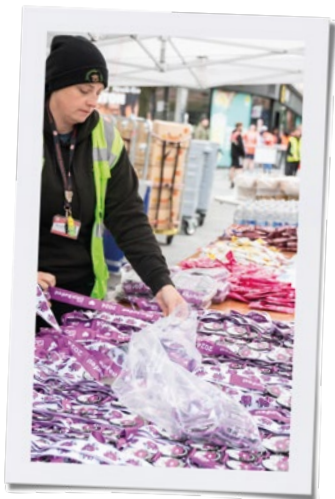
Please note: if we hit full capacity on the races, we may need to slightly stagger start times. However, this will be fully communicated on the day.

Public Transport

The main Bus and Rail Interchange is just a 2 minute walk from St. George's Square. There are regular bus services from across the town that stop in the Interchange. Please visit **www.traveline.info** to plan your journey.

Bag Drop

Kelly's Storage will be managing the Bag Drop on the day. This will be located in St. George's Square. This facility will be supervised, but no responsibility will be accepted for loss or damage.



love Luton RunFest

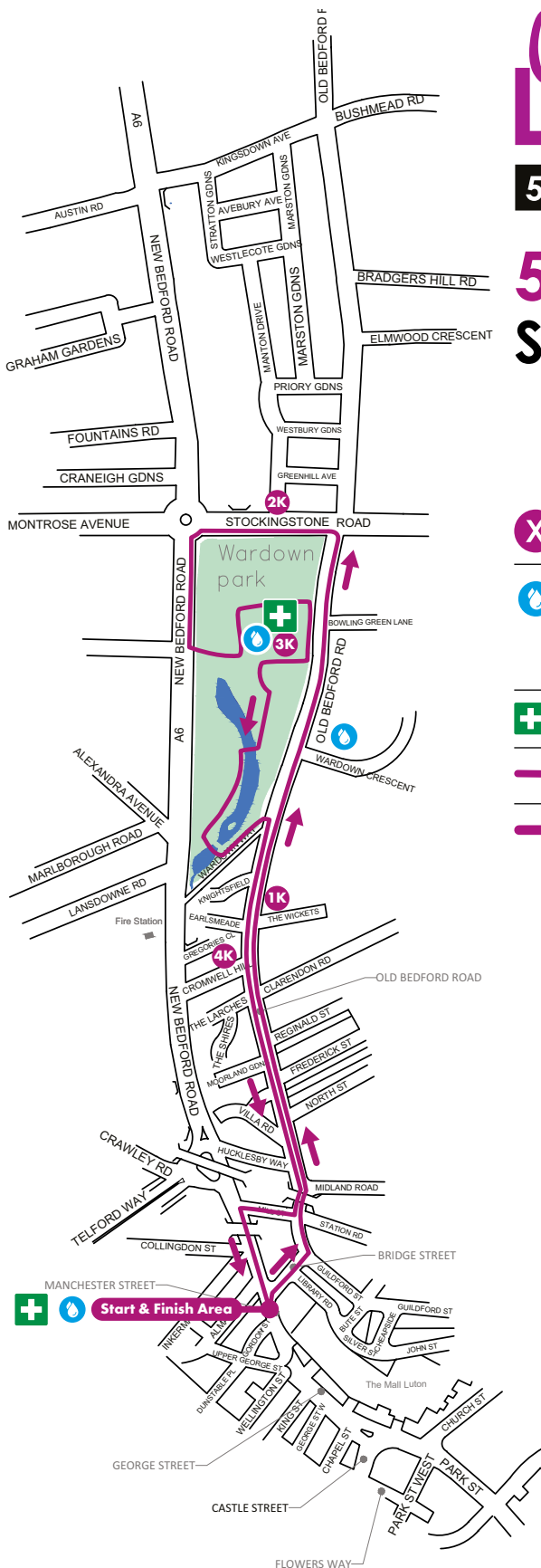
