

EVENT GUIDE

A photograph of two runners, a woman on the left and a man on the right, crossing the finish line of a marathon. The woman is wearing a black, blue, and orange athletic top with the number 3776 on her bib and has her arms raised in celebration. The man is wearing a black athletic top with 'FOX RACE TEAM' and 'OR' logos. In the background, there is a large white inflatable archway with the event name and a crowd of spectators.

Hampton Court Palace Half Marathon Presented by Nuun Sunday 24th March 2024

PRESENTED BY



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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!

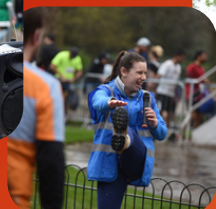
Wishing you the best on race day!

The RunThrough Team

LUCY



ABBY



KATIE



ROSS



CAOLAN



KIRSTEN



OTIS



CHIMERE



TRAVEL

Address: Hampton Court Palace, KT8 9AU

By Train

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website Southwest Trains. Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

By Bus

Bus routes from Kingston: 111*, 216*, 411*, 461, 513.

From Richmond: R68*

*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

By Taxi

Visitors arriving by taxi may be dropped off at the gates. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

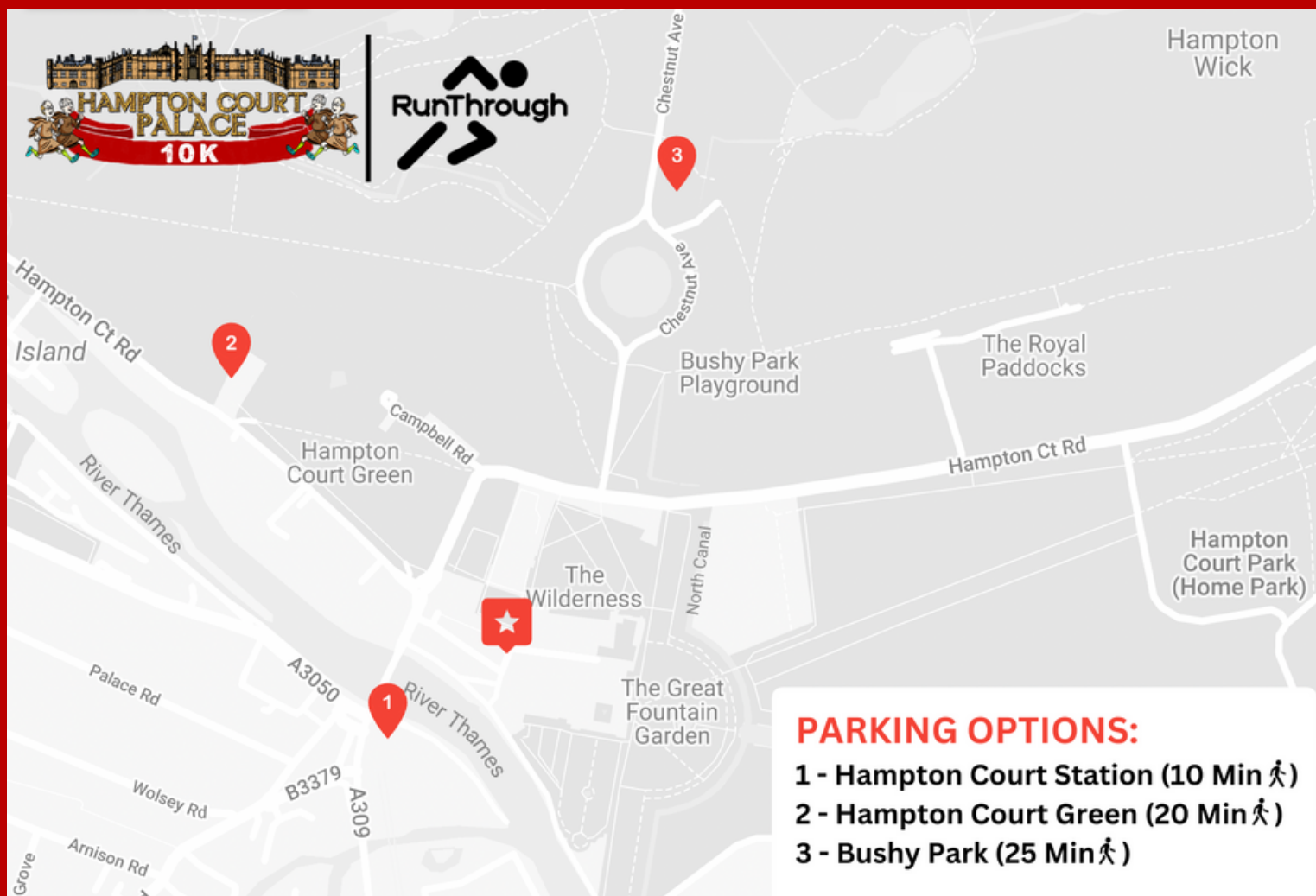
By Car

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308. The palace is also accessible via the A3 and then the A309.

**** THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY ****



what3words

If using the app What3Words, use the words [///lucky.pools.almost](#) for exact event village location

**Use Transport
for London to
plan your route
here.**

**Visit Parkopedia
to find a suitable
parking spot
here.**



Hydration starts here

GOOD LUCK

to all the Palace Half Marathon Runners!

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.

Stay Hydrated!

Use Nuun, before, during and after your race.

Scan the QR code & receive
20% OFF**

Use code:
Nuun20



