

EVENT GUIDE



2016

2015



Battersea Park 5k & 10k Saturday 13th April 2024



Your Race Experience

P3

Welcome



P4

Arrival



P6

Race Pack Collection



P8

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P11

The Course



P13

Finish Goodies



P14

Top Flight



P16

Run For Charity



P17

Results & Photos



P18

RTKit



P19

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

JOE



KATIE



KIRSTEN



LAURA



TRAVEL

Address: Battersea Park Bandstand, SW11 4NJ

There will be a RunThrough Top Flight race starting at 9am, if you're entering the park and making your way to the event village after 9am, please be aware of the race that is taking place and follow marshal instructions to ensure you don't stray onto the course. - Find out more about our Top Flight race [HERE](#).

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

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
///crash.tones.rooms for exact event village
location*

**See park map
HERE**

**Use TFL to plan your
journey HERE**



TEST THE LATEST NIKE SHOES IN BATTERSEA

Look out for the SportsShoes x Nike trial van



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

www.sportsshoes.com



Race Pack Collection

Start Times:

Top Flight - 9:00am
5k - 9:30am
10k - 9:34am

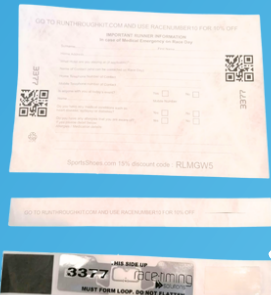


Race Pack Collection Times:

Top Flight - 7:30-8:30am
5k - 8:00-9:00am
10k - 8:00-9:00am

- ****IF YOU'VE ENTERED PRIOR TO THE 29TH 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](#)



Included:

Bib number

Baggage Label

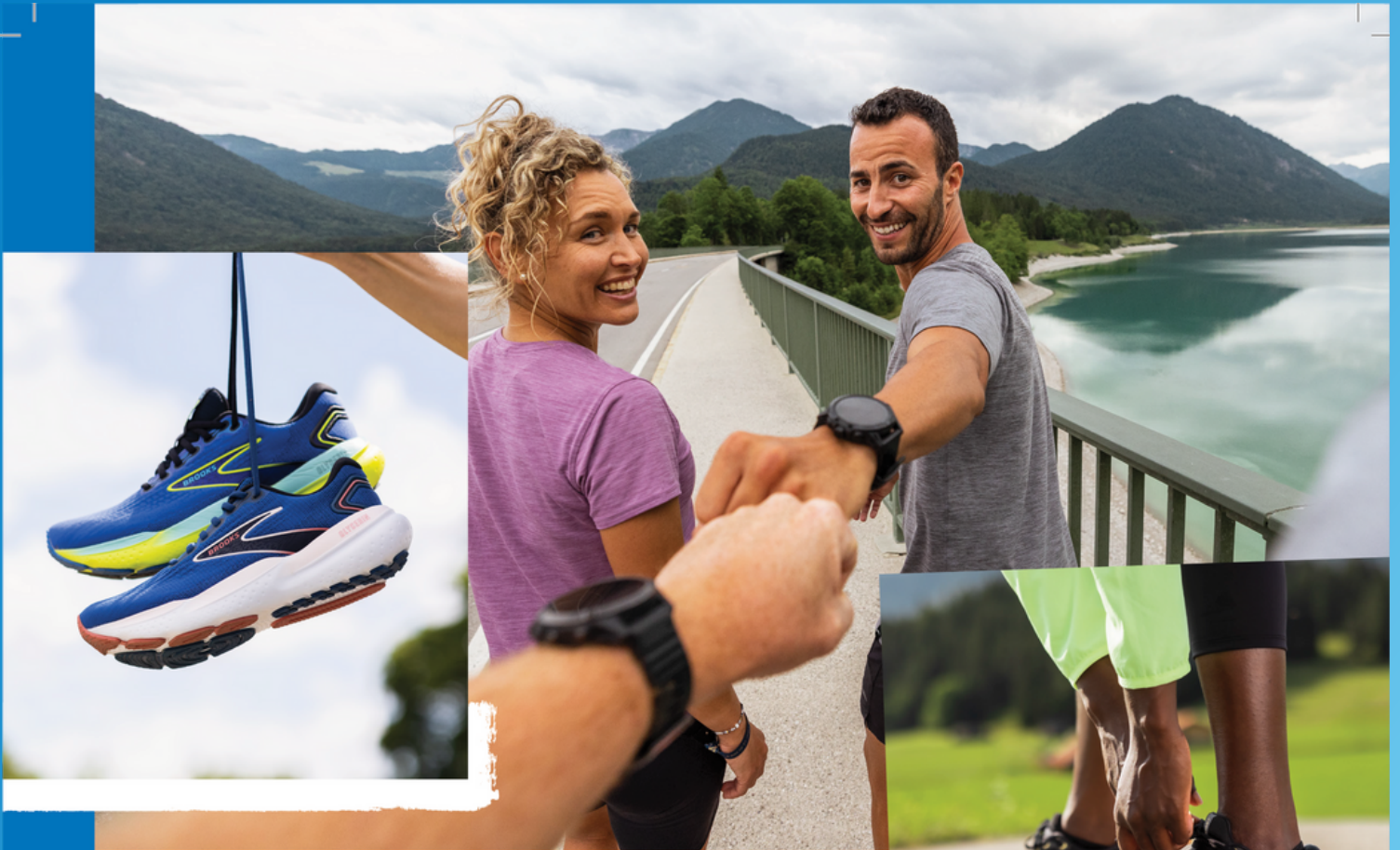
Timing Chip



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](#)





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

SPECTATORS

COFFEE

Spectators are more than welcome!

There will be a coffee vans located in the event village and The Pear Tree Cafe located in Battersea Park will be open and serving food all morning.

We recommend arriving early to watch the Elite Top Flight race prior to the mass races.

TOILETS



There will be portable toilets available within 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.



RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF
ALL ABILITIES

FOUNDED BY



FIND OUT MORE



WARM UP & RACE START

15 minutes prior to the 5k, all 5k & 10k runners will be gathered in the event village and walked to the start line together.

There will be a warm up held at the start area before the mass races, from here runner will be called to line up in pace order. (There will be no organised warm up for the Top Flight race.)

Due to the nature of this course we will be calling the mass 5k & 10k runners to the warm up area ahead of the mass 5k race at 9:30am to ensure the running route is clear and safe.

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

DURING THE RACE

There will be marshals all around the course. For the 10k, green KM signs will be around the course from 1-9. For the 5k & Top Flight 5k, please be aware to look out for red KM signs 1-4.

The 10k is 4 laps and the 5k is 2 laps of the course.

Due to the nature of a lapped course we ask that you remain to the left 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 on your right and ensure not only the safety but allow for the best experience throughout the race.

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 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 on each lap of your race.

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.



GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

RT2414

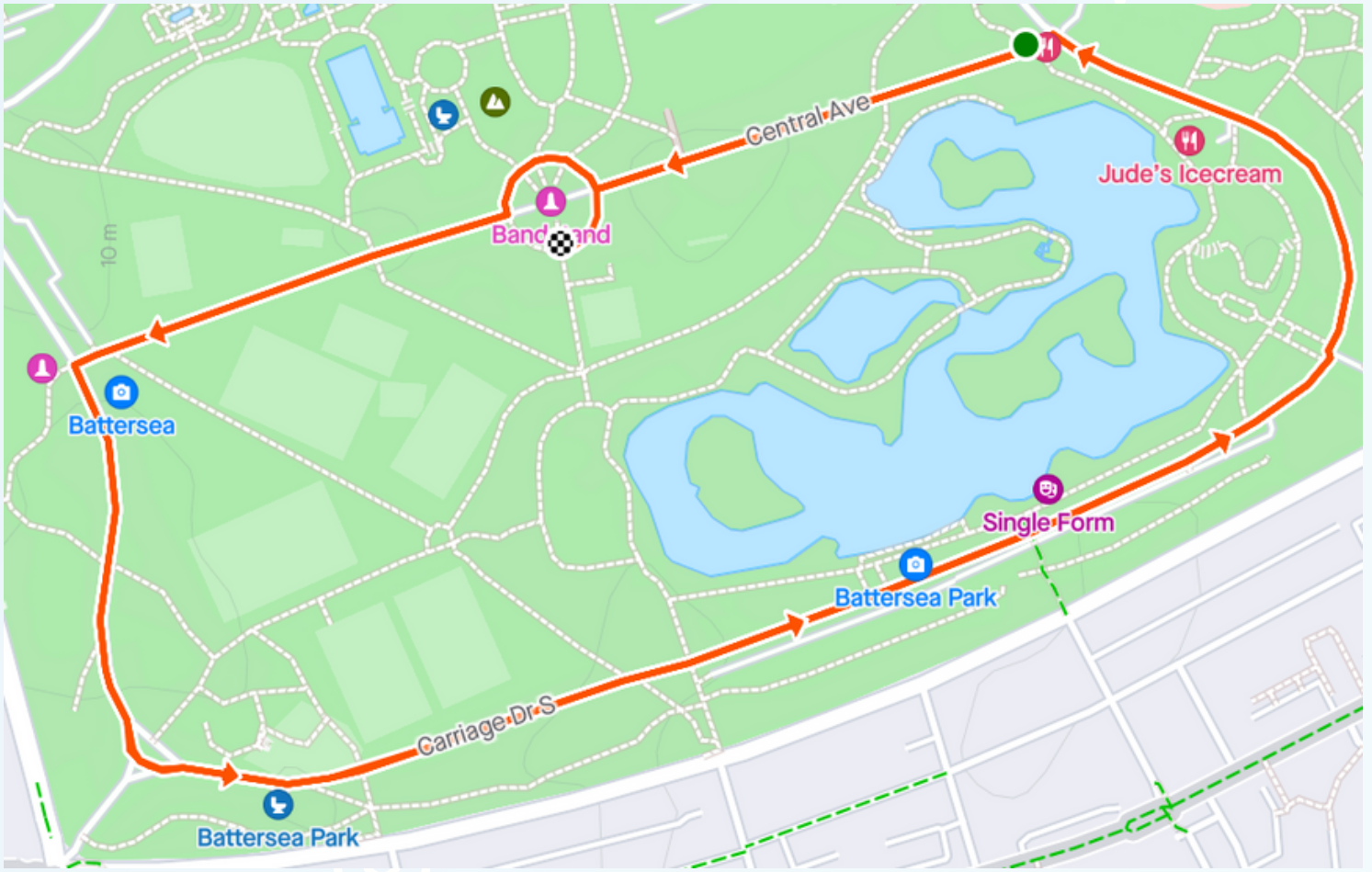
The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 14.04.24