loveluton.org.uk

5K, 10K & HALF MARATHON



5K ROUTE

Sunday 12th October 2025



X Kilometre Markers



Water Stations

all station locations are approximate



First Aid



Direction



Route



Start & Finish Area

love Luton RunFest

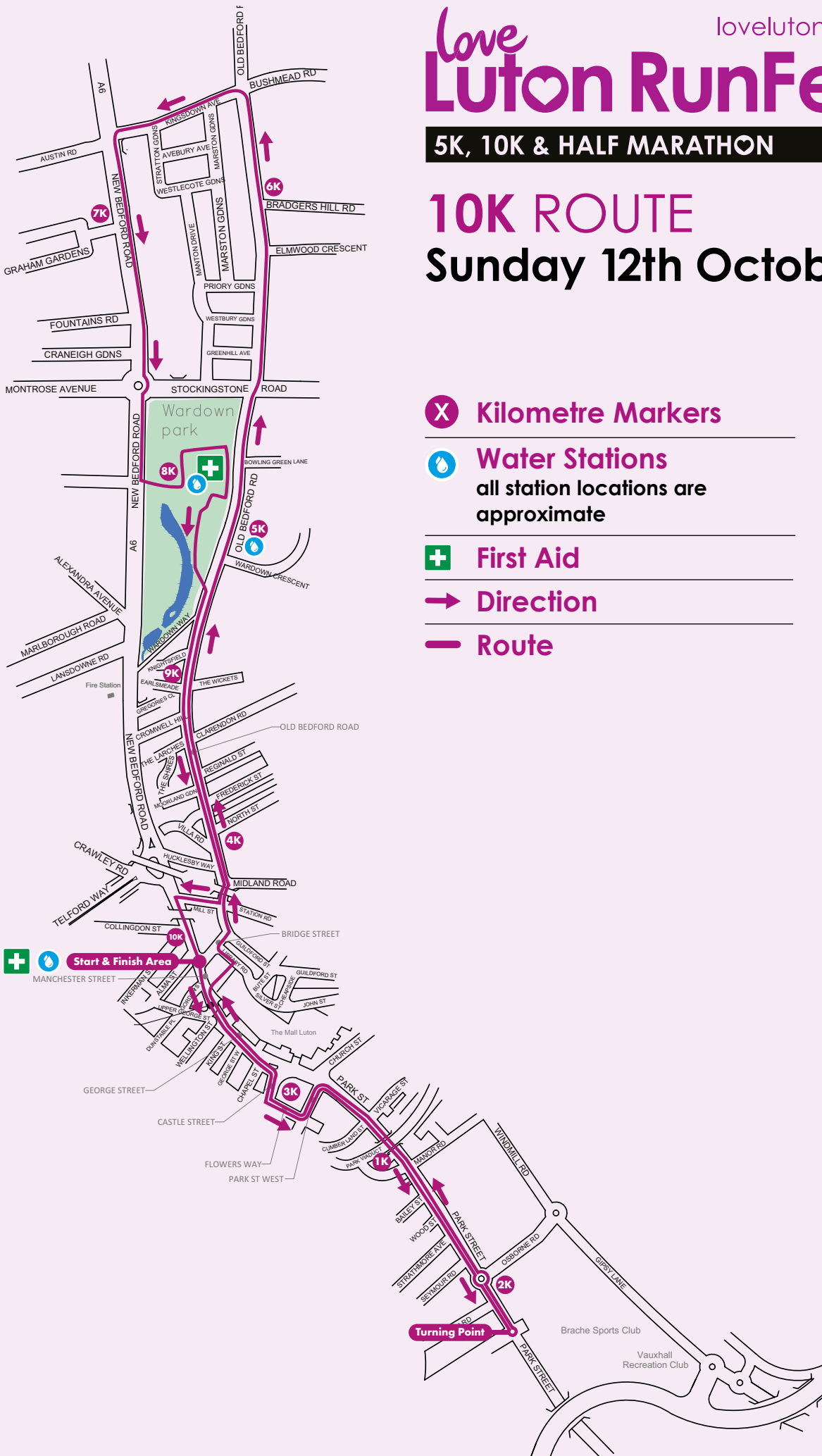
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5K, 10K & HALF MARATHON



10K ROUTE

Sunday 12th October 2025



Do you know a local hero who
deserves to be honoured?



Luton's Best

Awards 2025

Recognising Community Achievement

Love Luton is delighted to announce its 16th Luton's Best Awards

Our mission has always been to shine a light on the unsung heroes in the community.

