

EVENT GUIDE

Clapham Common Chase The Sun 5k & 10k

Wednesday 16th August 2023



Your Race Experience

P3

Arrival



P4

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P7

During the Race



P8

The Course



P9

Finish Line



P11

Results & Photos



P12

RTKit



P13

Join us Again!



TRAVEL

Address: Mount Pond, Windmill Drive, London, SW4 9DE

Public transport is the best and easiest way to get to and from the Park – by train, underground, bus or bicycle.

Tube:

The closest tube station to the event village is Clapham South (5 min walk) with Clapham Common (10 min walk) also in very close proximity. The event village is next to Mount Pond on Windmill Drive as per the map below.

Train & Bus:

The Common is around 1 mile from Clapham Junction. So if you want to get the overground, you can then walk, jog or take the 35, 37 or 345 bus to the event village.

Car:

There is no car park on site. If you park on the roads around the Common, you will need to check the pay machines and watch out for permit areas. You can find suitable parking options [HERE](#).

Getting Here on Foot

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



what3words

If using the app [What3Words](#),

use the words

[///clash.soaks.enable](#) for exact

[event village location](#)

**Use TFL to plan
your journey [HERE](#)**

Race Pack Collection

Race Pack Collection Times:

5:30- 6:30pm

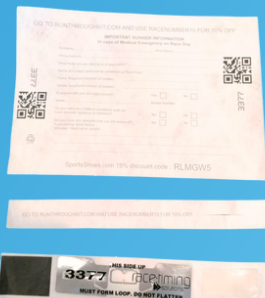
Start Times:

7:00pm

733

- 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



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SPECTATORS

COFFEE

The Pear Tree Cafe and Clapham Common Cafe are both located in the park, just a short walk from the event village.

TOILETS



There will be portable toilets available within the event village.

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:
Lake District Retreat: 13th - 16th October 2023
Morzine: 30th June - 6th July 2024

RUNNER RETREATS

[Find out more >](#)

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WARM UP & RACE START

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

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

Both races will start together.

DURING THE RACE

There will be marshals all around the course. For the 10k, green KM signs will be around the course from 1-9. For the 5k, please be aware to look out for red KM signs 1-4.

The 10k is 4 laps and the 5k is 2 laps of the course.

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 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 water to stay hydrated in the lead up to the event.





THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post race goodies!

These will consist of a bottle of water and snacks from our sponsors.



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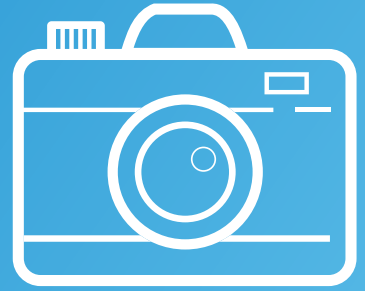
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PICTURES

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!



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

Click the QR to 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 from the RTKit Stall.

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?

5k-11, 10k-15

(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 2hrs 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 distances?

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 evening 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.

Where should I park for the event?

There is no parking on site, if parking on the surrounding roads please use parkopedia.com to find somewhere suitable for you as spaces can be restricted on race day. We recommend using public transport where possible.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route.

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: 10k Men's Sub 30:30 mins, Women's Sub 34 mins.

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



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