

EVENT GUIDE

**Henley River
10k & Half Marathon
Sunday 31st March 2024**



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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.

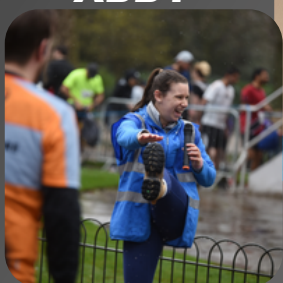
As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

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

ABBY



SAMANTHA

KIRSTEN



JOE

JAMES



CAOLAN



TRAVEL

Address: Temple Island Meadows, Remenham Lane, Remenham, Henley-on-Thames, RG9 3DB

Parking:

Free parking is available at the venue, and will be signposted as you enter the venue. This is directly next to the event village.

The car park is down a narrow road, please arrive early as there may be queues into the venue. We advise car sharing where possible.

Please follow the directions of the marshals at the entrance to the venue and within the car park to ensure a smooth parking process.

Nearest Train Stations:

Henley on Thames Railway Station is a 10 minute taxi or a 35 minute walk from the event village.

Getting Here by Bicycle:

The venue is easily accessible by bicycle. Bikes can be left with the staff at the bag drop marquee.



what3words

If using the app What3Words, use the words
///customers.treat.copper for exact event village
location

Please use the words ///glides.bulbs.division for
the entrance to the car park

Race Pack Collection

Race Pack Collection Times:

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

Start Times:

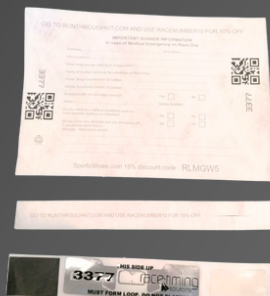
Half Marathon – 9:30am
10k – 9:50am

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

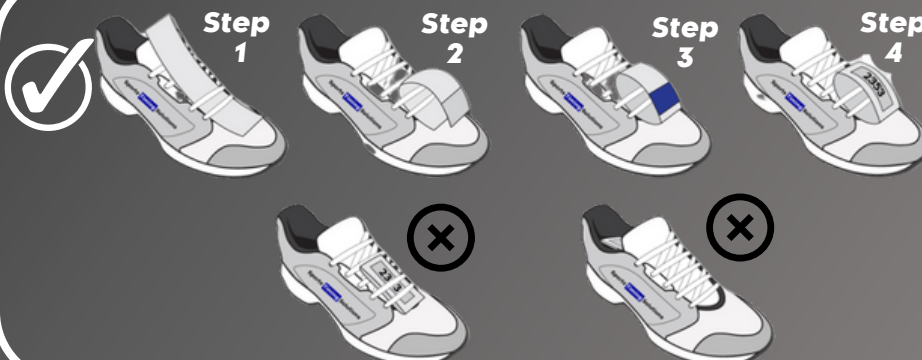
Baggage Label

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

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Code valid until 31.03.24

SPECTATORS ✓

COFFEE ✓

DOGS ✕

There will be a hot food and coffee vans located in the event village. Sadly dogs are not permitted due to restrictions within the venue.

TOILETS



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

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.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



FIND OUT MORE

⁺nuun

HYDRATION

Hydration starts here

NEW!



SPORT



Fuel your work out with electrolytes. Before, during and after exercise.



ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

 @nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercises.



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

This undulating yet scenic course is run on a combination of trail paths, roads, public footpaths and grass. Please wear appropriate shoes for mixed terrains.

There will be A5 arrows and signage along the way. These will be green for the 10k & yellow for the half marathon. In addition there will be red trail flags dotted along the paths to mark the way.

There will also be marshals at all key points along the course.

The 10k will follow a single loop, the Half Marathon will follow predominately the same loop with an additional mini loop at the start and an out and back during the course.

Please be aware, there is a split point where the Half Marathon will turn left to head out on their out and back section, and the 10k will continue straight. This will be clearly sign posted and marshalled.

Please keep to the left of the path at all times to allow runners to overtake if they wish. Due to the nature of the course the out and back section will use the same path, please remain to the left to ensure runners heading in the opposite direction also have a clear route.

Please note there will be road crossings and gates along this route, it is vitally important you listen out for any marshals instructions throughout. Although on quiet lanes, all roads are open to cars throughout the day.

Please discard all litter and bottles within the signed litter zones located just past each water station.

REFRESHMENTS

There will be a water station at 4.5km on the 10k, and at 3miles, 8miles and 9.5miles on the Half Marathon.

There will also be a bottle of water waiting for you at the finish line. We recommend bringing your own water and fuel to stay hydrated before and during the event.

Please ensure you carry all litter with you, and nothing is left out on the course unless at the litter zones. This includes all water bottles, gels and food wrappers.

RECOMMENDED KIT

Trail Running Shoes

Running Vest or Belt

Fuel & Water

Mobile phone and/or GPS device (fully charged)

Please contact the medical team if you or any other participants require medical treatment out on the course.

