

EVENT GUIDE

Dorney Lake 5k, 10k & Half Marathon

Saturday 11th February 2023

Start Times:

9:10am



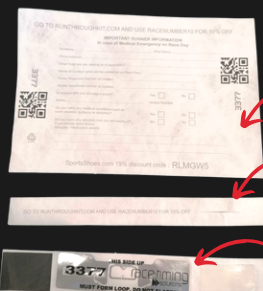
Race pack collection Times:

All distances
7:30-8:40am

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 race distance.
- 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!



Step 1



Step 2



Step 3



Step 4





RACE START

We will have gather participants in the event village 10 minutes prior to the start of the races.

From here, we will call out estimated finish times to get all runners lined up and ready to run.
All races will start at the same time.

DURING THE RACE

There will be marshals all around the course and you will see mile markers in the form of black signs for the half marathon, and green KM signs for the 5k & 10k as well as arrows to direct you.

The course consists of laps around the right side of the lake and will involve **1 lap for the 5k, 2 laps for the 10k and 4 laps for the Half Marathon.**

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.

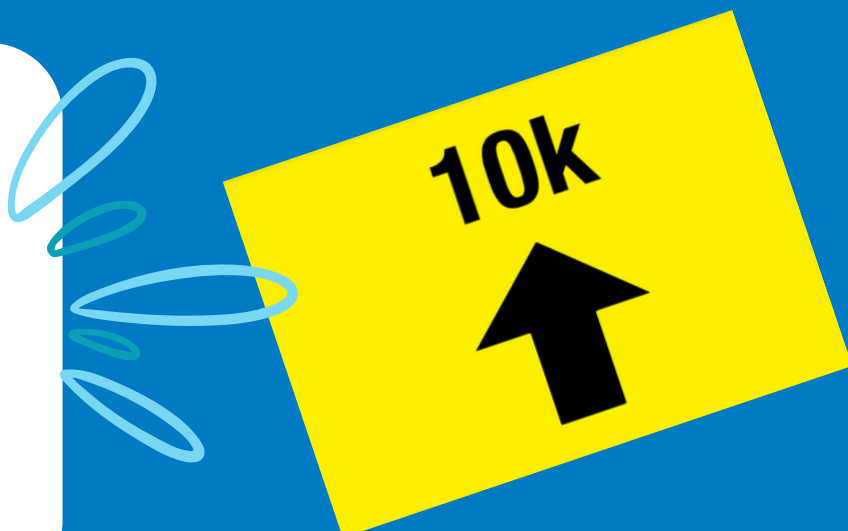
Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

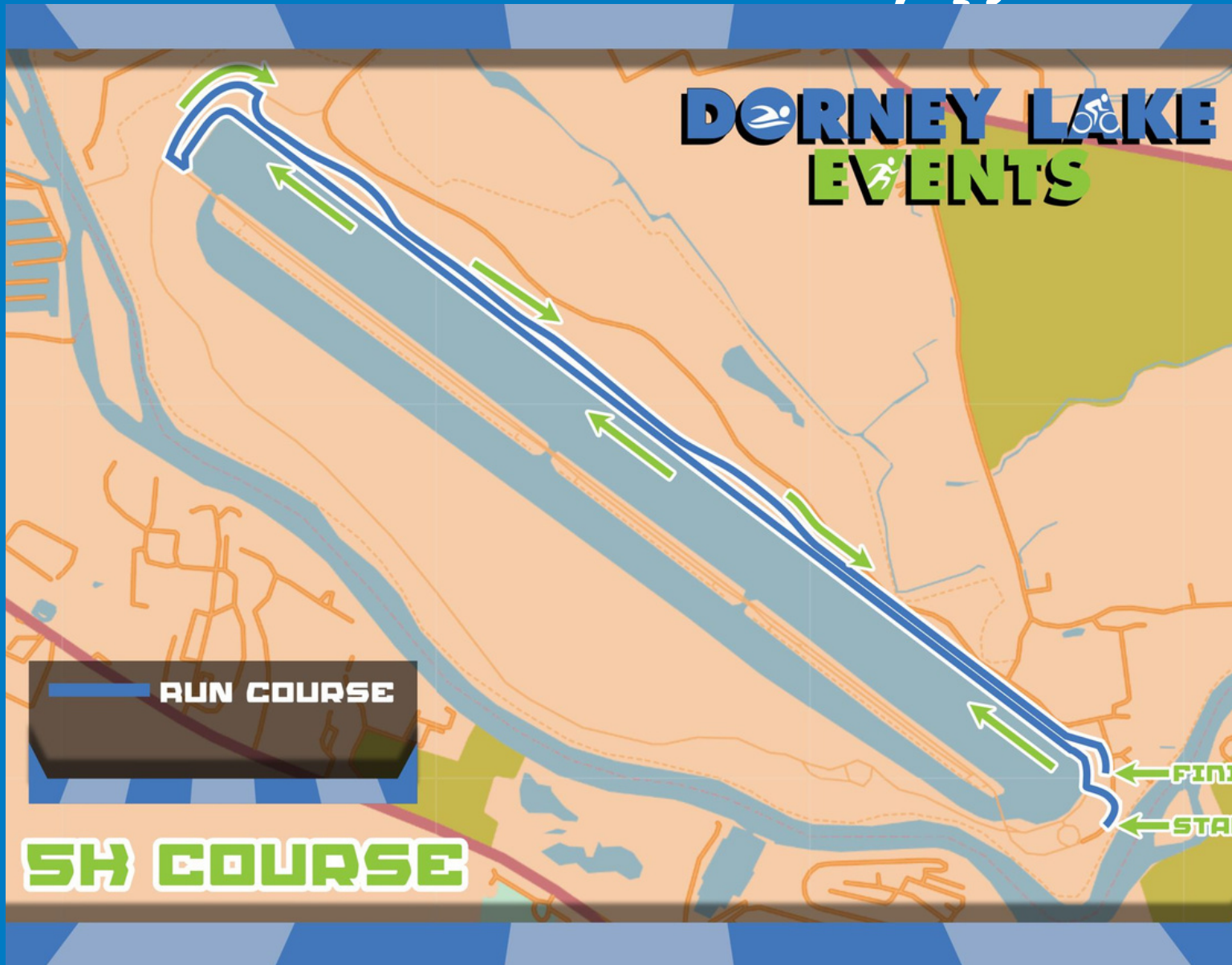
There will be a water station on each lap of the course.