Nominated by the public, previous winners have been from all walks of life, of all ages, and from all over the town. Their achievements are awe-inspiring and a lesson to us all. They say they are ordinary people, but quite often their acts are truly extraordinary.

Our winners come from hundreds of public nominations and stories of remarkable individuals and organisations.

They are whittled down to a shortlist by our judging panel, which comprises our sponsors, who all have a stake in the future and success of our town.

Our nominees are honoured at the glittering Luton's Best Awards ceremony, which is being held at the Luton Hoo Conservatory.

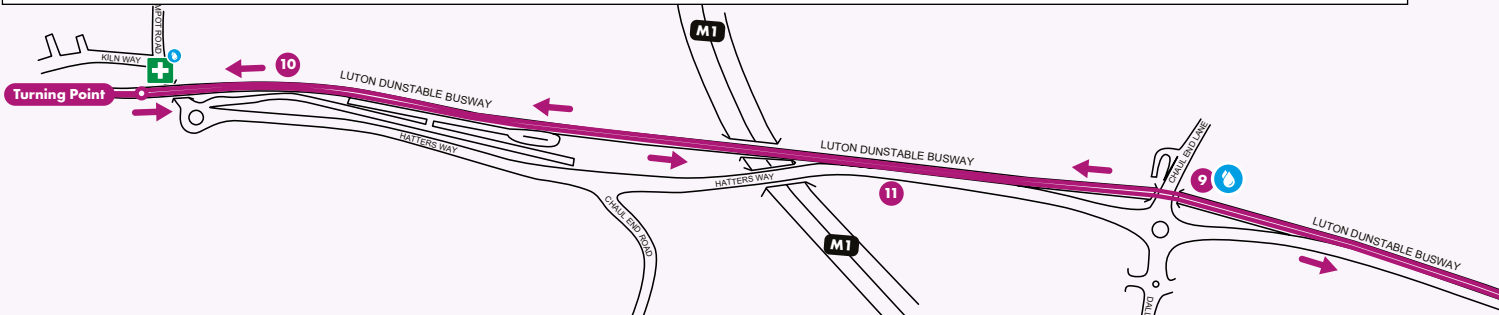
This year's event is booked for Friday 28th November 2025.

Nominations are now open and will run until
Sunday 19th October 2025.

You can nominate online by visiting the website:

