

# EVENT GUIDE

## Hampton Court Palace 10k Sunday 12th May 2024



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Better treatment. Better outcome.

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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

**LUCY**



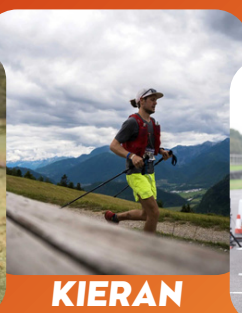
**CAOLAN**



**LAURA**



**KIERAN**



**LUKE**



**CHIMERE**



# TRAVEL

Address: Hampton Court Palace, KT8 9AU

**\*\* THERE IS NO PARKING INSIDE THE PALACE GROUNDS ON RACE DAY \*\***  
**we strongly advise using public transport and planning your journey in advance as there is very limited parking within walking distance from Hampton Court Palace.**

## By Train

35 minutes from London Waterloo – calling at Vauxhall, Clapham Junction, Earlsfield, Wimbledon, Raynes Park, New Malden, Berrylands, Surbiton and Thames Ditton before arriving at Hampton Court. Trains run every half an hour.

You could also get a train to Kingston and then a bus (111, 216 or 411) from there to Hampton Court Gardens, or a train to Richmond and the R68 bus to Hampton Court.

The service is run by South West Trains. Information on planned engineering works is on their website [Southwest Trains](http://SouthwestTrains.com).

Hampton Court is in Zone 6 and you can use Oyster Pay as You Go on trains to Hampton Court.

## By Bus

Bus routes from Kingston: 111\*, 216\*, 411\*, 461, 513.

From Richmond: R68\*

\*These services accept Oyster cards, LT cards, bus passes, Travelcards, Freedom Passes and Saver Tickets.

## By Taxi

Visitors arriving by taxi may be dropped off at the gates. There is a mini-cab firm at Hampton Court station for those wishing to go home by taxi.

