

EVENT GUIDE



High Performance Juniors Race Sunday 3rd March 2024



High Performance

OFFICIAL PARTNER

Your Race Experience

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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.

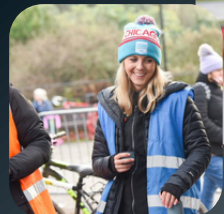
As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

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



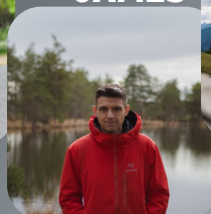
SAM



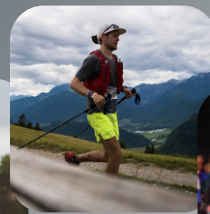
ROSS



JAMES



KIERAN



JOE



LUKE



Race Pack Collection

Start Time:

12:00pm

**Race Pack
Collection Times:**

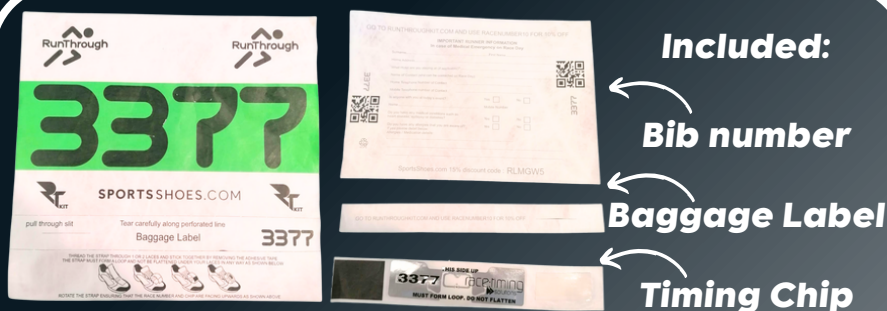
10:30-11:30am

Please note the Junior race will take place on the community track. The information & Registration desks will be located here.

This is a separate area, a 5 minute walk from the 10k & Half Marathon Event Village. There will be marshals and signs to direct you.

- ****IF YOU'VE ENTERED YOUR CHILD PRIOR TO THE 16TH FEBRUARY YOU CAN EXPECT TO RECEIVE THE RACE PACK IN THE POST****
- If the pack hasn't arrived or you've entered after this date make your way down to the registration desks located on the track by the West Ham Stadium Store [HERE](#)- Your child's number will be assigned on the day.
- Attach the number to the front of whatever shirt your child plans to run in (we recommend safety pins or magnets).
- The timing chip will be attached to the bottom of the race bib, tear this off and slot into your child's shoe laces.
- **All children are required to check in at the information desk on arrival with a supervising adult. Here we will issue the adult with a wristband that corresponds with your child's bib number.**

[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 child's bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)



SPECTATORS

COFFEE

Spectators, friends and family are more than welcome!

There will be several coffee and food vans located in the main event village, along with RunThrough Kit and other stalls to check out, these are a 5minute walk from the junior event village.

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.

BAGGAGE

- We advise any supporting friends/family to look after the child's belongings.
- If you do require use of the bag drop in the Junior event village, there is a baggage tag attached to your child's race number.
- Tear it off and attach to the bag.
- Leave your bag in our bag drop area at the information marquee.
- Collect your bag after the race.



TOILETS

For this event we will be using the toilets within the London Stadium- these can be accessed through gates 5. Please note this a 5minute walk from the junior event village.

If you live locally we recommend using toilets at home.





WARM UP & RACE START

We will have a warm up in the Junior event village at the community track 10 minutes prior to the start of the junior race.

From here, we will call out runners lined up and ready to run. Please listen out for and follow our MC and marshal instructions ahead of your race.

The race will start by the West Ham Stadium Store [HERE](#)

DURING THE RACE

The race will start outside the stadium, next to the junior event village.

Parents/ guardians are more than welcome to join in, or meet back up at the finish line on the community track.

There will also be plenty of marshals and directional arrows to keep you going all the way to the finish.

Please also be aware that we will have a safety bike ahead of the lead runner to prevent any collisions. They will be vocal when needed so be sure to listen out for any additional instructions.



THE FINISH LINE

The race will finish on the athletics track [HERE](#), please note this is a separate location to the adult races.

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.

