

michelmores

5kcharityrun

Runner Pack 2026

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Meet Your Host
Meet Hospiscare
Sponsors

Thursday 10 September 2026
Exeter Quayside, Piazza Terracina
Arrival from 4pm, run starts at 6pm

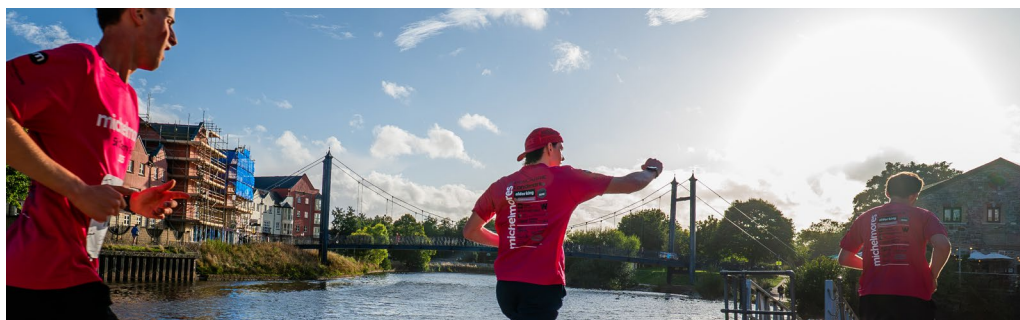
in aid of



Event Information

Thank you for taking part in the 25th Anniversary of the Michelmores 5k Charity Run! Here is all the information that you need to have a great race day on Thursday 10 September 2026:

- The Race Village will open from 4.00pm. Please see the Race Village Map on page 4.
 - The 10 minute warm-up, led by Unit 7 Gym, will begin at 5.40pm on the stage. The Race will start promptly at 6pm.
 - To help save time on the day, race packs will be available to collect in advance from Michelmores between Tuesday 1 September and Thursday 3 September. If you would like to collect your pack before the event, please arrive at Michelmores' Pynes Hill office on any of the above days between 9am and 4pm.
 - Race numbers and T-shirts will also be available to collect on the day. On arrival, head to the Race Pack Collection & Info Hub from 4.00pm to collect your pack. Please arrive no later than 5.15pm. Staff will be onsite to direct you.
 - To help keep queues to a minimum, multiple Race Pack collection stations will be available, each marked with letters A-Z. Please join the queue at the station that corresponds to the first letter of your surname.
 - We ask that all runners wear the new 2026 event T-shirt that is included in your Race Pack.
 - Changing room spaces are limited, but runners are able to change in The Quay Climbing Centre.
 - Race numbers must be worn during the Race, as your timing chip is attached to them. Please do not swap your Race number with anyone else, as you will not receive the correct result for the Race.
 - Safety pins will be available on a nearby table for you to attach your race number to your T-shirt. Pins will also be provided so you can fill in your emergency contact details on the back of your race number.
 - You may leave one small bag in the Bag Drop area, located at Boatyard Bakery, before 5.40pm. Please use the luggage tag attached to your Race Number by carefully tearing it off and attaching it to your bag before leaving it at the Bag Drop. Staff will be available to assist you. **Due to limited space, if possible, please ask your colleagues, friends, or family who are spectating to look after your bag.**
 - Please remember to bring your own water bottle. This can be refilled at the designated water station, provided by Thirsty Work.
 - Parking is available at various car parks close by (please note that these car parks are pay and display):
 - Haven Banks Retail Car Park, EX2 8BY (max stay 4 hours)
 - Haven Banks Car Park, EX2 8GP (free after 6pm, locked at 8pm)
 - Haven Banks 3 Car Park, EX2 8DD (free after 6pm)
 - Cathedral & Quay Car Park, EX1 1DX (free after 6pm, locked at 11pm)
- However, please think of the environment, and use public transport where possible. Nearby train stations include Marsh Barton, St Thomas, Exeter Central and Exeter St. David's.
- Toilets are located at Race Village. Other toilets are available for customer use in the surrounding eating/drinking venues.



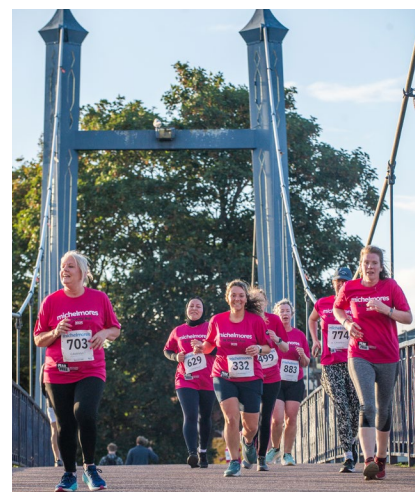
Race Information

- The Race will start promptly at 6pm.
- Runners will depart in **FIVE** waves. Our host, Chris Bentley, will let you know when to approach the start line (wave holding area) based on your anticipated race time. Each wave will start a few minutes after the previous one. Remember, your start time will begin when you cross the start line, so there is no need to rush - take your time!
- We encourage you not to wear headphones whilst participating, however, if you do, for your own safety and for those around you, please ensure that the volume is low enough for you to hear marshal instructions or emergency service vehicles.
- There are plenty of marshals positioned along the route. If you are in trouble or notice someone who needs assistance, please report this to the nearest marshal who will help. The route is clearly marked but be sure to stay alert and follow the marshals' instructions and the route signage.

