

EVENT GUIDE

Olympic Park

5k & 10k

Saturday 6th May 2023

RunThrough

RACE PACKS

Start Time:

9:30am



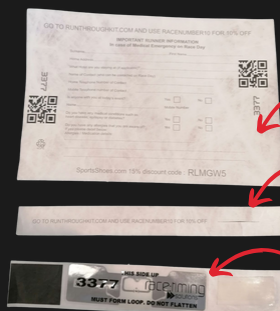
**Race Pack
Collection Times:**

8:00-9:00am

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

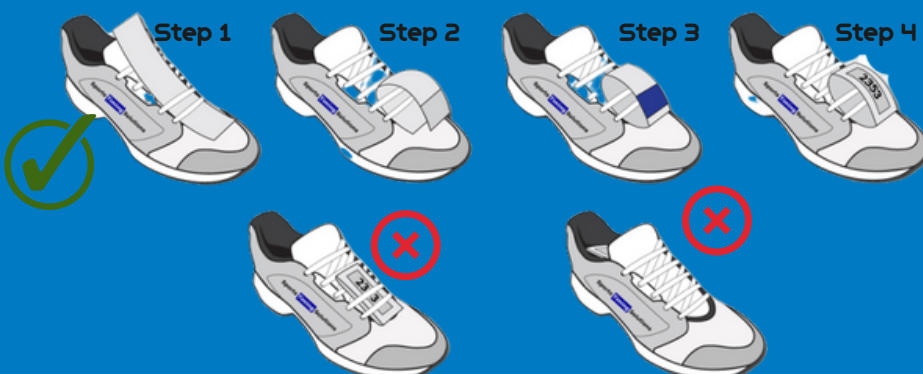
Baggage Label

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

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 paths in the Olympic park. Please keep count of your laps during the race.

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 everyone's safety but allow for the best experience throughout 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.

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!



Unique Coronation themed medal!





GET RACE READY

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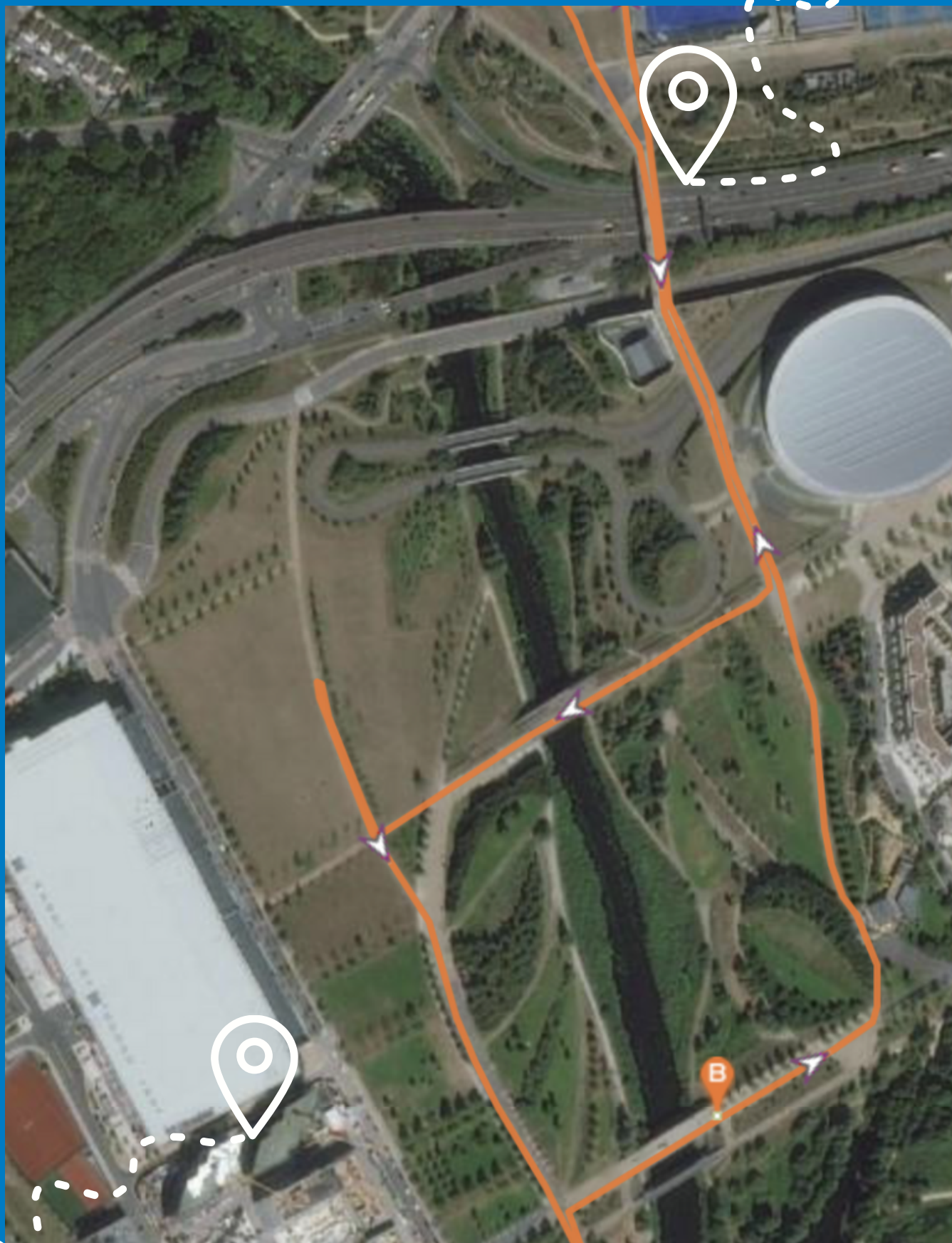
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Code valid until 07.05.23

