

EVENT GUIDE



**High Performance
London Half, 10k & Juniors
Sunday 3rd March 2024**



High Performance

OFFICIAL PARTNER

Your Race Experience

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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



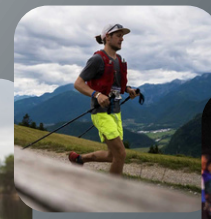
LAURA

SAM



ROSS

JAMES



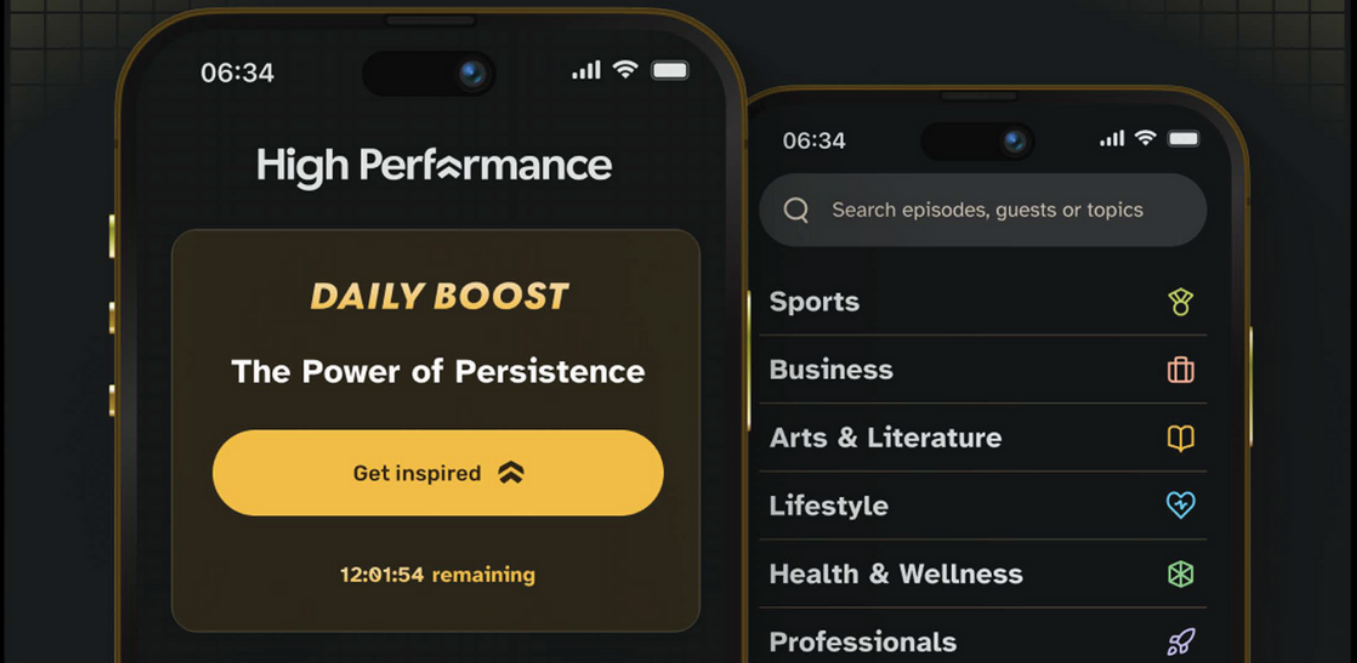
KIERAN

JOE



LUKE

High Performance App



Looking for **inspiration**
whilst you run?

With the free High Performance App, you'll find insights from some of the world's most successful people at your fingertips, helping you to reach your own version of High Performance.

 Download
the app



 Download on the
App Store

GET IT ON
Google Play

TRAVEL

Address: London Stadium, London, E20 2ST

Public transport is the best and easiest way to get to and from the Park.

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations.

