

# EVENT GUIDE



Gateley



**Gateley Chase The Sun  
Clapham Common 5k & 10k  
Wednesday 15th May 2024**

# Your Race Experience

P3

Welcome



P4

Arrival



P6

Race Pack Collection



P8

Bag Drop & Toilets



P10

Warm Up & Race Start



P10

During the Race



P13

The Course



P13

Finish Line



P16

Run For Charity



P18

Results & Photos



P19

RTKit



P20

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



**CHIMERE**



**KIRSTEN**



**EMMA**



**JESS**

# TRAVEL

Address: Mount Pond, Windmill Drive, London, SW4 9DE

Public transport is the best and easiest way to get to and from the Park – by train, underground, bus or bicycle.

## Tube:

The closest tube station to the event village is Clapham South (5 min walk) with Clapham Common (10 min walk) also in very close proximity. The event village is next to Mount Pond on Windmill Drive as per the map below.

## Train & Bus:

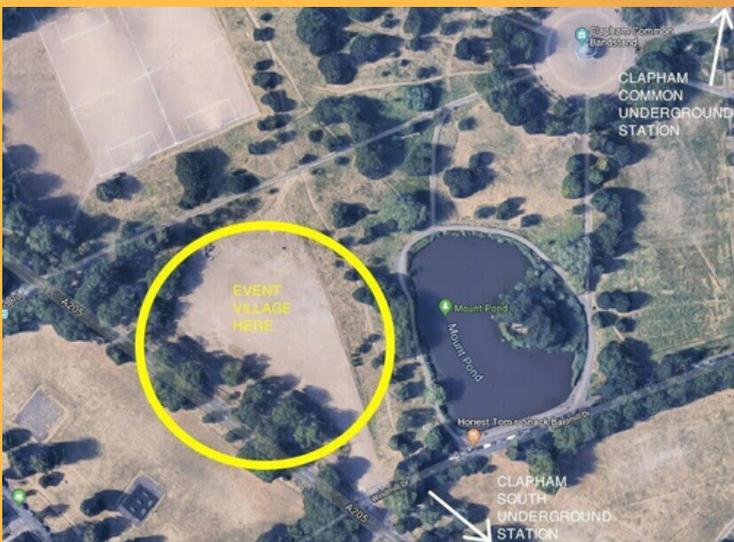
The Common is around 1 mile from Clapham Junction. So if you want to get the overground, you can then walk, jog or take the 35, 37 or 345 bus to the event village.

## Car:

There is no car park on site. If you park on the roads around the Common, you will need to check the pay machines and watch out for permit areas. You can find suitable parking options [HERE](#).

## 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**

**///clash.soaks.enable for exact event village location**

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

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# *Run your own race*

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advisers to people and  
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# Race Pack Collection

