

# EVENT GUIDE

The London Half Marathon & 10k- Sunday 5th March 2023

## Start Times:

Half Marathon: 9:00am

10k: 9:38am



## Race pack collection Times:

Half Marathon: 7:30-8:30am

10k: 8:00-9:00am

## RACE PACK COLLECTION

**\*\*IF YOU'VE ENTERED PRIOR TO THE 12TH FEBRUARY 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](#)

Included:

Bib number

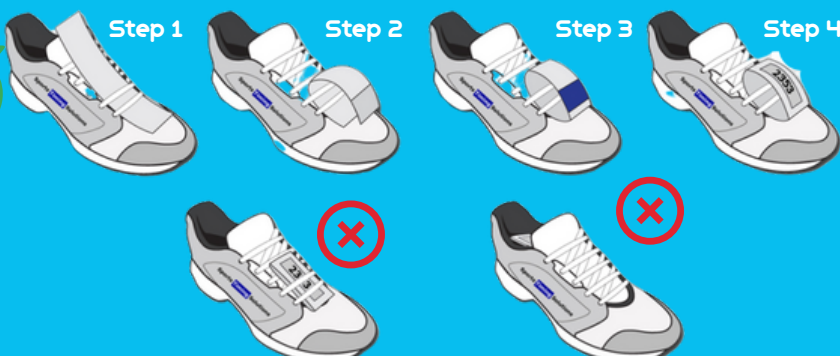
Baggage Label

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

We will have a warm up in the event village in front of the stage 20 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

The race will start and finish in the same location next to the event village.

There will be black signs and mile markers along the Half Marathon course and green signs and KM markers along the 10k course. There will also be plenty of marshals and directional arrows to keep you going all the way to the finish.

There are multiple points along the route where the Half Marathon and 10k diverge, please listen to our marshals at all times, as you may be following a different route to the person in front of you.

We also ask that if you choose to wear headphones you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within these sections, just passed the water stations.

## REFRESHMENTS

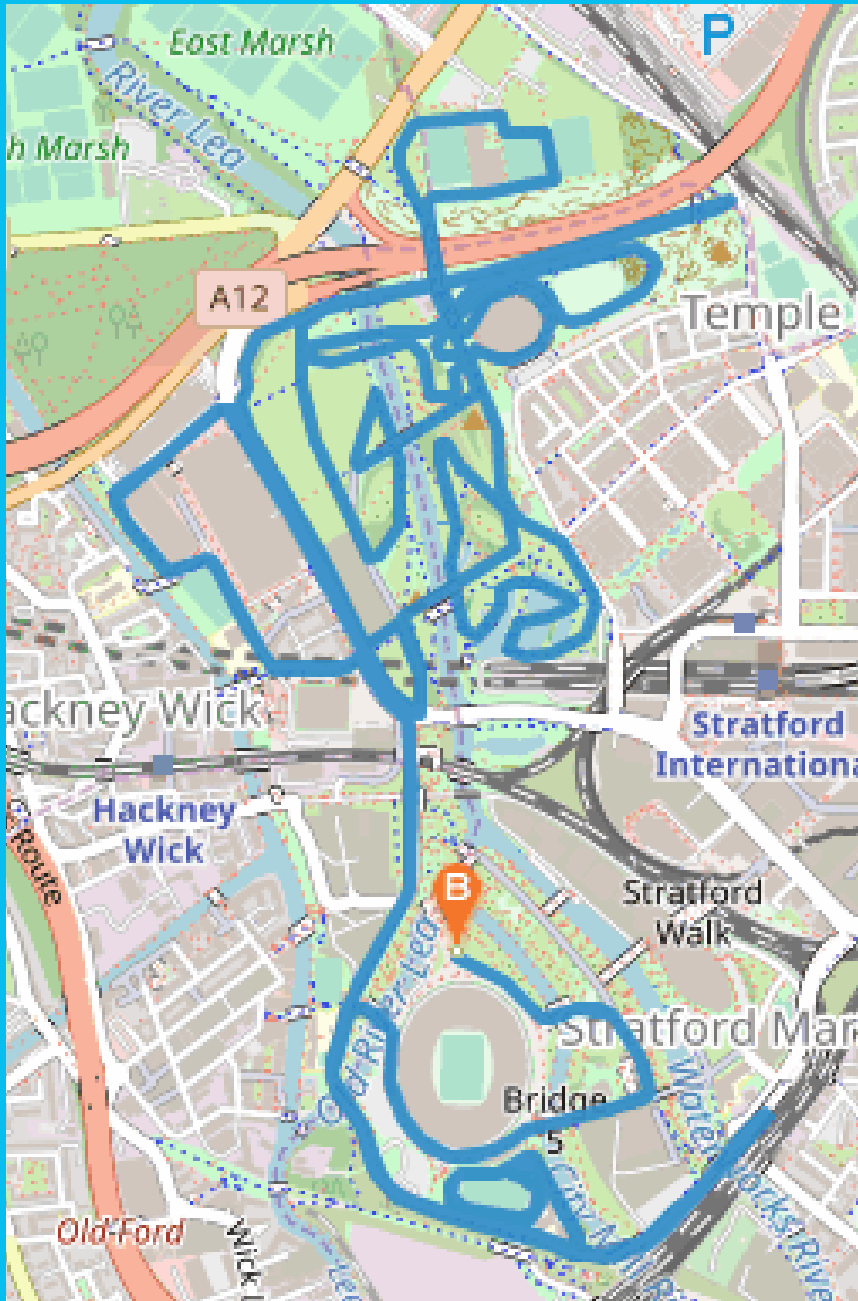
There will be 3 water stations along the Half Marathon course at miles 3, 6.5 and 10, and at the Half Way point on the 10k.

