

# EVENT GUIDE

## ***Finsbury Park***

***5k, 10k, Half Marathon & Juniors  
Sunday 28th January 2024***



# Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P8

Warm Up & Race Start



P8

During the Race



P9

The Course



P10

Finish Goodies



P12

Juniors



P13

Run For Charity



P15

Results & Photos



P16

RTKit



P17

Join us Again!





# Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team

**LAURA**



**JOE**



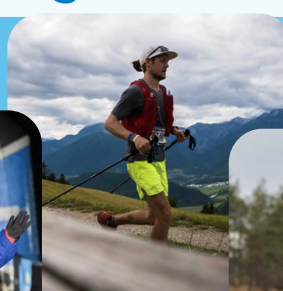
**JAMES**



**SAMANTHA**



**KIERAN**



**KIRSTEN**



# TRAVEL

**Address: Finsbury Park, London, N4 1EE**

Nearest underground stations: Manor House and Finsbury Park

Nearest rail station: Finsbury Park

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

There is no venue specific parking, please use [Parkopedia.com](http://Parkopedia.com) to find local alternatives.

On arrival, you will find the event village on the athletics track, pinned below.



what3words

**If using the app What3Words, use the words  
///cake.turkey.retire for exact event village  
location**

**Use Transport for London to plan your route [HERE](#)**



# Race Pack Collection

## Race Pack Collection Times:

Half Marathon: 8:00-9:00am  
10k: 8:30-9:30am  
5k: 8:40-9:40am  
Juniors: 10:30-11:30am

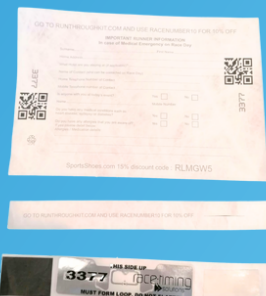
## Start Times:

Half Marathon: 9:30am  
10k: 10:00am  
5K: 10:10am  
Juniors: 12:00pm

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](#)



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**

**15% OFF**

at

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Use code:

**RT2402**

**The UK'S NO.1 Online Retailer for RUN.GYM.HIKE**

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 28.01.24**



## SPECTATORS

## COFFEE

There will be coffee and food vans located in the event village serving snacks and hot drinks.



## TOILETS

There will be portable toilets available within the event village, as well as public toilets by the cafe.

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 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 marquee.
- Collect your bag after your race.

**RUNNER  
RETREATS**



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**





## **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 on the track and ready to run.



## **DURING THE RACE**

We will have marshals all around the course as well as distance signs and arrows. These will be black mile markers for the Half Marathon, green KM markers for the 10k and red KM markers for the 5k.

Please keep count of your laps during the race. The course is on the paths in the park:

Half Marathon - 9 laps + a mini lap to start (8 Times past the water station)

10k - 4 laps + a mini lap (3 Times past the water station)

5k - 2 laps (1 Time past the water station)

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

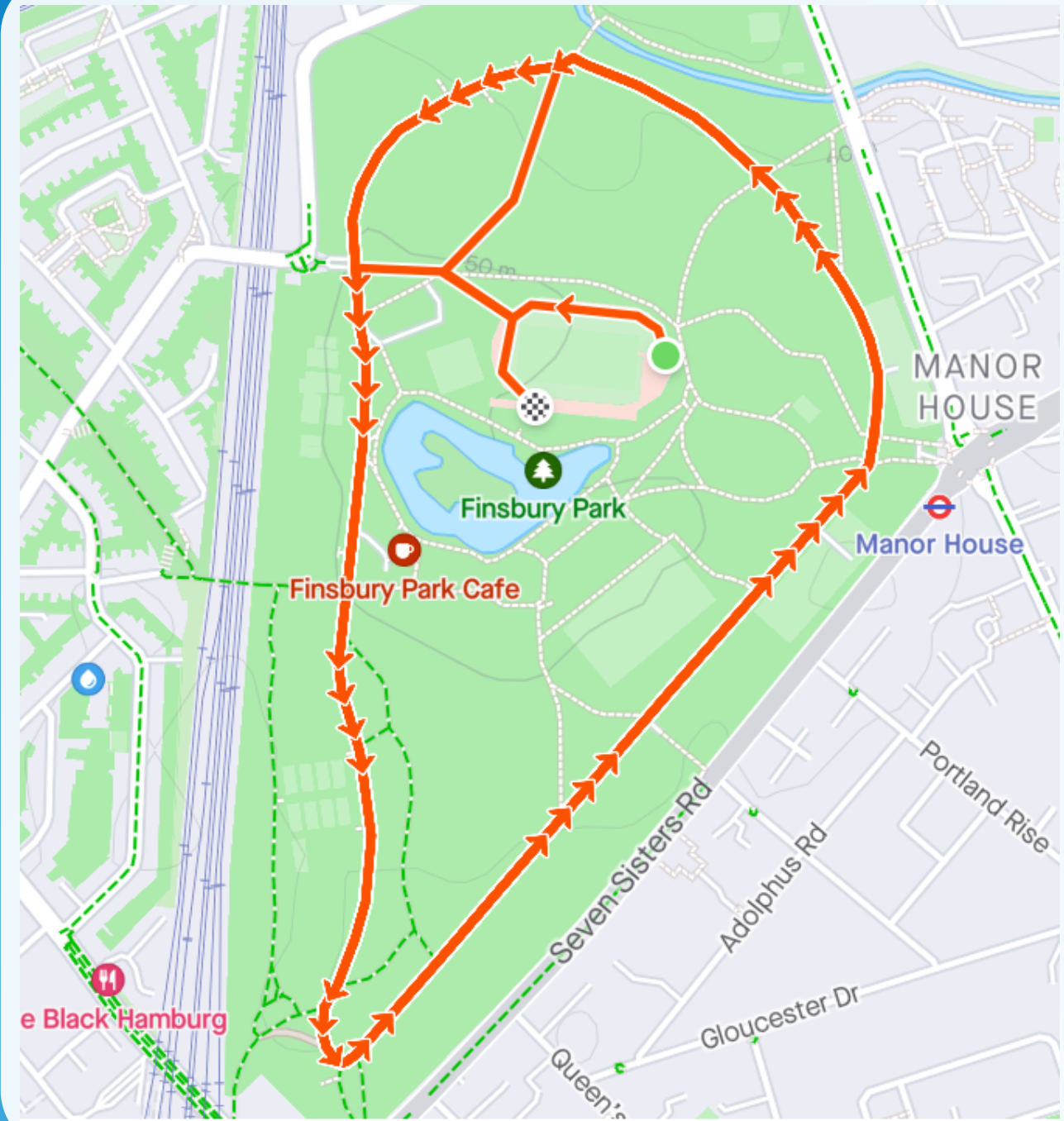
We have marshals around the course and signs but this is not a road race, you have to pay very close attention to where you are going.