**Start Times:**

**7:00pm**



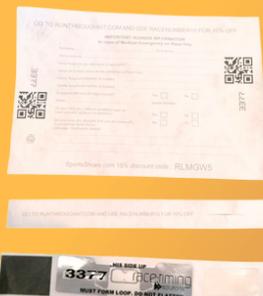
**Race Pack  
Collection Times:**

**5:30-6:30pm**

**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**

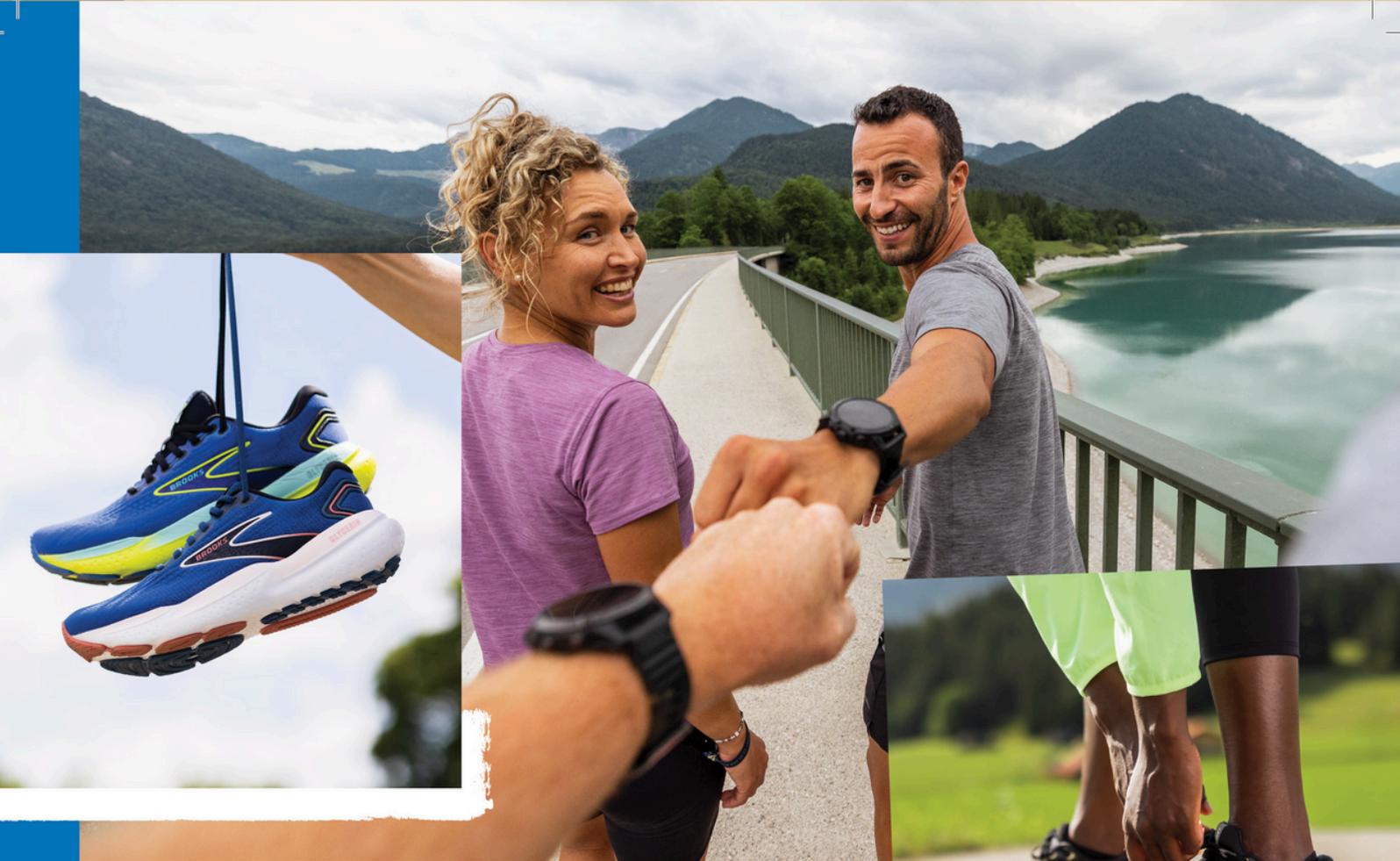
**Timing Chip**



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\*\*](#)





# 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

Honest Toms coffee van located in Clapham Common will be open and serving hot drinks, just a short walk from the event village.

## 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

FOUNDED BY



[FIND OUT MORE](#)

# <sup>+</sup>nuun

HYDRATION

Hydration starts here

**NEW!**



## SPORT



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

**LEMON LIME**  
NATURAL FLAVOURS AND COLOURS  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 5g) 50g e

## ULTRA



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

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 4.5g) 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.



## **WARM UP & RACE START**

We will have a warm up in the event village 15 minutes prior to the start.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

Both races will start together.

