

EVENT GUIDE

Olympic Park Chase The Moon

Wednesday 11th January 2023

Start Time:

7:00pm

**Race pack
collection Times:**

5:30-6:30pm



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.

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 as well as KM signs and arrows.

The course is 2 laps for the 5k and 4 laps for the 10k on the roads/paths in the park. Please keep count of your laps during the race.

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.

Please be aware that this is a night time race. We recommend wearing high visibility and reflective clothing.

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.

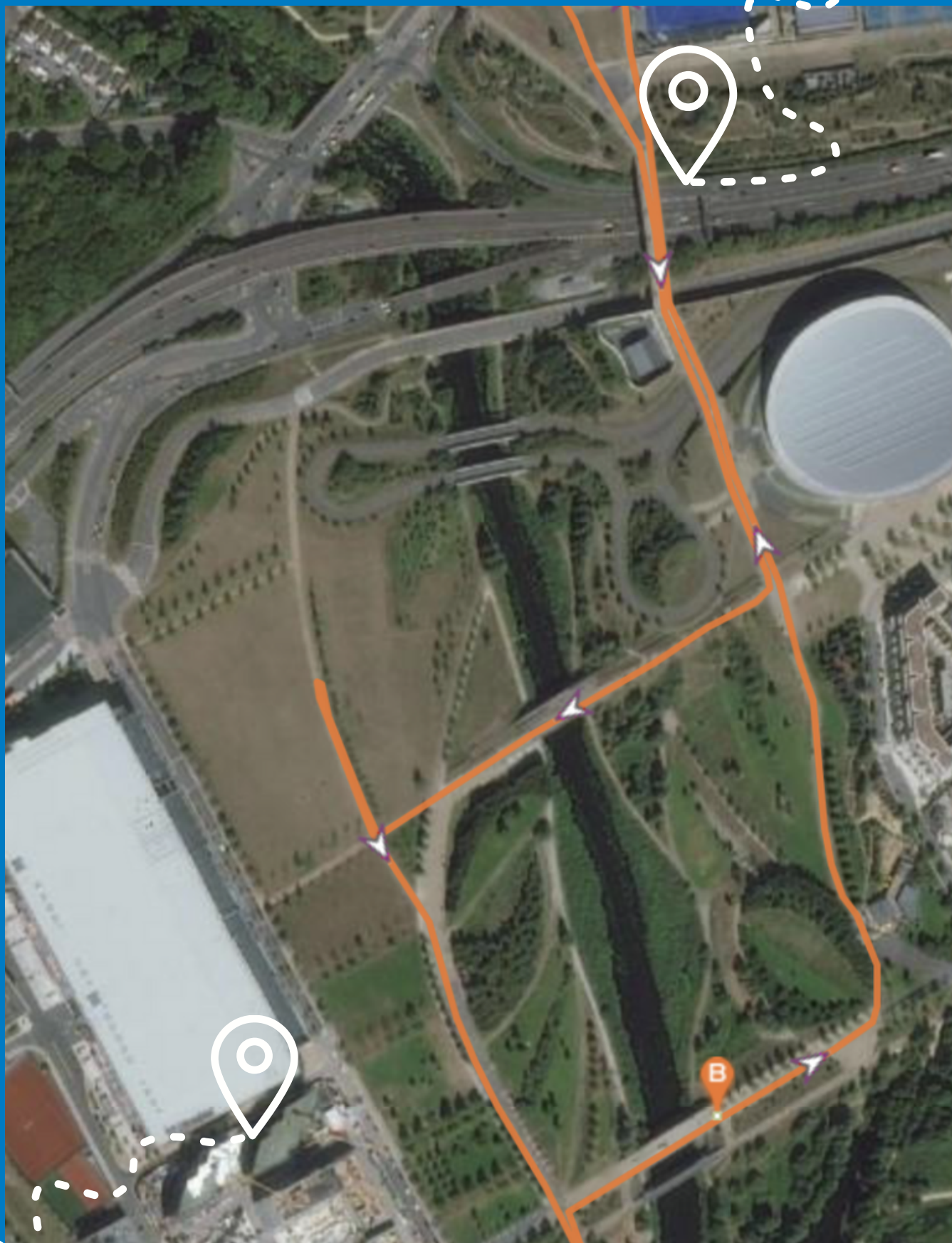


AFTER THE RACE

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



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

SPECTATORS ✓

DOGS ✓

COFFEE ✓

The Timber Lodge cafe will be open and serving hot drinks and food.