Please be aware of the wave times below:

- **Wave 1: Under 23mins**
- **Wave 2: 23-26mins**
- **Wave 3: 27-30mins**
- **Wave 4: 31-34mins**
- **Wave 5: 35mins +**
- There are some rough and bumpy patches on the course, as well as some narrow and twisty sections, so please take care. About 500 metres after the start there is a narrow section alongside the Exeter Canal—please be extra cautious and avoid bumping into fellow runners. After this section, the course widens, and there will be plenty of opportunities to overtake.
- Please be mindful and respectful of the others on the course, including pedestrians, cyclists and dogs. Be particularly cautious near the end of the Run route as you pass the Quay, Samuel Jones, and back to the Piazza, where it is likely to be more populated.
- You should receive a text message with your result shortly after the Race: results will also be available online, at michelmores.com/event/michelmores-charity-run
- Spectators can view the Race at any point along the route. We ask them to be mindful of runners, and not to cause any obstruction to runners.
- After the Race there will be awards, various food stalls and Bar Nova in the Race Village.

Please keep moving after crossing the finish line to avoid congestion for other runners. Water will be available just beyond the finish line.



RIVER EXE

Wave holding area

START

Rockfish
Restaurant

Topsham
Brewery

Stage



Street
Food



FINISH

Piazza Terracina

Medical



Water
Station



Info
Hub

Race Pack
Collection

Toilets



Between
Bread

Bag Drop

Boat yard
Bakery

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Race Village Map
Exeter Quayside

in aid of



Haven Road

Changing Rooms

Quay Climbing Centre



Exeter
City
Centre

Western Way

Holloway St

Alphington Road

Piazza Terracina

**START
& FINISH**

The Quay

Click here to view the route,
or copy and paste this URL
into your browser:

[https://www.mapmyrun.com/
routes/view/6024089734/](https://www.mapmyrun.com/routes/view/6024089734/)

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Race Route Map 2026

Exeter Quayside

in aid of



Hospiscare
Caring in the heart of Devon

#MM5K



@mm5krun



@micelmorescharityrun



Michelmores

RIVER EXE

Topsham Road

A3015

Belle Isle Park

1k

2k

3k

4k

5k

What to expect on the day

Food and Drink

We're delighted to welcome the following fantastic street food and drink stalls to our event:

- **Pizza A Legna** providing Italian-inspired, handmade woodfired pizzas
- **Polly Nostimos** is new for 2026, sharing their love of delicious Greek food
- **The Churros Company** delivering freshly baked churros with yummy toppings, for your sweet tooth
- **Bar Nova** for all of your beverage needs, celebrations and cheers
- **Camper Coffee** bringing you that pre- and post-run caffeine hit

Please bring your own water bottle to refill at our dedicated water station, provided by Thirsty Work

Awards

This year there will be awards for the:

- Biggest Team
- Fastest Corporate Team based on the top 4 fastest runners (2 female, 2 male)
- Fastest Running Club based on the top 2 fastest runners (1 female, 1 male)
- Fastest Female (aged 49 or under)
- Fastest Male (aged 49 or under)
- Fastest Female Veteran (aged 50+)
- Fastest Male Veteran (aged 50+)
- Fastest Male Master (aged 60+)
- Fastest Female Master (aged 60+)
- Fastest Female runner aged between 14-17
- Fastest Male runner aged between 14-17



This year we are thrilled to welcome back Chris Bentley as our host for the Michelmores 5k Charity Run 2026!

Former professional rugby player turned local entrepreneur, Chris brings over a decade of elite sporting experience to the stage. Founder of Notworking Networking, The NOTTY Business Awards and co-host of the 2 Locks and a Cox podcast, he's helped raise over £1M for charity through auctions, galas, and community events. Known for his energy, humour, and precision, Chris inspires participants, keeps crowds engaged, and turns a charity run into an uplifting, memorable occasion that celebrates achievement and amplifies the cause. Welcome back, Chris!

A huge thank you to everyone running today!

The Michelmores Charity 5k is such a beloved local event, and Hospiscare are thrilled to be part of its 25th anniversary year! As a charity, we are only able to deliver our services thanks to the generosity of our community, so it means the world to us to see so many stepping up to support local end-of-life care. It's difficult to put into words just how special this event is.

However, I hope when you take to the start line on 10 September, you'll hold your head high, knowing that all the hours spent training and every step will be worth it. Not only for the fitness, not only for the buzz and the 'runner's high' - but because every pound raised will help enable us to be there for our patients and their loved ones, providing comfort, dignity and expert care during some of the most difficult times imaginable.

You are making a difference. Thank you!

**Alice Pragnell,
Events and Corporate Officer**

Fundraising

Want to make your mileage go even further? Please consider raising funds for Michelmores chosen charity, Hospiscare!

Hospiscare is a local hospice charity providing specialist care and support to people living with life-limiting illnesses across Exeter, Mid and East Devon. Each year, they support thousands of patients and their families, helping them live as well as possible, for as long as possible.

Their care focuses on the whole person. Not just medical needs, but also emotional, practical and spiritual support. This means patients and their loved ones are supported at every stage, from diagnosis through to end of life, and into bereavement. Hospiscare's services are free of charge to patients and families, but much of their work is funded through donations and community fundraising.

£35.12

could help fund an hour physiotherapy session helping a patient regain their mobility

£73

could help fund two hours of specialist bereavement support

£144.78

could help fund three home visits from a Hospiscare Community Nurse Specialist

To put your best foot forward and start your fundraising today, please click here or visit:

www.justgiving.com/campaign/michelmores5k2026

Thank you to our 2026 sponsors



Thank you!



With thanks to Warwick Event Services for providing the AV and staging for the event.



Thank you to PenCarrie for again generously providing the Race T-shirts.

Sponsor us in 2027!

The Michelmores 5k Charity Run has been running (pun intended) for 25 years! Our event regularly brings together up to 1,000 people to run, cheer-on and participate – all while raising money for a fantastic charity.

Would you like to sponsor our 2027 event? We'd love to hear from you!

Please contact the Events Team by email on events@michelmores.com