## **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, 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.



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**GET RACE READY**

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at

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**NVAL11E7CM9**

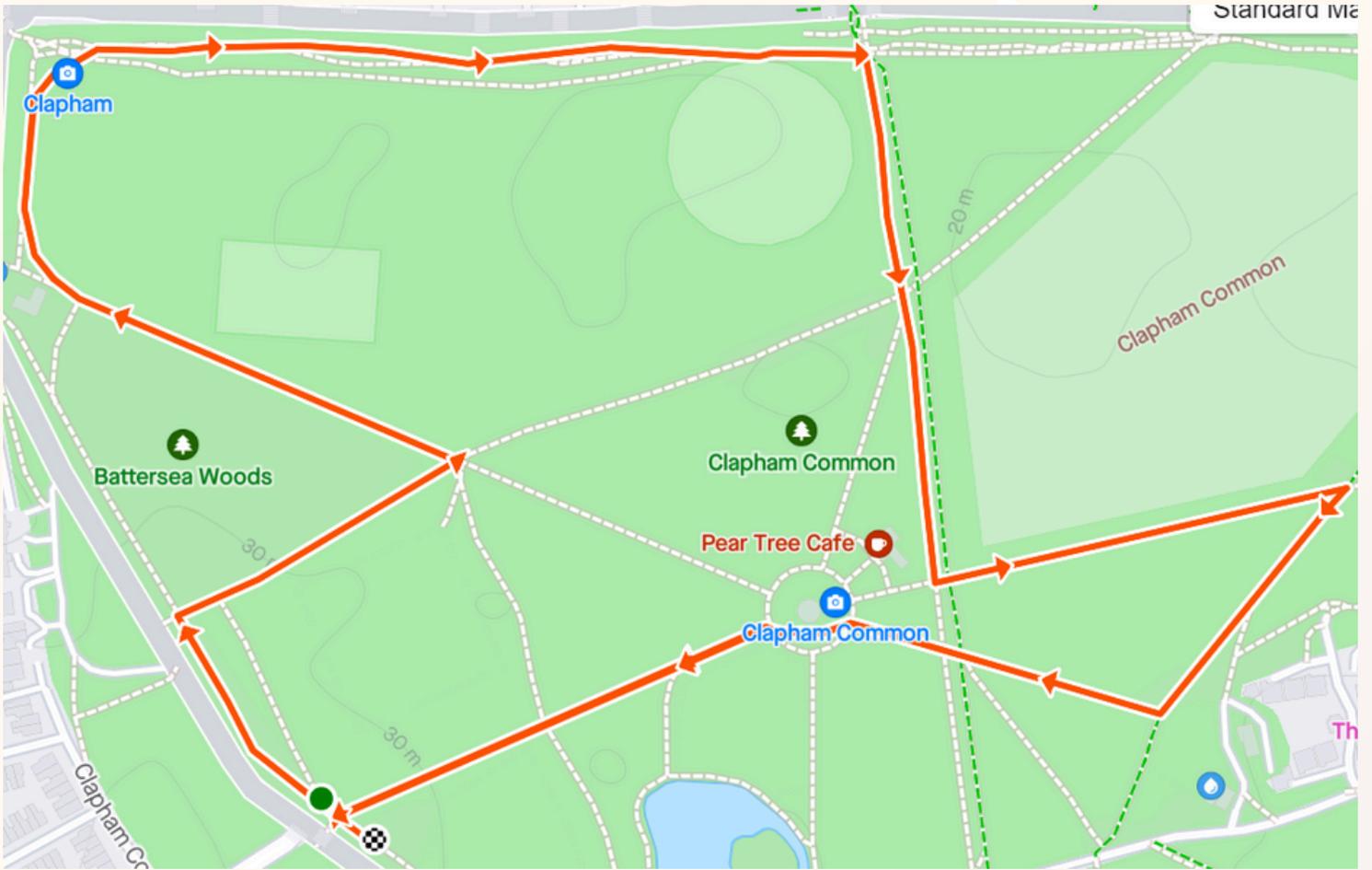
**The UK'S NO.1 Online Retailer for RUN.GYM.HIKE**

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 19.05.24**

# 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.



*Barebells*

**DELICIOUS  
PROTEIN BARS**



**20 GRAMS OF PROTEIN  
NO ADDED SUGAR**

# 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



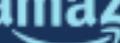
## TRY OUR FLAVOURS



## 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)



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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

