

EVENT GUIDE

London Aquathlon
Saturday 14th October 2023



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Join us Again!



TRAVEL

Address: Last Drop Cafe, London Aquatics Centre, London E20 2AD

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

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations.

Tube and Train

The nearest stations are Stratford station and Stratford International station and both provide step-free access from entrance to platform.

Stratford station is served by:

- Docklands Light Railway (DLR)
 - Jubilee and Central lines
- National Rail services operated by Greater Anglia and c2c
 - London Overground services

Stratford International station is served by:

- Docklands Light Railway (DLR)
- Southeastern High Speed 1 services

You can also enter the Park via Hackney Wick station which is on the London Overground.

Car

Paid parking is available in Westfield Stratford City.

Getting Here on Foot

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

**See the Park Map
for more details
HERE.**

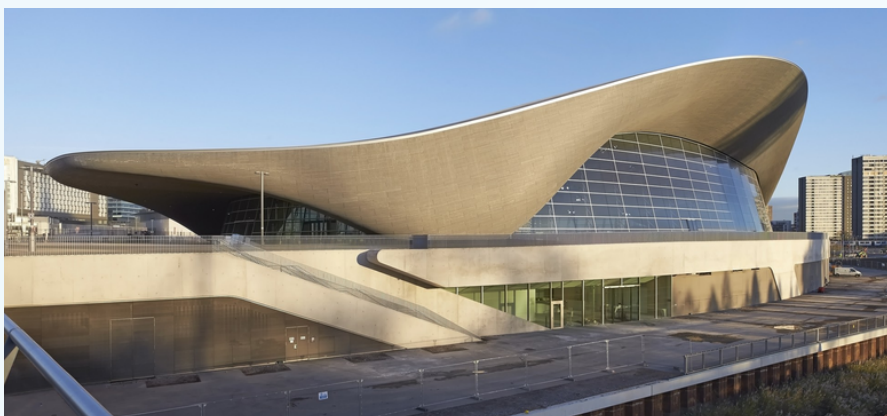
**Use Transport for
London to plan your
route HERE**

**Check out
parking options
HERE.**





what3words

**If using the app What3Words, use the words
///note.mild.season for exact event village
location**



Race Pack Collection

Bib Number	estimated swim time	Race Pack collection	drop belongings in transition	Pool Side	Start Time
1-50	25-15min	7:30-8:15	8:00-8:30	8:45	9:00
51-100	15-11min	8:15-9:00	8:45-9:15	9:30	9:45
101-150	11-10min	9:00-9:45	9:30-10:00	10:15	10:30
151-200	10-9min	9:30-10:15	10:00-10:30	10:45	11:00
201-250	9-8min	9:45-10:30	10:15-10:45	11:00	11:15
251-300	8-7min	10:00-10:45	10:30-11:00	11:15	11:30
301-350	7-6min	10:15-11:00	10:45-11:15	11:30	11:45
351-400	6-5min	10:30-11:15	11:00-11:30	11:45	12:00

- On arrival, head to registration to collect your race pack.
- Your number has been pre-assigned based off your estimated swim time- you can see this on the entry list linked below.
- This number will be written on your hand, shoulder and leg with a black marker pen, for easy identification in the pool.
- Your race pack will include:
 - Timing chip (to be worn on your LEFT ankle) 
 - Bib number 

Bib numbers are to be worn on your front in the run. We advise wearing a triathlon race belt for easy transition if wearing a tri suit, or attach the bib number in advance to whatever t-shirt you will be wearing for the run.

[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 15.10.23

SPECTATORS

COFFEE

The Last Drop cafe will be open and serving hot drinks and food all day, and is located within the event village

If you'd like to spectate within the pool- this will be ticketed at £2 on entry.



TOILETS

For this event, we will use the Last Drop Cafe toilets.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop 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:
Peak District Trails Camp: 14th- 16th June 2024
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.

RACE PREPERATION

The transition zone will be open from 7:30am for participants to drop off any race essentials ready for the run. You can choose where in the zone you would like to go.

Please keep the transition zone tidy, and only leave race essentials such as trainers, gels and water here (1 small bag). For any other belongings, please use the bag drop provided.

Please be aware of other participants racing, and only arrive in the aloted time for your wave- listed in the table [HERE](#)

RACE BRIEFING & START

There will be a mandatory race safety briefing before your allocated start time. Please arrive at this ready to swim.

Race briefs will take place 10 minutes prior to each allocated start wave.

You will be started one by one and when the swimmer in front is half way down the lane we'll start the next person.

Your race start time has been assigned to you based off your estimated swim time, with the slowest swimmers being set off first. Your bib number can be seen on the entry list.

If you have entered after these have been assigned, please plan your arrival and wave based off your estimated swim time, and inform the registration staff on arrival which wave you would like to be in. These times can be seen [HERE](#).