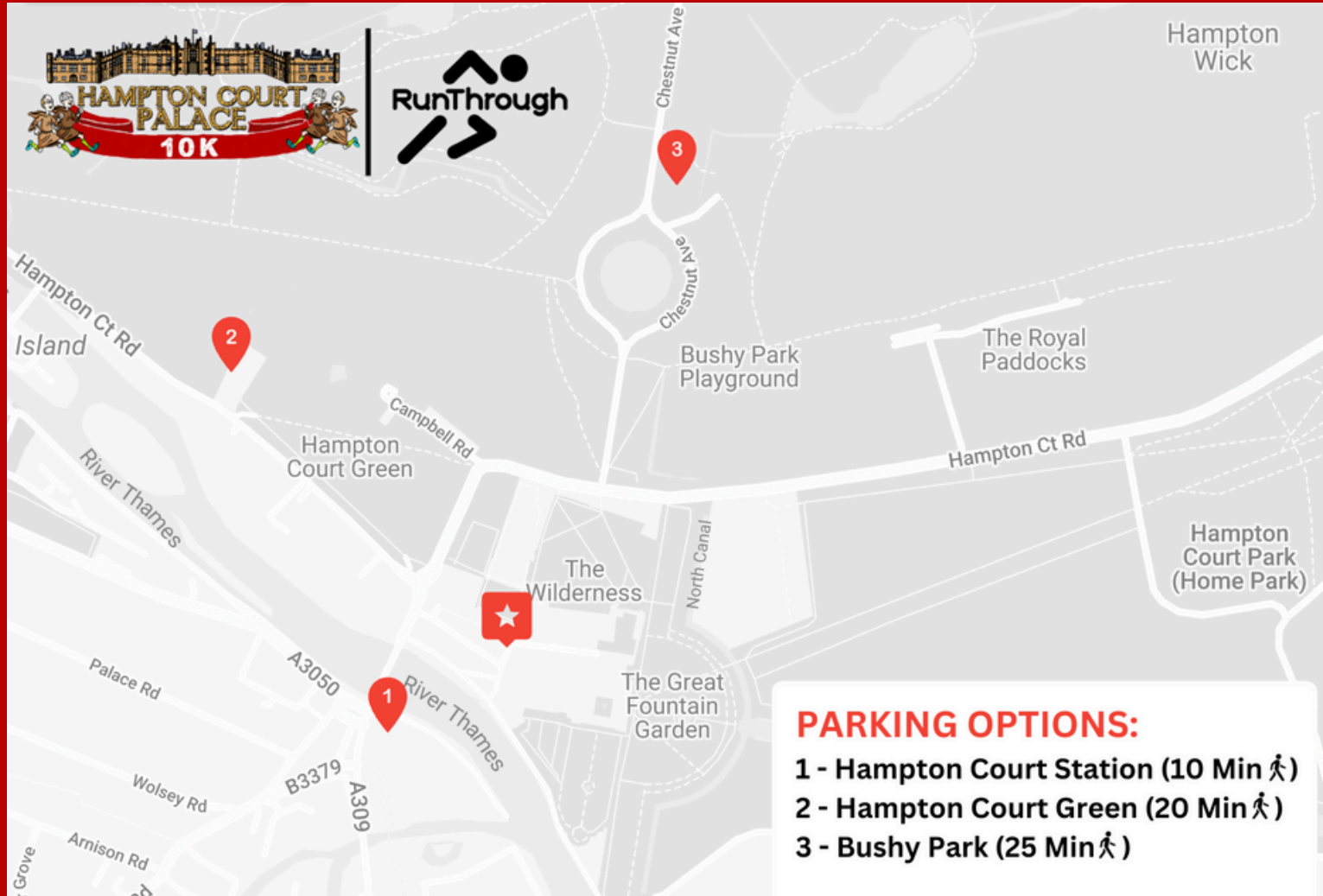
## By Car

The palace postcode is KT8 9AU

Hampton Court Palace is located on the A308 and is well signposted from all the major local roads; drivers should follow the brown tourist attraction road signs.

From the M25 take either exit 10 on to the A307 or exit 12 on to the A308.

The palace is also accessible via the A3 and then the A309.



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

**Use Transport for London to plan your route here.**

**Visit Parkopedia to find a suitable parking spot here.**

## Race Pack Collection Time:

7:30-8:30am

## Start Times:

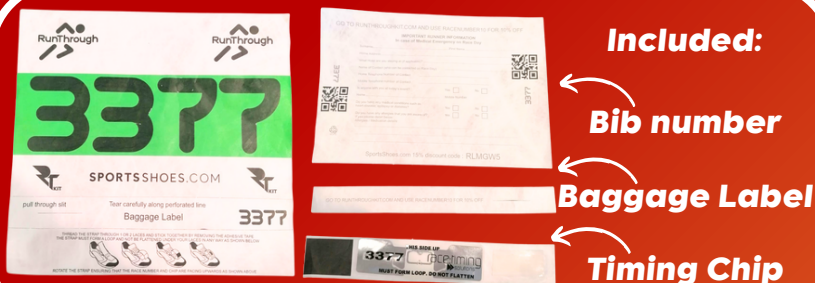
- Wave 1 = Sub 50 mins- 9:00am
- Wave 2 = Sub 60 mins- 9:05am
- Wave 3 = Sub 1:10 mins- 9:10am
- Wave 4 = Sub 1:30 mins- 9:15am