If you are exiting out of Stratford Underground Station – take the escalator or lift up to ‘The Street’ (which is the outdoor part of Westfield Shopping Centre) – follow it along, bear right at Fountain Square toward John Lewis and then left at Jamie’s Italian. At the end of the passage, cross the road into the Park.

Tube and Train

The nearest stations are Stratford station and Stratford International station and both provide step-free access from entrance to platform. Stratford station is served by:

- Docklands Light Railway (DLR) • Jubilee and Central lines • National Rail services operated by Greater Anglia and c2c • London Overground services (check out rail replacement bus options on the Greater Anglia line [HERE](#))

Stratford International station is served by:

- Docklands Light Railway (DLR) • Southeastern High Speed 1 services

You can also enter the Park via Hackney Wick station which is on the London Overground.

Bus

The 308 bus runs between Clapton to Wanstead via Stratford City near the station entrance and Celebration Avenue in East Village.

The 108 bus runs between Lewisham and Stratford International via Carpenters Road and the Aquatics Centre.

Stratford bus station and Stratford City bus station are both located in close proximity to Stratford station.

Car

Paid parking is available in Westfield Stratford City as well as various other options within the local area. Please pre-plan this if you are travelling by car to the event.

Getting Here on Foot

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



what3words

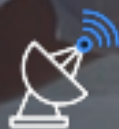
If using the app What3Words, use the words
///super.into.palace for exact event village
location

Use TFL to plan your journey [HERE](#)

Calling all High Performance London Half & 10k 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](#)



Race Pack Collection

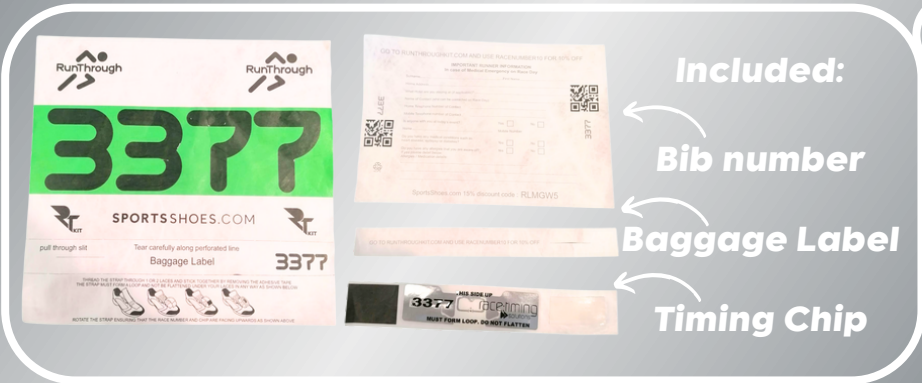
Start Times:

- Half Marathon – 9:00am
- 10k – 9:38am
- Junior race – 12:00pm


Race Pack Collection Times:

- Half Marathon – 7:30- 8:30am
- 10k – 8:00- 9:00am
- Junior race – 10:30-11:30am

- ****IF YOU'VE ENTERED PRIOR TO THE 16TH FEBRUARY 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.

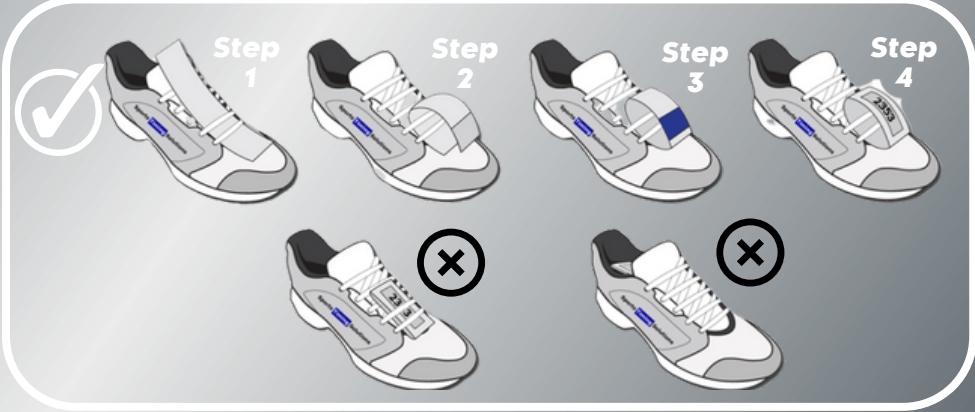


[CLICK FOR ENTRY LIST](#)



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](#)



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SPORTSSHOES.COM

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RT2408

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Terms & Conditions apply. See website for details.