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 your safety but allow you 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.

# COURSE MAP



[CLICK FOR JUNIORS INTERACTIVE 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.



## 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 drinks to stay hydrated in the lead up to the event.





## CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT\***

\*In comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



## WILL YOU WIN THE GOLDEN TICKET?

1. Re-fuel and grab a LOVE CORN pack after your race
2. Check your LOVE CORN pack for a golden 'winner' sticker
3. If you're lucky enough to pick up the winning pack, take it to the RunThrough information desk to claim your prize!



Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!

## TRY OUR FLAVOURS



# 20% OFF

*your next order amazon*

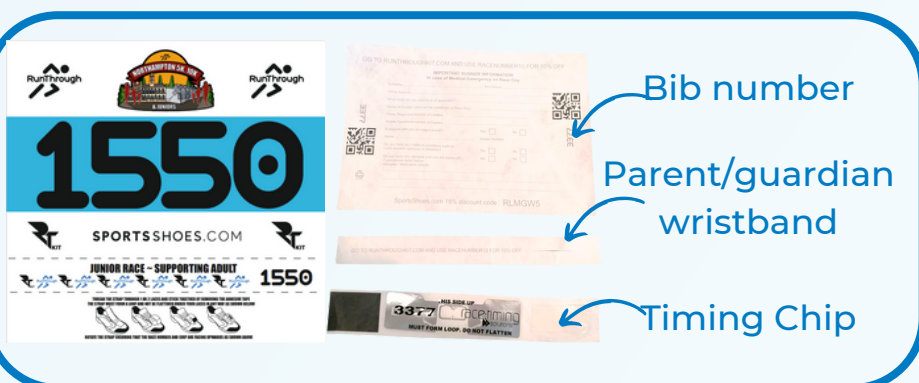
USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



# JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 11:45 and walk to the start together.
- The race is 1.6km It will start at 12:00 and will follow 2 mini laps of the park before finishing back on the track. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye out for our big blue flag!







# gofundme™

**Make your place count!**

**It's never too late to start fundraising  
for a charity of your choice!**

Create your GoFundMe fundraising page today  
to raise money whilst going that extra mile.  
Successful fundraising is at your fingertips.

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automatic transfers to your charity with  
GoFundMe's powerful fundraising tools.

**Start a GoFundMe**



# RUNTHROUGH TRAINING PLANS

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REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

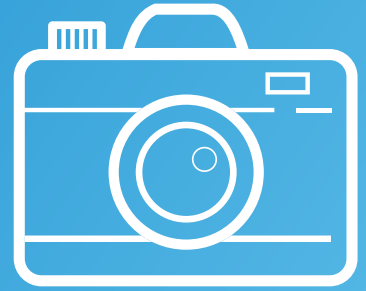
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**START TRAINING TODAY**



## 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 #RunThroughSouth 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.QS

Is the event chip timed?

Yes!

What is the minimum age for this event?

Kids-any age | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9.

Any supporting adults, don't need to enter the race.

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](mailto: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?

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?

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?

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 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 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:

5k Men's Sub 14:30, Women's Sub 16:00mins

10k Men's Sub 30:30 mins, Women's Sub 34 mins

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 mins

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





RunThrough



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by...**



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NEW  
LEVELS  
COACHING

LOVE,  
CORN®

**RUNNER  
RETREATS**

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