## RACE PACK COLLECTION

**\*\*IF YOU'VE ENTERED PRIOR TO THE 26TH APRIL YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***

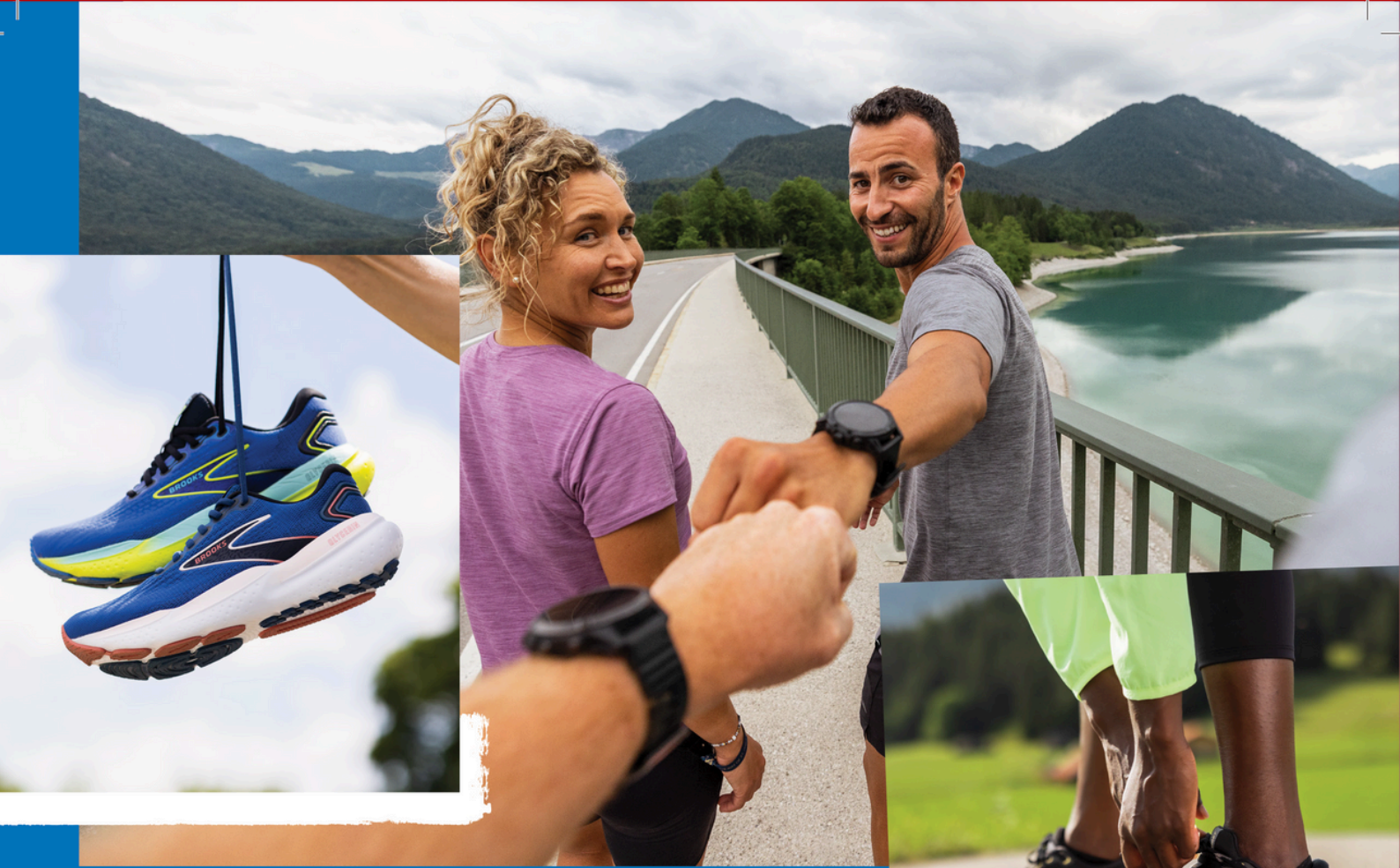
- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom 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](#)



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

# ARRIVAL & RACE START

Entry into the Event Village is via the Kitchen gate- please use the W3W- [///option.valve.bucked](#) to locate this entrance.

If arriving via bike, please dismount at the entrance to the grounds and walk your bike from here. We will have bike racks available by the bag drop marquee.