COURSE MAP



[CLICK FOR 5k INTERACTIVE MAP](#)

[CLICK FOR 10k INTERACTIVE MAP](#)

+ 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.



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**

FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE
INGREDIENTS



TRY OUR FLAVOURS



20% OFF
your next  order

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

EVENT DETAILS

Start Time: 9:00am

Entry Standards: 16:00 men / 17m30 Women

Please email info@runthrough.co.uk with your power of 10 or recent race result if you would like to switch your mass entry to the Top Flight Race.

Elite entries are still available- [HERE](#)

SCORING & PRIZES

The winner of Battersea 5k receives 25 points, the second-place finisher 18 points, with 15, 12, 10, 8, 6, 4, 2 and 1 points for 3-10th towards their Top Flight Races series points total.

Cash Prizes will be awarded to:

Race Winner: £200 (Any time)

All performances under qualifying time of Sub 14m15 (M), 15m45 (W)

1st £250*, 2nd £200, 3rd £175, 4th £150, 5th £125, 6th £100, 7th £75, 8th £50

*in addition to race win = £450 total

Course Record Bonus - £200

UK Leading Time - £200

RunThrough Record - £500

Top Flight by RunThrough is a 12 Race Series across the UK with Elite Prize Structure per race and for an overall series (3 to count) to support top flight athletics in the UK, provide a new high level competition platform and to reward excellent performances.

See Full prize structure [HERE](#)

GET INVOLVED

Keep up to date with who's entered, who's scoring and find out more about all the Top Flight Athletes in the pre race show!

You can also watch the Live Stream of the race, to never miss a result!



@RunThroughTV



@TopFlightRaces

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





gofundme™

Make your place count!

**It's never too late to start fundraising
for a charity of your choice!**

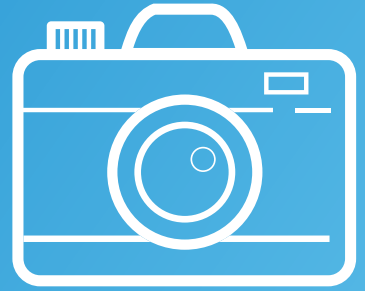
Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

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

Start a GoFundMe

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 South Facebook Page](#).



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



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 of race credit to be used on 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?

5k-11, 10k-15

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

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 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 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 on each lap.

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 Stall on the day. Please have your email confirmation ready to show to our staff.

Where should I park for the event?

There is parking on site, if parking on the surrounding roads please use parkopedia.com to find somewhere suitable for you as spaces can be restricted on race day. We recommend using public transport where possible.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. 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 day for the top 3 male and female participants in the Top Flight Race. 1st in each age group and the mass races can expect an email reward in the week following the race. There will also be prize money aligned with our Top Flight structure which can be seen [HERE](#). Check out our podium and photo wall to get your celebratory pictures!



**Supported
by...**



SPORTSSHOES.COM

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