

EVENT GUIDE

Lee Valley Velo Park Races
Saturday 24th June 2023

RunThrough

RACE PACKS

Start Times:

Half Marathon – 9.30am

10 Mile – 9.45am

5k – 10am

Mile (+ Free Kids) – 10:15am

10k – 10:30am

As there is a strict 3 hour cut off for the Half Marathon, we ask that those targeting a 3 hour finish time please notify staff and we will arrange an earlier start time of 9am for you.

Race Pack Collection Times:

Half Marathon – 8:15 – 9:00am

10 Mile – 8:15 – 9:15am

5k – 8:30 – 9:30am

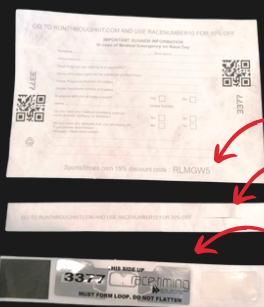
Mile (+ Kid's Race) – 8:45 – 9:45am

10k – 9:00 – 10:00am

RACE PACK COLLECTION

- 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!

Step 1

Step 2

Step 3

Step 4





RACE START

We will have a warm up on the start line approximately 10 minutes prior to the start of each race. From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

We will have marshals all around the course as well as motivational signs.

The course is a closed off 1 mile loop. You will complete 3 laps for 5k, 6 for the 10k, 10 laps for the 10 mile and 13 for the half marathon.

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 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!



