

# EVENT GUIDE



**Crystal Palace**  
**5k, 10k, Half Marathon &**  
**Juniors**  
**Sunday 14th April 2024**



# 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

**LAURA**



**SAM**

**KIERAN**



**KIRSTEN**

**JOE**



# TRAVEL

**Address: Crystal Palace, Thicket Road, London SE19 2GA**

Nearest rail station: Crystal Palace

There are paid car parking facilities available close by, however 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.

**See parking options [HERE](#)**

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



what3words

If using the app What3Words, use the words  
[///arrive.ozone.beam](https://www.what3words.com/arrive.ozone.beam)  
for exact event village location



# Race Pack Collection

**Start Times:**

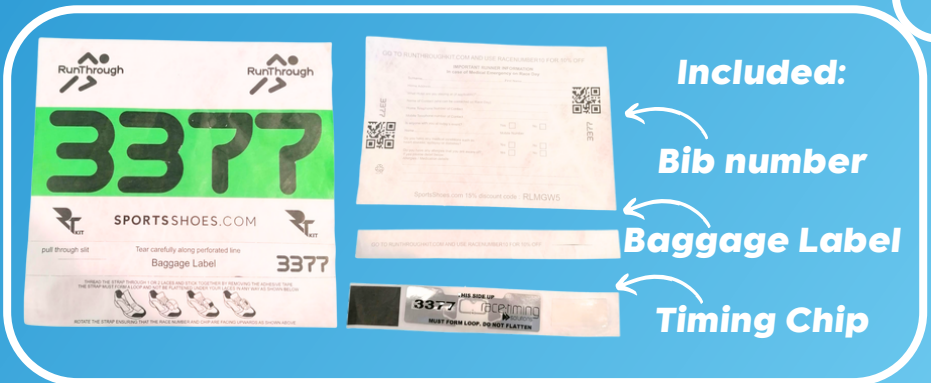
Half Marathon- 10:00am  
5k & 10k- 10:30am  
Juniors - 12:30pm


**Race Pack Collection Times:**

Half Marathon- 8:30-9:30am  
5k & 10k- 9:00-10:00am  
Juniors- 11:00- 12:00am

- 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\*\*](#)

