

EVENT GUIDE



Henley River 10k & Half Marathon Sunday 3rd September 2023



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Join us Again!





TRAVEL

Address: Temple Island Meadows, Remenham Lane, Remenham, Henley-on-Thames, RG9 3DB

Parking:

Free parking is available at the venue, and will be signposted as you enter the venue. This is directly next to the event village.

The car park is down a narrow road, please arrive early as there may be queues into the venue. We advise car sharing where possible.

Please follow the directions of the marshals at the entrance to the venue and within the car park to ensure a smooth parking process.

Nearest Train Stations:

Henley on Thames Railway Station is a 10 minute taxi or a 35 minute walk from the event village.

Getting Here by Bicycle:

The venue is easily accessible by bicycle. Bikes can be left with the staff at the bag drop marquee.



what3words

If using the app What3Words, use the words [///customers.treat.copper](#) for exact event village location

Please use the words [///glides.bulbs.division](#) for the entrance to the car park

Race Pack Collection

Race Pack Collection Times:

HM- 8:00-9:00am
10k- 8:20-9:20am

Start Times:

Half Marathon – 9:30am
10k – 9:50am

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.

733

[CLICK FOR ENTRY LIST](#)

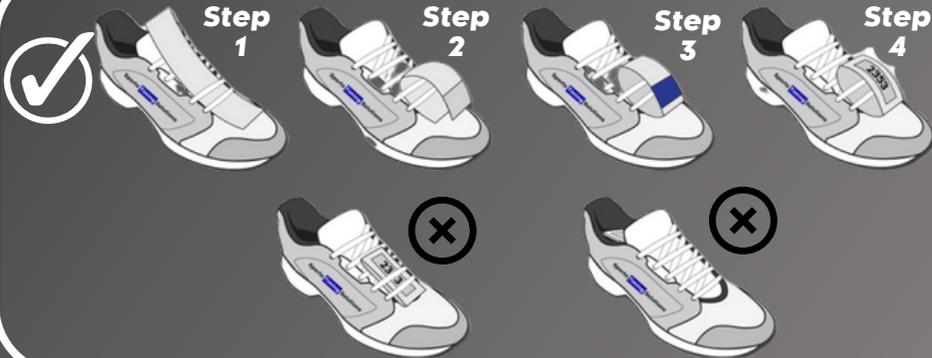
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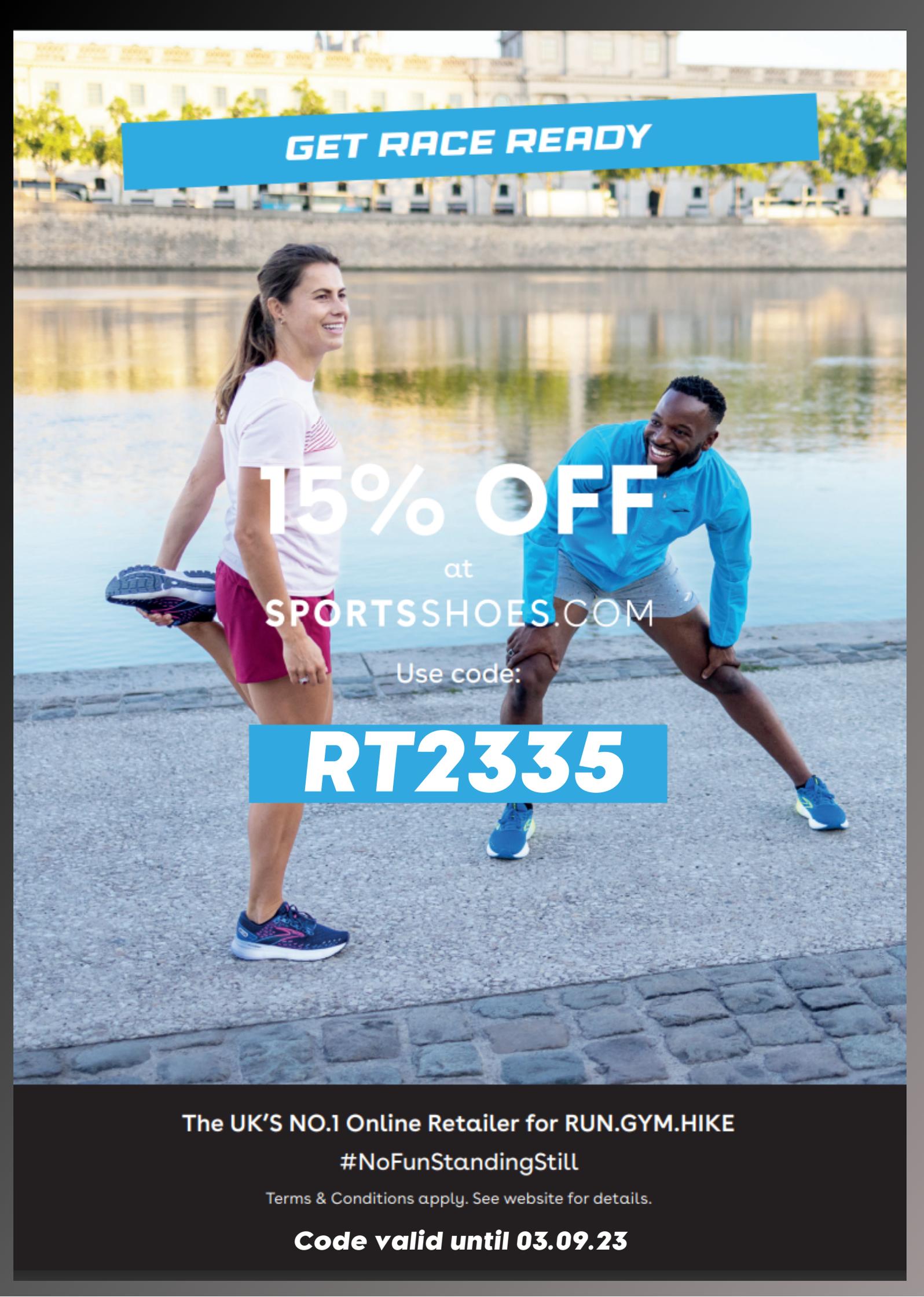
Bib number
Baggage Label
Timing Chip