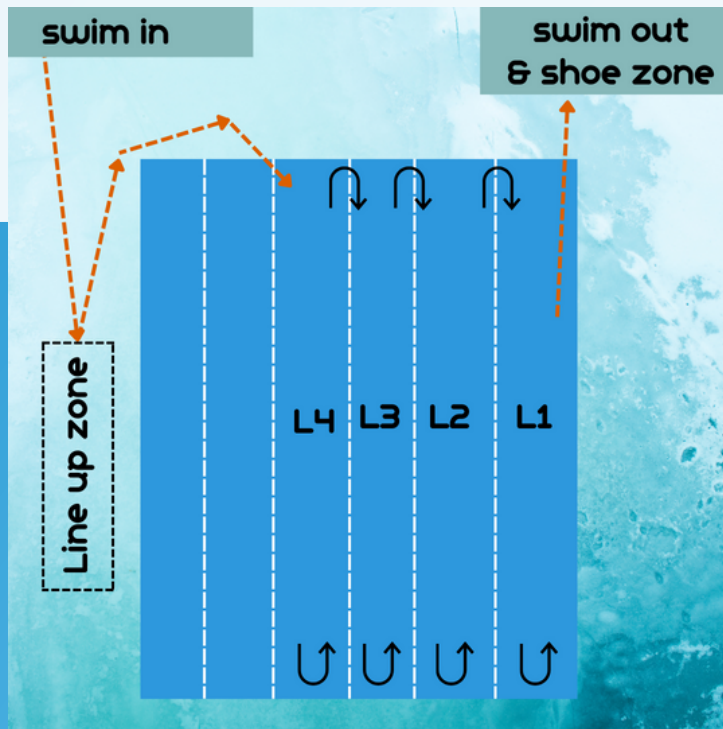
THE SWIM

The swim is 400m, following 8 lengths of the 50m pool.

You will start in lane 4, swim up, turn in the lane, swim down lane 4 and then duck under the lane rope to enter lane 3 and follow the same process until reaching the end of lane 1 where you will exit the pool.

Should you catch up with the swimmer in front, tap their feet to notify them you are overtaking.

If your feet are tapped you must let the person behind you pass before the next turn.



SWIM RULES

Swim caps must be worn at all times whilst in the water.

Please bring your own swim cap, should you not have one, please speak to our staff at registration, as there will be spares available to borrow.

Goggles are optional, but highly recommended.

Should you choose to bring shoes (eg flip flops/sliders/crocs) into the pool to aid with exiting to transition, these can be left in the shoe zone by the swim exit.

TRANSITION

After completing the swim you will have a short run/walk to reach the transition zone and find the spot where you left your running kit. The start of the transition zone will be clearly marked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the entrance/exit to transition).

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly.

If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.

THE RUN

We will have marshals all around the course as well as distance signs and arrows.

The course will follow 2 laps of the London Olympic Stadium before heading into the finish.