@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

*Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise. **Code valid from 24th March – 14th April.

Race Pack Collection Time:

7:30-8:30am

Start Times:

Wave 1 – Sub 1.30 – 9:00am

Wave 2 – Sub 1.45 – 9:05am

Wave 3 – Sub 2.00 – 9:10am

Wave 4 – Sub 2.15 – 9:15am

Wave 5 – Sub 2.30 – 9:20am

Wave 6 – 2:30+ – 9:25am

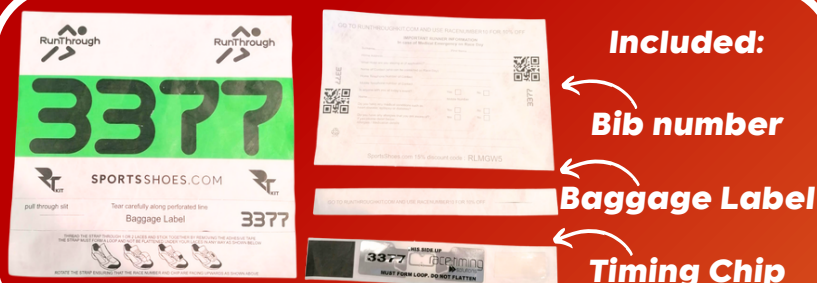
Your wave is based off your predicted finish time, simply head to the start with the wave you feel you belong in.

RACE PACK COLLECTION

****IF YOU'VE ENTERED PRIOR TO THE 8TH MARCH YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If your pack hasn't arrived or you've entered after this date, 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.
- If you have received your pack, simply turn up and run, you don't need to check in.

[**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**](#)

TEST THE LATEST NIKE SHOES AT HAMPTON COURT PALACE

Look out for the SportsShoes x Nike trial van



[SPORTSSHOES.COM](https://www.sportsshoes.com)



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

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RT2411

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 24.03.24

SPECTATORS ✓

COFFEE ✓

DOGS ✗

Spectators are more than welcome to come and support you during the race and see you at the start and finish within the palace grounds. Any spectators will need to arrive before 11am.

We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

Sadly dogs are not permitted in the event village or anywhere in the Palace grounds.

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#).

TOILETS



There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.

There will be portable toilets on the course at the Kingston end of Barge walk, which runners will pass twice during their run at the 3mile and 11mile points.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a 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.