loveluton.org.uk/lutonsbestawards

Luton's Best 2025 Sponsors



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5K, 10K & HALF MARATHON



HALF MARATHON ROUTE

Sunday 12th October 2025

X Mile Markers

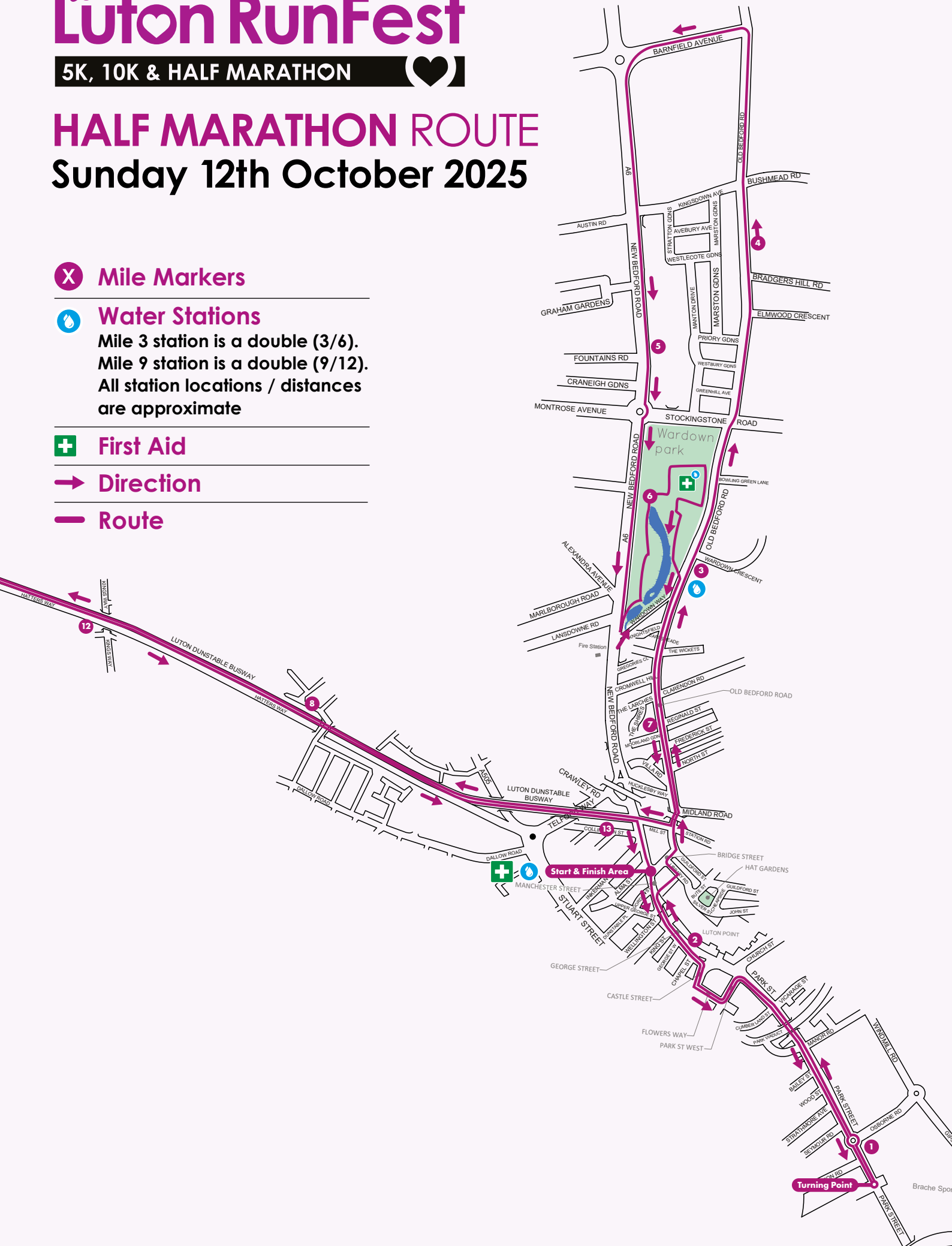
Water Stations

Mile 3 station is a double (3/6).
Mile 9 station is a double (9/12).
All station locations / distances are approximate

+ First Aid

➔ Direction

— Route





Headline sponsor

Luton
Rising



Every runner here today is part of Luton's story. A story of a town that's diverse, determined, and always on the move.

Luton Rising, the owner of London Luton Airport, is proud to be the headline sponsor of Love Luton RunFest. As a Luton Council-owned company, we provide over £7 million each year for local organisations that make our town and community even stronger. We're proud to back events that give people the chance to come together.

Enjoy every step, celebrate every connection made, and remember – you're not just running through Luton's streets, you're helping to shape its future.

Read more about our support for Luton at lutonrising.org.uk

Become a **Love Luton** Sponsor

Get involved in Luton's most outstanding and thriving partnership where business and the community truly come together for the greater good of all

Love Luton Sponsorship Tiers



For more information, ask for one of our Membership Brochure's, visit loveluton.org.uk/sponsors/ or contact Linsey or Sinead:

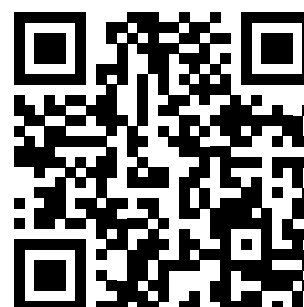


Linsey Sweet
Linsey.Sweet@loveluton.org.uk
07961 034 324



Sinead McNamara
sinead.mcnamara@luton.gov.uk
07824 307 262

There has never been a better time to join **Love Luton**



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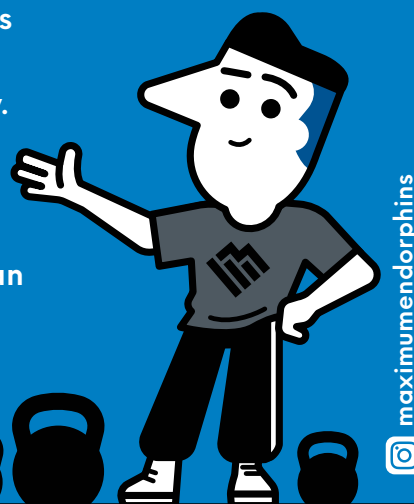
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maximumendorphins





The Courses

5K Course

The 5k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 5k distance signage will be yellow. Please ensure you follow this signage throughout and pay attention. Marshals will also be on hand to support you as you may encounter runners in the opposite direction within your final Km.