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 ALL DISTANCES MAPS](#)

AFTER THE RACE

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



SPECTATORS 

DOGS 

COFFEE 

Dorney Lake boathouse 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 spectate with dogs (on a lead), however running with dogs is prohibited at this event.

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.



SPORTSSHOES.COM

OFFICIAL RUNNING
RETAIL PARTNER



TOILETS

For this event, we will use portable toilets located in the event village. If you live locally we recommend using toilets at home.

INTRODUCING SPORTSSHOES.COM

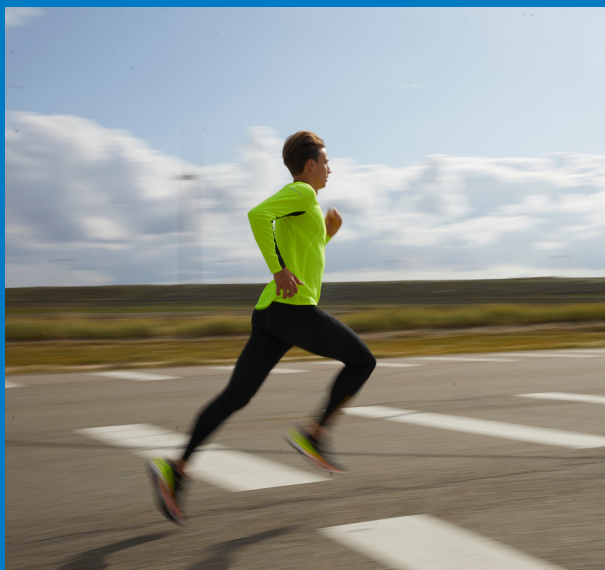
SportsShoes.com is the UK's No.1 Online Retailer for Running and our partner.

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 **RTR2306** at Sportsshoes.com to get 15% off your new running gear for 2023.

****Code valid until 12.02.2023**

FIND YOUR NEW SHOES NOW



TRAVEL

Address: Dorney Lake, Windsor

Parking:

Free parking is available at Dorney Lake and will be signposted as you enter the venue.

Please bear in mind there could be up to a 20-minute walk to registration depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival.

The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter.

Cars will drive down from the main entrance towards the boathouse, and will directly turn back on themselves at a mini roundabout and park facing the exit, using a one way system. This system will be managed by parking stewards and we'll also ensure there is clear way-finding signage on the day.

Please be aware, from the main entrance to the car park it is just over a mile walk.

Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village.

Nearest Train stations:

Slough and Windsor & Eton Riverside

Getting Here by Bicycle

The park is easily accessible by bicycle. Cycle parking is available in the park.

Please Note: There is a strict cut off for vehicles driving down towards the boathouse before race start - if you enter any later than 8:50 you will be asked to park in the carpark near the main gate which could take 20 minutes to walk down to the event village/race start.

Please leave yourself plenty of time to park and walk to the Event Village.



what3words

The main entrance Gate - [///pounds.same.fears](#)

Event Village - [///neat.places.clay](#)

Welcome to **Runna**

Our Official Training Provider
of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.

5K 5k Improvement Plan

13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

STRAVA **APPLE WATCH** **GARMIN** **COROS**



Click **here** to download Runna
and start your 2 week **FREE**
trial

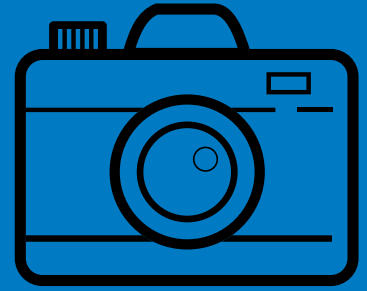
★ Trustpilot



Take your running
to the **next level**

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 and #DorneyLakeEvents 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

<http://results.eventchiptiming.com/>



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](#)



ENHANCE YOUR MUSCLE REPAIR POST-RUN WITH BOUNCE PROTEIN BALLS



15% OFF

USE CODE: **RUNFLYER23**

WWW.UK.BOUNCEFOODS.COM

STAY UNSTOPPABLE WITH **Bounce** THE UK'S No. 1 PROTEIN ENERGY BALL

THE OFFICIAL PROTEIN SNACK PARTNER OF **RunThrough**

Terms & Conditions - Use code 'RUNFLYER23' in basket. Valid until midnight 31/03/24. Cannot be used in conjunction with any other offer or voucher code. Available online only while stocks last. Limited to 1 code per customer. 9BRAND Foods Ltd. reserve the right to withdraw or amend the offer at any time.



Supported
by...

hilltop
ENERGY



runna



Alzheimer's
Research
UK

Make
breakthroughs
possible



SPORTSSHOES.COM



**RUNNER
RETREATS**

**LOVE,
CORN**