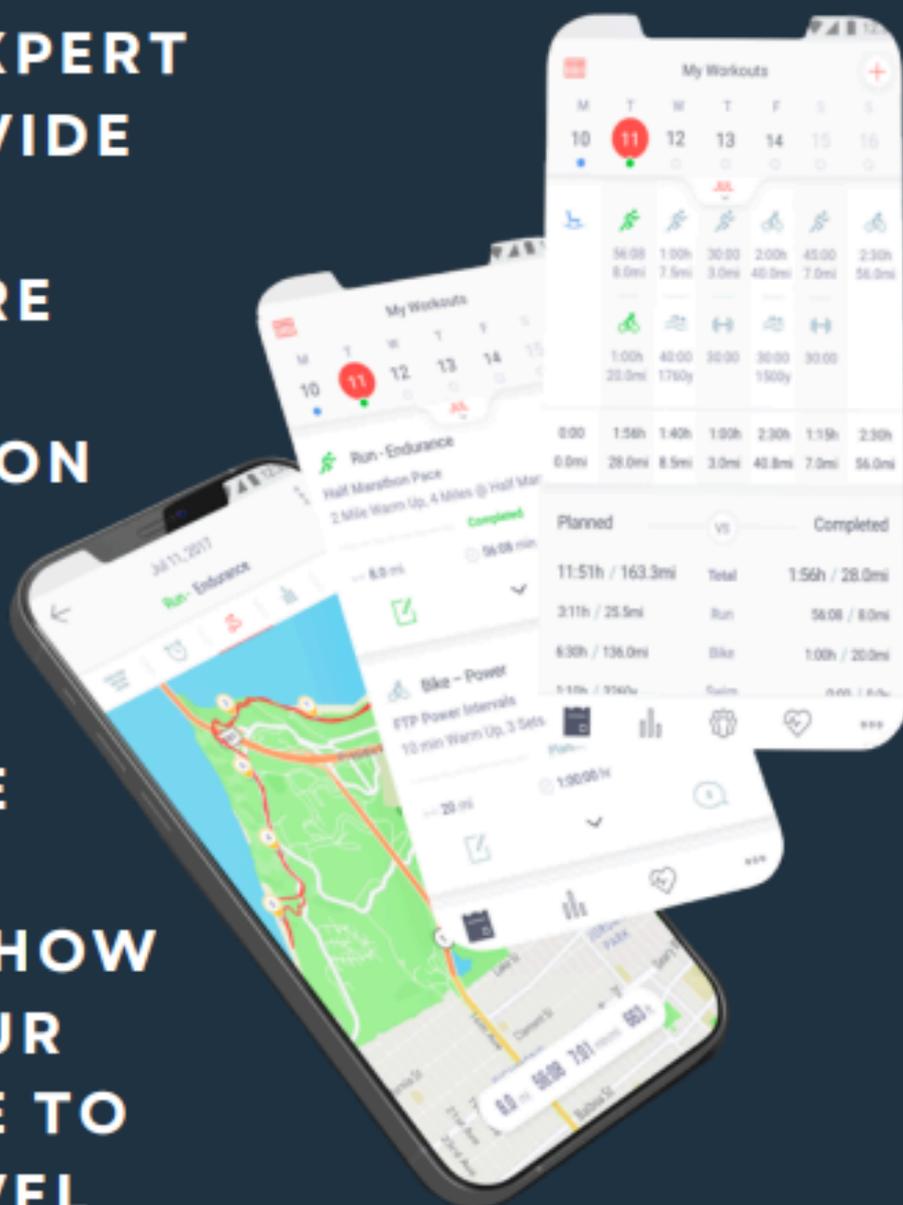
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

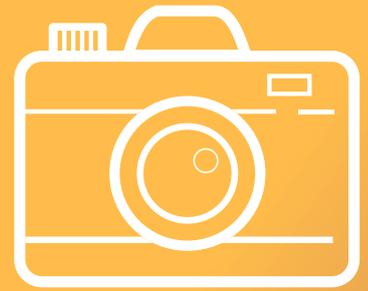
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 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](http://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 worth of race 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 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?

5k-11, 10k-15

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 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 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 should I park for the event?

There is no parking on site. If parking on the surrounding roads please use [parkopedia.com](http://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 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 no presentation on the day. The overall 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 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.

Check out our podium and photo wall to get your celebratory pictures!



RunThrough



Supported  
by...



**BROOKS**

Gateley

**nuun**  
HYDRATION

*Barebells*

**LOVE,  
CORN**

**gofundme**<sup>TM</sup>

**RUNNER  
RETREATS**

**NEW  
LEVELS  
COACHING**

**SPORTSSHOES.COM**