Code valid until 03.03.24

SPECTATORS

COFFEE

Spectators are more than welcome!

There will be several coffee and food vans located in the event village, along with RunThrough Kit and other stalls to check out.

Sadly dogs are not permitted within the Stadium itself. You are still more than welcome to bring a dogs to the outside areas in the event village. These must be kept on a lead at all times.

TOILETS

For this event we will be using the toilets within the London Stadium.

There will also be toilets at the 8mile point on the route.

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 a bag drop within the stadium and there will be a one way in and out system.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop area.
- Collect your bag after your race.
- **The toilets and bag drop can be accessed through gate 5 & leave through gate 8.**

**RUNNER
RETREATS**



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FIND OUT MORE

FOUNDED BY



nuun

HYDRATION

Hydration starts here

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SPORT



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

LEMON LIME
NATURAL FLAVOURS AND COLOURS
10 EFFERESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
50g e

ULTRA



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

RASPBERRY
10 EFFERESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
45g e

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.

High Performance

Doing the best you can.

Where you are.

With what you've got.



Download
the free app





WARM UP & RACE START

We will have a warm up in the event village in front of the stage 20 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.

Please listen out for and follow our MC and marshal instructions ahead of your race.

DURING THE RACE

The race will start and finish in the same location next to the event village.

There will be black signs and yellow mile markers along the Half Marathon course and green signs and green KM markers along the 10k course. There will also be plenty of marshals and directional arrows to keep you going all the way to the finish.

There are multiple points along the route where the Half Marathon and 10k diverge, please listen to our marshals at all times, as you may be following a different route to the person in front of you.

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 course. 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 zones. There will be large bags and bins within this area that you will pass just after each water station.

REFRESHMENTS

There will be 3 water stations along the Half Marathon course at miles 3, 6.5 and 10, and at the Half Way point on the 10k.

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.





We are so excited to announce our partnership with RunThrough!

We believe running is a limitless source of positive energy and no matter your motivation we are here to help you keep showing up on your running journey.

Through our partnership we will be helping the RunThrough community keep putting one foot in front of the other, from gear advice and inspiring stories to help motivate you to the finish line!

