

EVENT GUIDE

**Kempton Racecourse
5k, 10k & Half Marathon
Saturday 19th August 2023**



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Join us Again!



TRAVEL

Address: Kempton Park Racecourse, Staines Rd East, Sunbury-on-Thames, TW16 5AQ

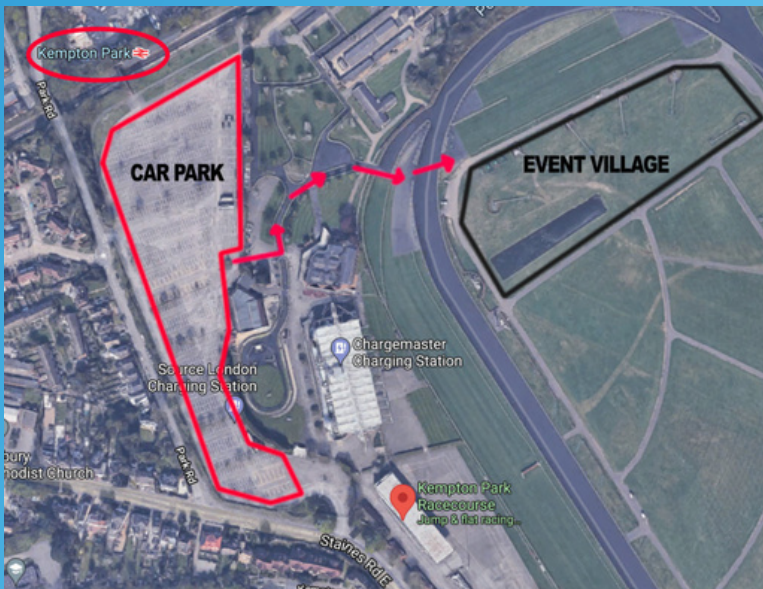
Driving: Kempton Park is located on the A308 between Sunbury-on-Thames and Hampton Court, less than one mile from Junction 1 of the M3 via Junction 12 of the M25.

Emergency gas works on A30 southbound slip road at junction 13 of the M25. These works will result in the slip road from junction 13 roundabout south to the Glanty Loop being closed although traffic will still be permitted to join M25 anticlockwise at junction 13 from the roundabout. The diversion route for these emergency works will be: B376 Wraysbury Road, Staines Bridge, The Causeway and The Glanty

Parking: Parking for the event is free, and the event car park will be in the Festival Enclosure car park (map at the bottom of this page). Please head for the North Entrance to Kempton Park Racecourse, and follow the Race Parking signs to the right once inside the Racecourse for the Festival Enclosure car park. Traffic marshals will also be available to assist and get you parked in the car park.

The racecourse is easily accessible by both foot and cycle. Cycle parking is available at the venue.

Train: Kempton Park Racecourse boasts its own train station on-site – Kempton Park – which is situated 200 yards from the North entrance. Trains run every half an hour direct from London Waterloo with the journey time being just 40 minutes. We recommend planning your journey in advance.



 what3words

If using the app What3Words,
use the words
///part.cubs.hats for exact
event village location.

For car park access: use the
words

///shout.amused.dangerously

Race Pack Collection

Race Pack Collection Times:

Half Marathon – 8:30-9:30am
10k – 9:00-10:00am
5k – 9.10-10:10am

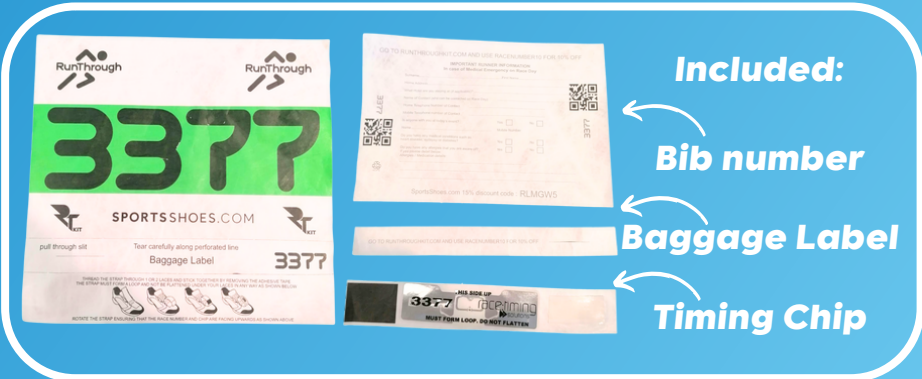
Start Times:


Half Marathon – 10:00am
10k – 10:30am
5k – 10:40am

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](#)




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!



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Code valid until 20.08.23

SPECTATORS ✓
COFFEE ✓
DOGS ✗

There will be hot drinks available to purchase in the event village. Due to restrictions within the racecourse, dogs are not permitted at this event.