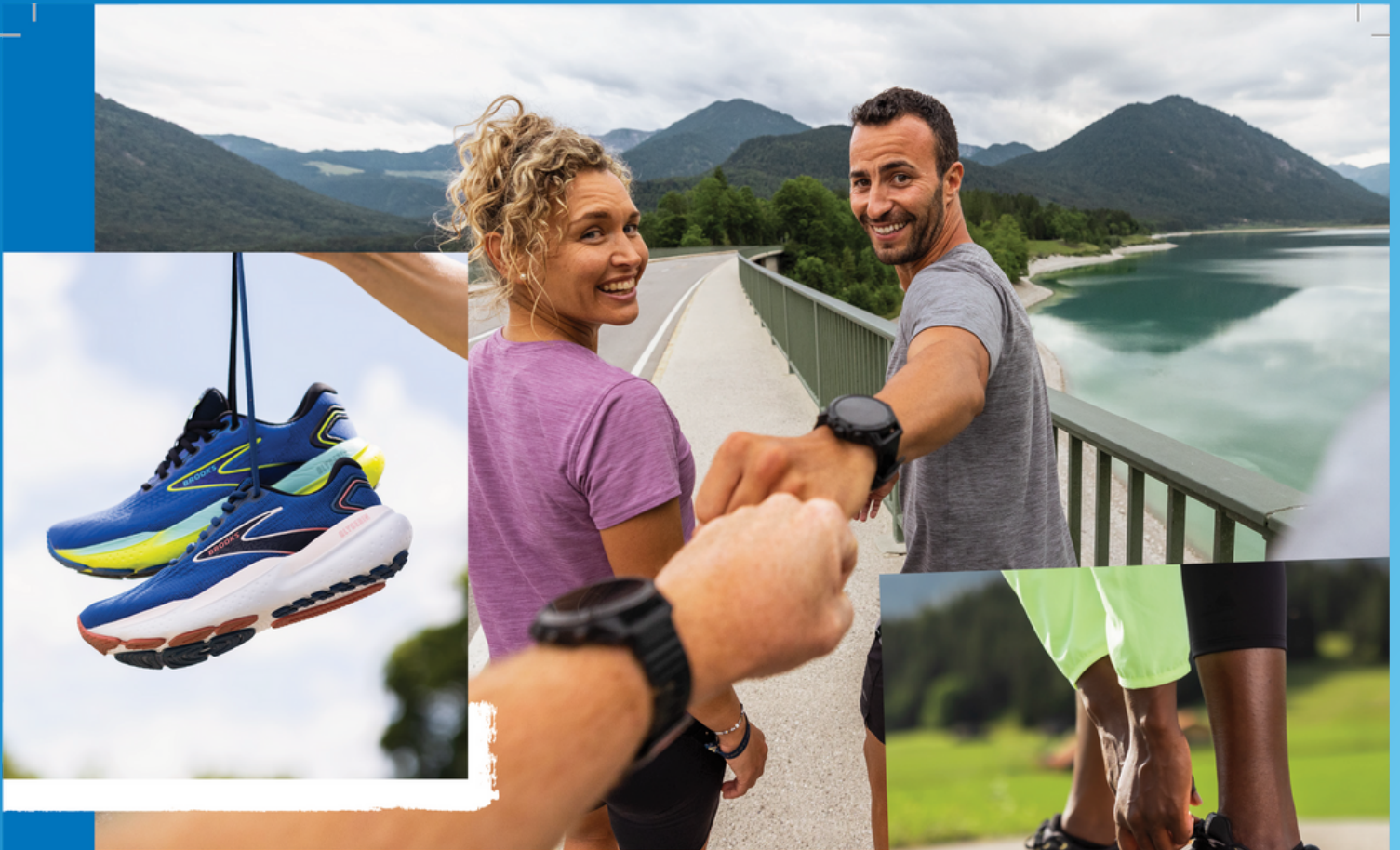




Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[\*\*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

There will be a coffee van located in the event village serving snacks and hot drinks.

## TOILETS



There will be portable toilets available within the event village.

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 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.

## RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FIND OUT MORE**

FOUNDED BY



# + 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

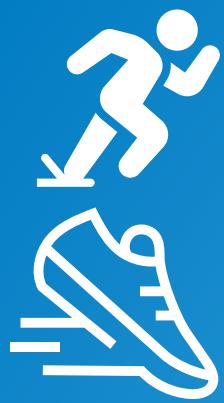
#nuunuk

#nuuniverse

#nuunhydration

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





## **WARM UP & RACE START**

We will have a warm up in the event village 15 minutes prior to the start of the race. From here, we will call out estimated finish times to get all runners lined up in waves and ready to run.

## **DURING THE RACE**

There will be marshals all around the course. For the 10k, green KM signs will be around the course in consecutive order from 1-10. For the 5k, please be aware to look out for red KM signs 1-5. The Half Marathon will follow mile signs 1-13.

The 5k is 1 lap, the 10k is 2 laps and the Half Marathon is 4 laps.

Please note some sections of the course are run on muddy grass and trail paths. We advise wearing trail shoes or trainers with good grip should the weather be bad, please take extra care in these parts.

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 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.

**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**RT2414**

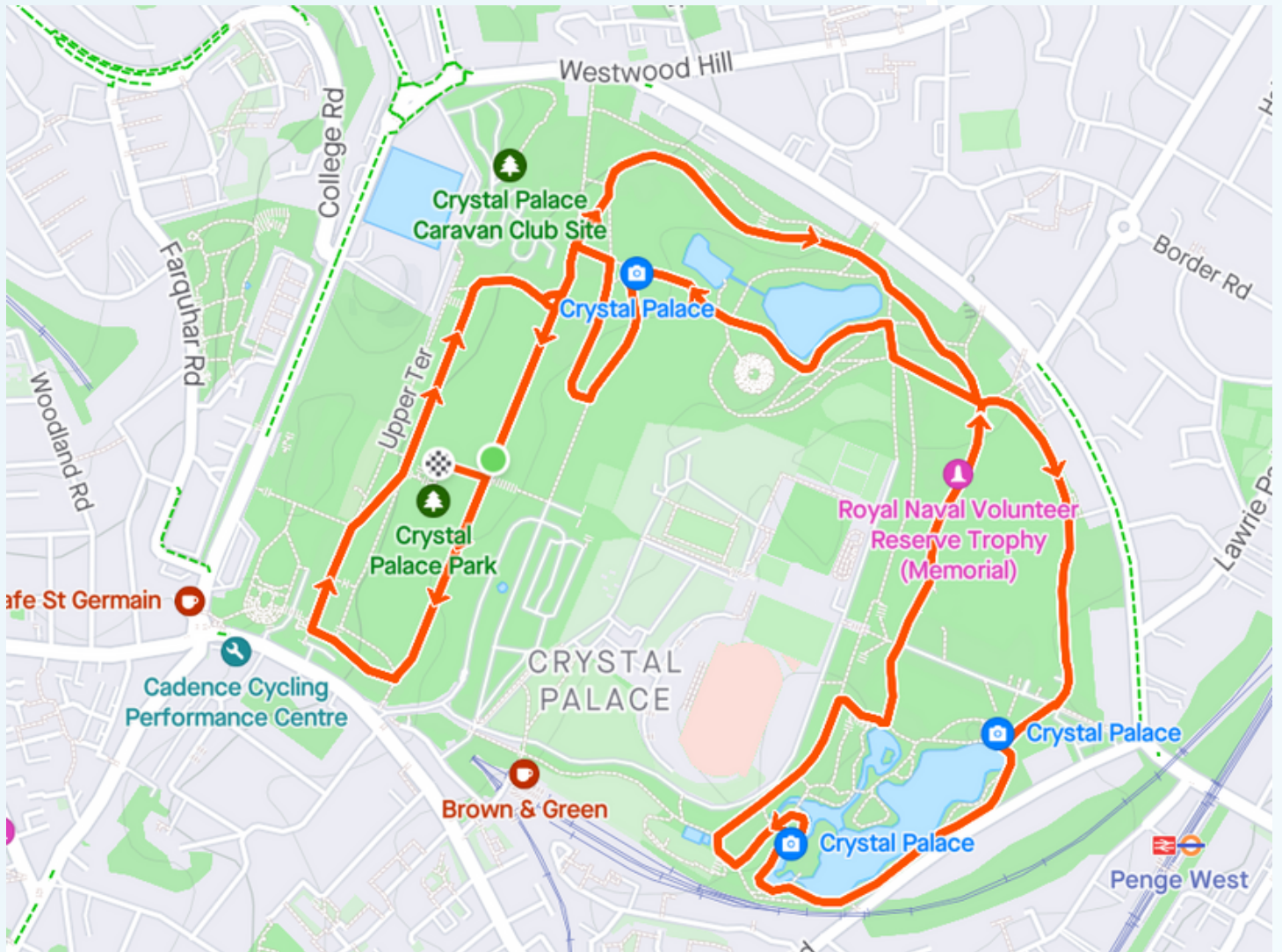
The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