Their number is: 07935819685.

We recommend saving this number in your phone ahead of the event





WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

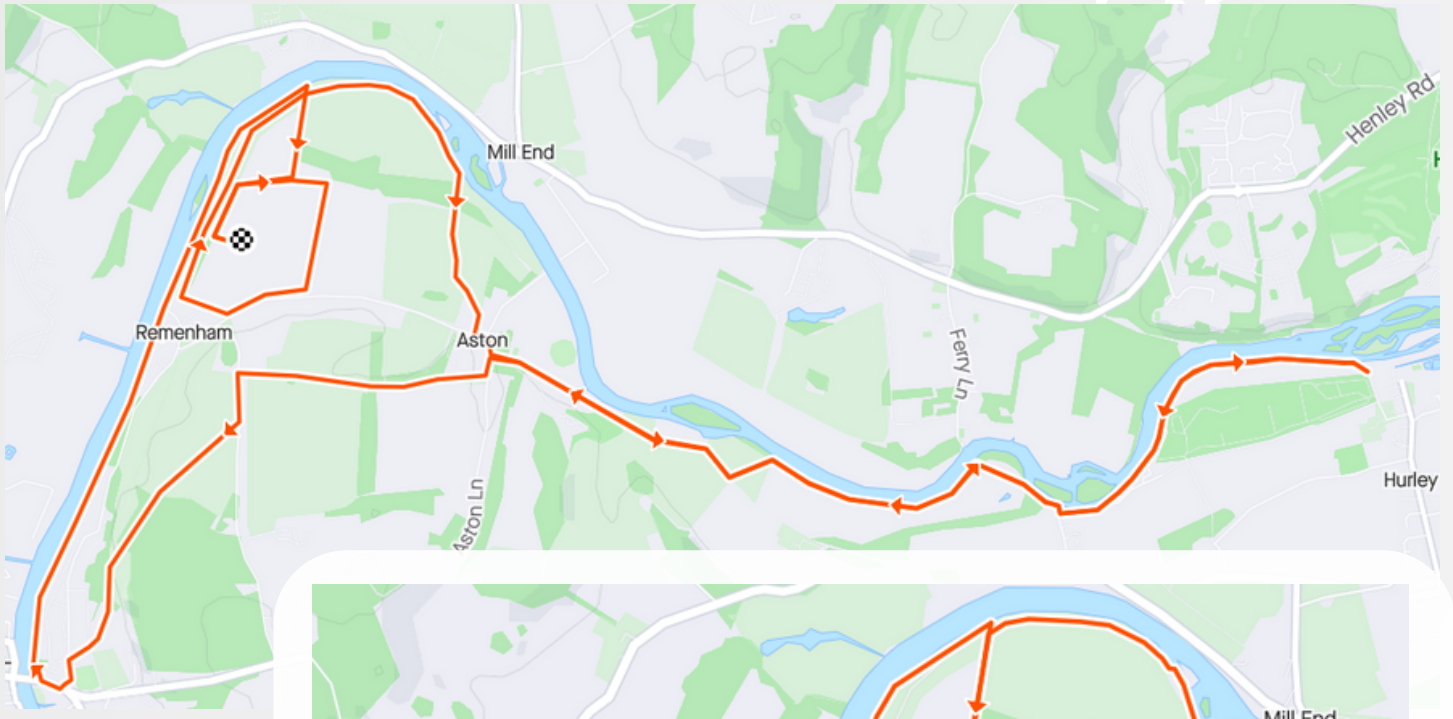
T&Cs apply

BROOKS



Scan or click
the QR Code

COURSE MAP



HALF
10K

[HALF MARATHON INTERACTIVE MAP](#)

[10K INTERACTIVE MAP](#)

[HALF MARATHON GPX DOWNLOAD](#)

[10K GPX DOWNLOAD](#)



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](#)





CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***

*in comparison to potato crisps

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♥ **GLUTEN FREE**

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SIMPLE
INGREDIENTS




TRY OUR FLAVOURS



PLAY CORN HOLE, WIN PRIZES!

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!

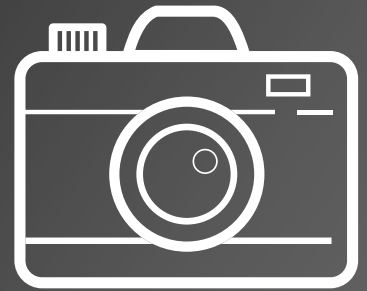


20% OFF
your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

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 Trails page 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**



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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.

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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





**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



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 £65 worth of entries to any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined on your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

10k-15 | Half Marathon- 17

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 stations along the course, please bring your own water and fuel to supplement this.

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 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 course, 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?

There will be no presentation on the day. The top 3 male and female participants and 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

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!



TRAILS

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by...**



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CORN**


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LEVELS
COACHING**

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Interested in supporting an event? email: sam.williams@runthrough.co.uk