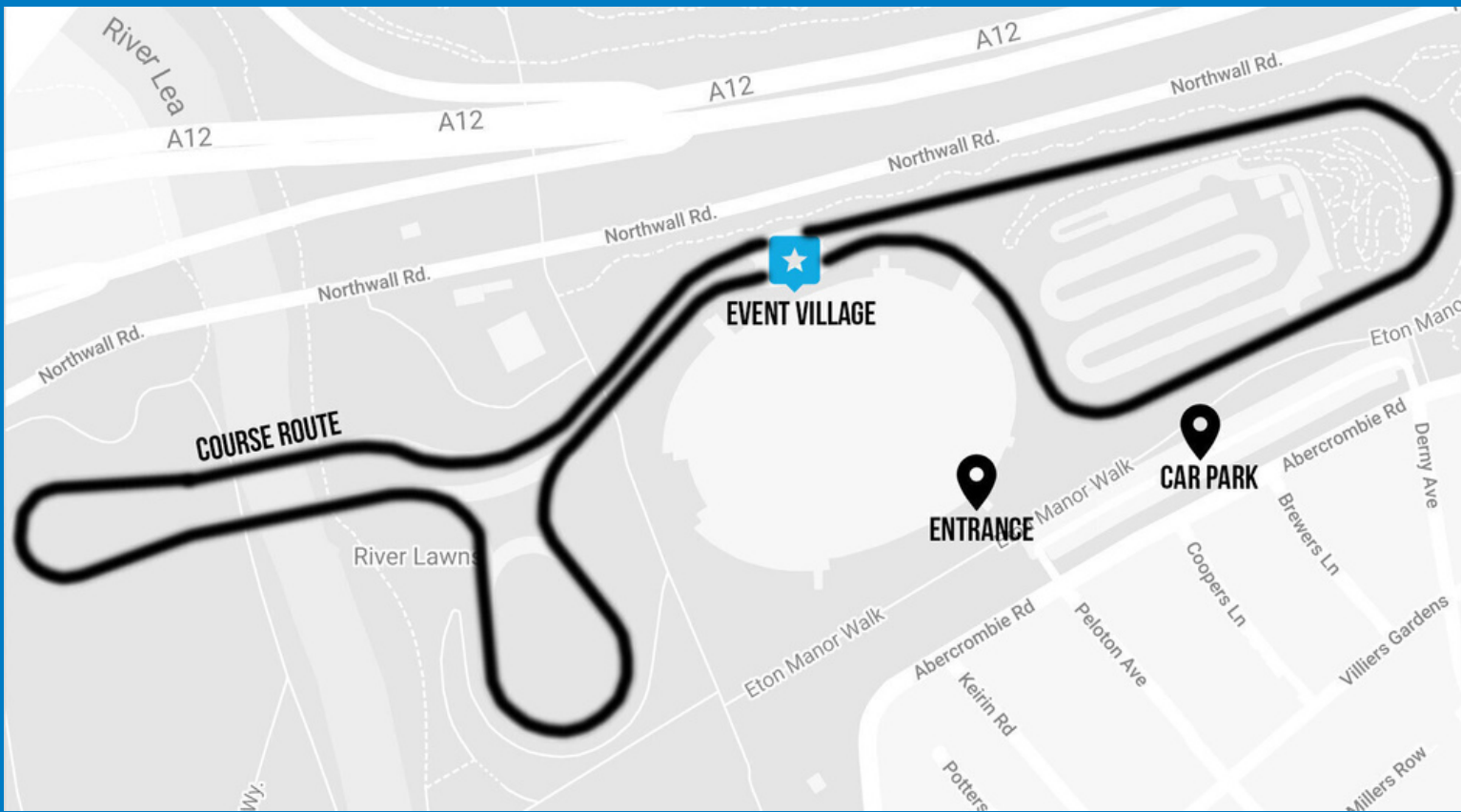
HYDRATE PRE, DURING AND POST RACE

WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



ADAPT & TAKE IT EASY

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



AFTER THE RACE

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



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 pink shorts, holding her right foot to stretch her leg. 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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SPECTATORS ✓

DOGS ✗

COFFEE ✓

The Cafe within the Velodrome will be open and serving hot food and drinks, they will be offering a 15% discount to all runners.

Spectators can watch the race from the Event Village and Balcony, but won't be permitted on the race track itself.

Please note that dogs are not allowed in the event village and race tunnel. Dogs are allowed on the upper deck.

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 room.
- Collect your bag after your race.

TOILETS

For this event, the Lee Valley VeloPark toilets will be available for use.
If you live locally we recommend using toilets at home.



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: Abercrombie Road, Queen Elizabeth Olympic Park, London, E20 3AB

We strongly recommend travelling by public transport to Lee Valley VeloPark, allowing plenty of time to get to the venue.

By Rail

Nearest station/tube: Stratford / Stratford International Lee Valley VeloPark is a 20-minute walk from both stations.

Stratford station is served by:

Underground: Jubilee and Central Lines

Docklands Light Railway (DLR)

National rail: Abellio Greater Anglia for services to Liverpool Street and Essex and East Anglia

London Overground services

Stratford International station is served by:

Docklands Light Railway (DLR)

National Rail: Southeastern High Speed 1 services to St Pancras International

By Bus

Several bus routes connect to Stratford and Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near Lee Valley VeloPark.

By Taxi

If you wish to depart from Stratford or Stratford International using a taxi then Westfield Stratford City has the Stratford City Cars Taxi Lounge located outside Waitrose on the lower ground floor (near car park A). Black taxis are available from outside Stratford stations' northern ticket hall which is located on the lower ground floor of Westfield Stratford City near Starbucks.

By Car

Car parking at Lee Valley VeloPark is limited and we strongly advise travelling by public transport, however if travelling by car is essential we are situated 5 minutes from the A12 and blue badge holder spaces are available.

You will get 4 hours free parking, but you will need to ensure you put your car registration in the designated machine on arrival. This machine is located in the finish tunnel, where you collect your post-race goodies, please be sure to access this to avoid a fine. (This will be signed and made clear on arrival).

Please follow the signs to the parking machines and follow the instructions on the machine, otherwise you will receive a fine. You can also park at Westfield next to the Stratford international train station.

By Bike

There are cycle routes connecting Lee Valley VeloPark to local residential areas as well as the cycle routes through Queen Elizabeth Olympic Park.

The venue is close to Sustrans National Cycle Network Route 1 and Barclays Cycle Superhighway CS2. Bike racks are available at the venue.

On Foot

There are good pedestrian links to Lee Valley VeloPark from Westfield Stratford City, Hackney and Leyton.

[VISIT VELO PARK WEBSITE HERE](#)

[USE TFL TO PLAN YOUR ROUTE HERE](#)



what3words

**If using the app What3Words, use the words
///winks.artist.mass for exact event village location**

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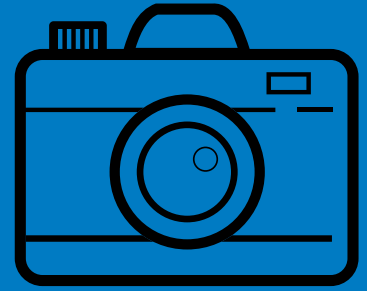
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PICTURES

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 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?

kids Mile-any age | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9.

Any supporting adults, don't need to enter the race

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 which you will pass on each lap of your race.

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?

Spectators can watch the race from the Event Village and Balcony, but won't be permitted on the race track itself.

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 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

HM Men's Sub 67:30 mins, Women's Sub 75 mins

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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