TOILETS



There will be venue toilets available & signposted between the car park and 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 >](#)

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 Half Marathon, black Mile signs will be around the course from 1-13. 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 Half Marathon is 4 laps with a mini lap to start, the 10k is 2 laps and the 5k is 1 lap 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

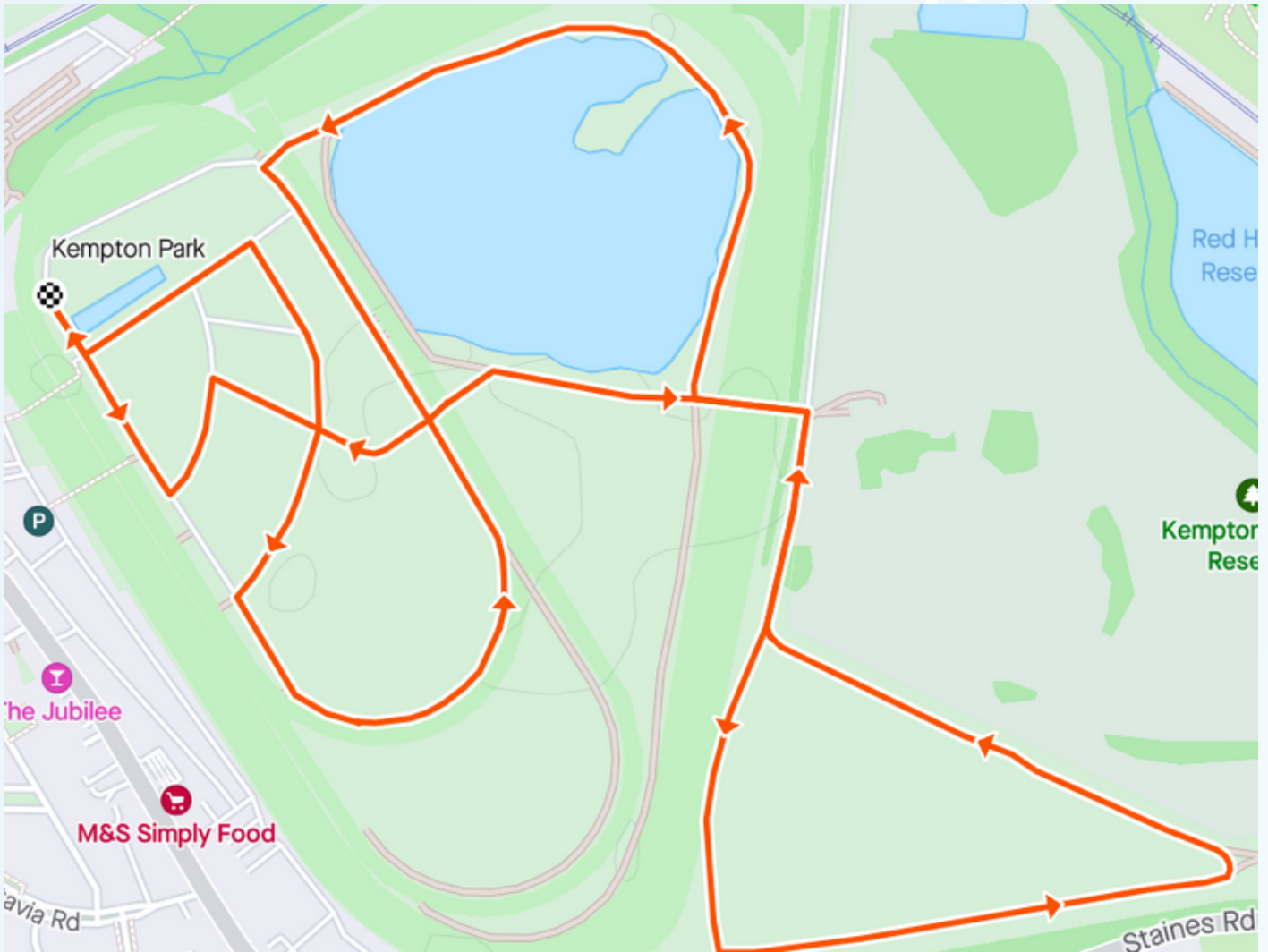
There will be a water station on each lap of the course.

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 HALF MARATHON INTERACTIVE MAP](#)



THE FINISH LINE

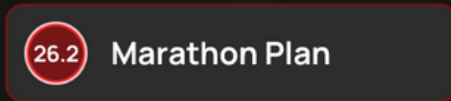
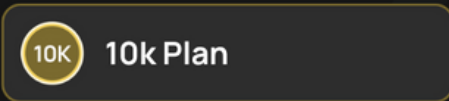
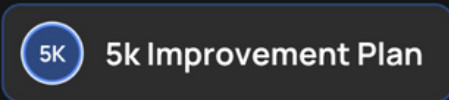
Please continue walking through the finish funnel to collect your medal and all your post race goodies! These will consist of a bottle of water and snacks from our sponsors.



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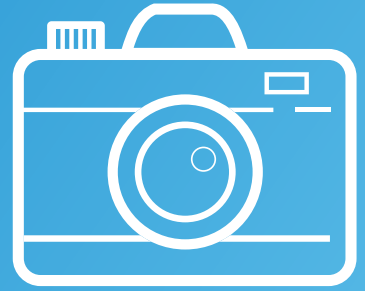
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PICTURES

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, Half Marathon-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 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?

There is ample free parking at the racecourse, please use the [what3words shout.amused.dangerously](https://www.what3words.com/shout.amused.dangerously) to locate this.

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.

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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