

# AJ Bell Great South Run

**Sunday 18th October 2026**

Join over 25,000 runners for one of the world's most iconic 10-mile races. The AJ Bell Great South Run offers a fast, flat course with stunning coastal views and a buzzing atmosphere, making it ideal for both seasoned runners and first-timers.

## Challenge Options

- 10 Mile - headline event with sea views and historic landmarks
- 5K - held the day before, perfect for beginners
- Junior & Mini Runs - for ages 3-15, part of the Saturday build-up

## Route Highlights

- Southsea Castle, HMS Victory, and Portsmouth Historic Dockyard
- Panoramic seafront views and cheering crowds
- Starts and finishes on Clarence Esplanade

## Support Includes

- Chip timing, water stations, and medical support
- Medal, optional finisher's t-shirt, and goody bag
- Live music, charity cheer squads, and a finish line party

You can take part in The Great South Run 2026 in support of Dingley's Promise, whether you choose to self-fund your place or opt for a fundraising package that helps cover your entry fee with a fundraising target.

## Self-Funded Places:

10 Miles- Sunday 18<sup>th</sup> October- £51 + Fundraise what you can

5k- Saturday 17<sup>th</sup> October - £27 + Fundraise what you can

## Funded Places:

10 miles- Sunday 18<sup>th</sup> October + £400 Fundraising Target

5k- Saturday 17<sup>th</sup> October + £300 Fundraising Target

To sign up email [fundraising@dingley.org.uk](mailto:fundraising@dingley.org.uk), and you'll receive a Dingley support kit, help setting up your JustGiving page, and encouragement and support on your fundraising journey.