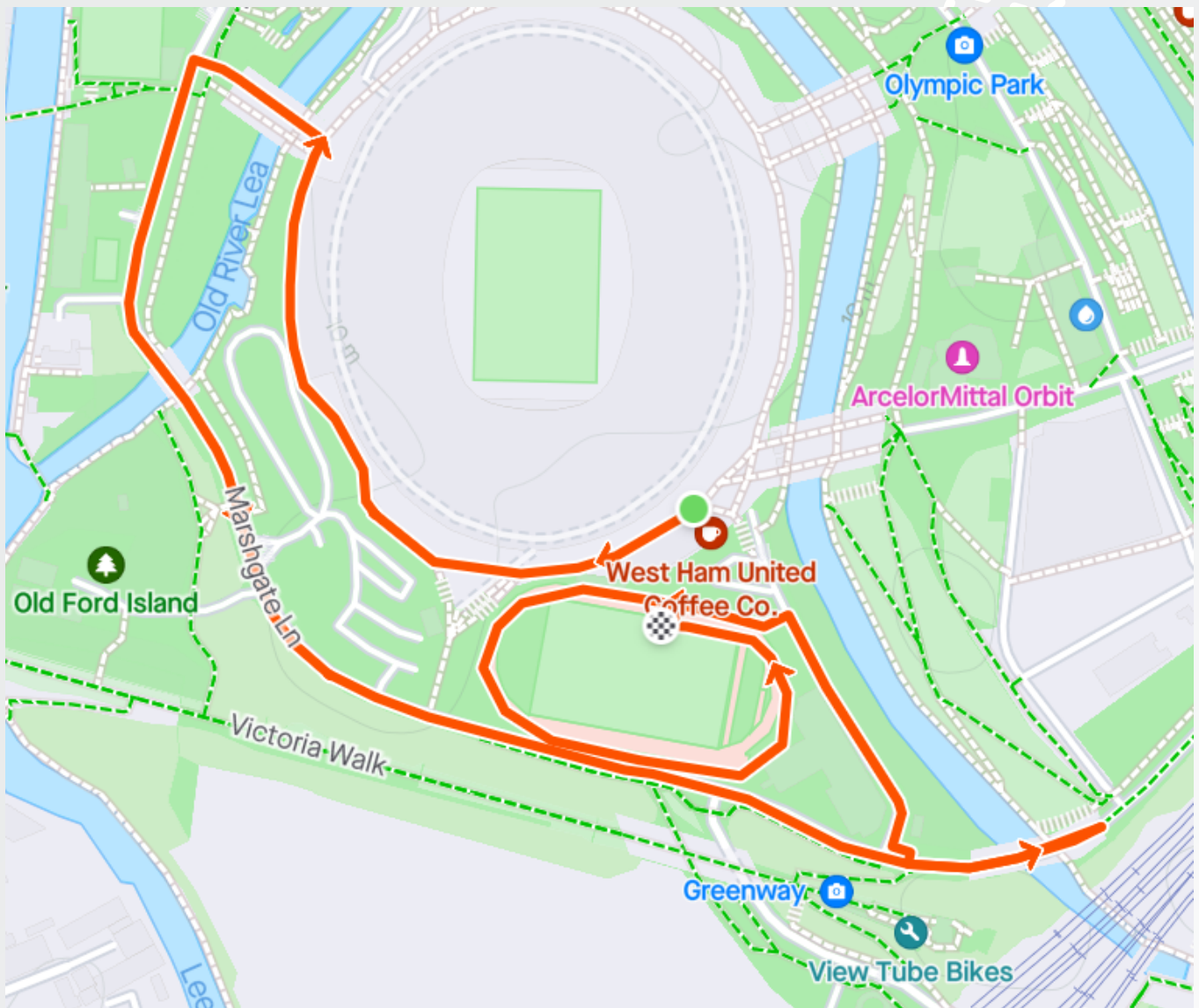
AFTER THE RACE

All kids will be kept within a penned off area at the finish line until a Parent or Guardian is present.

All supervising adults will have been issued a wristband at check in. The wristband is to be worn by the parent/guardian throughout the event and will permit access to the child collection area.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

COURSE MAP



[CLICK FOR JUNIORS INTERACTIVE MAP](#)

TRAVEL

Address: West Ham Stadium Store, Stadium, Sidings St, 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.



