

# EVENT GUIDE



**Regent's Park  
5k & 10k  
Sunday 21st 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 Line



P13

Results & Photos



P14

Run For Charity



P15

RTKit & Event T-shirts



P16

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

**OTIS**



**CAOLAN**



**KIRSTEN**



**KATIE**



**JESS**



# TRAVEL

Address: The Broad Walk, Regent's Park, London, NW1 4NU

There are car parking facilities available but we recommend that you avoid coming by car as there are limited places.

The Tube stations closest to Regent's Park are:

Regent's Park (Bakerloo line)

Great Portland Street (Hammersmith & City, Circle & Metropolitan lines)

Baker Street (Hammersmith & City, Circle, Jubilee, Metropolitan & Bakerloo lines)

St John's Wood (Jubilee line)

Camden Town (Northern line)

The park is easily accessible by both foot and cycle.

Cycle parking is available in the park.

**See park map  
HERE**

**Use TFL to plan your  
journey HERE**



what3words

If using the app What3Words, use the words [///stream.wants.boil](#) for exact event village location





# Race Pack Collection

**Start Times:**

**9.00am**



**Race Pack Collection Times:**

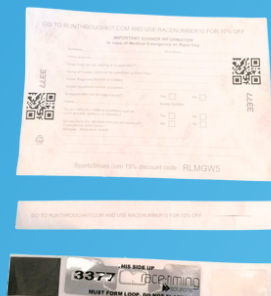
**7:30-8:30am**

## 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.

**733**

[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\*\*](#)



A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and red shorts, holding her right foot to stretch her hamstring. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

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 21.01.24**



## SPECTATORS

## COFFEE

Spectators are more than welcome.

The Espresso Bar will be open and serving hot food and drinks. This is located a short walk from the event village.

## TOILETS



There are Park toilet facilities next to the Espresso Bar near to the event village.

You can see a map of the park [HERE](#).

## 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 >](#)

**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.



## **WARM UP & RACE START**

We will have a warm up in the event village 15 minutes prior to the start of the race. From here, we will call out estimated finish times to get all runners lined up in waves and ready to run.

Both races will start together.

## **DURING THE RACE**

There will be marshals all around the course as well as KM signs and arrows.

The 10k is 2 laps and the 5k is 1 lap of the course.

