

EVENT GUIDE



Richmond Park Half Marathon Sunday 13th August 2023



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Join us Again!



TRAVEL

Sheen Gate, Richmond Park, London, SW14 8BJ

The event village is located next to Sheen Gate. The nearest postcode we have for this location is SW14 8BJ. This is not the exact postcode but it should give you a close enough location when using navigation services. Sheen Lane is the street that takes you directly into the Park.

Car

There is limited parking available at both Sheen Gate & Roehampton Gate. As it is a Sunday there will also be parking available within the surrounding roads, please check any relevant signage displayed.

Train

Richmond mainline station is about 30-40 minutes walk and Mortlake is about a 20 minute walk away.

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

By foot

The park is easily accessible by both foot and cycle. There is NO bike parking.

**See park map
HERE**

**Use TFL to plan your
journey HERE**



what3words

If using the app What3Words, use the words
[///refuse.pencil.flag](#) for exact event village
location

Race Pack Collection

Start Times:
9.30am



Race Pack Collection Times:

8:00-9:00am


- ## 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**](#)

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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Code valid until 13.08.23

SPECTATORS ✓

COFFEE ✓

DOGS ✗

There are a selection of cafe's and refreshment points around Richmond Park that will be open for runners and spectators to use.

Dogs are not permitted on the course, due to deer in the park. You're more than welcome to spectate with dogs, however, these must be kept on leads at all times.

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 the race.

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

DURING THE RACE

There will be marshals all around the course as well as mile signs and arrows.

The course is 4 laps. Please keep count of your laps during the race.

There is a mixture of trail paths, well trodden pathway, and grass- we advise wearing trail shoes as some sections can get muddy.

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 your 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 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 be mindful during the race of other park users as the park is a public space and the race route utilises shared paths.

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

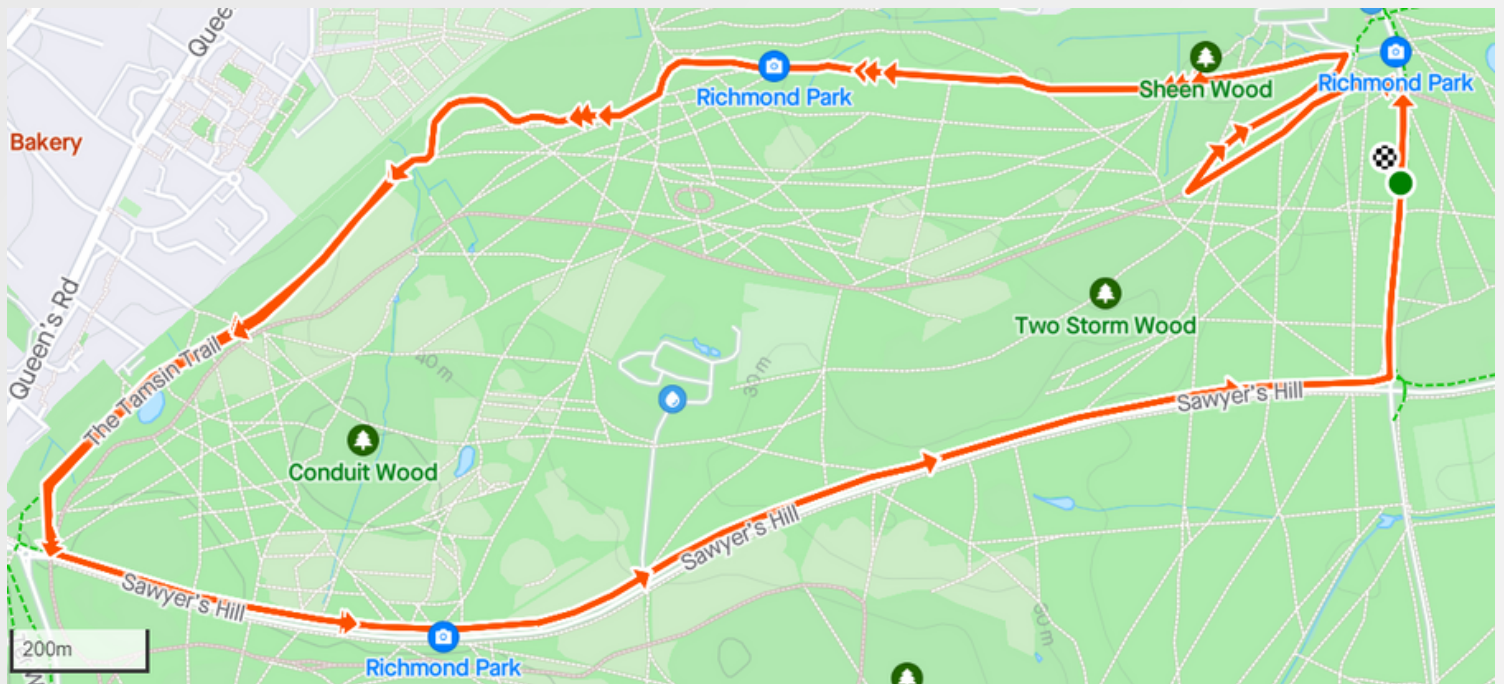
There will be a water station on each lap of the course.

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 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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13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan



+16 more plans...

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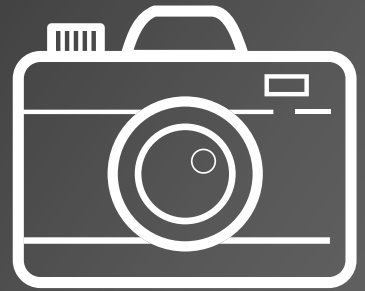
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★★★★★
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PICTURES

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 & #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**

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!

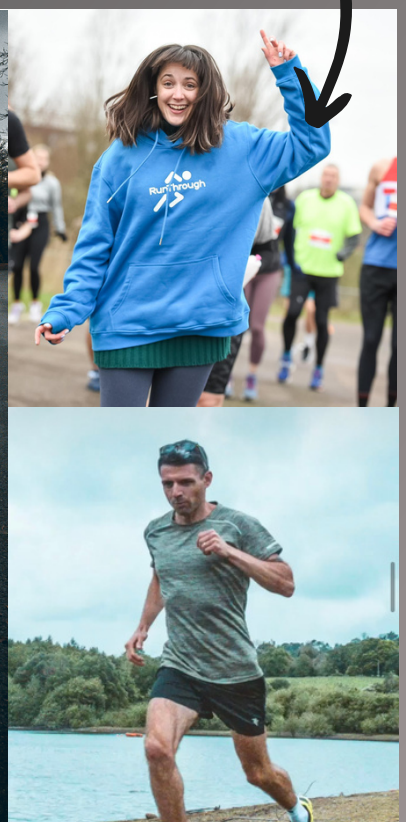
These Unisex products are comfortable, and designed with your daily workouts in mind.

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?

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, 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 which you will pass on each lap of your race.

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 park, 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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