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 Timber lodge 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.



SPORTSSHOES.COM

OFFICIAL RUNNING
RETAIL PARTNER



TOILETS

For this event, we will use the Timber Lodge Cafe toilets.

INTRODUCING SPORTSSHOES.COM

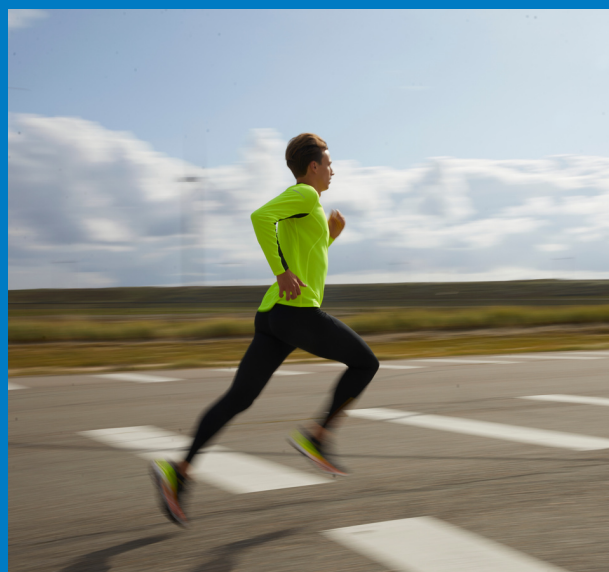
SportsShoes.com is the UK's No.1 Online Retailer for Running and our partner.

With over 8,000 running products, including 2,500 running shoes across 80 running brands – SportsShoes.com has all of your running needs covered!

To celebrate our partnership, please use the code **RTR2302** at Sportsshoes.com to get 15% off your new running gear for 2023.

****Code valid until 15.01.2023**

FIND YOUR NEW SHOES NOW



TRAVEL

Address: Timber Lodge Cafe, 1A Honour Lea Avenue, London, E20 1DY

Public transport is the best and easiest way to get to and from the Park – by train, underground, bus or bicycle.

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations.

Tube and Train

The nearest stations are Stratford station and Stratford International station and both provide step-free access from entrance to platform.

Stratford station is served by:

- Docklands Light Railway (DLR)
 - Jubilee and Central lines
- National Rail services operated by Greater Anglia and c2c
 - London Overground services

Stratford International station is served by:

- Docklands Light Railway (DLR)
- Southeastern High Speed 1 services

You can also enter the Park via Hackney Wick station which is on the London Overground.

Car

Paid parking is available in Westfield Stratford City.

Getting Here on Foot

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

See the Park Map for more details here.

Check out public transport options at www.tfl.gov.uk.

Check out parking options here.



what3words

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

GET YOUR NEXT PB WITH RUNNA

Two week FREE trial to be coached by an Olympian!

Including the perfect balance of easy, speed and long runs all perfectly designed to you with paces to follow. Whether that's for a 5k, Marathon or beyond, your next PB is a few clicks away.

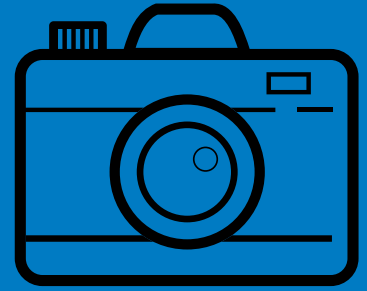
Download Runna today for your personal running coach in your pocket.



Sign up now!

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



RUNTHROUGH KIT



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.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)





Supported
by...

hilltop
ENERGY



runna



Alzheimer's
Research
UK

Make
breakthroughs
possible



SPORTSSHOES.COM



**RUNNER
RETREATS**

**LOVE,
CORN**