

EVENT GUIDE

A man and a woman are running towards the camera, smiling and waving. The man is wearing a rainbow-colored singlet and sunglasses. The woman is wearing a red t-shirt and glasses. They are holding a large rainbow flag that is flying in the wind. In the background, other runners are visible on a paved path.

**Greenwich Park
5k, 10k & Juniors
Sunday 20th August 2023**



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Join us Again!



TRAVEL

Address: Greenwich Park, London SE10 8QY

Greenwich Park is well-served by bus routes and is within 20 minutes walking distance of Blackheath, Greenwich and Maze Hill railway stations.

Tube

Jubilee Line to North Greenwich, then catch the 188 or 129 bus.

Train

Nearest stations: Greenwich (follow signs to the Park), Maze Hill (for playground) and Blackheath (for Deer Park, Flower Garden & Rose Garden).

Trains depart from Cannon Street, Waterloo, London Bridge and Charing Cross Docklands Light Railway

Cutty Sark station – walk through the market to St Mary's Gate, King William Walk or Circus Gate on Crooms Hill.

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
///softly.apply.link for exact event village
location*

[See Greenwich Park Map HERE](#)

[Use Transport for London to plan your route HERE](#)



Race Pack Collection

Race Pack Collection Times:

5k - 8:30-9:30am
10k - 8:35-9:35am
Juniors - 10:00-11:00am

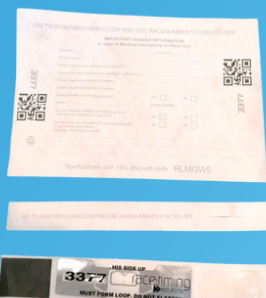
Start Times:

5k - 10am
10k - 10:05am
Juniors - 11:30am

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



Spectators are more than welcome!

The Pavilion Café located just a short walk from the event village will be serving hot food and drinks throughout the event.

TOILETS



For this event, there will be toilets available in the park a short walk from 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 under the bandstand in 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.

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

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

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

The 10k is 3 laps and the 5k is 1.5 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

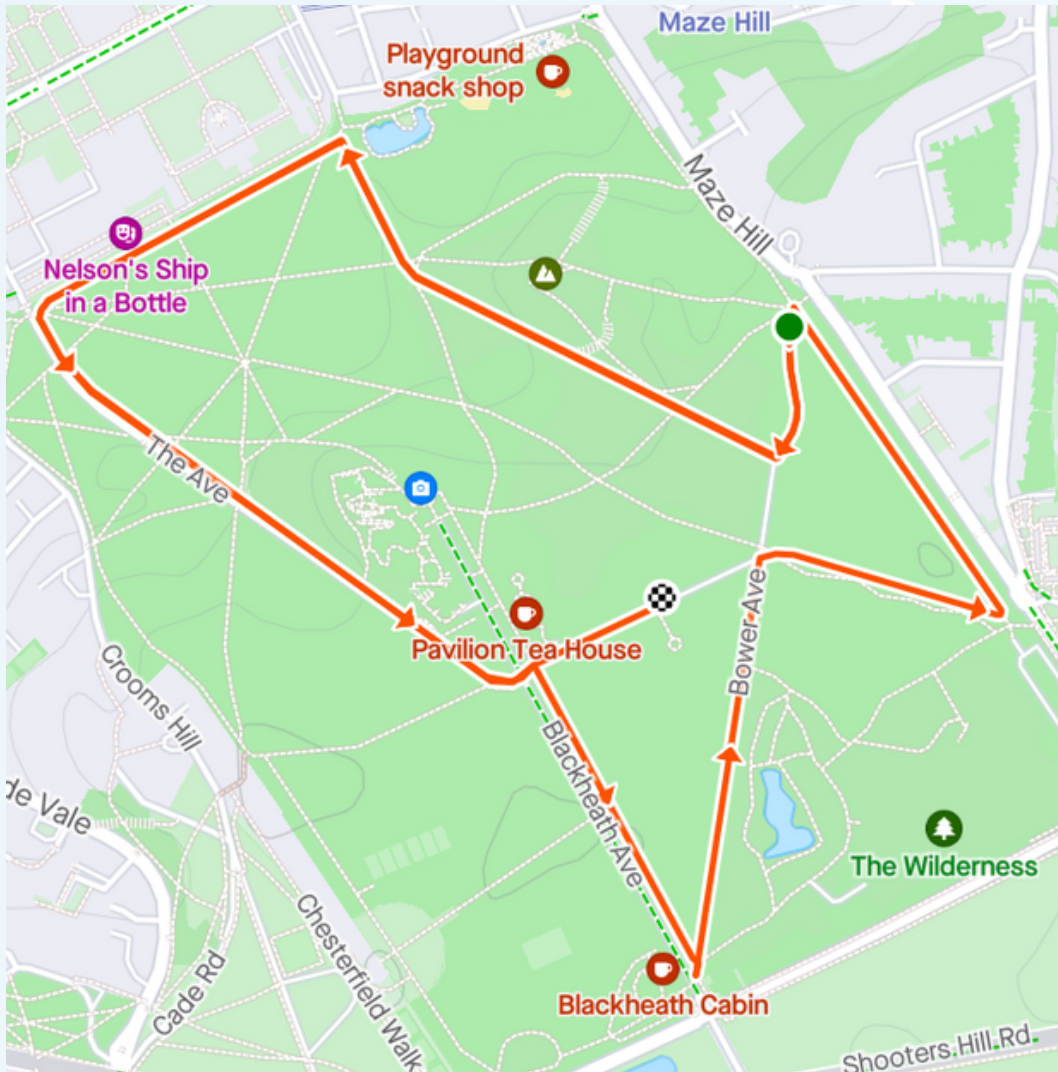
There will be a water station on each lap of the course.

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.



COURSE MAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR JUNIORS INTERACTIVE MAP](#)



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.

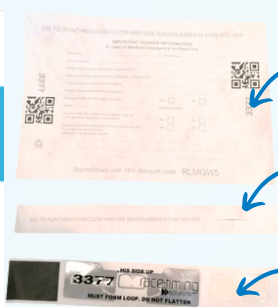




JUNIOR RACE!

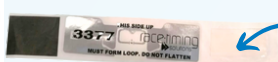


- Collect your race pack from registration. This will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in the event village 15mins prior to the start time.
- We'll have a group warm up at 11.15 and walk to the start together.
- The race will start at 11.30 and will follow a 1.8km loop through the park. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian wristband



Timing Chip



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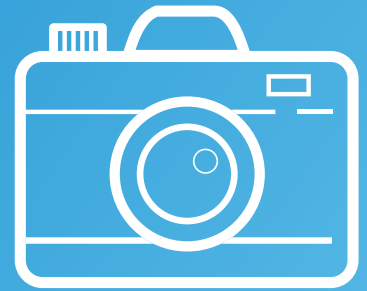
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PICTURES

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?

Juniors- any age, 5k-11, 10k-15

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

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

Where should I park for 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 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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