

EVENT GUIDE

Lee Valley Velo Park Races
1mile, 5k, 10k, 10mile & Half Marathon
Saturday 20th April 2024



Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P11

The Course



P11

Finish Goodies



P13

Run For Charity



P15

Results & Photos



P16

RTKit



P17

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

JESS



ABBY



OTIS



TRAVEL

Address: Abercrombie Road, Queen Elizabeth Olympic Park, London, E20 3AB

We strongly recommend travelling by public transport to Lee Valley VeloPark, allowing plenty of time to get to the venue.

By Rail

Nearest station/tube: Stratford / Stratford International Lee Valley VeloPark is a 20-minute walk from both stations.

Stratford station is served by:

Underground: Jubilee and Central Lines

Docklands Light Railway (DLR)

National rail: Abellio Greater Anglia for services to Liverpool Street, Essex and East Anglia

London Overground services

Stratford International station is served by:

Docklands Light Railway (DLR)

National Rail: Southeastern High Speed 1 services to St Pancras International

By Bus

Several bus routes connect to Stratford and Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near Lee Valley VeloPark.

By Taxi

If you wish to depart from Stratford or Stratford International using a taxi then Westfield Stratford City has the Stratford City Cars Taxi Lounge located outside Waitrose on the lower ground floor (near car park A).

By Car

Car parking at Lee Valley VeloPark is limited, we strongly advise travelling by public transport, however if travelling by car is essential, blue badge holder spaces are available.

You will get 4 hours free parking, but you will need to ensure you put your car registration in the designated machine on arrival. This machine is located in the finish tunnel, where you collect your post-race goodies, please be sure to access this to avoid a fine. (This will be signed and made clear on arrival)

Should you wish to stay longer, you can pay for up to 3 extra hours.

Please follow the signs to the parking machines and follow the instructions on the machine, otherwise you will receive a fine. You can also park at Westfield next to the Stratford international train station.

By Bike

There are cycle routes connecting Lee Valley VeloPark to local residential areas as well as the cycle routes through Queen Elizabeth Olympic Park. Bike racks are available at the venue.

On Foot

There are good pedestrian links to Lee Valley VeloPark from Westfield Stratford City, Hackney and Leyton.



what3words

**If using the app What3Words, use the words
///winks.artist.mass for exact event village
location**

[Visit Lee Valley Velo Parks Website](#)

[Use Transport for London to plan your route HERE](#)

Race Pack Collection

Race Pack Collection Times:

Half Marathon – 8:15 – 9:00am
10 Mile – 8:15 – 9:15am
5k – 8:30 – 9:30am
Mile (+ Kid's Race) – 8:45 – 9:45am
10k – 9:00 – 10:00am

Start Times:

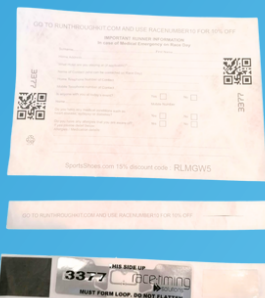
Half Marathon – 9.30am
10 Mile – 9.45am
5k – 10am
Mile (+ Free Kids) – 10:15am
10k – 10:30am

As there is a strict 3 hour cut off for the Half Marathon, we ask that those targeting a 3 hour finish time please notify staff and we will arrange an earlier start time of 9am for you.

733

- 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.

[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](#)



