

EVENT GUIDE



Clapham Common

5k & 10k

Sunday 9th July 2023



RACE PACKS

Start Time:
9:30am



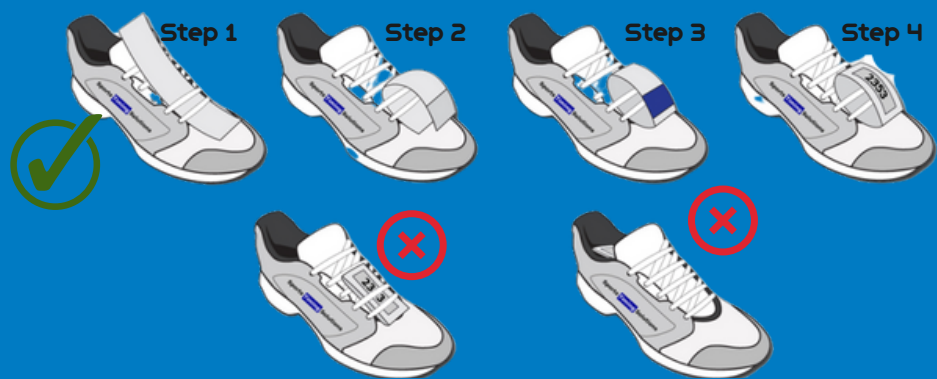
**Race Pack
Collection Times:**
8:00-9:00am


- 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!



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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 around the Common. 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 bringing your own water as well to help stay hydrated in the lead up to the event.

3 things to remember when running in the heat!



WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



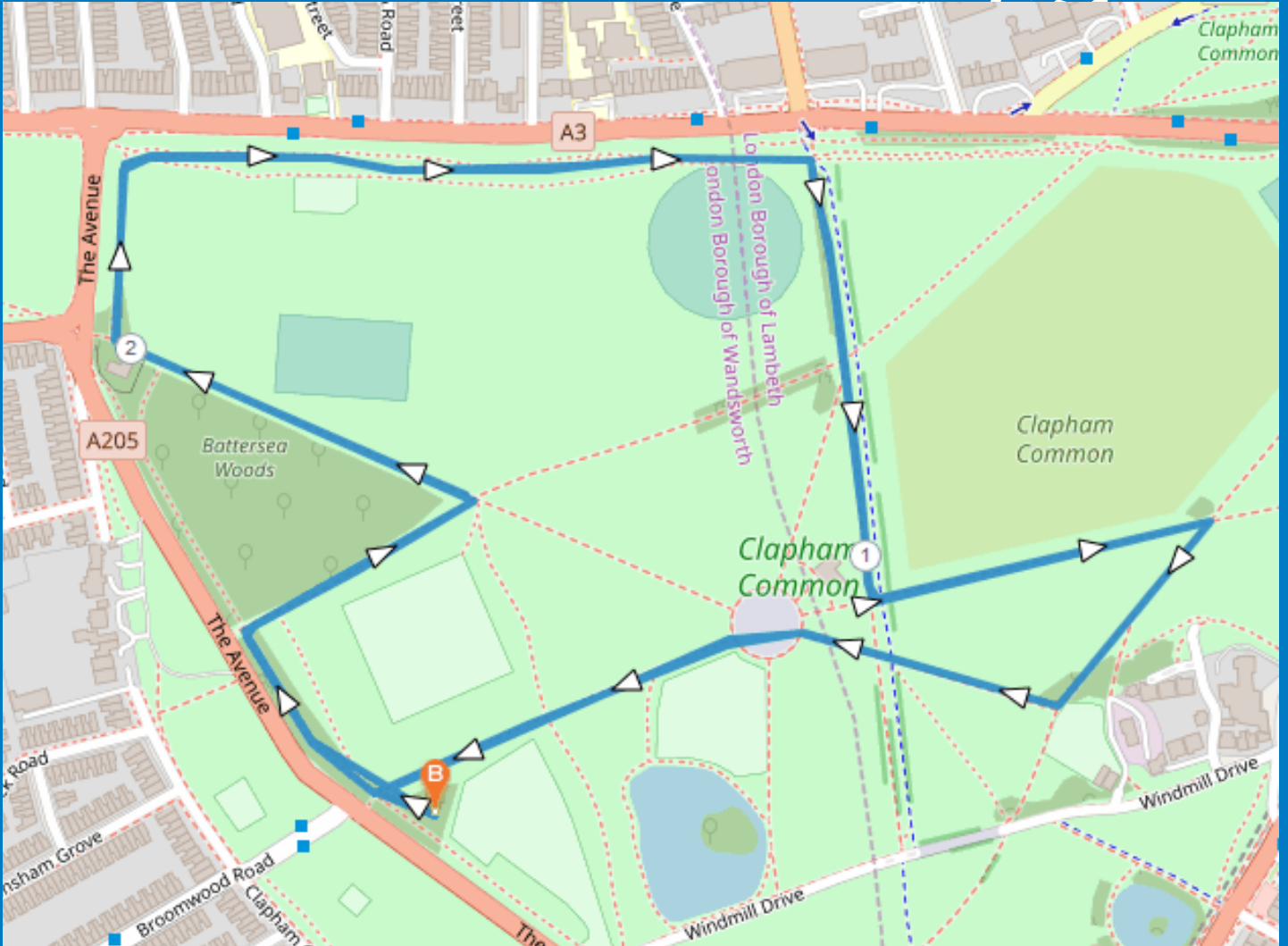
HYDRATE PRE, DURING AND POST RACE



ADAPT & TAKE IT EASY



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

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



SPECTATORS

COFFEE

The Pear Tree Cafe and Clapham Common Cafe are both located in the park, just a short walk from the event village.

TOILETS



For this event, we will use portable toilets located by the event village.

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.



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: Mount Pond, Windmill Drive, London, SW4 9DE

Public transport is the best and easiest way to get to and from the Park – by train, underground, bus or bicycle.

Tube:

The closest tube station to the event village is Clapham South (5 min walk) with Clapham Common (10 min walk) also in very close proximity. The event village is next to Mount Pond on Windmill Drive as per the map below.

Train & Bus:

The Common is around 1 mile from Clapham Junction. So if you want to get the overground, you can then walk, jog or take the 35, 37 or 345 buses to the event village.

You can also enter the Park via Hackney Wick station which is on the London Overground.

Car:

There is no car park on site. If you park on the roads around the Common, you will need to check the pay machines and watch out for permit areas. You can find suitable parking options [HERE](#).

Getting Here on Foot

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.

Check out [public transport options at www.tfl.gov.uk](http://www.tfl.gov.uk).



If using the app What3Words, use the words [///clash.soaks.enable](#) for exact event village location

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5K

5k Improvement Plan

13.1

Half Marathon Plan

10K

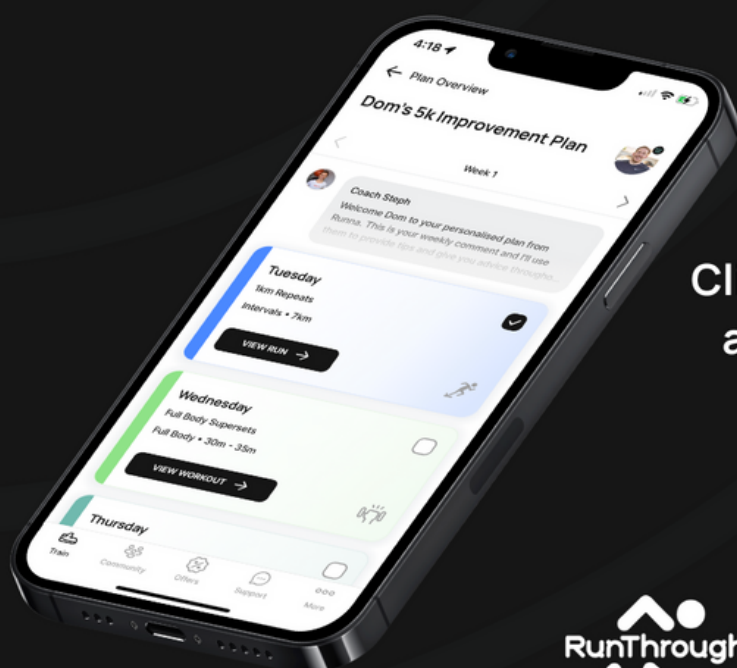
10k Plan

26.2


Marathon Plan

+16 more plans...

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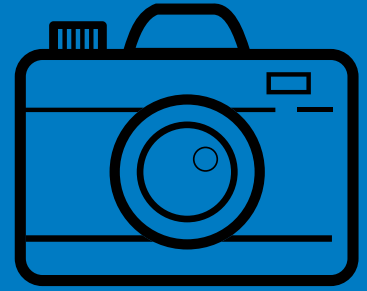
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PICTURES

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!



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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 cool 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](#)





Here at RunThrough we are always looking for likeminded people to join our community.

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

[SIGN UP HERE!](#)

[FIND OUT MORE!](#)



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 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 and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times: 10k Men's Sub 30:30 mins, Women's Sub 34 mins.

Check out our podium and photo wall to get your celebratory pictures!



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