

# EVENT GUIDE



## Wimbledon Common

### Half Marathon

### Sunday 23rd July 2023



# TRAILS

## RACE PACK COLLECTION

**Start Time:**

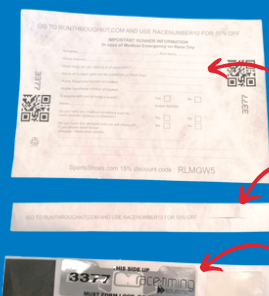
**9:30am**

**Race Pack  
Collection Time:**

**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!



**Step 1**



**Step 2**



**Step 3**



**Step 4**







## RACE START

We will have a warm up in the event village 15 minutes prior to the start of the race.

From here you will be called to the start line based on your estimated finish time and set off in 3 waves with just 3 minutes between each, the first wave will set off at 9.30am. This will help to relieve and prevent congestion on course.

## DURING THE RACE

We will have marshals all around the course as well as directional arrows, trail flags and distance signs.

You will follow Black and white mile signs from 1-13.

The course is two big laps of the outskirts and inside the park. Please stay on the paths at all times, and follow marshal instructions during the race.

Please be aware that there will be members of the public using the park during the race and that we ask you to be considerate and keep them in mind during the race.

Please familiarise yourself with the course before you start. There is a mixture of trail paths, well-trodden pathway, and grass. We recommend trail shoes, or trainers you don't mind getting muddy.

The first 1.5 miles of the loop are rather hilly, the course then flattens for around 3.5 miles and then downhill for the final 1.5 miles. The course itself has a few long stretches where there may be lots of pedestrians and by then the race will have spread out, all you need to do is run straight. If you have to turn anywhere there WILL be signage and tape or/and marshals.

Please discard all litter and bottles within the signed litter zones. These will be just past each of

## REFRESHMENTS

There is a water station at 3.5 miles, 7 miles, 10 miles and 12 miles, please help yourself to these as you pass.