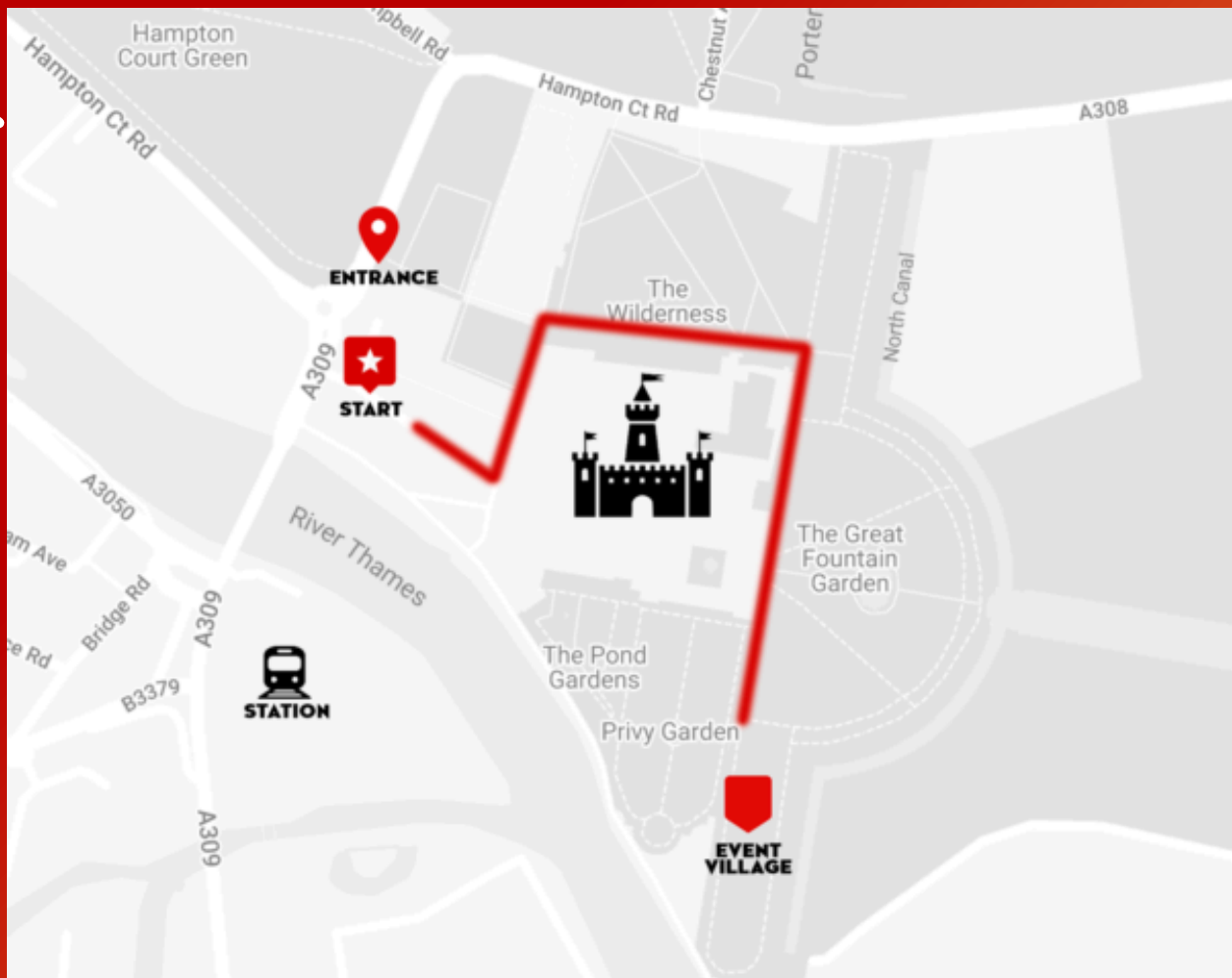
**Please note the Event Village is a 15 minute walk from the main entrance, and the start line is a further 15 minutes away, please arrive with plenty of time to drop your bags, use the toilets and get lined up to run.**

You will be set off in waves based on the estimated finish time. After the warm-up, each wave will be called to the starting pen where our marshals will guide you into a start formation.

The first runners will cross the line at 9:00am and you can expect each wave to follow shortly afterward in 5 minute intervals.



**THE EVENT VILLAGE IS A 15 MINUTE WALK TO THE START LINE. PLEASE GATHER IN THE EVENT VILLAGE UNTIL YOUR WAVE IS CALLED TO HEAD TO THE START.**





# TEST THE LATEST NIKE SHOES AT HAMPTON COURT PALACE 10K

Look out for the SportsShoes x Nike trial van



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

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



**SPECTATORS** ✓

**COFFEE** ✓

**DOGS** ✗

Spectators are more than welcome to come and support you during the race and see you at the start and finish within the palace grounds. Any spectators will need to arrive before 11am.

