

EVENT GUIDE

**Wimbledon Common
5k & 10k
Saturday 23rd December 2023**



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Join us Again!



TRAVEL

Address:

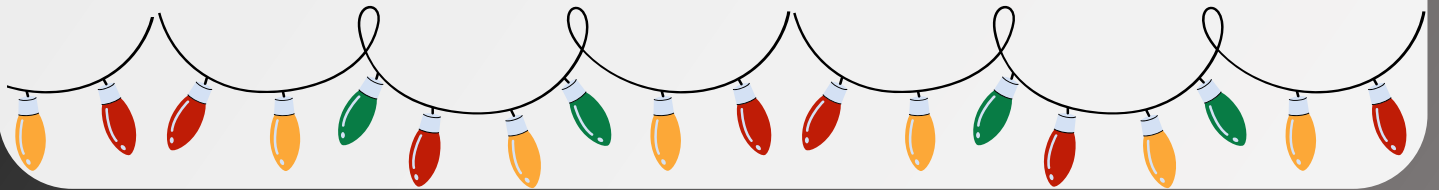
Address: Cannizaro Park, West Side Common, Wimbledon
Common, London SW19 4UH

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

The nearest train station is Wimbledon. From here, take 93 bus to bus stop Q (Marryat Road), it is then a 5-10 minute walk to the start.

There is no on site parking, if you are planning on driving, we recommend using Parkopedia.com to find a suitable spot.

The park is easily accessible by both foot and cycle, you can see more information on Cannizaro Park [HERE](#).



what3words

If using the app [What3Words](#), use the words [///paint.public.wash](http://paint.public.wash) for exact event village location.

**Use TFL to help
plan your
journey**





Race Pack Collection

Race Pack Collection Time:

10k: 8:00-9:00am
5k: 8:20-9:20am

Start Times:

10k: 9:30am
5k: 9:50am

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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.

[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 below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)

Step 1 Step 2 Step 3 Step 4

GET RACE READY

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Terms & Conditions apply. See website for details.

Code valid until 24.12.23

SPECTATORS

COFFEE

There will be a coffee van located in the event village serving hot drinks and snacks.

TOILETS

For this event, we will use portable toilets located in the event village.

HEADPHONES **BANNED**

Headphones are banned unless bone conducting. We require all runners to remain aware of their surroundings at all times, and be able to hear any marshal instructions during the race.

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:
Peak District Trails Camp: 14th- 16th June 2024
Morzine: 30th June - 6th July 2024

RUNNER RETREATS

[Find out more >](#)

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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

We will have marshals all around the course as well as directional arrows, trail flags and distance signs.

For the 10k, green KM signs will be around the course from 1-9. For the 5k, please be aware to look out for red KM signs 1-4.

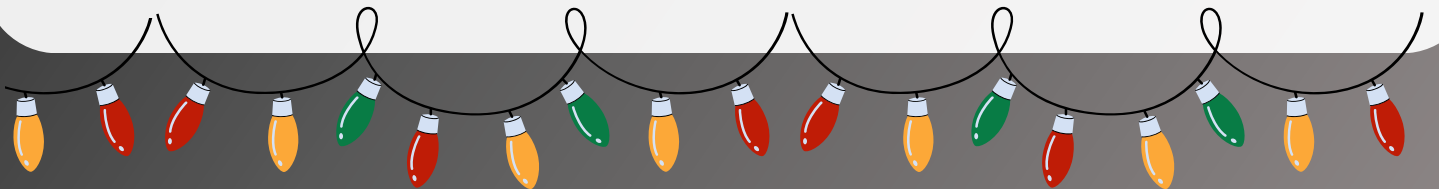
The 10k is 4 laps and the 5k is 2 laps of the course.

Please stay on the paths at all times, and follow marshal instructions during the race.

Please be aware that there will be members of the public using the park during the race and that we ask you to be considerate and keep them in mind during the race.

Please familiarise yourself with the course before you start. There is a mixture of trail paths, well-trodden pathway, and grass. We recommend trail shoes, or trainers you don't mind getting muddy.

Please discard all litter and bottles within the signed litter zone. These will be just past the water station.