10K Course

The 10k course is a closed road race therefore runners have full access to the road. Distances will be shown in kilometres and the route will be sign-posted with marshals in attendance. Please note the 10k distance signage will be green. Note there will be a U-Turn point at approximately 2Km.

Between 6k - 7k, by Kingsdown Avenue, there are road improvements underway, so please be careful when passing through and ensure you follow the path and signage.

Please ensure you follow the signage throughout. Marshals will also be on hand to support you.



Half Marathon Course

The 13.1 mile course is a closed road race therefore runners have full access to the road. This is a brand-new course for 2025 taking runners up alongside the Luton Dunstable Busway and passing the iconic Luton Town Football stadium.

Between miles 4 and 5 when Kingsdown Avenue junction meets the New Bedford Road, there are road improvements underway.

Please be careful as you pass through, follow the path and signs.

Distances will be shown in miles and the route will be sign-posted with marshals in attendance.

Half marathon distance signage will be purple.





Good luck everyone!

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www.ryebridgeconstruction.com

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Luton
DART



Luton
Rising



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to buy your ticket...**



Guidance

Obey marshals' instructions at all times. Across the course runners should generally keep to the left unless instructed otherwise but marshals and/or signage will give you clear directions.

PLEASE NOTE: **Runners are strongly advised NOT to wear earphones while competing in this event for safety reasons.**

If a runner fails to obey (or hear) instructions from the police or a marshal, he/she will do so at their own risk and the race organisers will not be held responsible. Dogs (or other animals) will not be allowed to accompany runners and neither will unauthorised cyclists be permitted to accompany runners. The finish is in the town centre adjacent to the Town Hall.

The course is NOT considered suitable for wheelchairs, Prams or Buggies.

Water Stations

Water stations will be sited at approximately three mile intervals which are:

Half Marathon

- **Three and six miles** (double water stations are located between **three** and **six** miles at Wardown Park.)
- **Nine miles** (water station located at **nine** miles near Chaul End Lane.)

10K

- **5K and 8K**

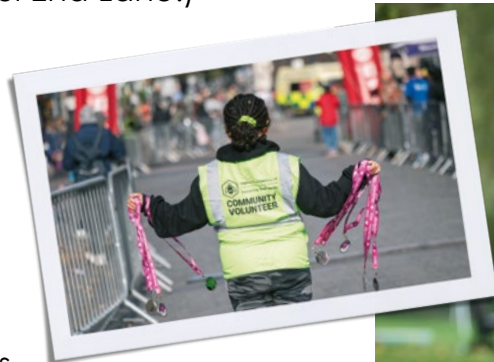
5K

- **1.5K and 3K**
- **Finish area**

Toilets

There will be toilets and changing facilities at **St. George's Square**.

For those running the half marathon – there will be toilet facilities at the junction of the Busway Interchange at Chaul End Lane and Dallow (near to mile 9).





Volunteer Marshal = Hero 2025

Come and join the team

Community Interest Luton are thrilled to be working in partnership with Love Luton to manage the legendary volunteer campaign. Each year hundreds of amazing people generously give their time to ensure a fun and safe race for all. There are lots of volunteering opportunities from marshalling through to assisting runners at the finish line.

To find out more email: love_luton@outlook.com

For further details on the annual event visit:

loveluton.org.uk/runfest



Headline sponsor



The Finish Line!

The course has a three hour time limit. Finishing times will be displayed on a clock at the finish.

Finishers medals will be available at the end of the race for all runners.

Water and refreshments will also be available at the finish line.

Photographs will be taken of runners at the finish and out on the course, which will be available for inspection via the website.

Official Photographs taken by
CG Photography

Photographs will be available online after the event by visiting
loveluton.org.uk/runfest/

Presentations to the winners will take place throughout the morning. This will be done on the stage in St. George's Square.