**Code valid until 14.04.24**

# COURSE MAP



[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR JUNIOR RACE INTERACTIVE MAP](#)

[CLICK FOR 5K INTERACTIVE MAP](#)

# 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.



## 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 

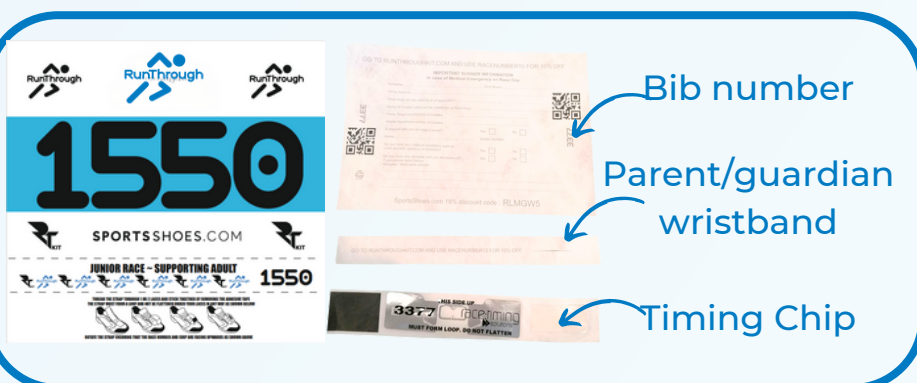
USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



# JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 11:45 and walk to the start together.
- The race will start at 12:00 and will follow a 1.5km loop around the park. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **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.**
- When in doubt, keep an eye out for our big blue flag!



# RUNTHROUGH TRAINING PLANS

POWERED BY



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

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

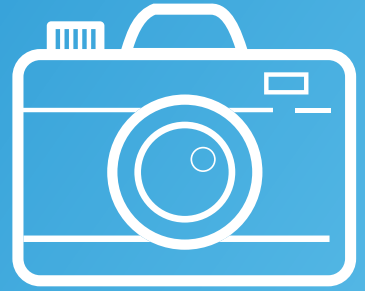
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 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!**

**Fill out the form with your event day shoutout requests!**



**RESULTS AVAILABLE AT  
WWW.RESULTS.RUNTHROUGH.CO.UK**





# 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**



**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](http://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 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?

Juniors-any age | 5k-11 | 10k-15 | HM-17

It's optional if parents want to join in the junior 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](mailto: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 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 distance?

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 which you will pass on each lap of your race.

## 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 Information 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 to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

## Will there be a prize giving?

The top 3 male and female participants and first 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

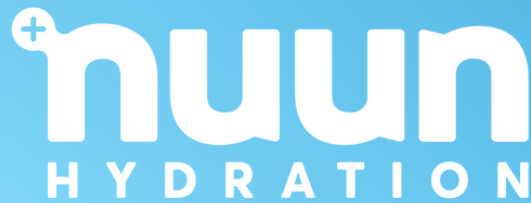
10k Men's Sub 30:30 mins, Women's Sub 34 mins

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...**



**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)