

Relish Running Races

Larmer Tree Races - 8th March 2026

Parking opens from 08:45. Registration / Number collection opens from 09:00

Races start from 10:00. W3W /// freely.cracker.managers

Larmer Tree Gardens, Tollard Royal, Salisbury, SP5 5PY.

On the Day Registrations – Please see the Schedule document for start times

1 Mile £9.50

10km £34

10km Canicross £34

Half Marathon £48

20 Miler £54

Marathon £62

On the day payments can be made in cash, card or contactless payments. Places are subject to availability.

Safety Notices

- FULL STOP at road crossing in the first km! We treat the 10km, Half, 20 Miler, Marathon runners to an opening downhill section (let's not think about what this means for the final km right now) and at the bottom of this hill is a crossing of a busy road.

You must come to a complete standstill before crossing this road, in both directions

Anyone not coming to a stationary stop will be disqualified from the event

The marshals do not have any powers to stop the traffic, you must make your own decision as to when it is safe to cross this and other roads on the course.

- The marshals do not have the power to stop the traffic. You must wait and make your own decision as to when to cross the road. If you are crossing as a Zebra or Pelican crossing then normal rules apply at these crossing – you may need to wait to cross. Anyone deemed to make an unsafe road crossing by one of our marshals will be disqualified. Whilst this is a race, your safety is our highest priority and the same rules of the road apply – do not put yourself or others runners at risk for the sake of a few seconds.



Important Notices

- Parking is £10/car, this goes towards us building out a weather resistant car park. Parking needs to be purchased in advance via [this link](#), if you didn't add it your original booking. No physical parking passes are being sent out, you just need to show a payment receipt for parking or have the line in your booking confirmation available for the parking team to check when you arrive – we would recommend taking a screenshot of it now so you have it handy. You can leave and return again without needing to pay for parking a second time.
- A large portion of the route is on public footpaths and bridleways and open to the public and other users. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved. Please stick to the left hand side at all times and stay in single file unless overtaking
- Please do not run with in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. This is very important so you can hear the marshals instructions, other users and traffic on the road crossing points. **If you do use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- It is expected that 10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have cups of water at every drinks station. There will of course be water for everyone at the finish.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at each drinks station. If you are racing a long distance event, we would encourage you to bring your own water supply for after the race, after a cup or two at the finish line of course.
- Please place all your cups, empty food packets etc in our bins at the feed stations. Please do not litter on the course, carry your empty packets to the next feed station, thank you.
- There are cut off for the marathon and 20 miler to start their second lap. This point comes at 21.2km/13.15miles for both distances. The cut off times are 3hrs for the marathon and 4hrs for the 20 miler. You need to have reached the lap 2 drinks station by these times in order to start the second lap of the route.

How to get to Larmer Tree

By Car - Larmer Tree Gardens, Tollard Royal, Salisbury, SP5 5PY. W3W /// [freely.cracker.managers](#)

By Train - The nearest train stations are Tisbury Station (10 miles), Gillingham (12 miles) and Salisbury (13 miles).

Spectators

Spectators are very welcome to attend and there is no separate charge to spectate. Please explore and enjoy the beautiful gardens! We would be grateful if you can stay to the paths and off the grass in the gardens due to the recent wet weather, thank you.

Dogs are very welcome to spectate too, but must be on short leads at all times at the request of the estate to protect the peacocks and other wildlife.



We recommend spectators stay in the start finish area and enjoy Larmer Tree Gardens as there are no spaces for vehicles to park on the course or at the drinks stations as several of these are on private land.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection opens from 09:00. Registration closes 5mins before the start of the final wave. Runners who register on the day (subject to availability) will be assigned to the one wave per distance which will be open to on the day sign ups.

Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any circumstances on the day. If you start in the incorrect wave you will be disqualified.

Bag Storage

There is a manned bag storage gazebo, with limited space. If you can leave your bag in your car or with family or friends that would be preferable and save you time. Please fill out the luggage tag provided with your race number and event or use the tear off section at the bottom of your race number.

Toilets

There are portaloos and urinals in the main start/finish area. There are also mid way toilets on the course for the marathon and 20 miler, situated as you pass through the start/finish area at ~13miles to start your second lap.

Catering

We have Crumbcoat Bakery and Hidden Pizza providing the food and hot drinks through the event.

Changing Tents

There are no changing tents at this race. Please come changed ready for the run. The bag drop area can look after your additional clothes and bags.