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College, we're
here to help
you reach your
personal best.

**GOOD LUCK
RUNNERS!**

barnfield.ac.uk

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Medical Information

On the day, please do not run if you feel unwell or have been unwell on the days prior to the event. Nearly all medical emergencies occur in such circumstances. It is unfair to yourself, your family and marshals to risk becoming a medical emergency. There is always another race.

PLEASE NOTE: **Should you have a medical condition that first aid should be aware of, please give details on the reverse side of your race number.**

The event is fully supported by ALR Training. A paramedic and first-aiders will be in attendance. It could be cold on the day so please do wear appropriate clothing for the weather conditions. Foil blankets will be available at the finish line.

Should you require any further information prior to the day, please visit our website

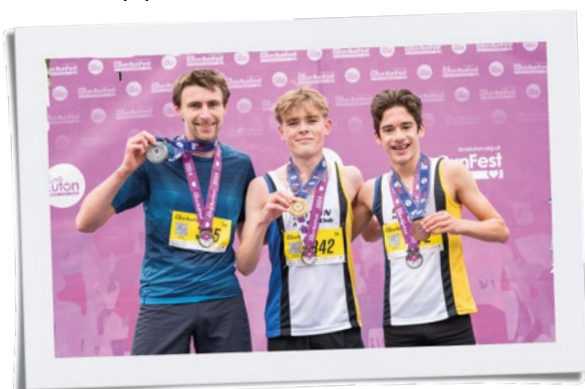
loveluton.org.uk/runfest

or email

events@activetrainingworld.co.uk

Particular thanks go to Community Interest Luton for their support in organising this event and to The Family Hub and Luton Council for hosting Race HQ. Thanks also go to Pratts Bananas for the generous donation of bananas for our runners.

The Hugest thanks to Jo and all the volunteers, Robin and the cycle marshals and finally thanks to the Love Luton partners as this event would not be possible without their sponsorship and support.



Set the Pace for Commercial Travel

We wish all runners the very best of luck this week and invite you to continue striving for more next time you fly.

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Luton Rising Fireworks Spectacular