We recommend visiting the event village where we'll have stalls, refreshments and entertainment whilst the race is going on.

**Sadly dogs are not permitted in the event village or anywhere in the Palace grounds. Please inform any spectators that may be attending with you. We'd hate to turn anyone away!**

Please also be aware that if you would like to visit and take a tour of the inside of Hampton Court Palace, you will need to purchase a ticket on the official website [HERE](#).

## **TOILETS**



There will be portable toilets within the event village and a limited amount of venue toilets within the gardens between the event village and the start line.



## **BAGGAGE**

- Please limit the number of belongings you bring to the event.
- There will be a 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.

**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

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**WOYL8J75L**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 12.05.24**

## **DURING THE RACE**

The Palace 10k is a flat and picturesque course that starts and finishes inside Hampton Court Palace grounds.

**The second half of the race is off road, we advise wearing appropriate footwear for the conditions.**

There will be green KM markers along the course along with plenty of marshals and directional arrows to keep you going all the way to the finish.

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.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this section, just past the water station.

## **REFRESHMENTS**

There will be a water station just before the 5km point on the course please help yourself to this as you pass.

There will also be a bottle of water waiting for you at the finish line.

We recommend staying hydrated in the lead up to the event.



# <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.



## Course Map



Kington Bridge



Hampton Court Palace

Home Park

The River Thames

Start

Finish

Water Station

On Course Toilets

Course Music

Distance markers

Great for Spectators

[CLICK FOR INTERACTIVE MAP](#)

*Barebells*

**DELICIOUS  
PROTEIN BARS**



**20 GRAMS OF PROTEIN  
NO ADDED SUGAR**



## **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.



## **Event T-shirts!**

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

**[PURCHASE AN EVENT T-SHIRT](#)**





# 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 amazon order*

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

## RUNNER RETREATS



## RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF  
ALL ABILITIES

FOUNDED BY



FIND OUT MORE

# PROST8

Better treatment. Better outcome.

## Prost8 UK: official charity partner for Hampton Court Palace 10k

Prost8 is excited to have you as part of the team for the Hampton Court Palace 10K!

At Prost8, we are championing minimally invasive treatments for men with early-stage prostate cancer. Every single year about 12,000 men with less aggressive prostate cancer are given the same invasive treatments as men with advanced cancer. This leaves many men with unnecessary, life-changing side effects.

The funds you have raised will help us to improve access to these treatments by buying and installing focal treatment units in NHS hospitals across the UK, reducing the current postcode lottery. It is crucial to expand these options nationwide to ensure that men facing prostate cancer have equal access, ultimately saving their lifestyles.

Help us on our mission to change the 'one size fits all' approach and ensure men have the best treatment for their prostate cancer.

If you are running as part of #TeamProst8, we want to express our heartfelt thanks - your support is crucial for raising awareness and funds, allowing us to continue our work. Come along and say hello on the day - learn more about what we do by visiting us at our cheer station along the route. We look forward to seeing you there!

Want to run for us? There is still time to set up a fundraising page, [click here](#).

### Get in touch

To find out more about what we do, visit [prost8.org.uk](http://prost8.org.uk) or email [info@prost8.org.uk](mailto:info@prost8.org.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**