Race Start Times – Provisional Schedule

To keep the runners spread out and to ensure the event works harmoniously with everyday users we are splitting up the events into the following waves. Below are suggested arrival times.

This is a PROVISIONAL Schedule and final times will be confirmed at the start of race week.

Numbers are collected according to Event Wave

Event Wave	Race Wave	Predicted time	Arrive at Race	Briefing	Start
Event Wave 1	Marathon - All	Open to all	08:45 - 09:00	09:50	10:00
Event Wave 2	1 Mile Fun Run	Open to all	08:55 - 09:10	10:00	10:10
Event Wave 3	10km - Wave 1	Open to all	09:05 - 09:20	10:10	10:20
Event Wave 4	Half - Wave 1	Open to all	09:15 - 09:30	10:20	10:30
Event Wave 5	20 Mile - Wave 1	Open to all	09:25 - 09:40	10:30	10:40



Event Wave 6	10km - Wave 2	Open to all	09:35 - 09:50	10:40	10:50
Event Wave 7	Half - Wave 2	Open to all	09:45 - 10:00	10:50	11:00
Event Wave 8	20 Mile - Wave 2	Open to all	09:55 - 10:10	11:00	11:10
Event Wave 9	10km - Wave 3	Open to all	10:05 - 10:20	11:10	11:20
Event Wave 10	Half - Wave 3	Open to all	10:15 - 10:30	11:20	11:30
Event Wave 11	10km - Wave 4	Open to all	10:25 - 10:40	11:30	11:40

Notes

OTD? = Places available on the day, on a first come first served basis. Places on the day subject to availability.

Race Briefing

There will be a briefing ahead of each wave start at the start line.

Distance Markers and GPS Route Measurements

GPS watches may struggle with the heavily tree lined area so you can expect some small differences in measurements. As this a trail race, the final distances may come in a tad over the exact distance.

Course Markers

All our race routes are marked with the same fairly standard Run Route arrows and lots of red flags throughout the route, our Red and White run arrows, and white and red relish running branded tape hanging from trees. You should be able to see one course marking or another continuously as you go around the course.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs! This is a very popular event so the marshals will assist you, but you need to be sure you following the correct route and not just the feet in front of you 😊





To help you out where we think you might be tempted to go off-piste, we have the Relish X signs which tell you when you have gone off course.



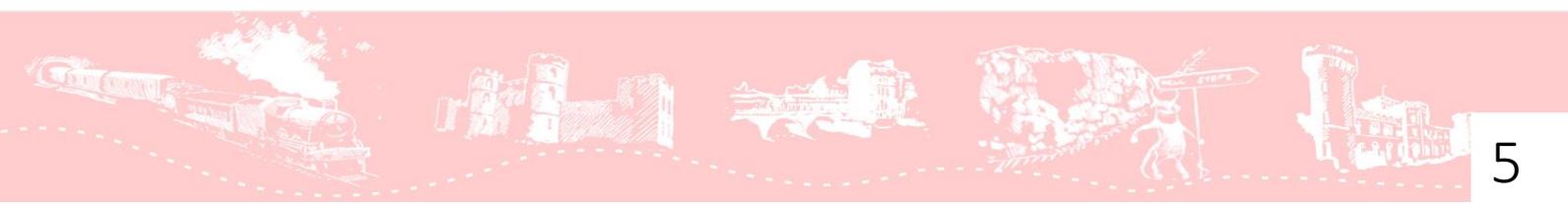
There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

Marathon / Half Marathon Distance Markers

The routes are traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Yellow Mile Distance Markers** are for the **Marathon** and the **Half Marathon**



20 Miler Distance Markers

This event is a lap of the half marathon course, followed by a lap of the 10km course so you can reference the mile markers above for the first lap and the km markers below on the second lap to chart your progress along the route.

10km and 10km Canicross

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **10km routes**

Brief Route Descriptions

For detailed route descriptions please see the separate route description link on the website.

Fun Run - Final distance 2km

> 2 Lap route

The 2km run is a 2 lap course along the tracks and grass fields of Larmer Tree gardens, running past a large folly in the grounds. As runners approach the finish line for the first time they need the bear right to start the second lap. Upon completing the second lap runners cross the finish line.

Parents and guardians are welcome to accompany free of charge. We only ask you register as a participant if you would like your own medal / race number / finish time from the event.