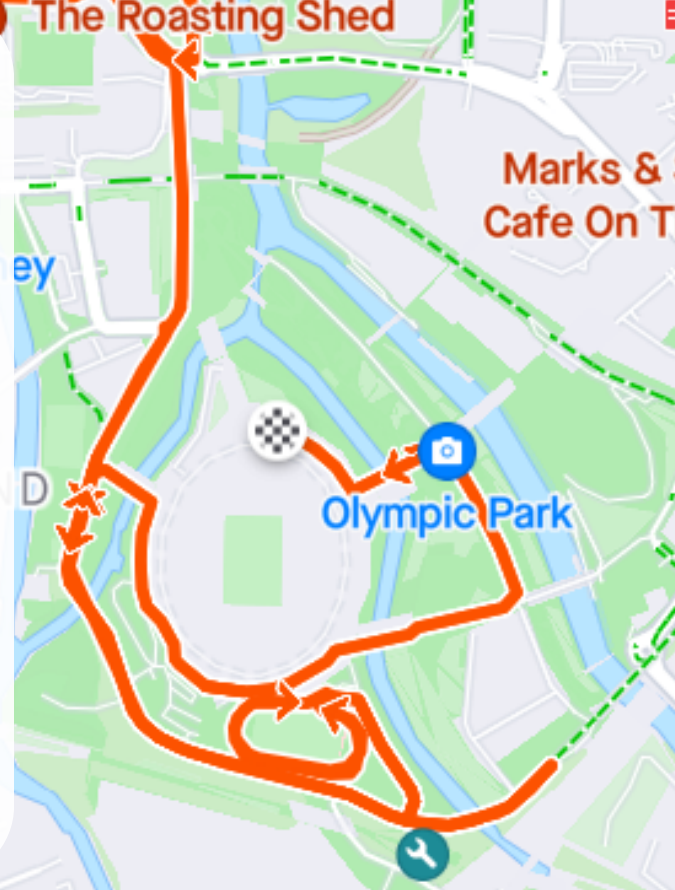
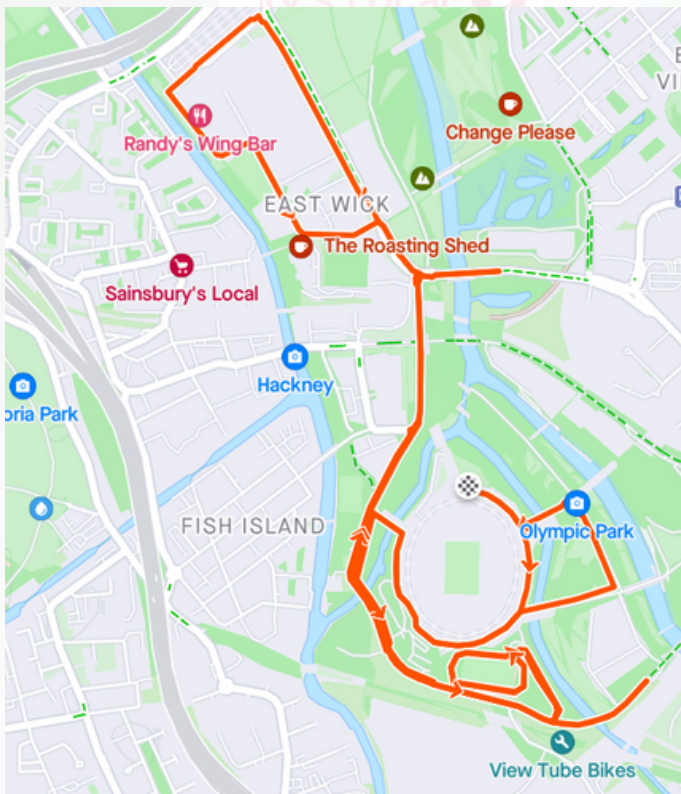
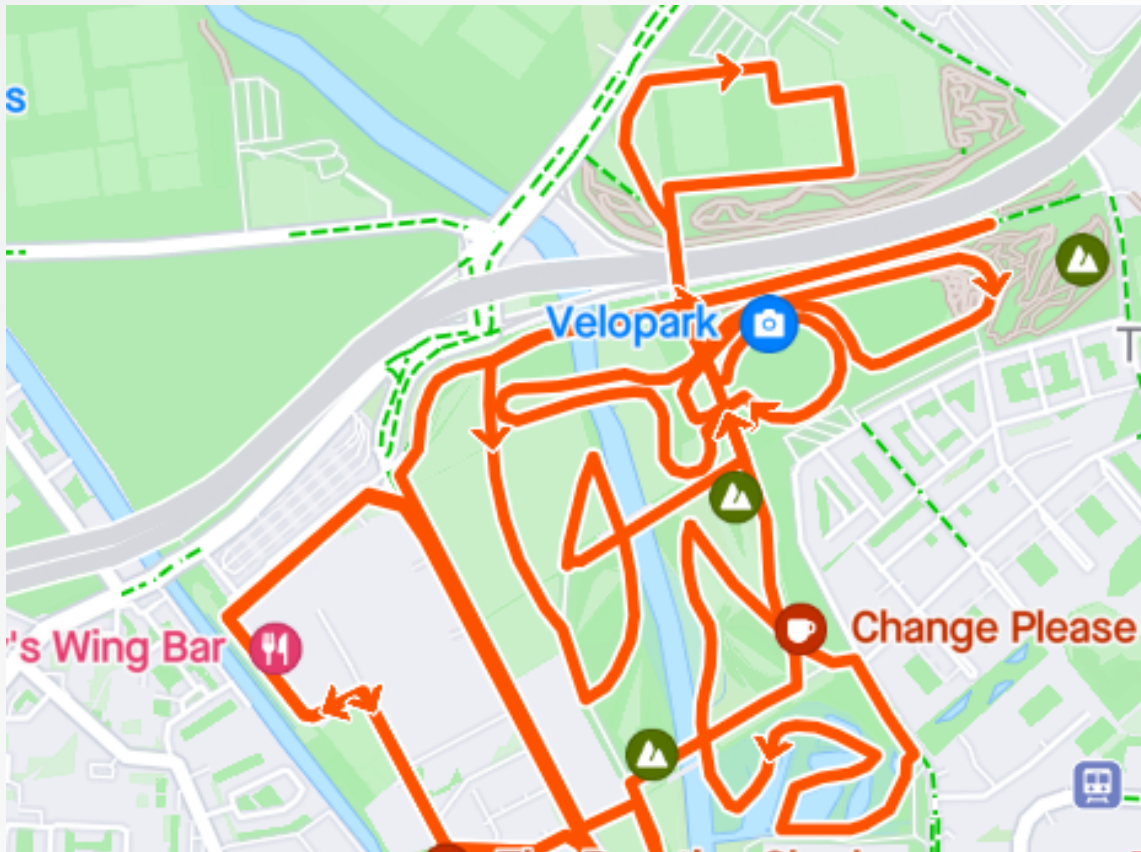
[Click here to learn more](#)

