

EVENT GUIDE

Dorney Lake

5k, 10k & Half Marathon
Saturday 10th June 2023



RACE PACK COLLECTION

Start Time:

9:30am



**Race Pack
Collection Times:**

**All distances
8:00-9:00am**

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Please head to the desk indicated by the distance you have entered.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the back of your race bib, please do not tamper with this.

[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!



RACE START

We will have gather participants in the event village 10 minutes prior to the start of the races.

From here, we will call out estimated finish times to get all runners lined up and ready to run.
All races will start at the same time.

DURING THE RACE

There will be marshals all around the course and you will see mile markers in the form of black signs for the half marathon, and green KM signs for the 5k & 10k as well as arrows to direct you.

The course consists of laps around the right side of the lake and will involve 1 lap for the 5k, 2 laps for the 10k and 4 laps 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 for you throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of the Half Marathon and 5k 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 staying hydrated in the lead up to the event.

3 things to remember when running in the heat!



WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



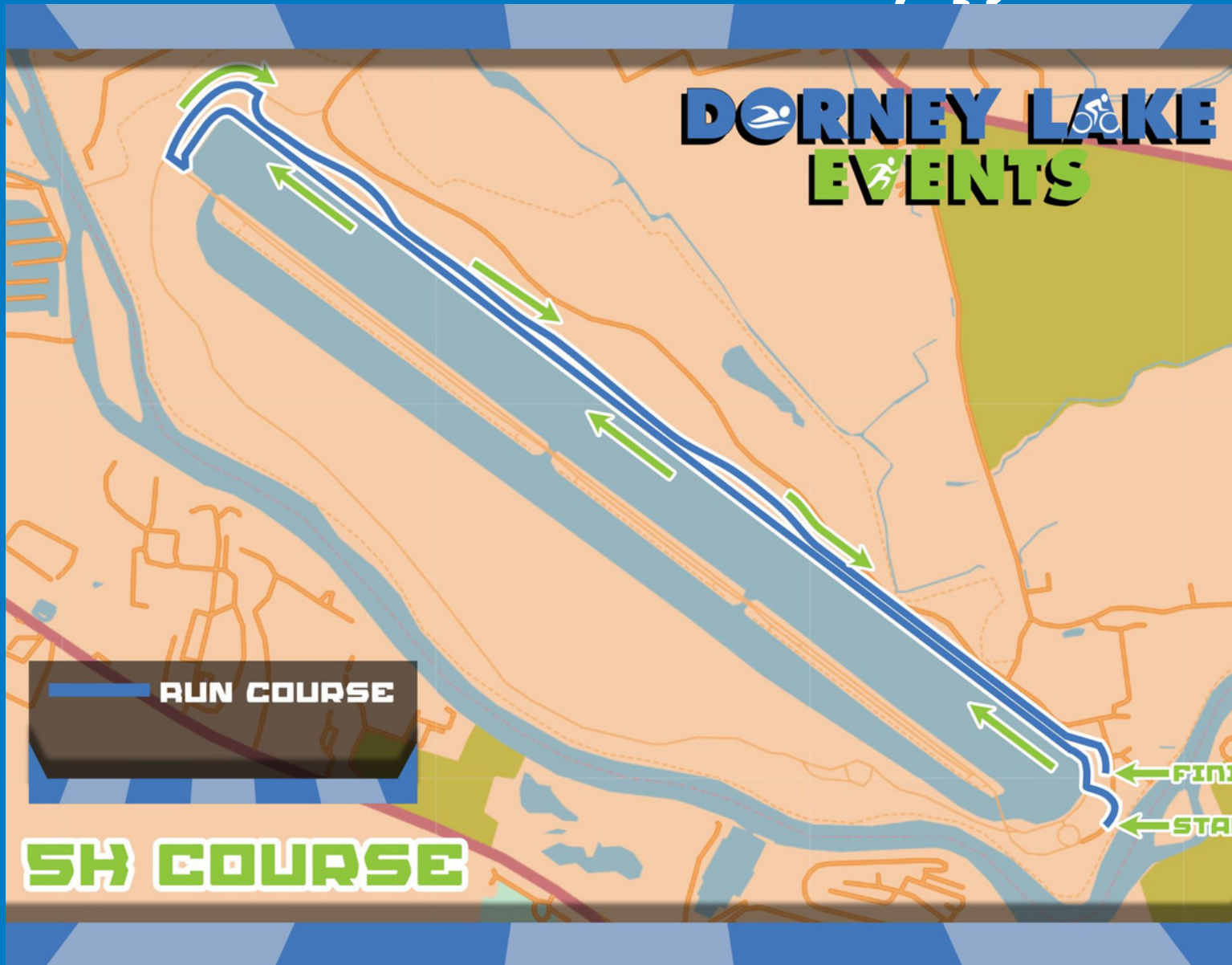
HYDRATE PRE, DURING AND POST RACE



ADAPT & TAKE IT EASY



COURSE MAP



[CLICK FOR ALL DISTANCE MAPS](#)

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.

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

RT2323

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 11.06.23

SPECTATORS ✓

DOGS ✗

COFFEE ✓

Dorney Lake boathouse Cafe will be open and serving hot food and drinks. This is located a short walk from the event village, by the car park.

You're more than welcome to spectate with dogs (on a lead), however running with dogs is prohibited at this event.



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.
- Baggage tags can be collected from the registration desks on request.
- Please attach a tag to your bag and leave in the Bag drop marquee.
- Collect your bag after your race.



TOILETS

For this event, we will use portable toilets located in the event village. 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 >](#)

Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.

Run Dorney

15%
OFF

the **ASICS** 2023 Collection at