Step 1



Step 2

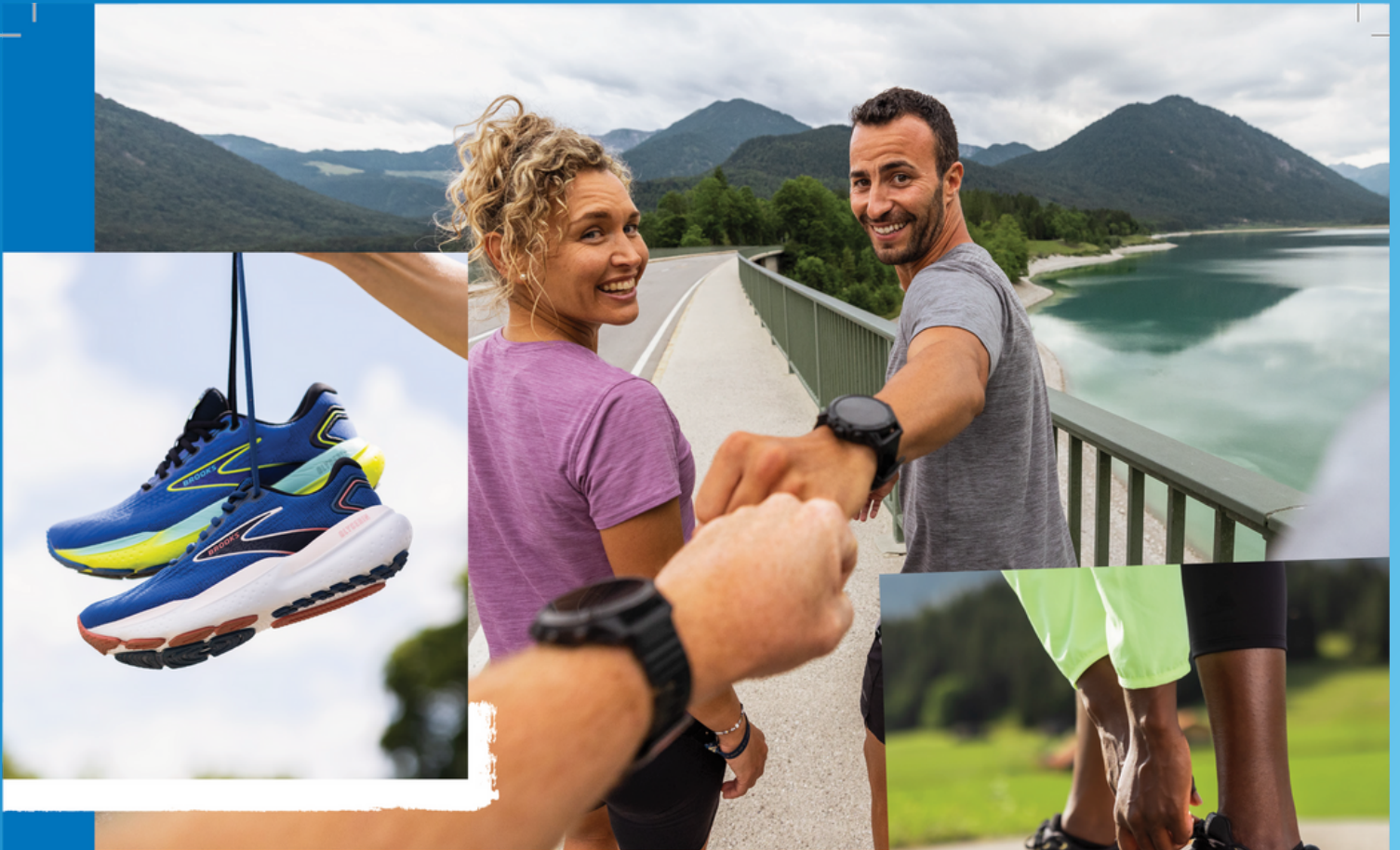


Step 3



Step 4





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 ✓ DOGS ✗

The Cafe within the Velodrome will be open and serving hot food and drinks, they will be offering a 15% discount to all runners.

Spectators can watch the race from the Event Village and Balcony, but won't be permitted on the race track itself.

Please note that dogs are not allowed in the event village and race tunnel. Dogs are allowed on the upper deck.

TOILETS

For this event, the Lee Valley VeloPark toilets will be available for use.

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 an informal bag drop in 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 room.
- Collect your bag after your race.



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ALL ABILITIES

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Terms & Conditions apply. See website for details.

Code valid until 21.04.24



WARM UP & RACE START

We will have a short warm up approximately 10 minutes prior to the start of each race, at the race start lines.

Please listen to the announcements in the Event Village as some of the races start a short walk away.

From the warm up's, we will call out estimated finish times to get all runners lined up and ready to run.



DURING THE RACE

We will have marshals all around the course as well as motivational signs.

The course is a closed off 1 mile loop. You will complete 3 laps for 5k, 6 for the 10k, 10 laps for the 10 mile and 13 for the half marathon.

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 your safety but allow for the best experience throughout the race.

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 drinks to stay hydrated in the lead up to the event. Should you wish to refill any bottles, there is a refill tap located by the start/finish line.