COURSE MAP

HALF MARATHON



10K



[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

more  yoga

London's Local Yoga Studios

★★★★★ Rated 4.7/5 TrustPilot

£1

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THEN 1/2 PRICE
FOR LIFE**



*Hands down
the best yoga
in the city.*

★★★★★

*Highly recommended to
everyone no matter yoga
newbie or yoga expert!*

★★★★★

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www.moreyoga.co.uk



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

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

FUEL YOUR RUN

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



Run for Us

Join the Access Sport team now to make a huge difference in the lives of disadvantaged and disabled children through sport.

Access Sport is a national charity formed in 2004.

Our vision is that no one should be excluded from the transformational benefits of community sport.

We train, equip and support community sport clubs to provide inclusive activities, unleashing their potential to transform the lives of underserved young people in their local communities.

How can you support us?

It's not too late to use your place to join the Access Sport team.

Simply **[click here to set up a fundraising page](#)** on JustGiving and ask your friends and family to donate!

Want to find out more, or have any questions, contact our team at email - fundraising@AccessSport.org.uk / 020 7993 9883





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

RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

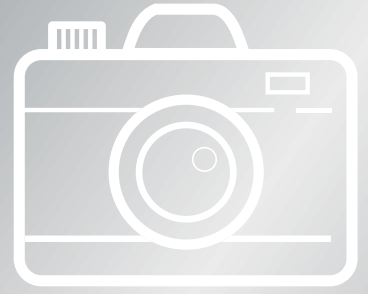
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 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 #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



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 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.QS

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

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 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 at miles 3, 6.5 and 10 on the Half Marathon and at the Half Way point on the 10k.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting as 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 Stall 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 watch the start and finish. If you'd like to head out onto the course, please be considerate of other runners on the race route.

Will there be a prize giving?

There will be a prize giving on the stage for the top 3 male and female participants.

1st in each age group 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!


RunThrough



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FOUNDATION**

High Performance

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HYDRATION

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Sport


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CORN**[®]

**RUNNER
RETREATS**


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LEVELS
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