

# EVENT GUIDE



## **Dorney Lake**

**5k, 10k & Half Marathon**  
**Sunday 14th January 2024**



# Your Race Experience

P3

Arrival



P4

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P7

During the Race



P8

The Course



P9

Finish Line



P10

Run For Charity



P12

Results & Photos



P13

RTKit



P14

Join us Again!



# TRAVEL

Address: Dorney Lake, Windsor

Parking:

Free parking is available at Dorney Lake and will be signposted as you enter the venue.

**Please bear in mind there could be up to a 20-minute walk to registration depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival.**

The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter.

Please be aware, from the main entrance to the car park it is just over a mile walk.

Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village. **Please walk on the grass to reach the event village, keeping the path clear for other runners/triathletes on the course. This will be clearly sign posted on the day.**

Nearest Train stations:

Slough and Windsor & Eton Riverside

Getting Here by Bicycle:

The park is easily accessible by bicycle. Cycle parking is available in the park.

Please Note: There is a strict cut off for vehicles driving down towards the boathouse before race start - if you enter any later than 8:50 you will be asked to park in the carpark near the main gate which could take 20 minutes to walk down to the event village/race start.

Please leave yourself plenty of time to park and walk to the Event Village.



what3words

The main entrance Gate - [///pounds.same.fears](#)

Event Village - [///neat.places.clay](#)

733

## Race Pack Collection

### Start Times:

9.10am

### Race Pack Collection Times:

7:30-8:30am

- 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 back of your race bib, please leave this attached and do not tamper with it.

[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

Dorney Lake boathouse Cafe will be open and serving hot food and drinks. This is located a short walk from the event village, by the car park.

You're more than welcome to spectate with dogs (on a lead), however running with dogs is prohibited at this event.

## TOILETS

For this event, we will use portable toilets located in the event village. 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 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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## **RACE START**

We will gather participants in the event village 10 minutes prior to the start of the races.

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

All races will start at the same time.

## **DURING THE RACE**

There will be marshals all around the course and you will see mile markers in the form of yellow signs for the half marathon, and green KM signs for the 5k & 10k as well as arrows to direct you.

The course consists of laps around the right side of the lake and will involve 1 lap for the 5k, 2 laps for the 10k and 4 laps for the Half Marathon with an additional out & back section on each loop.

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 for you throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of the Half Marathon and 5k 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.

## **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.



## CRUNCHY CORN "OFF THE COB"

- ♥ 50% LESS FAT\*  
\*in comparison to potato crisps
- ♥ HIGH FIBRE
- ♥ LOW SUGAR
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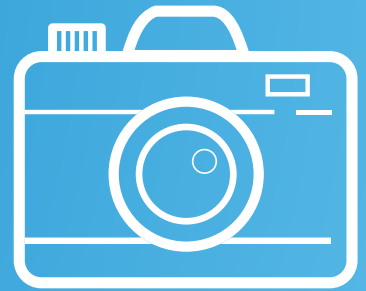
**POWERED BY**



# GET RACE READY

## 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 account @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!**

**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?

5k-11 | 10k-15 | 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](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 distance?

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 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 information desk 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 lake, 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 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.

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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