10km - Final distance 10.1km

> 1 lap route

We treat the 10km, Half, 20 Miler, Marathon runners to an opening downhill section (let's not think about what this means for the final km right now) and at the bottom of this hill is a crossing of a busy road, 1.1km in to your run

You must come to a complete stand still before crossing this road, in both directions

100m after the road crossing you need to take a right at the fork (half marathon, marathon, 20 miler lap 1; will all be making a left at the fork). You are now at the foot of a short drag, running through avenues of trees as you head into the first woodland section

The third kilometre is nice and flat and across open fields. As you head into the historic woodlands, with long wide avenues along Tarrant's Bottom and Chase Avenue, the route starts to slowly climb up to the drinks station at 6km. This drinks station also make the high point on the route and a lovely 3km decent awaits.

As you are descending and running along the valley floor, please stick to the left hand side as you will pass other runners going in the opposite direction.



The first road crossing awaits at the 9km point, as before, please come to a complete standstill at this point. The final kilometre has a bit of a sting in the tail as you climb back up towards Larmer Gardens, rounding historic monuments, as you start your final push to the finish on flatter ground.

Half Marathon - Final distance 21.2km

> 1 lap route

We treat the 10km, Half, 20 Miler, Marathon runners to an opening downhill section (let's not think about what this means for the final km right now) and at the bottom of this hill is a crossing of a busy road, 1.1km in to your run

You must come to a complete stand still before crossing this road, in both directions

100m after the road crossing you need to take a left at the fork (half marathon, marathon, 20 miler lap 1), whereas 10km runners will be making a right at the fork. You are now running a flat valley bottom, towards Monday's pond, odds are this section will be very wet!

At 2.5km you make an almost 180 degree left turn and start your first climb as you contour across the hillside, up and over the top and down the other side, arriving at the 3.5km point and the start of the longest climb on your route. A long gradual climb of 3km in length brings you to the first drinks station at 6.7km

The next portion of the route is nice and flat, through woodlands and along the historic Ox Drove, there are further road crossings and great views from this ridge line. At 10.7km you will reach the next drinks station at the top of a rocky decent down to 12.4km

Up next is the historic woodlands, with a mix of long wide avenues and more furtive trails, this is a lovely section of the route on completely private land.

The third drinks station greets you at 17km and it is the elevation high point for the second half of the route, from here a lovely 3km decent awaits.

As you are descending and running along the valley floor, please stick to the left hand side as you will pass other runners going in the opposite direction.

The first road crossing awaits at the 20km point, as before, please come to a complete standstill at this point. The final kilometre has a bit of a sting in the tail as you climb back up towards Larmer Gardens, rounding historic monuments, as you start your final push to the finish on flatter ground.

20 Miler (Half Marathon course + 10km course)

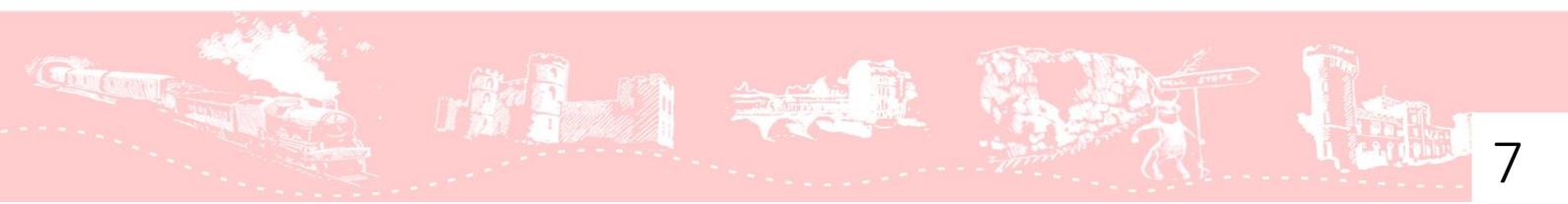
> 2 lap course, 4hr cut off to start the second lap at ~21.2km/13.15 milers

We treat the 10km, Half, 20 Miler, Marathon runners to an opening downhill section (let's not think about what this means for the final km right now) and at the bottom of this hill is a crossing of a busy road, 1.1km in to your run

You must come to a complete stand still before crossing this road, in both directions

100m after the road crossing you need to take a left at the fork on your first half marathon lap, and then a right at the fork at the start of your 10km second lap.

