EVENT GUIDE



Battersea Park Half Marathon Saturday 29th July 2023

RunThrough

Start Times:

9:30am



Race pack collection Times:

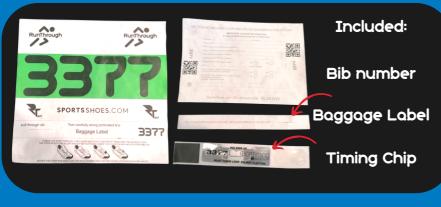
8:00-9:00am

RACE PACK COLLECTION

IF YOU'VE ENTERED PRIOR TO THE 14TH JULY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST

- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- Please head to the 'Race Pack Collection' desks on arrival to collect your number.
- 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







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

From the event village runners will be walked to the start line.

There will be a warm up held there before calling runners to line up in pace order.

DURING THE RACE

We will have marshals all around the course as well as mile signs and arrows.

The course is 8.75 laps on the roads/paths in the park.

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 the 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 drinks to stay hydrated in the lead up to the event, and bringing your own drinks as well.





Use code

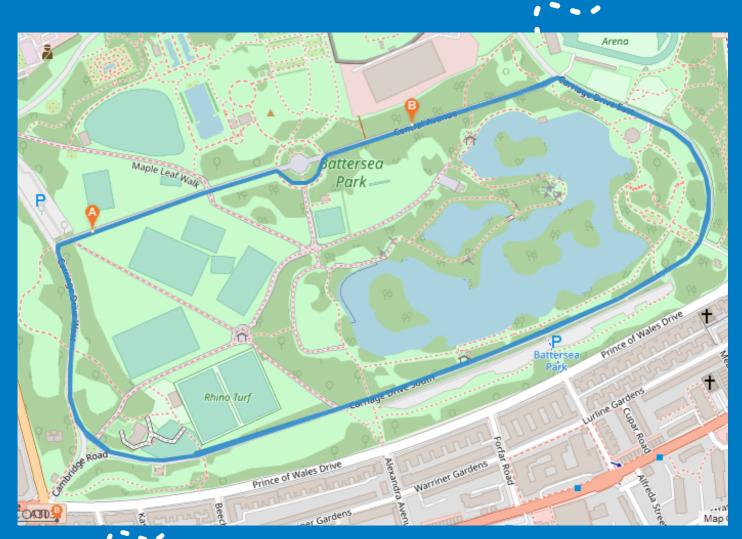
ASICSWEEK23

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CLICK FOR INTERACTIVE MAP



AFTER THE RACE

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

AVANT

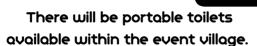


SPECTATORS COFFEE

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

The Pear Tree Cafe in the park will also be open and serving food and drinks.

TOILETS



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.



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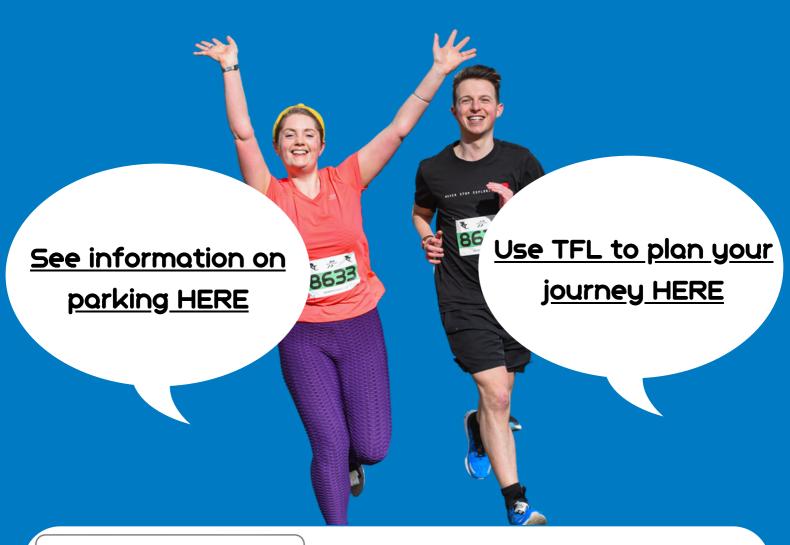
TRAVEL

Address: Battersea Park Bandstand, SW11 4NJ

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

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.





If using the app What3Words, use the words What3Words ///crash.tones.rooms for exact event village location



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5k Improvement Plan



Half Marathon Plan

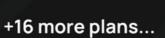


Marathon Plan





10k Plan



STRAVA WATCH GARMIN \$\infty =====





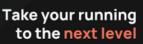
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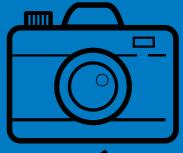






PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page ofter 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!

Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Fill out the form with your event day shoutout requests!







RESULTS AVAILABLE AT WWW.RESULTS.RUNTHROUGH.CO.UK



Purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

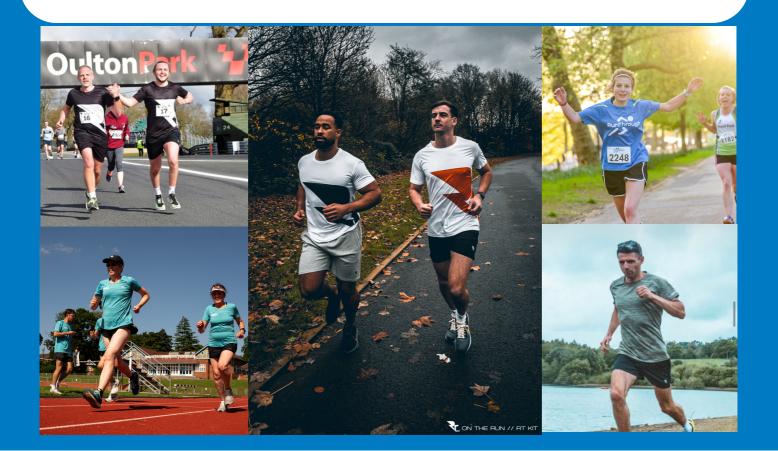
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and cool 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.

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!





Yesl

What is the minimum age for this event?

17

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

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



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