ARRIVAL & RACE START

Entry into the Event Village is via the Kitchen gate- please use the W3W- [///option.valve.bucked](#) to locate this entrance.

If arriving via bike, please dismount at the entrance to the grounds and walk your bike from here. We will have bike racks available by the bag drop marquee.

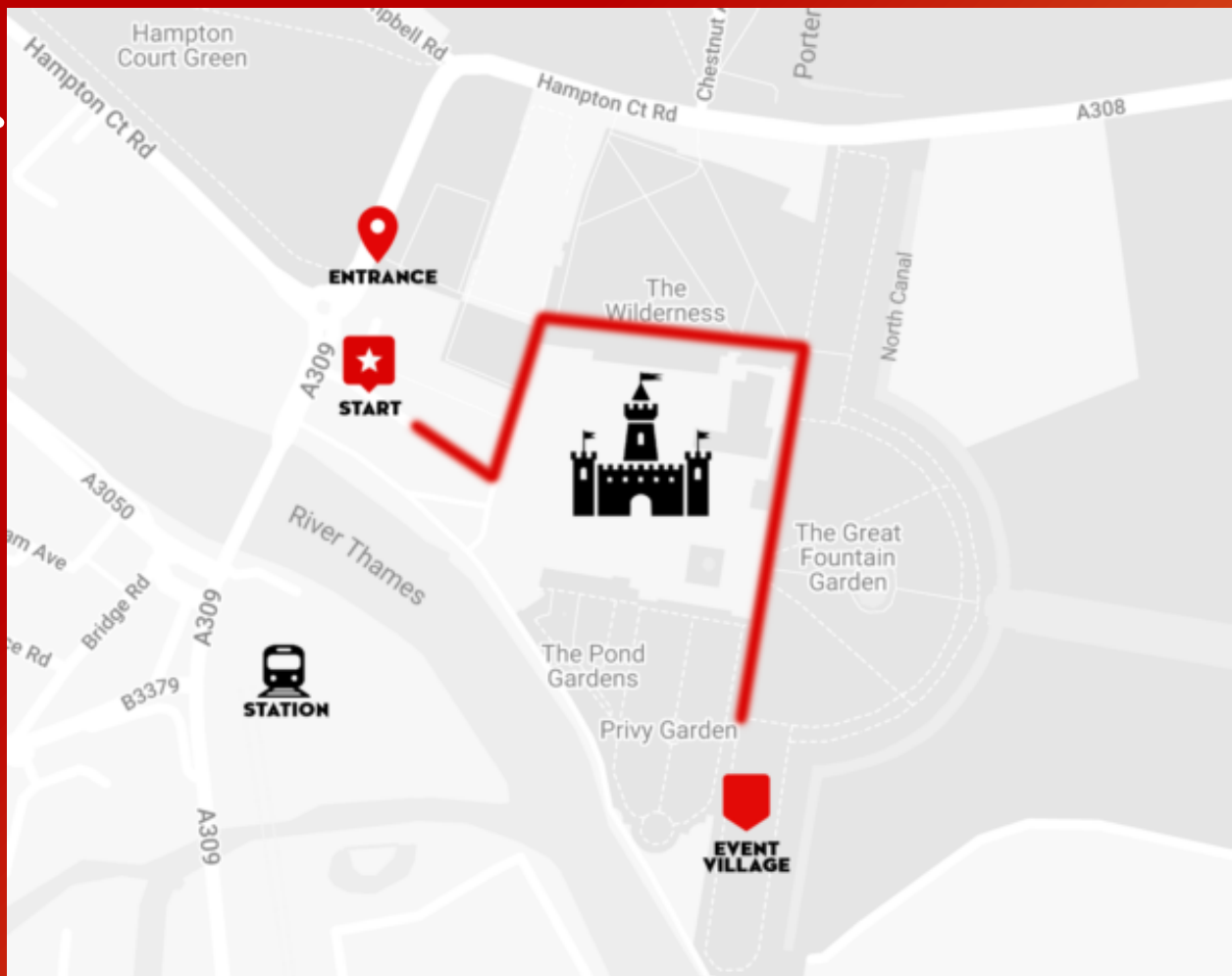
Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals.