REFRESHMENTS

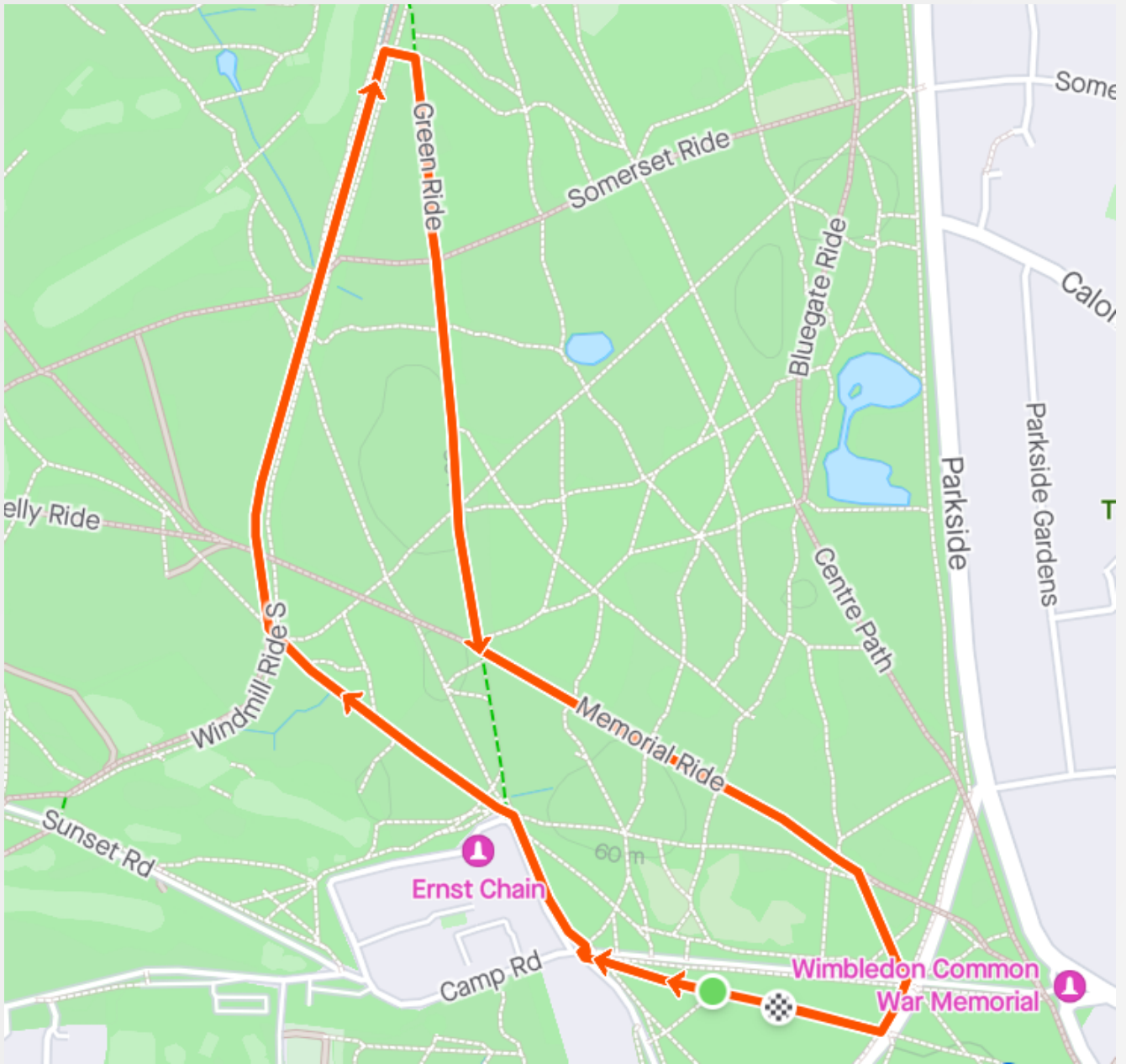
There is a water station on the course which the 5k will pass once, and the 10k will pass 3 times. Please help yourself to this as you pass.

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

We recommend bringing your own drinks 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.



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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10K 10k Plan

26.2 Marathon Plan



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STRAVA WATCH GARMIN COROS



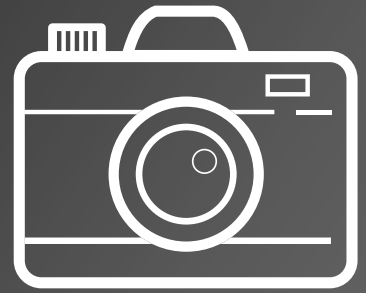
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PICTURES

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 & #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**



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



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.QS

Is the event chip timed?

Yes!

What is the minimum age for this event?

5k- 11 | 10k- 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?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

There is a water station on the course which the 5k will pass once, and the 10k will pass 3 times. 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?

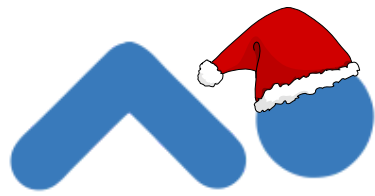
We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The overall top 3 male and female participants and 1st in each age group 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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