

# EVENT GUIDE

## Hampton Court Palace 10k Sunday 19th November 2023

**HOSTED BY**



**HEADLINE PARTNER**



Chiswick Honda



Chiswick MG

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Join us Again!



# TRAVEL

Address: Hampton Court Palace, KT8 9AU

## By Train

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website Southwest Trains. Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

## By Bus

Bus routes from Kingston: 111\*, 216\*, 411\*, 461, 513.

From Richmond: R68\*

\*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

## By Taxi

Visitors arriving by taxi may be dropped off at the gates. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

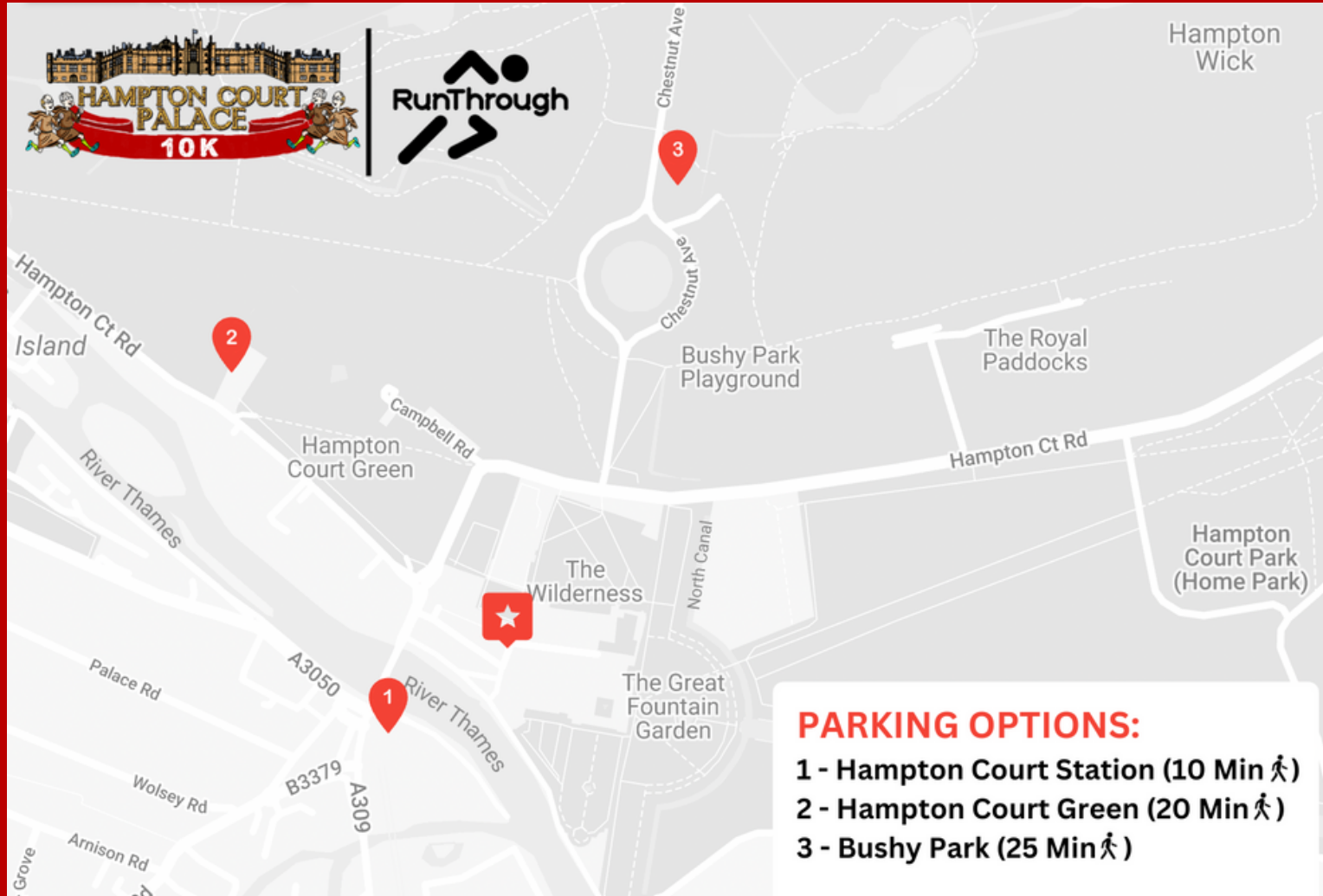
## By Car

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308. The palace is also accessible via the A3 and then the A309.