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

SPECTATORS COFFEE



The Timber Lodge cafe will be open and serving hot drinks all day, and is located within the event village.

TOILETS



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

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the Timberlodge 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 venue.
- Collect your bag after your race.

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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.](http://www.tfl.gov.uk)

[Check out parking options here.](#)



what3words

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

Welcome to Runna

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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

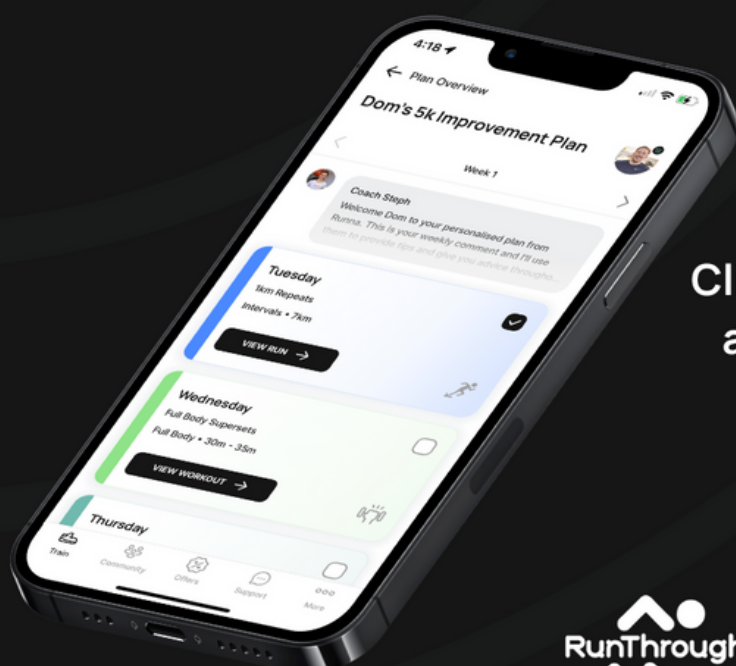
10k Plan

26.2

Marathon Plan

+16 more plans...

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and start your 2 week **FREE**
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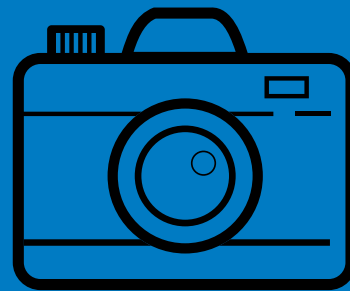
★ Trustpilot



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 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



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 throughout the year.

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](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

5k-11 | 10k-15

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@runthrough.co.uk if you plan to take more than 2hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distance?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course which you will pass on each lap of your race- Once for the 5k & 3 times on the 10k).

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask 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.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race course route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants can expect an email reward in the week following the race. There will be no presentation on the day. However check out our podium and photo wall to get your celebratory pictures!



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