

EVENT GUIDE

Crystal Palace 5k, 10k & Half Marathon

Sunday 29th January 2023

Start Times:

Half Marathon- 10:00am

5k & 10k- 10:30am

Race pack collection Times:

Half Marathon

8:30-9:30am

5k/10k

9:00-10:00am

RACE PACK COLLECTION

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Please head to the desk indicated by your surname's initial (eg. S for Smith).
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

[CLICK FOR ENTRY LIST](#)



Step 1



Step 2



Step 3



Step 4



Please take a couple of minutes to fill out the brief runner Information form on the back of your bib. This will help us in case of an emergency!



RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race. From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

There will be marshals all around the course. For the 10k, green KM signs will be around the course in consecutive order from 1-10. For the 5k, please be aware to look out for red KM signs 1-5. The Half Marathon will follow mile signs 1-13.

The 5k is 1 lap, the 10k is 2 laps and the Half Marathon is 4 laps.

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only the safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

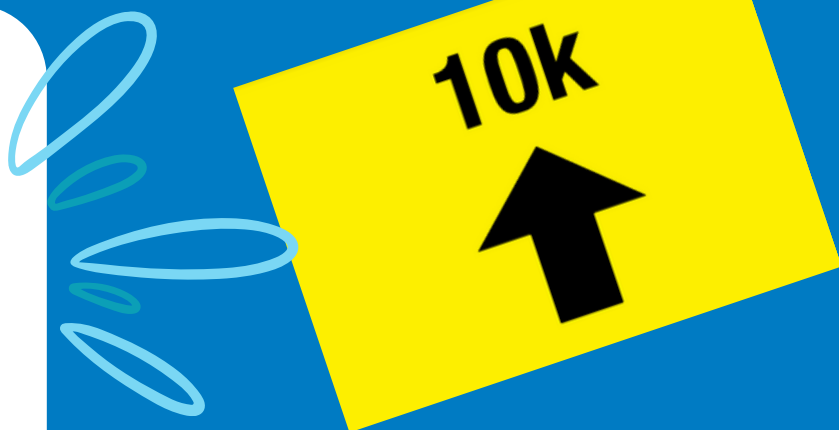
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

There will be a water station on each lap of the course.

There will also be a bottle of water waiting for you at the finish line.

We recommend staying hydrated in the lead up to the event.



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



SPECTATORS ✓

DOGS ✓

COFFEE ✓

There will be a coffee van located in the event village serving snacks and hot drinks.

You're more than welcome to run or spectate with dogs, we ask that these are kept on leads at all times.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.



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TOILETS

There will be portable toilets available within the event village.

If you live locally we recommend using toilets at home.

INTRODUCING SPORTSSHOES.COM

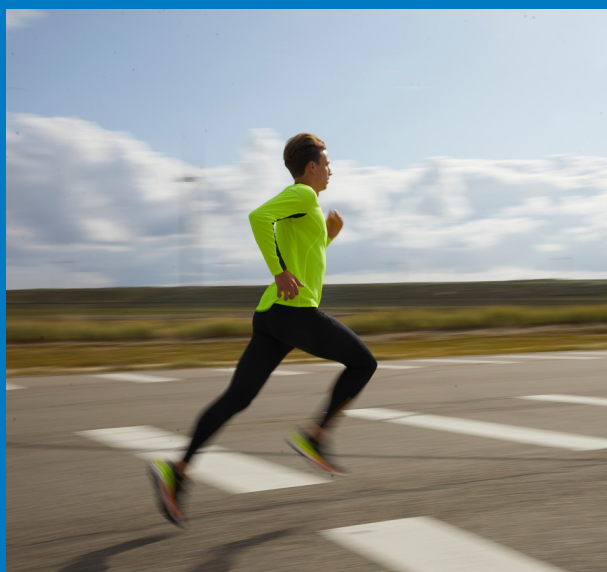
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TRAVEL

Address: Crystal Palace, Thicket Road, London SE19 2GA

Nearest rail station: Crystal Palace

There are paid car parking facilities available close by, however we recommend that you avoid coming by car as there are limited places.

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.



See information on parking [HERE](#)

Use TFL to plan your journey [HERE](#)



what3words

If using the app What3Words, use the words [///arrive.ozone.beam](https://www.what3words.com/arrive.ozone.beam) for exact event village location

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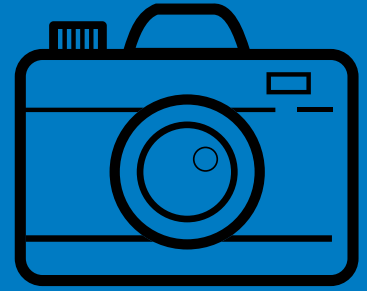
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PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



Click the camera to visit the page!



SOCIAL MEDIA

For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

If you want to talk all things running before and after the event join our RunThrough Chat group on Facebook.

If you #RunThroughUK on Instagram with your race day collages, the best ones will feature on our page!



Click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK



Purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm in the coming winter months.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

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