**\*\* THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY \*\***



what3words

If using the app What3Words, use the words ///email.pure.sheep for exact event village location

**Use Transport for London to plan your route here.**

**Visit Parkopedia to find a suitable parking spot here.**

## Race Pack Collection Time:

7:30-8:30am

## Start Times:

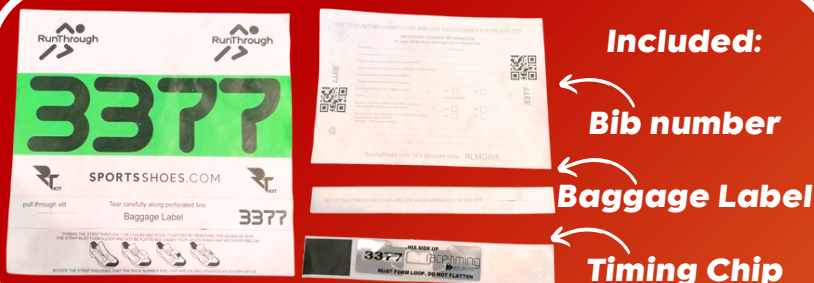
- Wave 1 = Sub 50 mins- 9:00am
- Wave 2 = Sub 60 mins- 9:05am
- Wave 3 = Sub 1:10 mins- 9:10am
- Wave 4 = Sub 1:30 mins- 9:15am

## RACE PACK COLLECTION

**\*\*IF YOU'VE ENTERED PRIOR TO THE 3RD NOVEMBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***

- If your pack hasn't arrived or you've entered after this date, 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.
- If you have received your pack, simply turn up and run, you don't need to check in.

[CLICK FOR ENTRY LIST](#)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)



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**SPECTATORS** ✓

**COFFEE** ✓

**DOGS** ✗

Spectators are more than welcome to come and support you during the race and see you at the start and finish within the palace grounds. Any spectators will need to arrive before 11am.

We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Sadly dogs are not permitted in the event village or anywhere in the Palace grounds.

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#).

## TOILETS



There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a 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.





# ARRIVAL & RACE START

Entry into the Event Village is via the Kitchen gate- please use the W3W- [///option.valve.bucked](#) to locate this entrance.

If arriving via bike, please dismount at the entrance to the grounds and walk your bike from here. We will have bike racks available by the bag drop marquee.

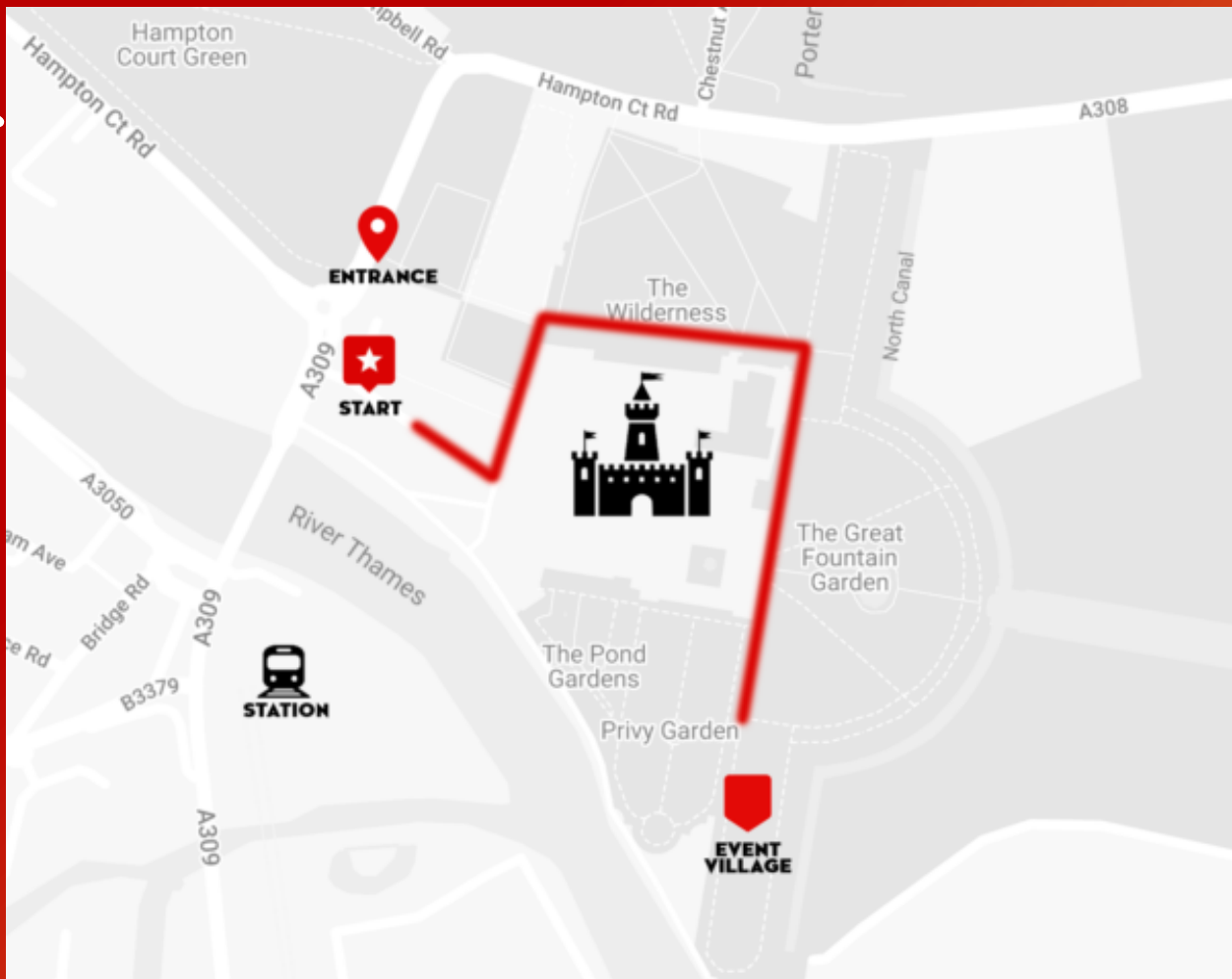
**Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.**

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals.