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**

**SLOW DOWN TAKE IT EASY**

RunThrough



Visit the Brooks team at Wimbledon Half Marathon

BE **EQUIPPED**  
**TO ASCEND**



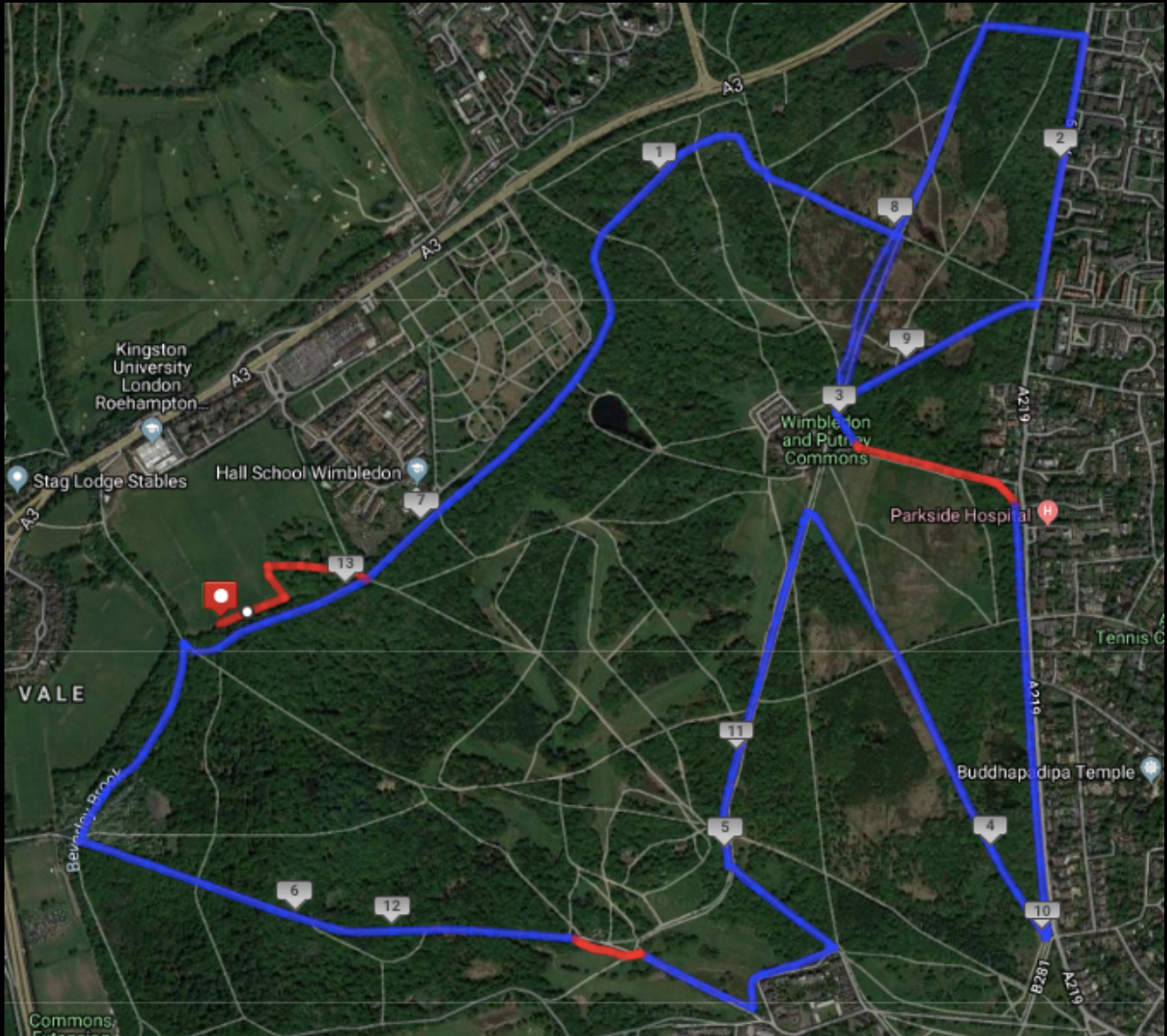
UP TO  
**30%**  
OFF

the Spring 23 Brooks Trail Collection at

**SPORTSSHOES.COM**



## COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

## AFTER THE RACE

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





## SPECTATORS

## COFFEE

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

The Start and Finish will be easily accessible for anyone wanting to come and watch the event. You are free to wander around the park.



## TOILETS

There will be portable toilets available within the event village.

There will be no toilet facilities available within the Clubhouse.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop marquee 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 area.
- Collect your bag after your race.

A promotional banner for Runner Retreats. The background is a teal color with a large white 'Loughborough Sport' logo on the left. In the center, there are three circular images: a group of runners celebrating, a runner on a path near a lake, and a runner on a path through trees. A red mountain range graphic is overlaid on the bottom right. A blue banner at the bottom right contains the text 'Find out more >'.

**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.



# TRAVEL

Address:

Richardson Evans Memorial Playing Fields, Roehampton Vale, London, SW15 3PQ

Getting there from the Tube/Train station will need careful planning. Be sure to give yourself plenty of time!!

You can get an 85 or a 265 bus to the start of the race, you will need to get off at the Roehampton Vale Campus (Kingston University Roehampton Campus).

There is no on site parking, if planning on driving, we recommend using [Parkopedia.com](https://www.parkopedia.com) to find a suitable spot.

The race will be starting/finishing on Richard Evans Memorial Playing Fields.

The park is easily accessible by both foot and cycle.

Use TFL to help  
plan your journey



what3words

If using the app What3Words, use the words ///dates.weep.shapes for exact event village location.

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10K 10k Plan

26.2 Marathon Plan

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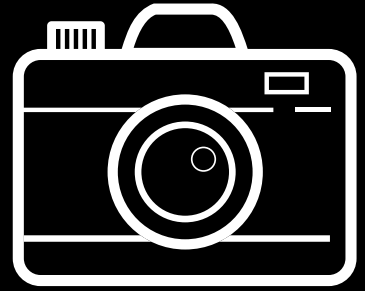


Take your running  
to the **next level**



## 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 and #RunThroughTrails on Instagram with your race day collages, the best ones will feature on our page!

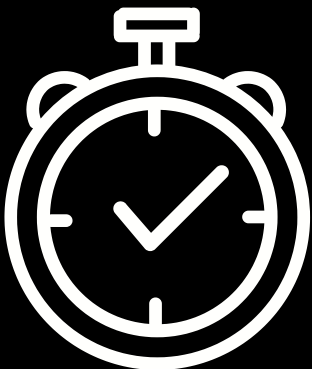


Click the icons to visit our pages!



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**

## Event T-shirts!

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

**[PURCHASE AN EVENT T-SHIRT](#)**



**Alternatively, 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 warm in the winter months.

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!**





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Terms & Conditions - Use code 'RUNFLYER23' in basket. Valid until midnight 31/03/24. Cannot be used in conjunction with any other offer or voucher code. Available online only while stocks last. Limited to 1 code per customer. 9BRAND Foods Ltd. reserve the right to withdraw or amend the offer at any time.



# F.A.Q'S

**Is the event chip timed?**

**Yes!**

**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](mailto: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?**

**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. If driving, please factor in time to walk from your car to the event village.**

**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 common 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:**

**Half Marathon- 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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