Saturday 1st November 2025

Popes Meadow, Old Bedford Road

6.30pm onwards, entertainment from **7pm**

The **FREE ENTRY** display will start at **7.30pm**

Fairground rides for children, hot food, snacks and drinks

www.luton.gov.uk/fireworks

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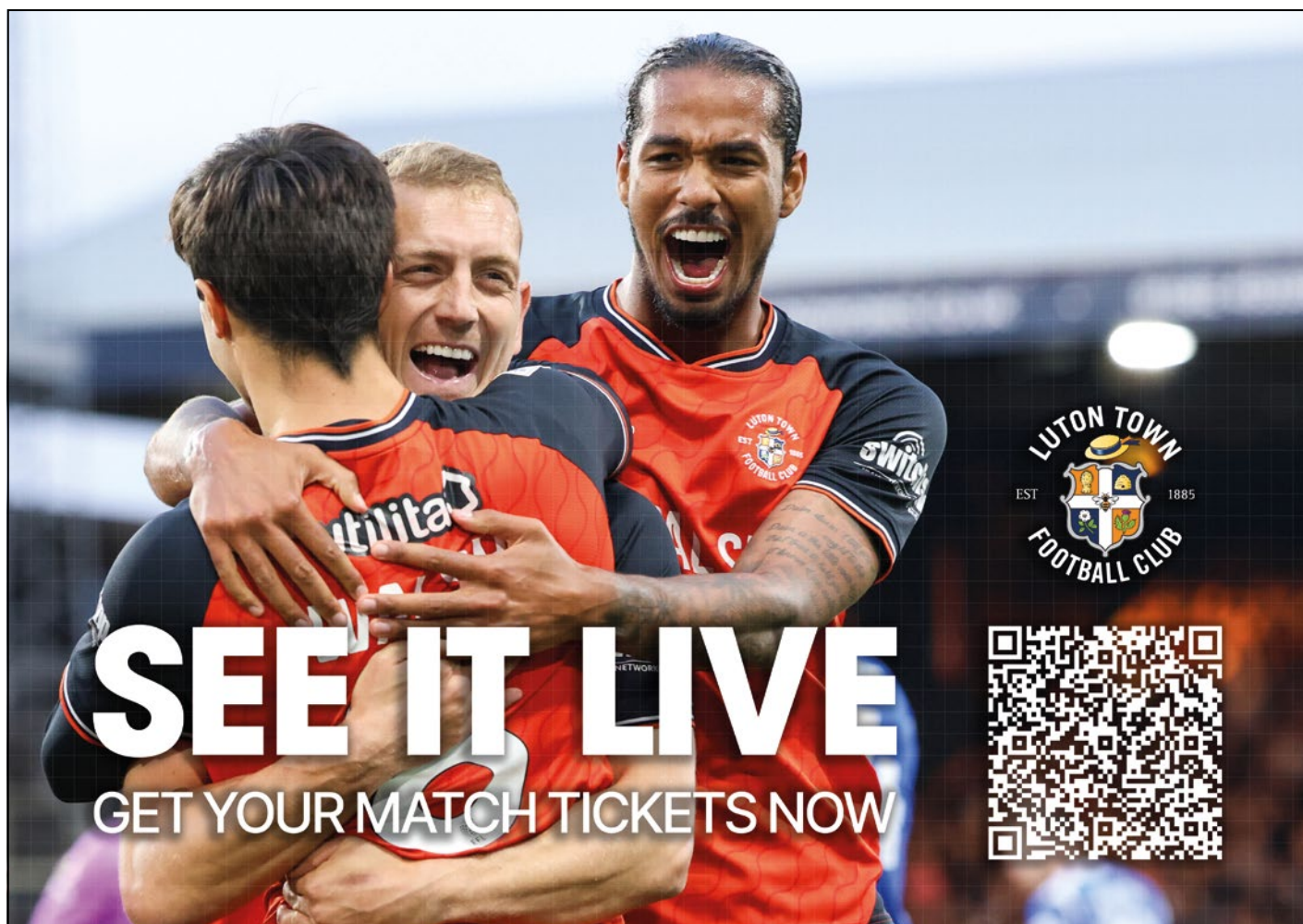
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Ts&Cs apply.

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EXTRAORDINARY? THAT'S JUST OUR EVERYDAY.

Good luck to everyone
participating in the
**Love Luton RunFest
2025.**



ethosfarm.com


ethos farm



Your chance to step forward

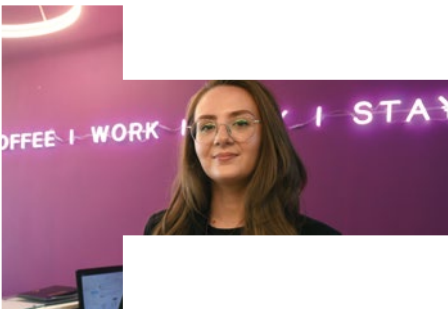


Become a *Supporter*

Be the heart of Step Forward Luton!
Embrace the opportunity to become a
valued supporter and join our uplifting
community shaping the future of our
vibrant town.

Become an *Ambassador*

Our lead ambassadors are at the
forefront of Step Forward Luton, using
their influential voices to celebrate the
town and passionately defend its reputation.

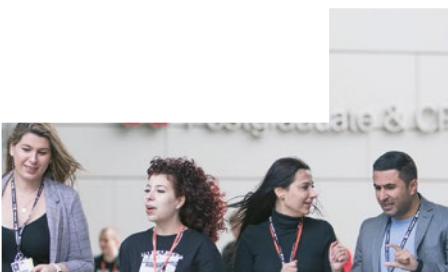


Become a *Business Ambassador*

Business ambassadors play a key role in
helping attract new investment and new
businesses to the town. By supporting
the wider initiative of Step Forward Luton,
businesses can greatly benefit from
increased exposure and awareness,
opening up new opportunities for growth.



If you're ready to step forward for Luton,
we'd love to hear from you! Email us at
hello@stepforwardluton.co.uk



#LutonsMoment
#StepForwardLuton

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LUTON**

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Headline sponsor

Luton
Rising

A huge thank you to Luton Rising & the Love
Luton Partnership for organising this event.

Without sponsorship, this event would
not be possible.