You are now running a flat valley bottom, towards Monday's pond, odds are this section will be very wet! At 1.5 miles you make an almost 180 degree left turn and start your first climb as you contour across the hillside, up and over the top and down the other side, arriving at the 2.25mile point and



the start of the longest climb on your route. A long gradual climb of just under 2 miles in length brings you to the first drinks station at 4.1 miles

The next portion of the route is nice and flat, through woodlands and along the historic Ox Drove, there are further road crossings and great views from this ridge line. At 6.65 miles you will reach the next drinks station at the top of a rocky descent down to 7.5 miles

Up next is the historic woodlands, with a mix of long wide avenues and more furtive trails, this is a lovely section of the route on completely private land.

The third drinks station greets you at 10.5 miles and it is the elevation high point for the second half of the route, from here a lovely 2 mile descent

As you are descending and running along the valley floor, please stick to the left hand side as you will pass other runners going in the opposite direction.

The first road crossing awaits at the 12.5 mile point, as before, please come to a complete standstill at this point. The final kilometre has a bit of a sting in the tail as you climb back up towards Larmer Gardens, rounding historic monuments, as you start your final push to the finish on flatter ground.

20 Miler Mid Way Cut Off - 4hrs

The 20 Miler is a 2 lap race, so you need to bear right and not cross under the finish gantry on your first pass. Instead you will have another drinks station ahead, where you can top up and refuel ready for Lap 2. You must have reached this drinks station within 4hrs of your start time to start your second lap, this is at approx. 13.15 miles.

You are now at the foot of a short drag, running through avenues of trees and into a short woodland section. At 15 miles you will reach a nice and flat section across open fields. As you head into the historic woodlands, with long wide avenues along Tarrant's Bottom and Chase Avenue, the route starts to slowly climb, merging with the half marathon route as you head back to the penultimate drinks station of lap 1, which is now at 17.4 miles into your run.

As you are descending and running along the valley floor, please stick to the left hand side as you will pass other runners going in the opposite direction. The first road crossing awaits for the fourth and final time, as before, please come to a complete standstill at this point. Once you climb back up to the gardens, you will be crossing the finish line for real this time and celebrating the completion of your 20 mile race.

Marathon - Final distance 42.4km

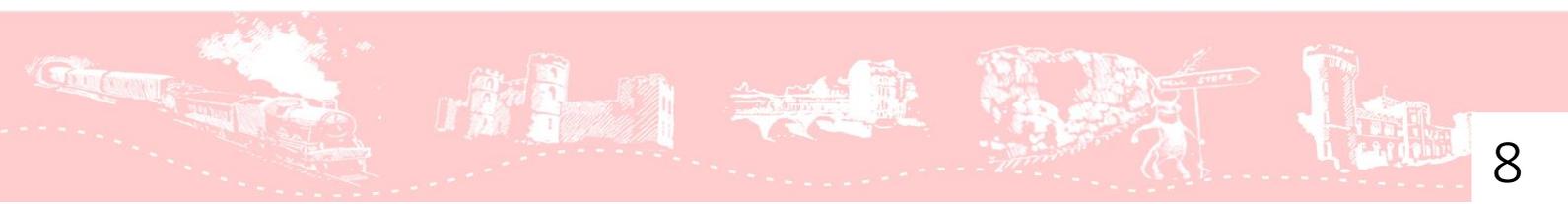
> 2 lap course, 3hr cut off to start the second lap at ~21.2km

We treat the 10km, Half, 20 Miler, Marathon runners to an opening downhill section (let's not think about what this means for the final km right now) and at the bottom of this hill is a crossing of a busy road, 1.1km in to your run (and again at the start of your second lap)

You must come to a complete stand still before crossing this road, in both directions

100m after the road crossing you need to take a left at the fork (half marathon, marathon, 20 miler lap 1), whereas 10km runners will be making a right at the fork. You are now running a flat valley bottom, towards Monday's pond, odds are this section will be very wet!

At 2.5km you make an almost 180 degree left turn and start your first climb as you contour across the hillside, up and over the top and down the other side, arriving at the 3.5km point and the start of



the longest climb on your route. A long gradual climb of 3km in length brings you to the first drinks station at 6.7km

The next portion of the route is nice and flat, through woodlands and along the historic Ox Drove, there are further road crossings and great views from this ridge line. At 10.7km you will reach the next drinks station at the top of a rocky decent down to 12.4km

Up next is the historic woodlands, with a mix of long wide avenues and more furtive trails, this is a lovely section of the route on completely private land.

