

EVENT GUIDE



Hampton Court Palace 10k

In support of The Shooting Star Children's
Hospice

Sunday 21st May 2023



Start Times:

Wave 1 = sub 40mins- 9:00am

Wave 2 = Sub 50mins- 9:05am

Wave 3 = Sub 60mins- 9:10am

Wave 4 = Sub 1hr 30mins- 9:15am

RACE PACKS

Race Pack
Collection Times:

7:30-8:30am

****IF YOU'VE ENTERED PRIOR TO THE 4TH MAY 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 registration desk indicated by your surnames initial. (eg S for Smith).
- Your bib will be blank for you to write your name on & personalise as you like- we will have pens available at registration.
- 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.

Included:

Bib number

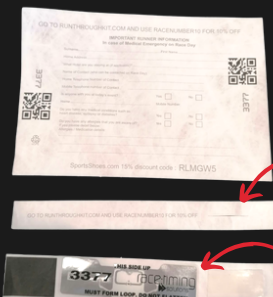
Baggage Label

Timing Chip

[CLICK FOR ENTRY LIST](#)



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



ARRIVAL & RACE START

Entry into the Event Village is via the Kitchen gate- please use the W3W- [///option.valve.bucked](#) to locate this entrance.

If arriving via bike, please dismount at the entrance to the grounds and walk your bike from here. We will have bike racks available by the bag drop marquee.

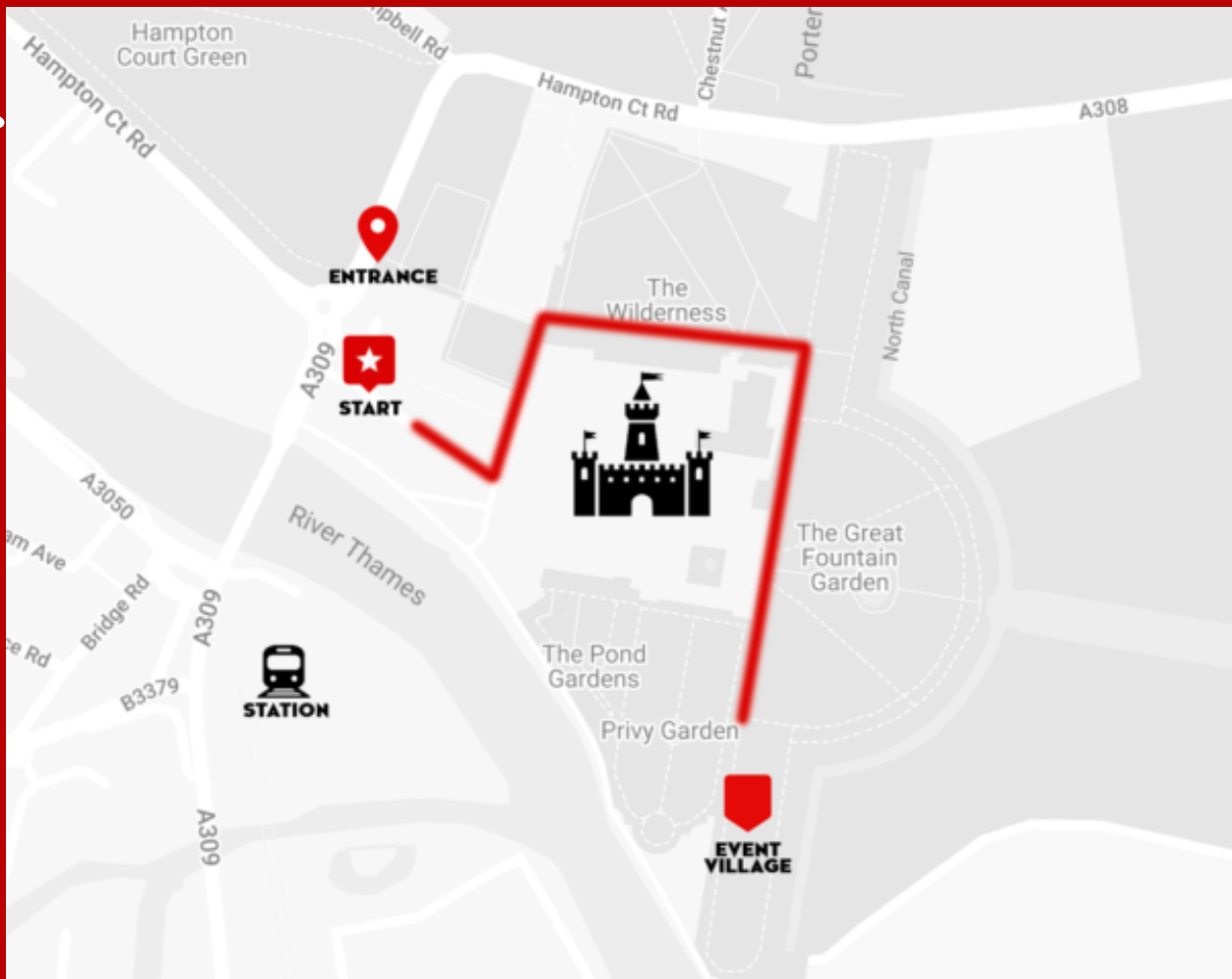
Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals.