THE EVENT VILLAGE IS A 15 MINUTE WALK TO THE START LINE. PLEASE GATHER IN THE EVENT VILLAGE UNTIL YOUR WAVE IS CALLED TO HEAD TO THE START.





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

DURING THE RACE

The Palace Half is a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

There will be Yellow mile markers 1-13 along the course along with plenty of marshals and directional arrows to keep you going all the way to the finish.

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.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this section, just past the water station.

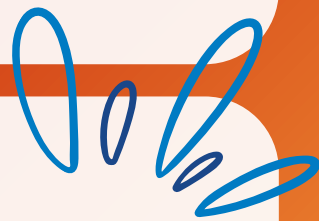
The last two to three miles of the route follow the grass and trail path through Home Park to reach the finish at the rear of Hampton Court Palace. Because of this we would advise checking the forecast ahead of the event and wearing appropriate footwear for the conditions.

REFRESHMENTS

There will be 3 water stations (just before 3 miles, just before 7 miles and just before 11 miles) along the course, please help yourself to these as you pass them.

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

We recommend staying hydrated in the lead up to the event.



⁺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 exercise.



Course Map



[CLICK FOR INTERACTIVE MAP](#)

**RUNNER
RETREATS**



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**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



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★★★★★

Over 10,000 5-star reviews



T&Cs: Offer ends 31/05/24, valid for first-time users only. Service areas apply.



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"

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*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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PERFECT CRUNCH

GREAT FLAVOUR

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



mind in Kingston



mind in Kingston



Join the fight for mental health !



In aid of

in Kingston

[Sign up here!](#)



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[Get fundraising support](#)



Join **#teamMindinKingston** today to support
the fight for mental health locally.

Your support and any donations will make a huge difference to
our charity and the mental health of anyone who needs it.
Help us to ensure everyone with a mental health issue gets
support and respect.



gofundmeTM

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

RUNTHROUGH TRAINING PLANS

POWERED BY



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



STRUCTURE



INSPIRATION



SUPPORT



GUIDANCE

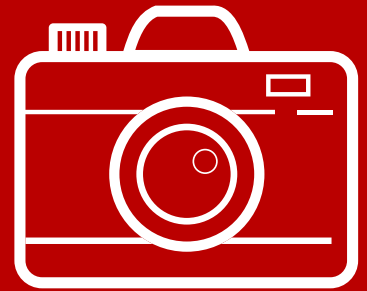
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 page 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.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!



Calling all Palace Half Marathon presented by Nuun Runners!



At FocalPoint we make software that improves the accuracy of GPS. We're looking for volunteers to help us gather data during the run.



We will collect data from phone sensors which we will use to train our human motion models & improve positioning technologies for **smartphones, running watches** and more.



It so simple. All you need you need to do is run with one of our devices.

All data collectors will receive:

- **FocalPoint goody bag**
- **20% off your next RunThrough event!**



To find out more or register click
HERE



twitter.com/FocalPointPNT
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F.A.Q'S

Is the event chip timed?

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 by 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?

17

Is there a time restriction to complete the race?

Yes, due to restrictions around the course, please get in contact with us at 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?

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 will be 3 water stations (just before 3 miles, just before 7 miles and just before 11 miles) along the course, please help yourself to these as you pass them.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting due to RunBritain licencing. 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 as there will be plenty of stalls including coffee and food vans, RTKit and a the RunThrough Stall for you to explore. If you'd like to spectate the race, You will be able to watch runners pass on the towpath within the first mile of the race and again between mile 8-9 from the event village. If heading further out, please check out the route in advance to ensure you can get to where you'd like to go!

Will there be a prize giving?

There will be no formal prize giving, however, we will be giving the top 3 male and females prizes as they cross the line. 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

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!



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by...**



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