+ 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

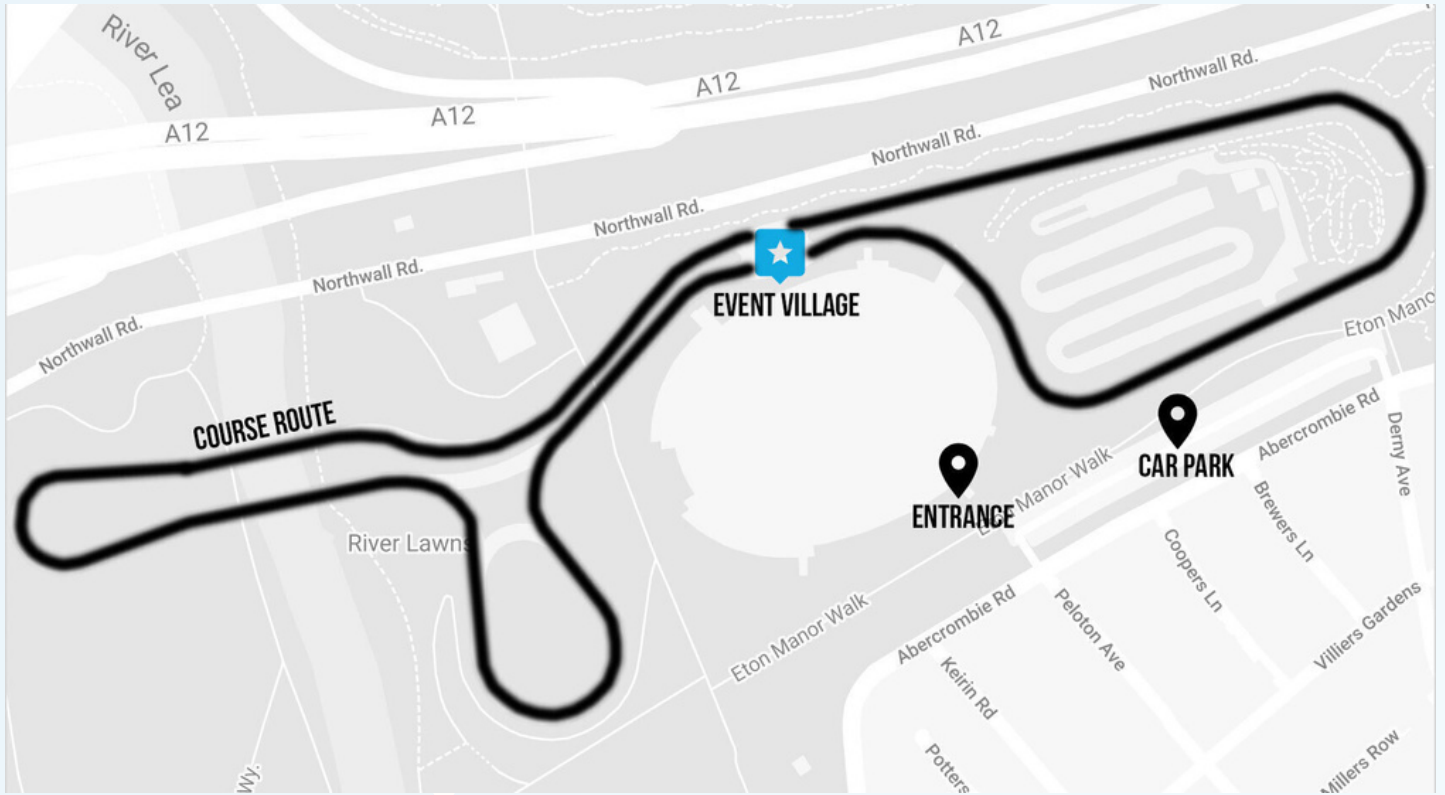
#nuunuk

#nuuniverse

#nuunhydration

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

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

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



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



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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
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Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY