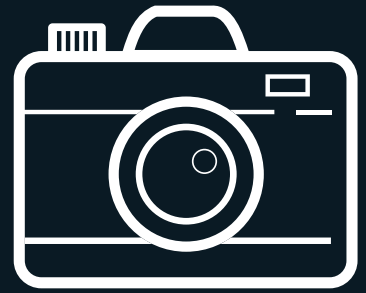
what3words

If using the app What3Words, use the words [///hurray.mole.comb](https://www.what3words.com/hurray.mole.comb) for exact junior event village location

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

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**

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 as Female, or Open (All male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

Any age

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

No, everyone is welcome, walking, buggy running and sprinting is all encouraged!

Will there be a water station on the course?

There won't be a water station on the juniors course, however there will be water waiting for you at the finish. We advise bringing your own to keep your child hydrated pre race.

When will I get the add on RTKit I ordered with my child's 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 community track 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?

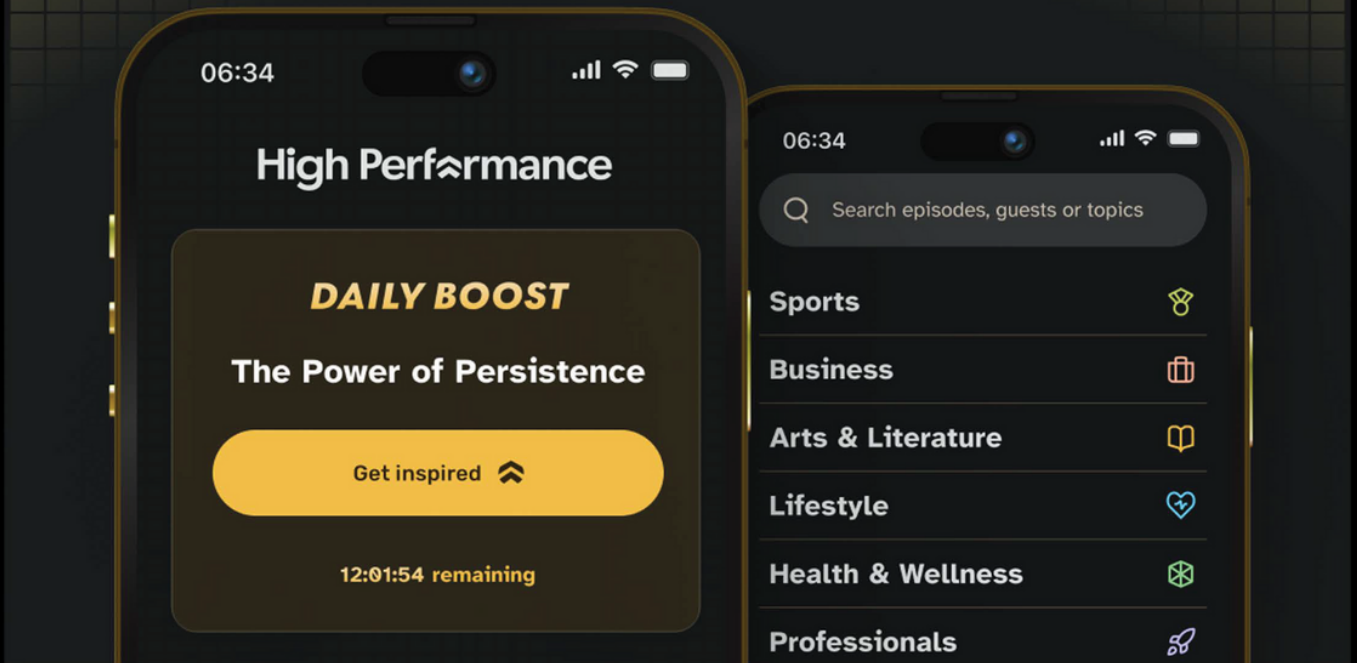
There will be prizes given out to the winning boy and girl as they cross the finish line. Every child will be rewarded with a medal and post race goodies!

Be sure to check out our podium and photo wall to get your celebratory pictures!

When in doubt, keep an eye out for our big blue Junior flags! These will be at the start and finish of the race.

Please don't hesitate to ask our marshals any questions you may have on the day. You will be able to spot our event managers in blue high viz!

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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





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](#)

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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





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

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✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

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**FOR RUNNERS OF ALL
ABILITIES**

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MORE**

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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!




RunThrough



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