# RUNTHROUGH TRAINING PLANS

POWERED BY

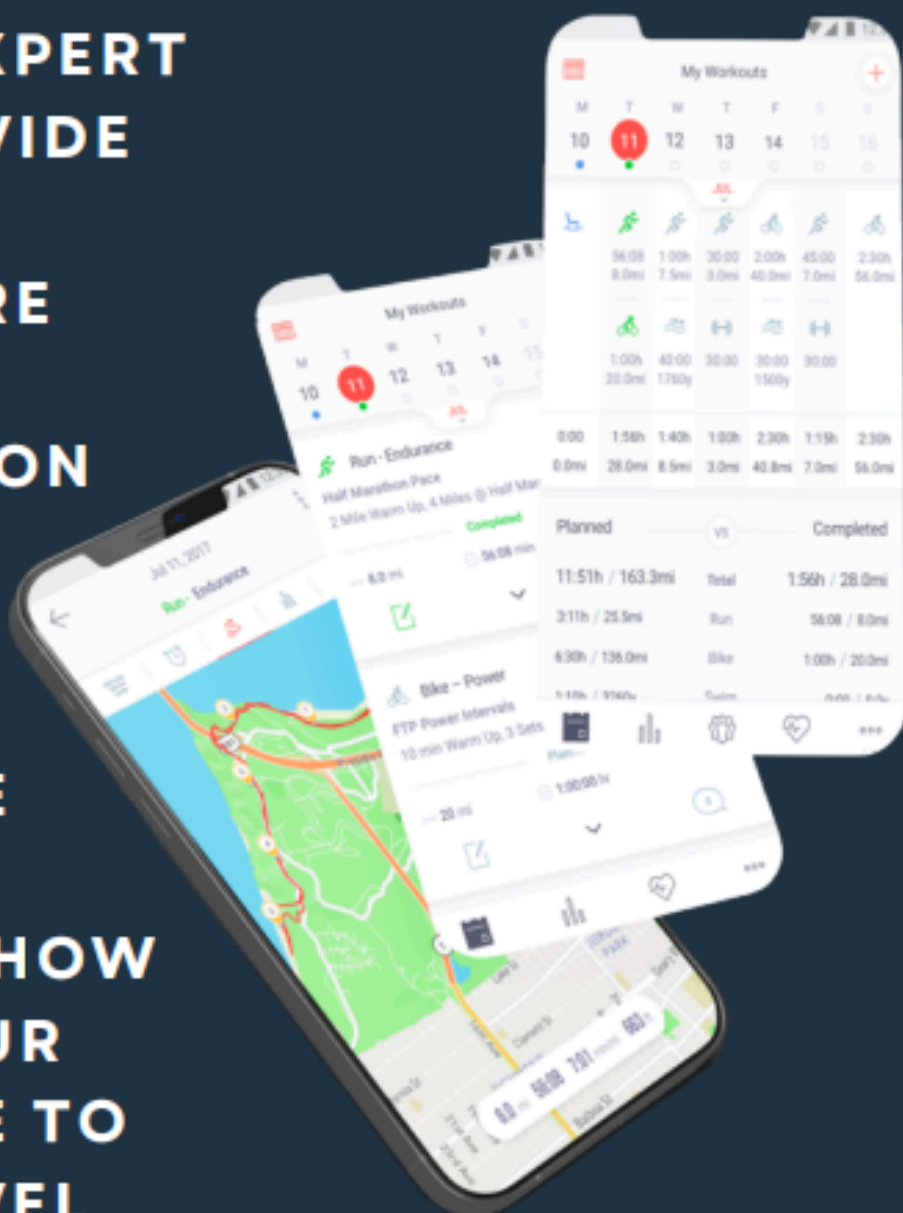


REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

- ✔ STRUCTURE
- ✔ INSPIRATION
- ✔ SUPPORT
- ✔ GUIDANCE

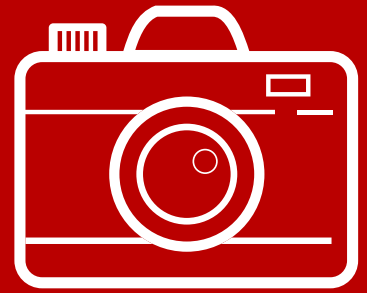
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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!**

**Click the QR to fill out the form with your event day shoutout requests!**



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



# RT KIT



**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.Q'S

## 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?

10K-15

## Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 1.5hrs 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?

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?

There will be a water station just before the 5km point on the course please help yourself to this as you pass.

## 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 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 as there will be plenty of stalls including coffee and food vans, RTKit and a the RunThrough Stall for you to explore. If you'd like to head out onto the course, please check out the route in advance to ensure you can get to where you'd like to go!

## Will there be a prize giving?

There will be no formal prize giving, however, we will be giving the top 3 male and females prizes as they cross the line. Age group winners 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

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...



PROST  <sup>+</sup> nuun  
Better treatment. Better outcome. HYDRATION

RUNNER  
RETREATS 

  
gofundme™

*Barebells*

LOVE,  
CORN 

  
NEW  
LEVELS  
COACHING

SPORTSSHOES.COM

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