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 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** 

Spectators are more than welcome to come along and support runners, We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Sadly dogs are not permitted within the Stadium itself. You are still more than welcome to bring a dogs to the outside areas in the event village. These must be kept on a lead at all times.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop within the stadium and there will be an in and out system.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop area.
- Collect your bag after your race.

**The toilets and bag drop can be accessed through gates 5 & 9.**



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## TOILETS

For this event we will be using the toilets within the London Stadium.

There will also be toilets at the 8mile point on the route.

If you live locally we recommend using toilets at home.

## INTRODUCING SPORTSSHOES.COM

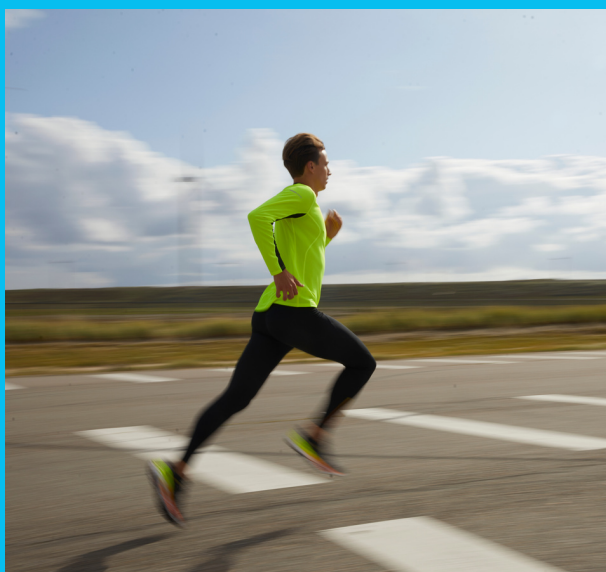
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# TRAVEL

**Address: London Stadium, London, E20 2ST**

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.

If you are exiting out of Stratford Underground Station – take the escalator or lift up to ‘The Street’ (which is the outdoor part of Westfield Shopping Centre) – follow it along, bear right at Fountain Square toward John Lewis and then left at Jamie’s Italian. At the end of the passage, cross the road into the Park.

## 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
- (check out rail replacement bus options on the [Greater Anglia line HERE](#))

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.

## Bus

The 308 bus runs between Clapton to Wanstead via Stratford City near the station entrance and Celebration Avenue in East Village.

The 108 bus runs between Lewisham and Stratford International via Carpenters Road and the Aquatics Centre.

Stratford bus station and Stratford City bus station are both located in close proximity to Stratford station.

## Car

Paid parking is available in Westfield Stratford City as well as various other options within the local area. Please pre-plan this if you are travelling by car to the event.

## Getting Here on Foot

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

**SEE THE NEXT PAGE FOR USEFUL LINKS AND MORE TRAVEL ADVISE**



what3words

**If using the app What3Words, use the words [///super.into.palace](https://www.what3words.com/super.into.palace) for exact event village location**

[CLICK HERE TO VISIT THE OLYMPIC PARK'S TRAVEL ADVICE PAGE](#)

[SEE THE MAP OF THE OLYMPIC PARK HERE](#)

[USE TRANSPORT FOR LONDON TO PLAN YOUR ROUTE HERE](#)



# Access Sport

Access Sport is the official charity partner for the London Half Marathon and 10k.

This fantastic charity works hard to ensure that all children and young people can access the transformational benefits of community sport, including disabled young people and those from underserved communities.

You can raise funds for this charity's vital work by setting up a Just Giving page [HERE](#).

Or find out more at: [www.AccessSport.org.uk](http://www.AccessSport.org.uk)





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# RECOVERY

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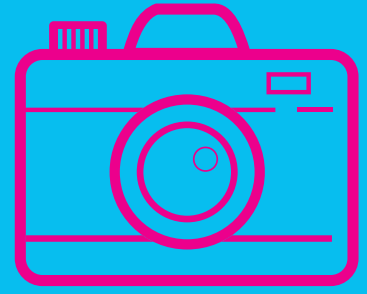
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## PICTURES

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 and #EastLondonHalf 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**



## Event T-shirts!

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

[PURCHASE AN EVENT T-SHIRT](#)



**Alternatively, purchase a RunThrough T-shirt or Hoody to celebrate your race with us!**

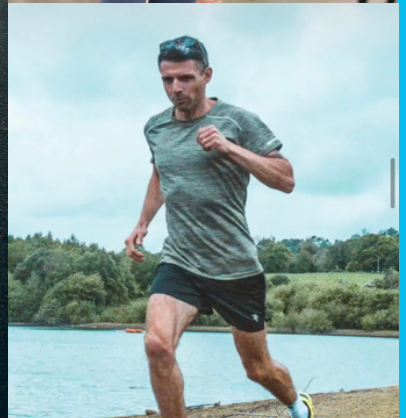
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm in the 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](#)





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\*Flavors provided will differ per order and not  
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