

EVENT GUIDE

Greenwich 5k, 10k & Half Marathon Saturday 4th March 2023

Start Times:

Half Marathon: 09:30am

5k: 10:00am

10k: 10:06am



Race pack collection Times:

Half Marathon – 8:00 – 9:00am

5k – 9:00 – 9:30 am

10k – 9:05 – 9:35 am

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](#)

Included:

Bib number

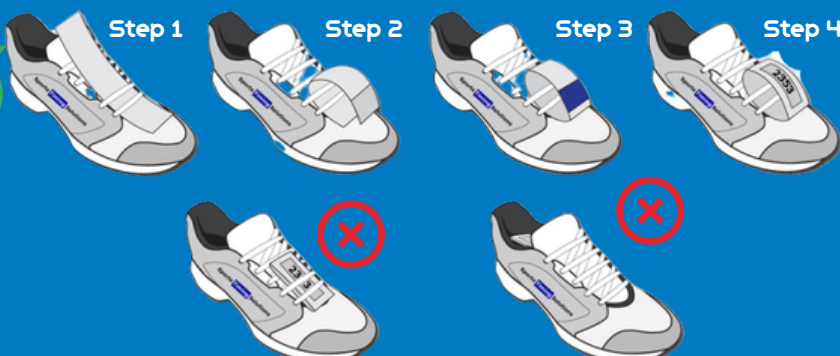
Baggage Label

Timing Chip



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

There will be a warm up in the event village 15 minutes prior to the half marathon, followed by a separate 5k & 10k Warm up.

After the warm up, estimated finish times will be called to guide you into a start formation.

DURING THE RACE

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

You will follow a lapped course around the park. Half marathon will follow Black signs, the 10k will follow Green signs, and the 5k will follow Red signs.

5k- 1.5laps

10k- 3 laps

Half Marathon- 6.5 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.

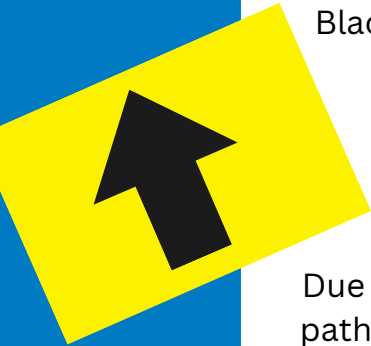
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

