

The Bristol Running Show

Event: The 5th Bristol Running Show

Date: March 29th, 2026

Time: 9:00 am - 3:00 pm

Location: BAWA Leisure Centre, 589 Southmead Rd, Filton, Bristol BS34 7RG



About the Event

The Bristol Running Show brings together the many strands of our local running community — clubs, coaches, event organisers, health professionals, retailers, and people who simply love to move.

Our aim is simple:

to create a welcoming space where runners of all levels can discover resources, meet supportive people, and feel encouraged in their journey.

We keep the event free for visitors so that cost is never a barrier to participation. The show is funded by the businesses who choose to exhibit, and we're grateful for the role they play in making the day possible.

We also try to run the event with ecological sensitivity and a sense of shared responsibility. We're not perfect, but we care — about each other, about the city we live in, and about the wider world that sustains us.

The Bristol Running Show

Who Exhibits

Vendors typically include:

- Running shops and equipment suppliers
- Health, fitness, and wellbeing practitioners
- Event organisers and race directors
- Nutrition and recovery specialists
- Gyms, studios, and training providers
- Community organisations supporting active living
- Local businesses with something meaningful to offer runners

If your work supports people in moving, learning, recovering, or connecting — you'll likely be a good fit.



Ask The Expert – insightful conversations

The Bristol Running Show

What to Expect on the Day

- Access will be from 7:30 on the day.
- Standard tables available on request (please bring a tablecloth)
- You're welcome to bring your own booth or display
- Free parking, free Wi-Fi, and power available
- The show opens to the public at 9:00 am
- Take-down is between 3:00–5:00 pm
- Alongside the exhibitor hall, the day includes:
 - Yoga, Pilates, and mindfulness taster sessions
 - Guest speakers and expert Q&A sessions
 - Coaches Corner for informal conversations
 - Outdoor activities including the Filton 5k and a 1-mile beginner run

These elements help draw a broad mix of visitors throughout the day.



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Pricing

The show remains free for running clubs, groups, and a small number of charities.

Vendor fees help cover venue hire, insurance, equipment, and promotional costs.

- Single pitch — £40
Space for one standard 6ft x 3ft table (approx. 6ft x 5ft area)

- Double pitch — £75
Space for two tables (approx. 13ft x 5ft area)

Spaces can be booked through our website:

[Bristolrunningshow.com/shop](https://bristolrunningshow.com/shop)

We have capacity for around 80 exhibitors and typically welcome 400–500 visitors.

New for 2026: Printed Programme

This year we're introducing a printed programme to support event promotion and give visitors a simple way to navigate the day.

Advertising options will be available for vendors who wish to be included. Details can be sent separately on request.



The Bristol Running Show

Promotion

We promote the show through:

- Facebook and Instagram
- Our year-round Bristol Running Facebook group (1.6k+ members)
- Our website's Exhibitors & Speakers page
- Flyers and posters around the city
- Local media where possible
- Eventbrite listings for free visitor tickets

Cross Promotions

We also host the Cardiff Running Show which takes place in October/November and we have recently started hosting [Running Workshops](#) which will take place throughout the year at various venues throughout Bristol.

Contact

Website: bristolrunningshow.com

Email: enquiries@bristolrunningshow.com

Instagram: [@bristol_running_show](https://www.instagram.com/bristol_running_show)

Facebook: [The Bristol Running Show](https://www.facebook.com/TheBristolRunningShow)

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