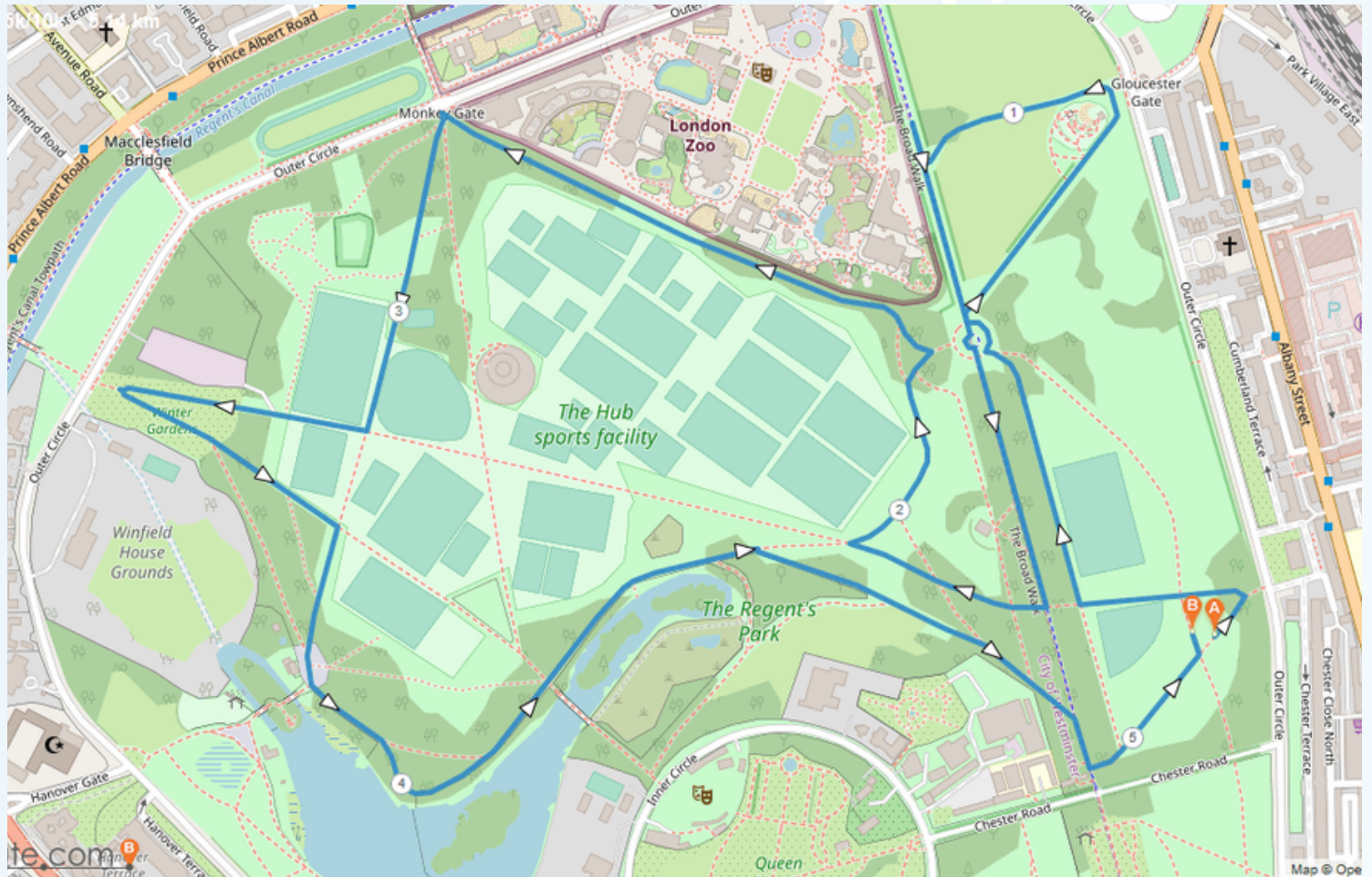
Due to the nature of a lapped course we ask that you remain to the side of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path beside you and ensure not only your safety but allow for the best experience throughout the race.

Please also be aware that we will have a lead runner ahead of the race 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 after the water station.



# COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

# 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.



## 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**

♥ **GLUTEN FREE**



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!

## 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!



## TRY OUR FLAVOURS



**20% OFF**  
your next order 

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

# RUNTHROUGH TRAINING PLANS

POWERED BY



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

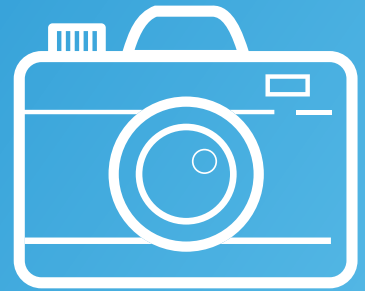
START TRAINING TODAY





## 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 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 #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!**  
**Fill out the form with your event day shoutout requests!**



**RESULTS AVAILABLE AT**  
**WWW.RESULTS.RUNTHROUGH.CO.UK**



# 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.

Share updates, thank donors, and get  
automatic transfers to your charity with  
GoFundMe's powerful fundraising tools.

**Start a GoFundMe**





**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.RunThoroughKit.com](http://www.RunThoroughKit.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?

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](mailto:info@runthrough.co.uk) if you plan to take more than 2hrs 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 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 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 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 age group winners 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

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



***Supported  
by...***



  
**gofundme**<sup>TM</sup>



**LOVE,  
CORN**<sup>®</sup>

**RUNNER  
RETREATS**

**SPORTSSHOES.COM**