THE EVENT VILLAGE IS A 15 MINUTE WALK TO THE START LINE. PLEASE GATHER HERE UNTIL YOUR WAVE IS CALLED.



DURING THE RACE

The Palace 10k is a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

There will be yellow KM markers along the course along with plenty of marshals and directional arrows to keep you going all the way to the finish.

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.

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

The second half of the race is off road, we advise wearing appropriate footwear for the conditions

10k



REFRESHMENTS

There will be a water station just before the 5km point on the course please help yourself to this as you pass.

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](#)

- Start
- Finish
- Water Station
- On Course Toilets
- Course Music
- Distance markers
- Great for Spectators

AFTER THE RACE

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



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Terms & Conditions apply. See website for details.

***Code expires 21.05.23**

SPECTATORS ✓

DOGS ✗

COFFEE ✓

Spectators are more than welcome to come and support during the race and see you start and finish within the palace grounds, any spectators will need to arrive before 11am.

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 in the event village or anywhere in the Palace grounds.

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#).

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop marquee in the event village.
- 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.



TOILETS

There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.



The banner features a teal background with circular inset images: a runner in profile, a group of runners celebrating, a runner on a path by a lake, and a runner in a forest. A red mountain range graphic is positioned behind the text.

Places available now for:
Loughborough Performance Retreat : 4th - 7th August 2023
Lake District Retreat: 13th -16th October 2023

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

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Shooting Star Children's Hospices



Join #TeamShootingStar with your place at the Hampton Court Palace 10K 2023!

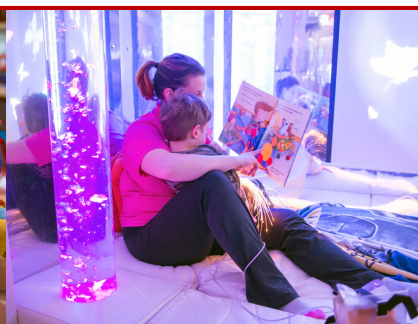
Shooting Star Children's Hospices cares for babies, children and young people with life-limiting conditions, and their families, across Surrey and west London. Whether lives are measured in days, weeks, months or years, we are here to make every moment count. As a local children's hospice charity, we support families from diagnosis to end of life and throughout bereavement with a range of nursing, practical, emotional and medical care.

We provide free-of-charge bespoke medical and holistic care to the whole family. Our Hampton hospice, Shooting Star House is our Outreach, Therapy and Family Support Centre, dedicated to offering comprehensive range of therapies and specialist clinics for the whole family. Families can access bereavement support, counselling, therapies, drop-in sessions, siblings' groups, family activities and interactive play sessions for the whole family.

We are thrilled to be the official charity partner for this year's Hampton Court 10km, and with our Hampton hospice just 2.5 miles from Hampton Court Palace, by signing up and running for Shooting Star Children's Hospices, you'll be supporting local families in your community help make every moment count.

When you join #TeamShootingStar, you will receive our support every step of the way – you will receive personalised fundraising support, a branded running vest and our cheer squad to cheer you on over the finish line.

Create your fundraising page and become a Shooting Star superstar!



TRAVEL

Address: Hampton Court Palace, KT8 9AU

By Train

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website Southwest Trains.

Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

By Bus

Bus routes from Kingston: 111*, 216*, 411*, 461, 513.

From Richmond: R68*

*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

By Taxi

Visitors arriving by taxi may drop off at the gates. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

By Car

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308. The palace is also accessible via the A3 and then the A309.

*** THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY ***

Use Transport for London to plan your route here.

Visit Parkopedia to find a suitable parking spot here



what3words

If using the app What3Words, use the words [////email.pure.sheep](mailto://email.pure.sheep) for exact event village location

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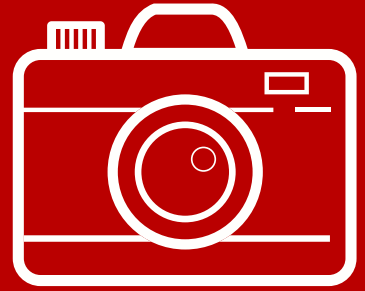
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PICTURES

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 and #Palace10k 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 throughout spring.

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?

10k-15

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

Is there a time restriction to complete the race?

Yes, please get in contact with us at info@palace10k.com if you plan to take more than 90minutes 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?

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 for you to help yourself to.

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 t-shirt I ordered with my entry?

This will be available to collect at the RTKit Stall on the day.

Where should I park for the event?

There is no parking on site, please use parkopedia.com to find somewhere suitable for you.

Are dogs allowed at the event?

No, dogs are strictly prohibited from entering the event village and Palace grounds.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including coffee and food vans, RTKit and a the RunThrough Stall for you to explore. If you'd like to head out onto the course, please check out the route in advance to ensure you can get to where you'd like to go!

Will there be a prize giving?

There will be no formal prize giving, however, we will be giving the top 3 male and females prizes as they cross the line. Age group winners can expect an email reward in the week following the race.



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