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 ✓

DOGS ✗

There will be a hot food and coffee vans located in the event village. Sadly dogs are not permitted due to restrictions within the venue.

TOILETS



For this event, we will use portable toilets located in the event village.

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 >](#)

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.



WARM UP & RACE START

We will have a warm up in the event village 15 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

This undulating yet scenic course is run on a combination of trail paths, roads, public footpaths and grass. Please wear appropriate shoes for mixed terrains.

There will be A5 arrows and distance markers along with red trail flags to mark the way. The 10k will follow green km signs and the Half Marathon will have black mile signs.

There will also be marshals at all key points along the course.

The 10k will follow a single loop, the Half Marathon will follow predominately the same loop with an additional mini loop at the start and an out and back during the course.

Please be aware, there is a split point where the Half Marathon will turn left to head out on their out and back section, and the 10k will continue straight. This will be clearly sign posted and marshalled.

Please keep to the left of the path at all times to allow runners to overtake if they wish. Due to the nature of the course the out and back section will use the same path, please remain to the left to ensure runners heading in the opposite direction also have a clear route.

Please note there will be road crossings and gates along this route, it is vitally important you listen out for any marshals instructions throughout. Although on quiet lanes, all roads are open to cars throughout the day.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass at each water station.

REFRESHMENTS

There will be a water station at 4.5km on the 10k, and at 3miles, 8miles and 9.5miles on the Half Marathon.

There will also be a bottle of water waiting for you at the finish line. We recommend bringing your own water and fuel to stay hydrated before and during the event.

Please ensure you carry all litter with you, and nothing is left out on the course unless at the litter zones. This includes all water bottles, gels and food wrappers.

RECOMMENDED KIT

Trail Running Shoes

Running Vest or Belt

Sunglasses

Suncream

Fuel & Water

Mobile phone and/or GPS device (fully charged)

