

EVENT GUIDE

Victoria Park 5k, 10k & Half Marathon

Sunday 5th February 2023

Start Times:

Half Marathon: 9:30am

10k: 10:00am

5k: 10:15am

Race pack collection Times:

Half Marathon: 8:00-9:00am

10k: 8:30-9:30am

5k: 8:45-9:45am

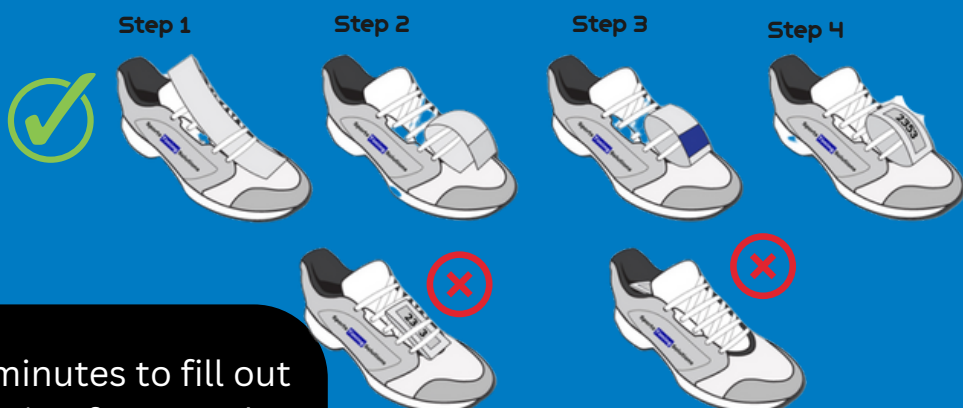
RACE PACK COLLECTION

*****IF YOU'VE ENTERED PRIOR TO THE 20TH JANUARY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST*****

- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- 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](#)



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

We will have marshals all around the course as well as KM signs and arrows. These will be black for the Half Marathon, green for the 10k and red for the 5k.

Please keep count of your laps during the race. The course is on the roads/paths in the park:

Half Marathon – 6.5 laps

10k – 3 laps

5k – 1.5 laps

Please be aware of pedestrians, cyclists and dogs using the park footpaths.

We have marshals around the course and signs but this is not a road race, you have to pay very close attention to where you are going.

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.

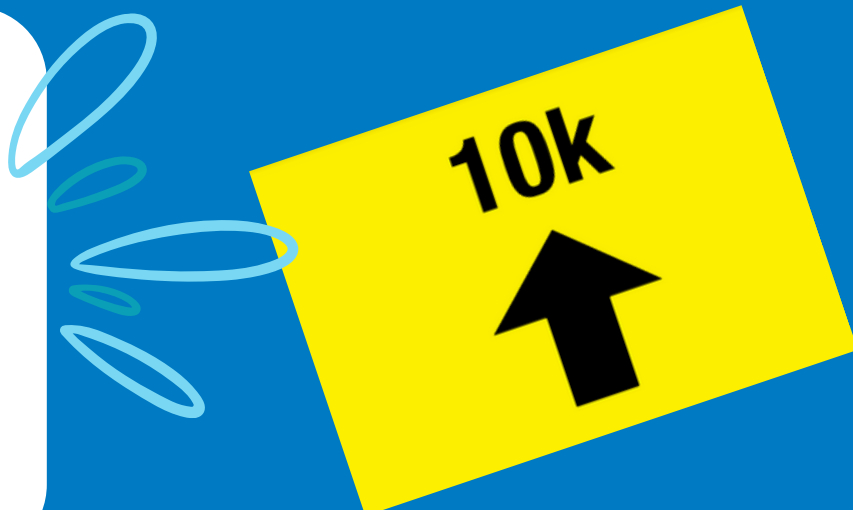
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

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 5k INTERACTIVE MAP](#)

[CLICK FOR 10k INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON
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

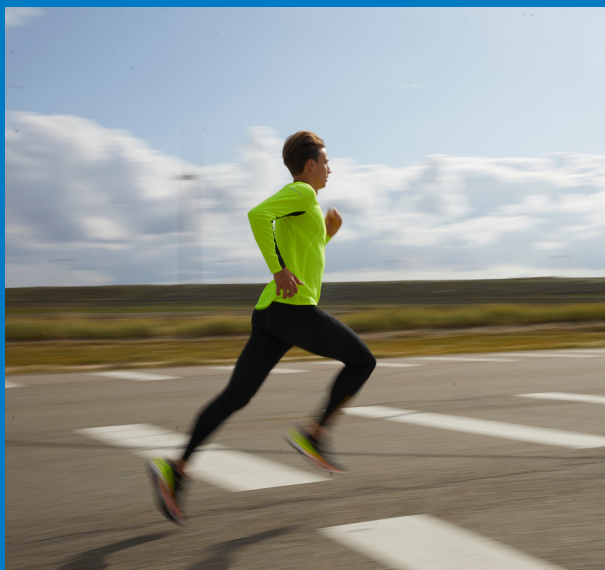
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TRAVEL

Address: St Marks Gate, Victoria Park, Cadogan Terrace, London E9 5HT

Nearest underground stations: Bow Road or Mile End

Nearest rail station: Hackney Wick station

From Bow Road: Turn right out of the station. Take the next left down Addington Road. Continue walking straight until you can turn right onto Tredegar Road. Take the third left onto Parnell Road – you can enter the park at the end of Parnell Road. It is around a 15-20 minute walk. Alternatively, you can take bus 488 or 276 from Bow Bus Garage.

From Mile End station: Turn left and cross over Mile End Road. Turn right onto Grove Road – it's about 20 minutes walk straight down. Alternatively, you can also walk most of the way through Mile End Park, which runs parallel to Grove Road. You will first arrive at the Crown Gates. Alternatively, on Grove Road you can catch bus 277 or 425 to the middle of the park.

From Hackney Wick station: Turn left out of the station, at the end of the road turn left onto Wallis Road. Follow Wallis Road, at the T-junction, use the footbridge to cross the A12. As you enter the park, turn left onto Cadogan Terrace and continue walking until you see the race start area.

The park is easily accessible by both foot and cycle. Cycle parking is available in the park.

There is no venue specific parking, please use Parkopedia.com to find local alternatives.



Use TFL to plan your journey HERE



what3words

**If using the app What3Words, use the words
///photo.tribal.social for exact event village location**

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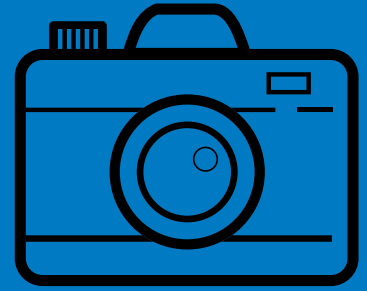
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PICTURES

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
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