**THE EVENT VILLAGE IS A 15 MINUTE WALK TO THE START LINE. PLEASE GATHER IN THE EVENT VILLAGE UNTIL YOUR WAVE IS CALLED TO HEAD TO THE START.**





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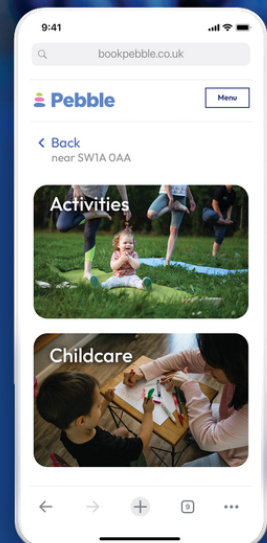


Scan to book  
an activity



**Join us at 10:00 am and enjoy a  
FREE music session with Mini Jam  
(suitable for 0-5 yo)**

We'll also bring some fun craft activities  
for your children to enjoy during the race.  
Just pop by and say hi – we'd love to see  
you there!



## **DURING THE RACE**

The Palace 10k is a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

There will be green KM markers along the course along with plenty of marshals and directional arrows to keep you going all the way to the finish.

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.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this section, just past the water station.

**The second half of the race is off road, we advise wearing appropriate footwear for the conditions**

## **REFRESHMENTS**

There will be a water station just before the 5km point on the course please help yourself to this as you pass.

There will also be a bottle of water waiting for you at the finish line.

We recommend staying hydrated in the lead up to the event.





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\*Range applies to All-New MG4 EV SE Long range with the 64kWh battery from a single charge on the WLTP combined cycle: Combined range 281 miles (450km); City Range: 360 miles (579 km); Combined Driving Efficiency 3.8 miles/kWh (16.0 kWh/100km)



# Course Map



Kingston Bridge



Hampton Court Palace

Home Park

The River Thames



- Start
- Finish
- Water Station
- On Course Toilets
- Course Music
- Km Distance markers
- Great for Spectators

[CLICK FOR INTERACTIVE MAP](#)

# Calling all Hampton Court Palace Runners



At FocalPoint we make software that improves the accuracy of GPS. We're looking for volunteers to help us gather data during the run.



We will collect data from phone sensors which we will use to train our human motion models & improve positioning technologies for **smartphones, running watches** and more.



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To find out more and register  
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Or  
Visit the FocalPoint Stall on event day





## **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.



## **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**

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## Join #TeamShootingStar with your place at the Hampton Court Palace 10K 2023!

Shooting Star Children's Hospices cares for babies, children and young people with life-limiting conditions, and their families, across Surrey and West London. As a local children's hospice charity, we support families from diagnosis to end of life and throughout bereavement with a range of nursing, practical, emotional and medical care.



Our goal is to £25 000, which could pay for five families to have three months pre-bereavement support, providing essential guidance on pain management, family and sibling support, and anticipatory grief.

Tristan, whose daughter Immy is currently supported by Shooting Star took part in May's Hampton Court 10K shared with us a little bit about the importance of the care his family receives:

*"We cannot thank SSCH enough for their support and care of Imogen. Having a couple of nights, every few months, where she can stay, and we can rest is vital to our physical and mental health. Shooting Stars have been a huge support to our family and the care they give Immy, during her stays, makes it a home from home".*

**Create your fundraising page and become a Shooting Star superstar!**





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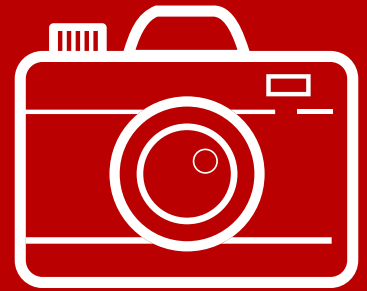
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## PICTURES

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**



**Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.**

**Check out the RTKit Stall located in the event village.**

**[www.RunThroughKit.com](http://www.RunThroughKit.com)**



**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

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 1.5hrs 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?

There will be a water station just before the 5km point on the course please help yourself to this as you pass.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting 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 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 as there will be plenty of stalls including coffee and food vans, RTKit and a the RunThrough Stall for you to explore. If you'd like to head out onto the course, please check out the route in advance to ensure you can get to where you'd like to go!

Will there be a prize giving?

There will be no formal prize giving, however, we will be giving the top 3 male and females prizes as they cross the line. 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.

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





**Supported  
by...**



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