

EVENT GUIDE



Regents Park 5k & 10k Saturday 3rd June 2023



RACE PACK COLLECTION

Start Times:

10.00am

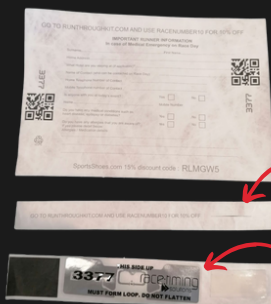


**Race Pack
Collection Times:**

8:30-9:30am

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- 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:

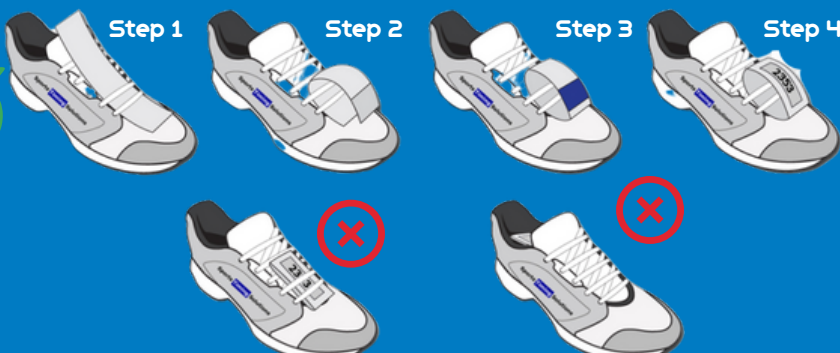
Bib number

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 the each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

Both races will start together.

DURING THE RACE

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

The 10k is 2 laps and the 5k is 1 lap of the course.

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 your 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 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 bringing your own water to stay hydrated in the lead up to the event.



A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and red shorts, holding her right foot to stretch her hamstring. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

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COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

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



SPECTATORS

COFFEE

Spectators are more than welcome!

The Espresso Bar will be open and serving hot food and drinks. This is located a short walk from the event village.



TOILETS

There are Park toilet facilities next to the Espresso Bar near to the event village.

You can see a map of the park [HERE](#).

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 area.
- Collect your bag after your race.



Places available now for:

Loughborough Performance Retreat : 4th – 7th August 2023

Lake District Retreat: 13th – 16th October 2023

RUNNER RETREATS

[Find out more >](#)

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TRAVEL

Address: The Broad Walk, Regent's Park, London, NW1 4NU

There are car parking facilities available but we recommend that you avoid coming by car as there are limited places.

The Tube stations closest to Regent's Park are:

Regent's Park (Bakerloo line)

Great Portland Street (Hammersmith & City, Circle & Metropolitan lines)

Baker Street (Hammersmith & City, Circle, Jubilee, Metropolitan & Bakerloo lines)

St John's Wood (Jubilee line)

Camden Town (Northern line)

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.



See park map HERE

Use TFL to plan your journey HERE



what3words

**If using the app What3Words, use the words
///stream.wants.boil for exact event village location**

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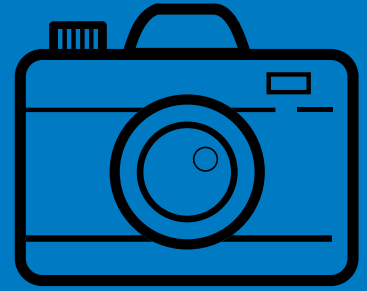
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PICTURES

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
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 all year round.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day from the information desk.

[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?

11- 5k | 15- 10k

(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?

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 bottled water stations 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 add on RTKit I ordered with my entry?

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

How should I get to the event?

We highly recommend using public transport where possible as parking on site is limited.

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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