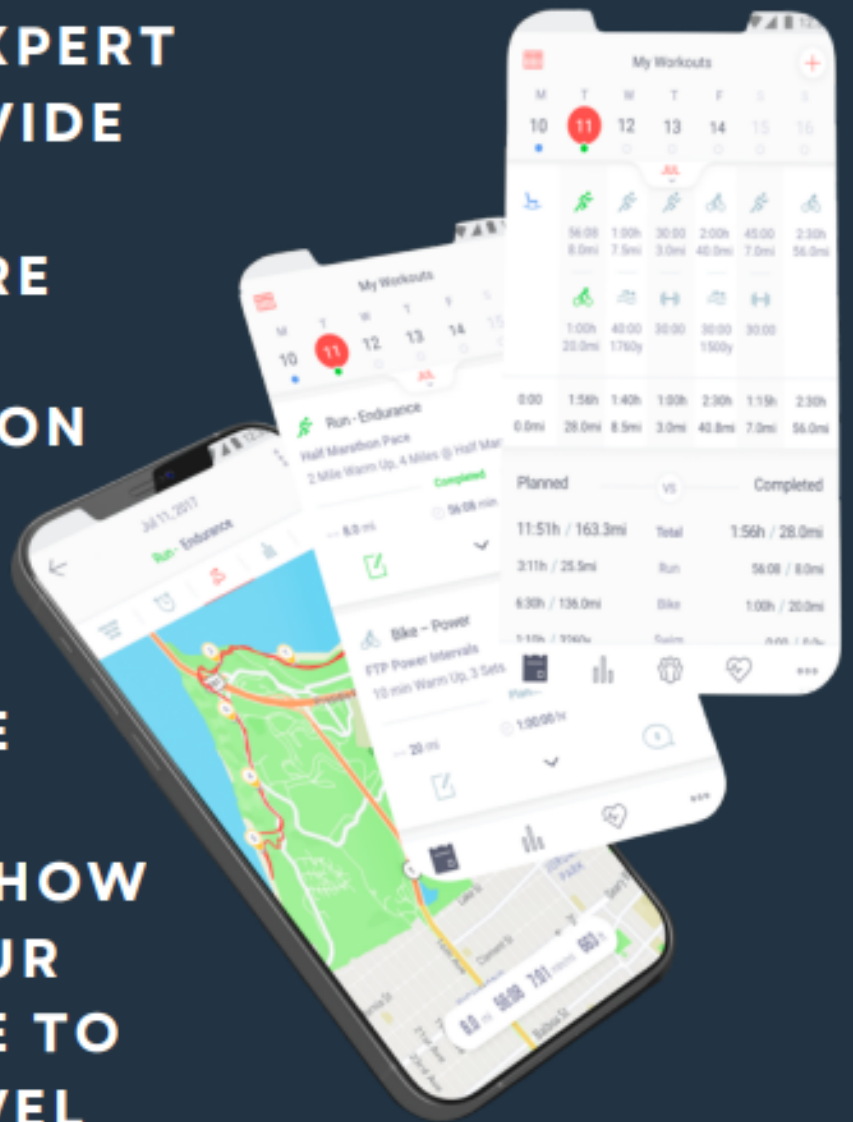


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

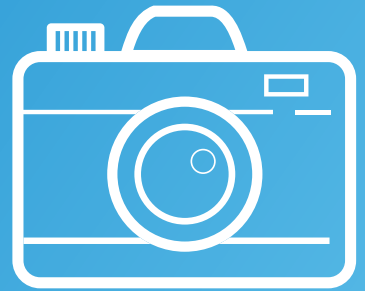
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 Twitter @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 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.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 £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 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?

Kids Mile-any age | 5k-11 | 10k-15 | HM-17

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, 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 on each lap.

Am I allowed to wear headphones?

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?

We highly recommend using public transport where possible as parking on site is limited.

Where is the best place to spectate?

Spectators can watch the race from the Event Village and Balcony, but won't be permitted on the race track itself.

Will there be a prize giving?

The top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200-1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

5k Men's Sub 14:30, Women's Sub 16:00mins

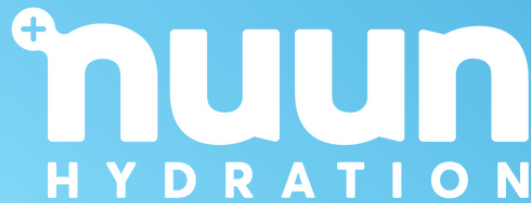
10k Men's Sub 30:30 mins, Women's Sub 34 mins

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!



**Supported
by...**



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