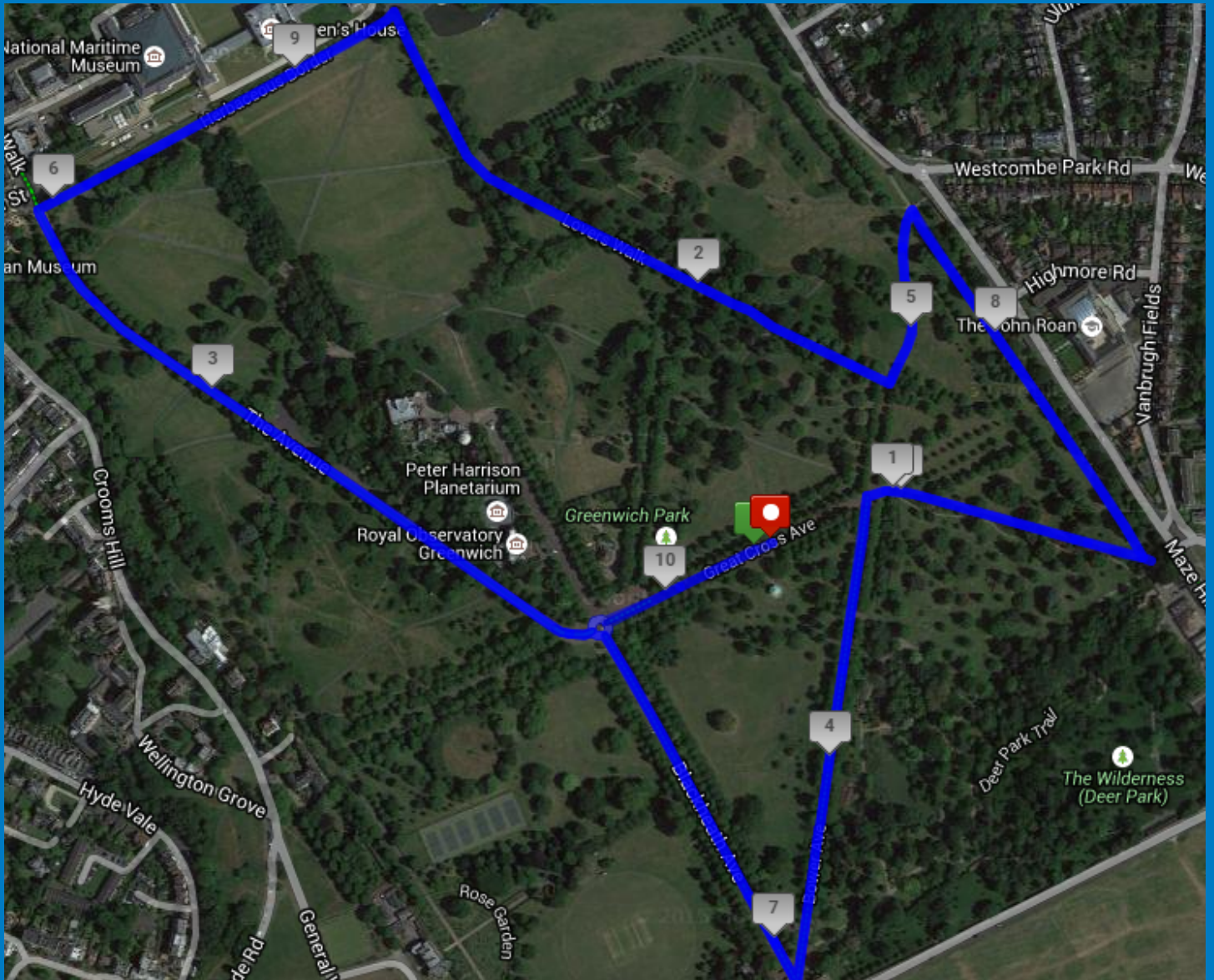
There will be a water station on each lap of the course.

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 ✓

The Pavilion Café located just a short walk from the event village will be serving hot food and drinks throughout the event.

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 under the band stand in 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

For this event, there will be toilets available in the park a short walk from the event village. If you live locally we recommend using toilets at home.

INTRODUCING SPORTSSHOES.COM

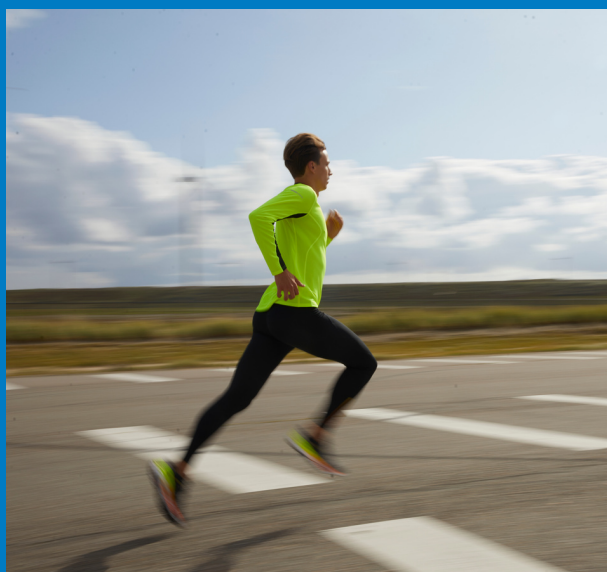
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TRAVEL

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.

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.

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.

Use Transport for London to plan your route HERE



what3words

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

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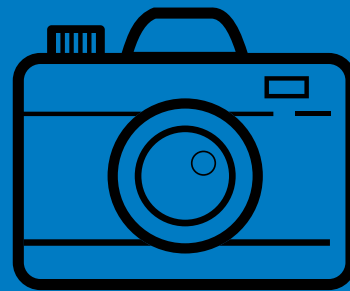
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PICTURES

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

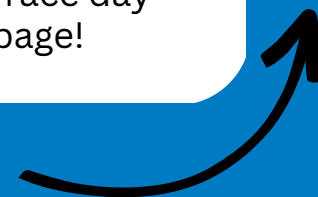
For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

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!



RESULTS AVAILABLE AT
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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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