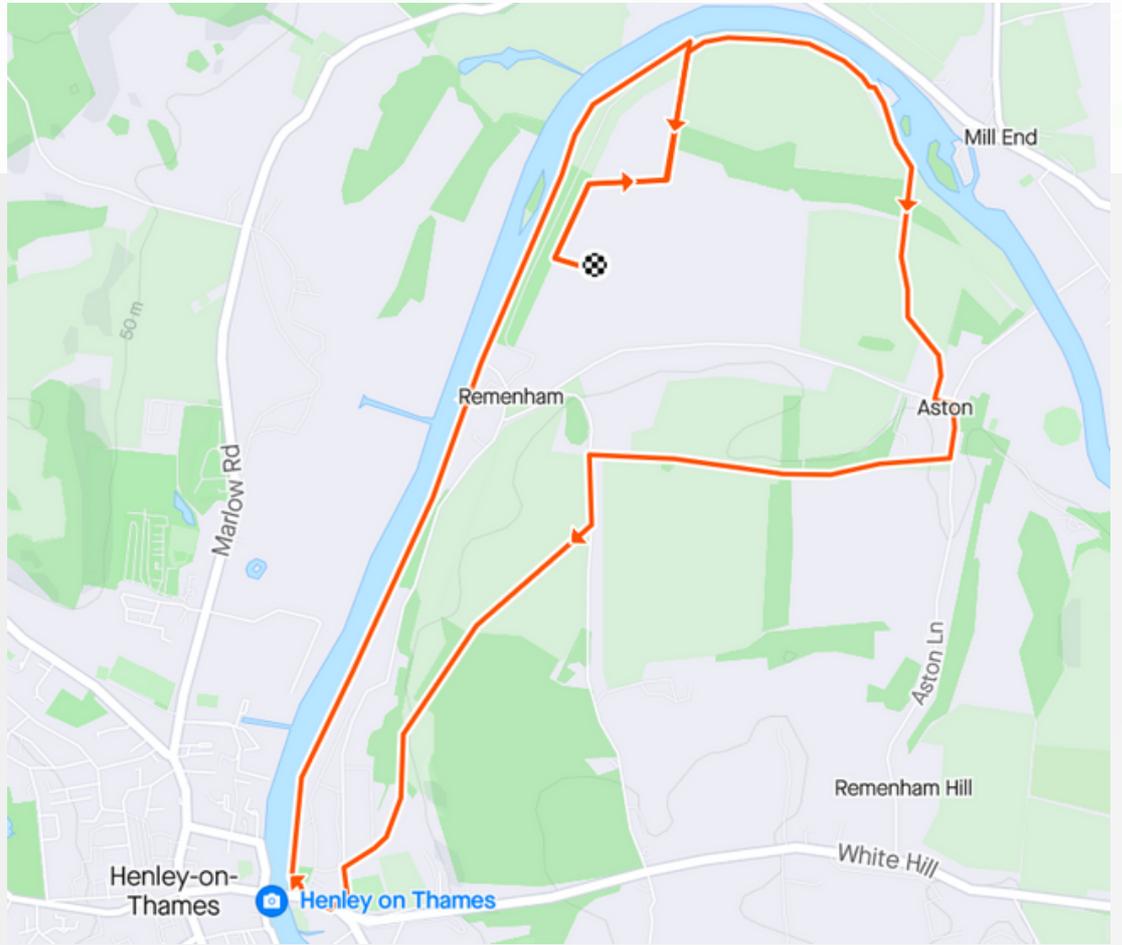
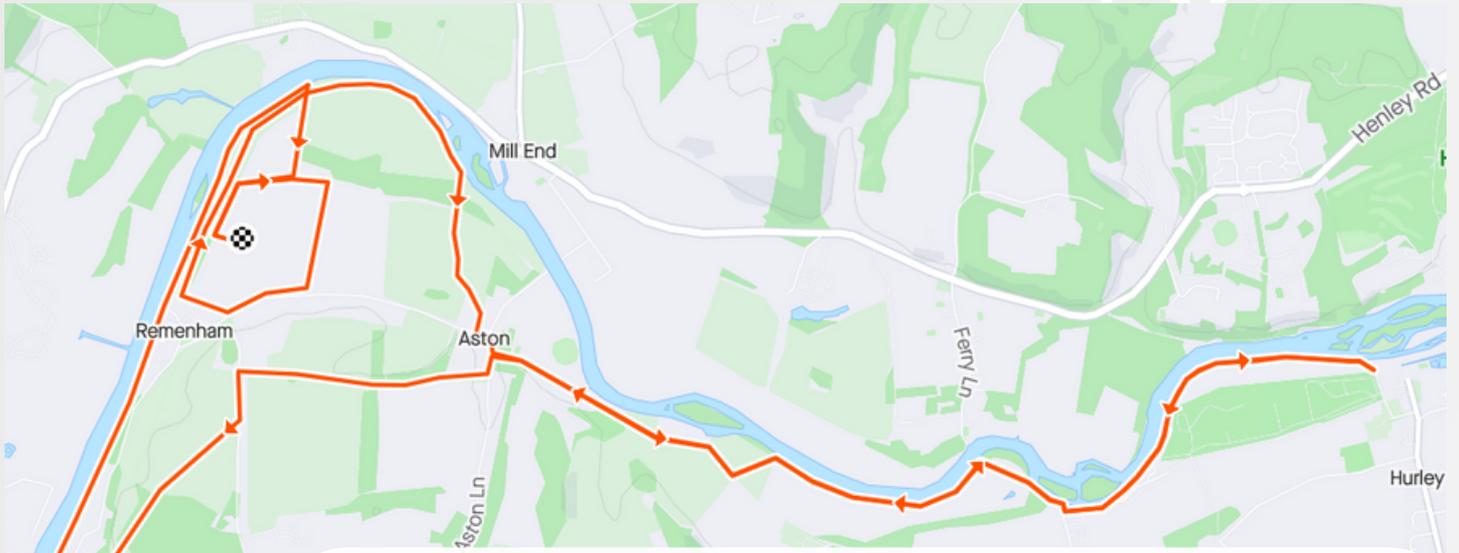
Please contact the medical team if you or any other participants require medical treatment out on the course.