The third drinks station greets you at 17km and it is the elevation high point for the second half of the route, from here a lovely 3km decent awaits.

As you are descending and running along the valley floor, please stick to the left hand side as you will pass other runners going in the opposite direction.

The first road crossing awaits at the 20km point, as before, please come to a complete standstill at this point. The final kilometre has a bit of a sting in the tail as you climb back up towards Larmer Gardens, rounding historic monuments, as you start your final push to the finish on flatter ground.

Marathon Mid Way Cut Off - 3hrs

The Marathon is a 2 lap race, so you need to bear right and not cross under the finish gantry on your first pass. Instead you will have another drinks station ahead, where you can top up and refuel ready for Lap 2. You must have reached this drinks station within 3hrs of your start time to start your second lap, this is at approx. 21.2km.

The second lap is identical to the first, only the second time you approach the finish line it is for real and you can celebrate conquering this tough marathon course!

Feed Stations

Please arrive with your water bottles filled and ready for the race

There is 1 drinks station on the 10km course and it comes at 6km

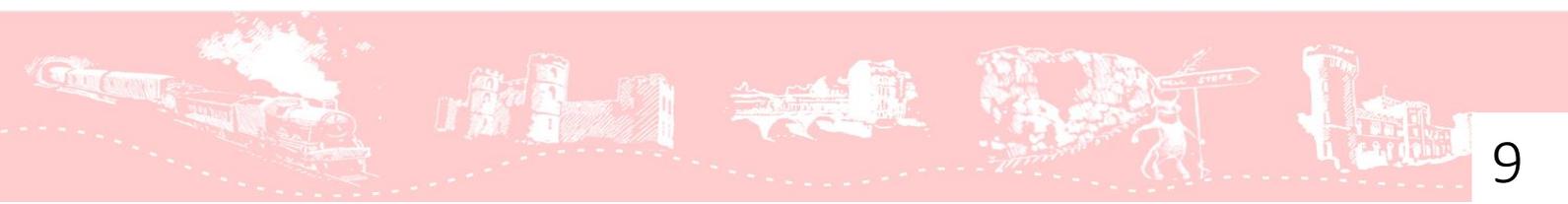
There are 3 drinks on the half marathon at; 6.7km, 10.7km and 17km

There are 5 drinks station on the 20 miler at; 4.1miles, 6.6miles, 10.5 miles, 13.1miles and 17.4miles

There are 7 drinks stations on the marathon at; 4.1miles. 6.6miles, 10.5miles, 13.1miles, 17.2miles, 19.8miles and 23.75miles

Refreshments

We have a coffee van, cake van and a caterer with a wide range of offerings in attendance in the race village area.





First Aid

There is a First Aider at each Feed Station as well as the Finish. If you do not feel able to complete the course or if you feel unwell please stop at your nearest Feed Station and we will arrange for you to be returned to the Registration area at Larmer Tree

Medals

All our medals have a universal join on the sides so you can interlock medals from any of our races together to make your own unique giant medal! Our medals are large two sided interlocking medals, 10cm x 10cm, with the two full colour images on, specific to each venue and year.

Medal Engravings

If you ordered a medal personalisation, a small engraving with your name and finish time on it, please remember to collect your medals on race day, the engraving will be posted out to you approximately 3 weeks after race day.

Race Photos

Professional race photos are available to purchase from [Image Works Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up and when you register in advance of event day, you will receive a discount code for 10% off your photos when your order within 48hrs of the photos going on sale.

Results

[PROVISIONAL Results](#) will be posted to our website at roughly 20:00 on race day. We will make any amends / updates from Tuesday. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.



Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you! Thank you.

Prizes

There is no on the day prize giving because of the multi wave, multi start time format of the events. Prize winners will be contacted by the end of race week.

The final number of prizes awarded is determined by the number of finishers for *each gender* in a given race distance. If there are more than 100 finishers then the full range of awards are made (top 3 along with first in each age group). If there are between 50-100 finishers then the top 3 finishers overall will be awarded a prize. If there are less than 50 then only the winner will be awarded a prize.

Finishers in Gender	1-49 Finishers	50-99 Finishers	100+ Finishers
Prizes	1 st Place	Top 3	Top 3, 1 st in age group

We do not have any winner's prizes for any of the fun run events as we would like to keep this participation focused.

