

EVENT GUIDE

Finsbury Park

5k, 10k & Half Marathon

Sunday 11th June 2023



RACE PACK INFORMATION

Start Times:

Half Marathon: 9:30am
10k: 10:00am
5k: 10:00am

Race Pack Collection Times:

Half Marathon: 8:00-9:00am
10k: 8:30-9:30am
5k: 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:

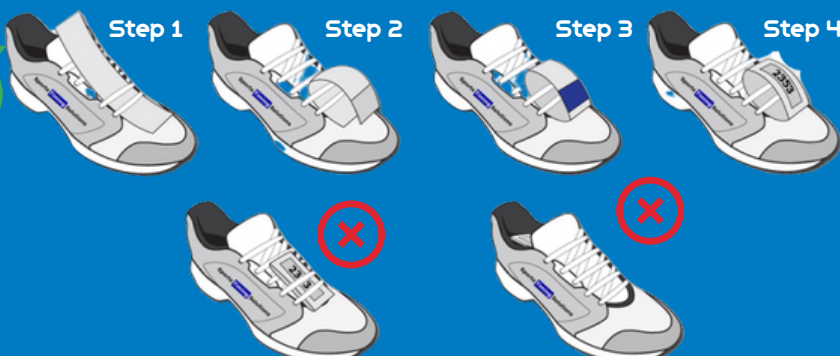
Bib number

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 of each race.

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

The 5k & 10k will start together.

DURING THE RACE

We will have marshals all around the course as well as distance signs and arrows. These will be black mile markers for the Half Marathon, and green KM markers for the 5k & 10k.

Please keep count of your laps during the race. The course is on the paths in the park:

Half Marathon - 8 laps + a mini lap to start (7 Times past the water station)

10k - 4 laps (3 Times past the water station)

5k - 2 laps (1 Time past the water station)

Please be aware of pedestrians, cyclists and dogs using the park footpaths.

We have marshals around the course and signs but this is not a road race, you have to pay very close attention to where you are going.

Due to the nature of a lapped course we ask that you remain vigilant to other runners. This will allow for anyone needing to overtake to have a clear path through and ensure not only your safety but allow you the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of each distance 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 drinks to stay hydrated in the lead up to the event.

3 things to remember when running in the heat!



WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



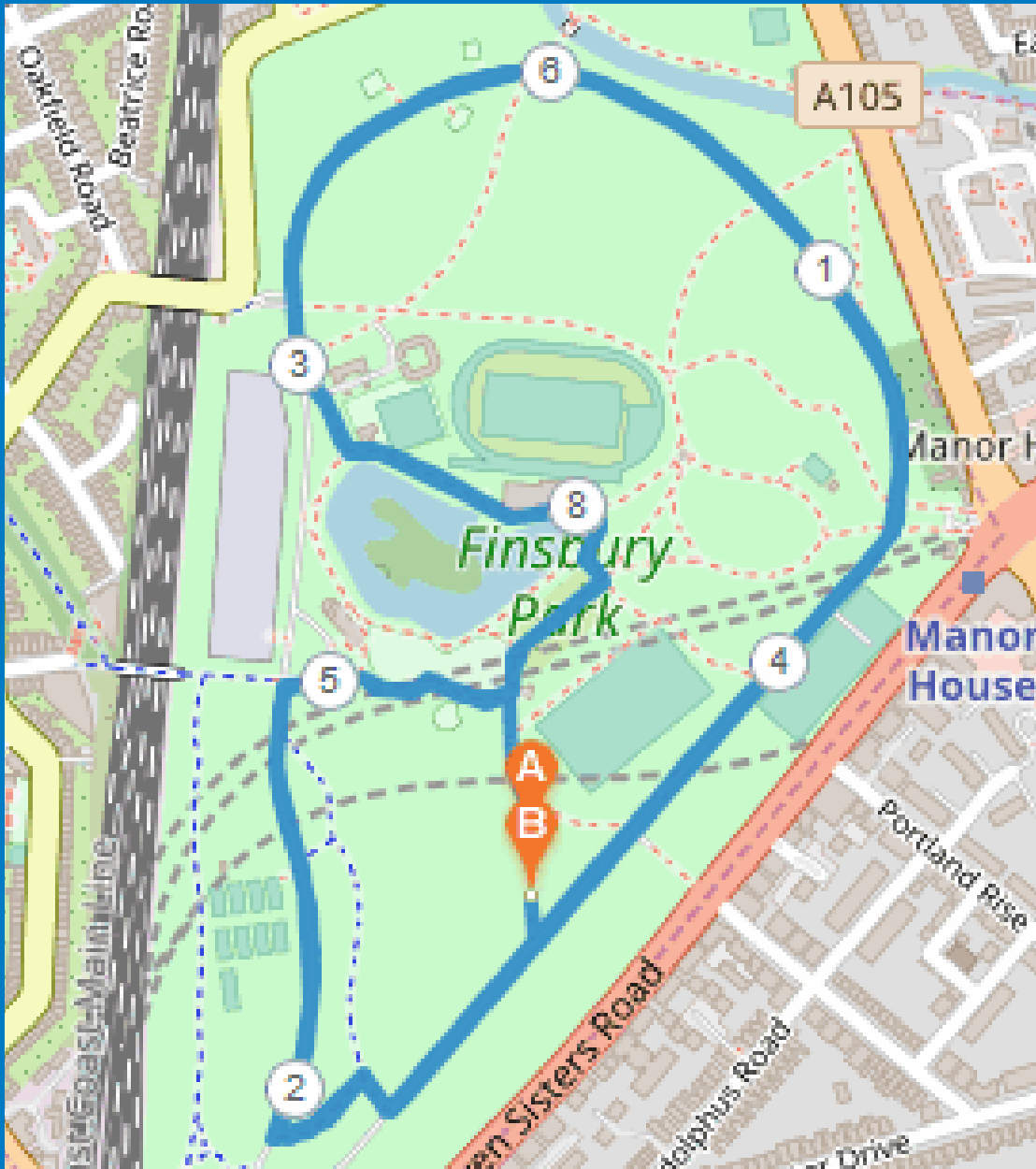
HYDRATE PRE, DURING AND POST RACE



ADAPT & TAKE IT EASY



COURSE MAP



[CLICK FOR 5k INTERACTIVE 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!





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Code valid until 11.06.23

SPECTATORS

COFFEE

There will be a coffee van located in the event village serving snacks and hot drinks.



TOILETS

There will be portable toilets available within the event village, as well as public toilets by the cafe.

If you live locally we recommend using toilets at home.

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: Finsbury Park, London, N4 1EE

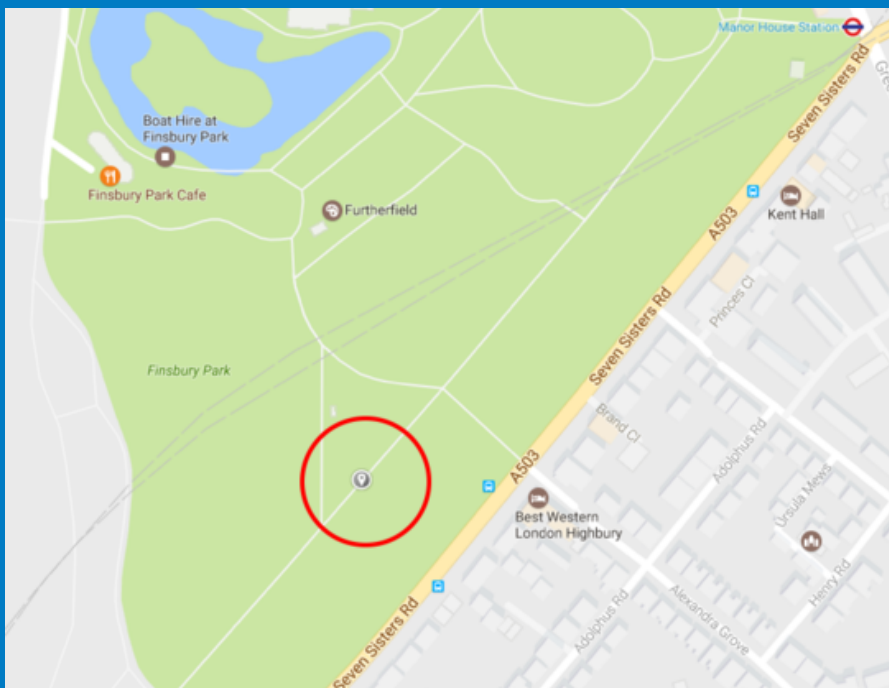
Nearest underground stations: Manor House and Finsbury Park

Nearest rail station: Finsbury Park

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

There is no venue specific parking, please use Parkopedia.com to find local alternatives.

On arrival, you will find the event village just off Severn Sisters road- circled below.



Use TFL to plan your journey HERE



what3words

If using the app What3Words, use the words [///punk.cool.love](http://punk.cool.love) for exact event village location

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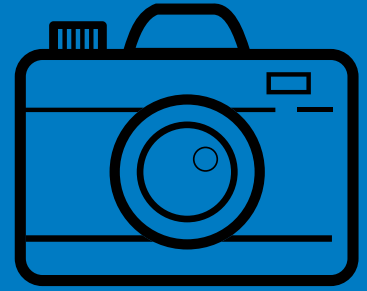


Take your running to the **next level**



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 cool throughout your day.

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 | HM-17

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 3hrs 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 for you to help yourself to on each lap.

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.

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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