Their number is: 07935819685.

We recommend saving this number in your phone ahead of the event



COURSE MAP



HALF

10K

[HALF MARATHON INTERACTIVE MAP](#)

[10K INTERACTIVE MAP](#)

[HALF MARATHON GPX DOWNLOAD](#)

[10K GPX DOWNLOAD](#)



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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*in comparison to potato crisps

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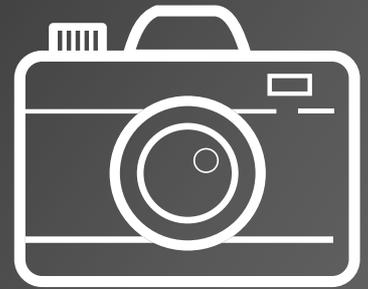
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PICTURES

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 X @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 & #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!

Click the QR to fill out the form with your event day shoutout requests!



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



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Make your place count!

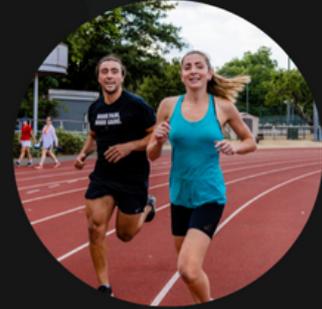
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5K 5k Improvement Plan

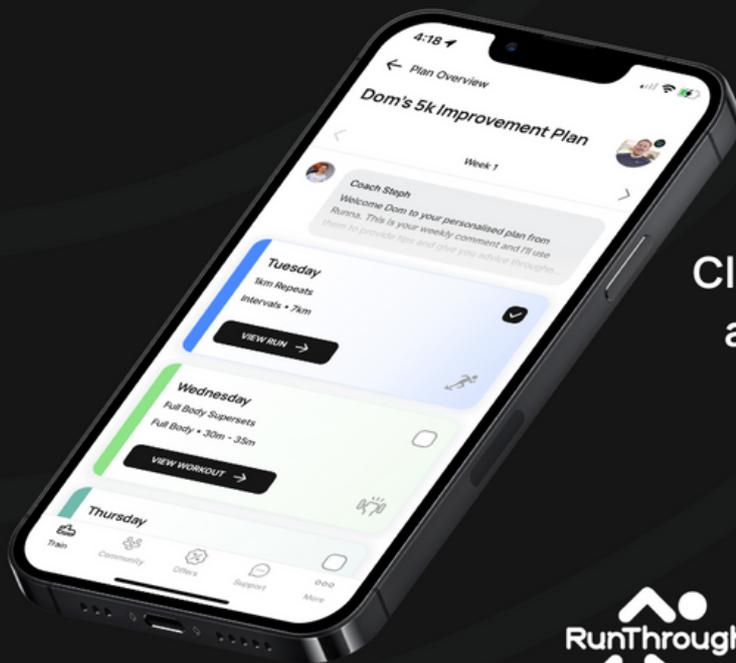
13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

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Take your running to the **next level**

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, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

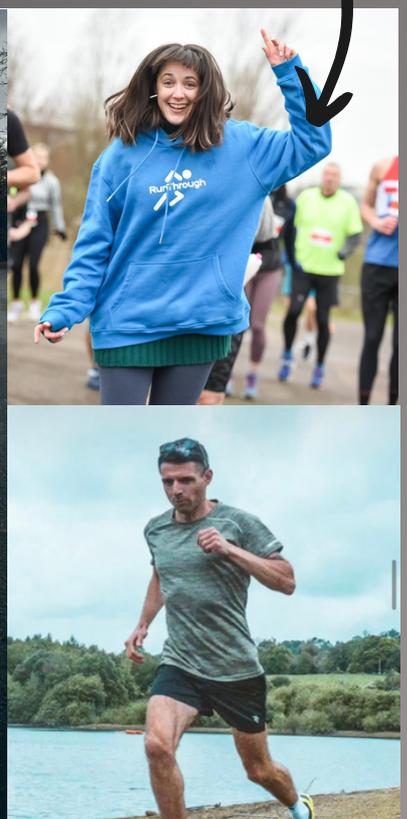
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm 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](#)





VOLUNTEER WITH RUNTHROUGH!

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?

10k-15 | Half Marathon- 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?

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, speak to our staff at 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 stations along the course, please bring your own water and fuel to supplement this.

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 desk on the day. Please have your email confirmation ready to show to our staff.

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 course, 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 will receive prizes as they cross the line. Any 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.

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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