

# EVENT GUIDE

Greenwich Park 5k & 10k

Saturday 14th January 2023

## Start Times:

5k – 10:00am

10k – 10:06am

## Race pack collection Times:

5k – 8:30-9:30am

10k – 8:35-9:35am



## RACE PACK COLLECTION

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- 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.

The 5k will start at 10:00am, with the 10k starting 6 minutes after at 10:06am

## DURING THE RACE

There will be marshals all around the course as well as KM signs and arrows.

The 10k is 3 laps and the 5k is 1.5 laps of the course.

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.

10k



## 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.

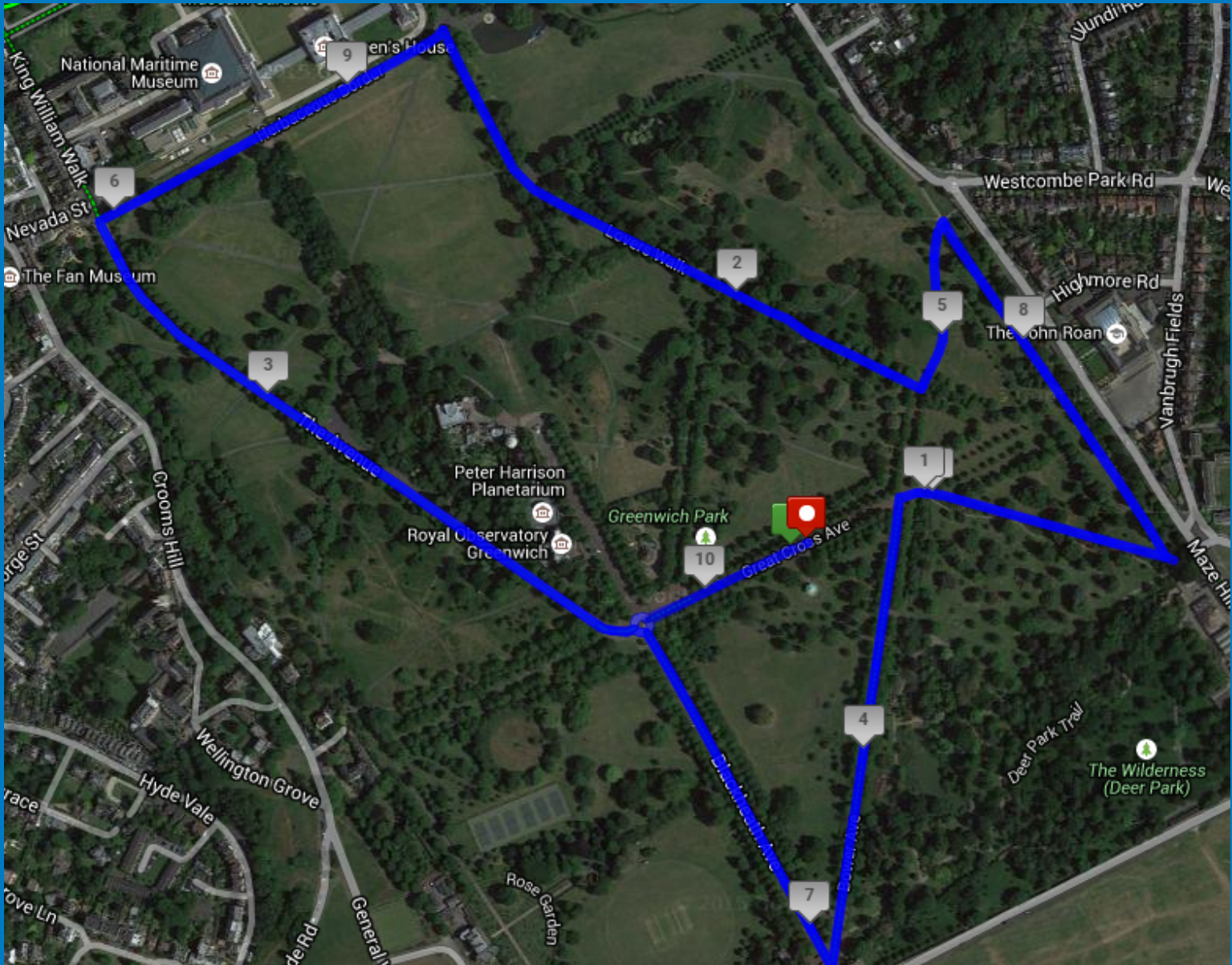


## AFTER THE RACE

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



# COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



**SPECTATORS** ✓

**DOGS** ✓

**COFFEE** ✓

Greenwich Park Pavilion Cafe will be open and serving hot food and drinks. This is located a short walk from the event village, by the car park.

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.
- Collect your bag after your race.



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## TOILETS

For this event, there will be toilets available in the park a short walk from the event village. These are next to the Royal Observatory, down the hill from the roundabout/car park.

## INTRODUCING SPORTSSHOES.COM

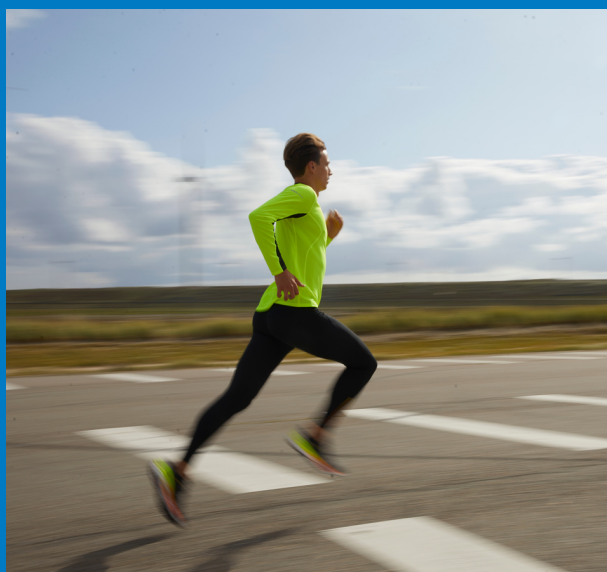
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# TRAVEL

**Address: Greenwich Park, London SE10 8QY**

Greenwich Park is well-served by bus routes and is within 20 minutes walking distance of Blackheath, Greenwich and Maze Hill railway stations.

## **Tube**

Jubilee Line to North Greenwich, then catch the 188 or 129 bus details below:

129 North Greenwich to Cutty Sark (Stops: National Maritime Museum for St Mary's Gate entrance on King William Walk)

188 North Greenwich - Russell Square (Stops: National Maritime Museum for St Mary's Gate entrance on King William Walk)

## **Train**

Nearest stations: Greenwich (follow signs to the Park), Maze Hill (for playground) and Blackheath (for Deer Park, Flower Garden & Rose Garden).

Trains depart from Cannon Street, Waterloo, London Bridge and Charing Cross Docklands Light Railway

Cutty Sark station – walk through the market to St Mary's Gate, King William Walk or Circus Gate on Crooms Hill.

**Check out the  
Greenwich Park 'How  
to get there' site**



what3words

**If using the app What3Words, use the words  
///softly.apply.link for exact event village  
location**

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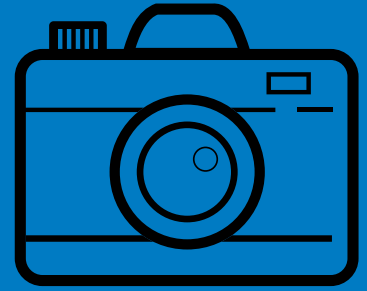
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## PICTURES

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!



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# RUNTHROUGH KIT



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

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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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