SPORTSSHOES.COM



Use code

SSAC23

at checkout

SPORTSSHOES.COM

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

Valid until 18.06.23. Terms & Conditions apply. See website for details.

TRAVEL

Address: Dorney Lake, Windsor

Parking:

Free parking is available at Dorney Lake and will be signposted as you enter the venue.

Please bear in mind there could be up to a 20-minute walk to registration depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival.

The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter.

Cars will drive down from the main entrance towards the boathouse, and will directly turn back on themselves at a mini roundabout and park facing the exit, using a one way system. This system will be managed by parking stewards and we'll also ensure there is clear way-finding signage on the day.

Please be aware, from the main entrance to the car park it is just over a mile walk.

Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village.

Nearest Train stations:

Slough and Windsor & Eton Riverside

Getting Here by Bicycle:

The park is easily accessible by bicycle. Cycle parking is available in the park.

Please Note: There is a strict cut off for vehicles driving down towards the boathouse before race start - if you enter any later than 8:50 you will be asked to park in the carpark near the main gate which could take 20 minutes to walk down to the event village/race start.

Please leave yourself plenty of time to park and walk to the Event Village.



what3words

The main entrance Gate - [///pounds.same.fears](#)

Event Village - [///neat.places.clay](#)

Welcome to **Runna**

Our Official Training Provider
of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.

5K 5k Improvement Plan

13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

STRAVA **APPLE WATCH** **GARMIN** **COROS**



Click **here** to download Runna
and start your 2 week **FREE**
trial

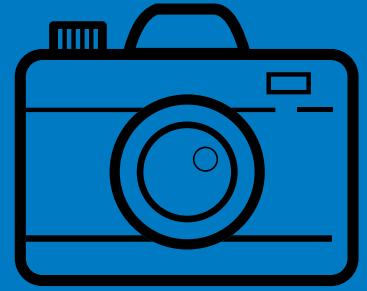
★ Trustpilot



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 and #DorneyLakeEvents 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

<http://results.eventchiptiming.com/>



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 at 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?

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 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 lake, 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!



Supported
by...



ALZHEIMER'S
RESEARCH UK

FOR A
CURE

runna

**RUNNER
RETREATS**

LOVE,
CORN

SPORTSSHOES.COM