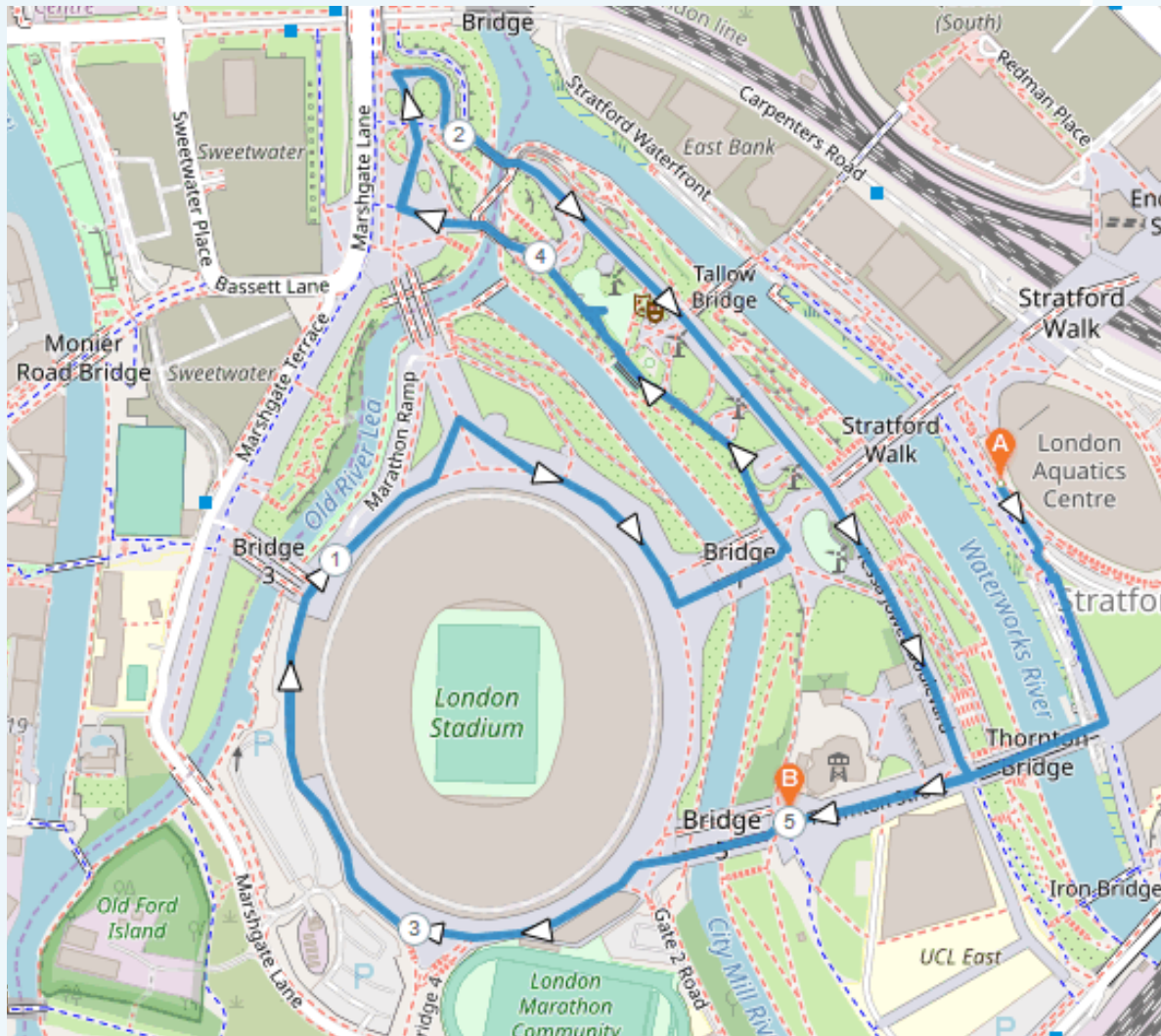
Please be aware of pedestrians, cyclists and dogs using the park footpaths.

Due to the nature of a lapped course we ask that you remain vigilant to other runners. This will allow for anyone needing to overtake to have a clear path through and ensure not only for your safety but allow you the best experience throughout the race.

Please also be aware that we will have a 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 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.

COURSE MAP



[CLICK FOR
INTERACTIVE MAP](#)

REFRESHMENTS

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



COLLECTING YOUR TRANSITION BELONGINGS

Please be mindful of other runners on the race route whilst heading back to the transition zone to retrieve your belongings. There may still be athletes racing and transitioning.

There will be marshals on the entrance to transition who will ask for you to show your bib number to enter the zone, and who will guide you on when it is safe to do so.

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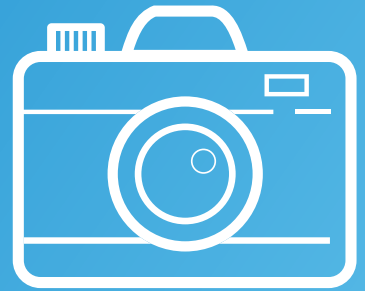
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PICTURES

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 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.

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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?

15

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 90mins 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 arrival at 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 as we require all runners 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 to be sure you catch the finish! You're more than welcome to walk around the Olympic park, however if you're following the race course route, we ask spectators to be respectful of other runners on the paths.

If you'd like to spectate within the pool- this will be ticketed at £2 on entry.

F.A.Q'S Continued

What should I bring to the event?

Please ensure you bring any water/nutrition, and your swim cap and any clothing plan to wear for the run if you're not wearing a tri-suit. Please also bring your phone so you can show your order confirmation when collecting your race pack. They will likely just ask for your name, but it's best to have your order confirmation to hand just in case!

What will be in my race pack?

This will include your race number to be worn on your front in the run. We advise wearing a triathlon race belt for easy transition. If you don't own a tri belt, you must wear a t-shirt or vest with this attached.

You will also receive a timing chip with an ankle strap (This must be strapped to your LEFT ankle).

Do I need a BTF permit?

You do need a permit to take part however if you are a Non-BTF member you can purchase a day licence when entering the event (please select Non-Member when purchasing your entry).

If you are already a BTF Member, please ensure that you complete your licence number accurately during the registration process. All licence numbers will be validated by BTF before the event and any participants with an invalid BTF licence number will be asked to show an online copy at registration.

How long before the start should I arrive?

Please arrive as early as possible – We would recommend arriving at least an hour before your start time to allow for time to familiarise yourself with the event village, collect your race pack, drop your belongings and get ready to swim.

Entry to the Event village will open at 7:30am.

Are there changing and toilet facilities?

Changing and Toilets Changing facilities are available within the aquatics centre. These will be free pre race, and charged at £2 per shower after the race. If you'd like to use a locker in the aquatics centre, please bring a £1 coin.

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.

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



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