

EVENT GUIDE



**Greenwich Park
5k, 10k & Juniors
Sunday 26th May 2024**

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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



EMMA

KIERAN



CAOLAN

CHIMERE



TRAVEL

Address: Greenwich Park, London SE10 8QY

Greenwich Park is well-served by bus routes and is within 20 minutes walking distance of Blackheath, Greenwich and Maze Hill railway stations.

Tube

Jubilee Line to North Greenwich, then catch the 188 or 129 bus.

Train

Nearest stations: Greenwich (follow signs to the Park), Maze Hill (for playground) and Blackheath (for Deer Park, Flower Garden & Rose Garden).

Trains depart from Cannon Street, Waterloo, London Bridge and Charing Cross Docklands Light Railway Cutty Sark station – walk through the market to St Mary's Gate, King William Walk or Circus Gate on Crooms Hill.

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
///softly.apply.link for exact event village
location*

[See Greenwich Park Map HERE](#)

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



Race Pack Collection

Race Pack Collection Times:

5k - 7:30-8:30am
10k - 7:35-8:35am
Juniors - 9:00-10:00am

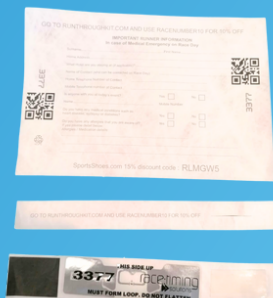
Start Times:

5k - 9am
10k - 9:05am
Juniors - 10:30am
Please note this is an hour earlier than previous events here due to venue requests. Please plan your arrival time accordingly

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

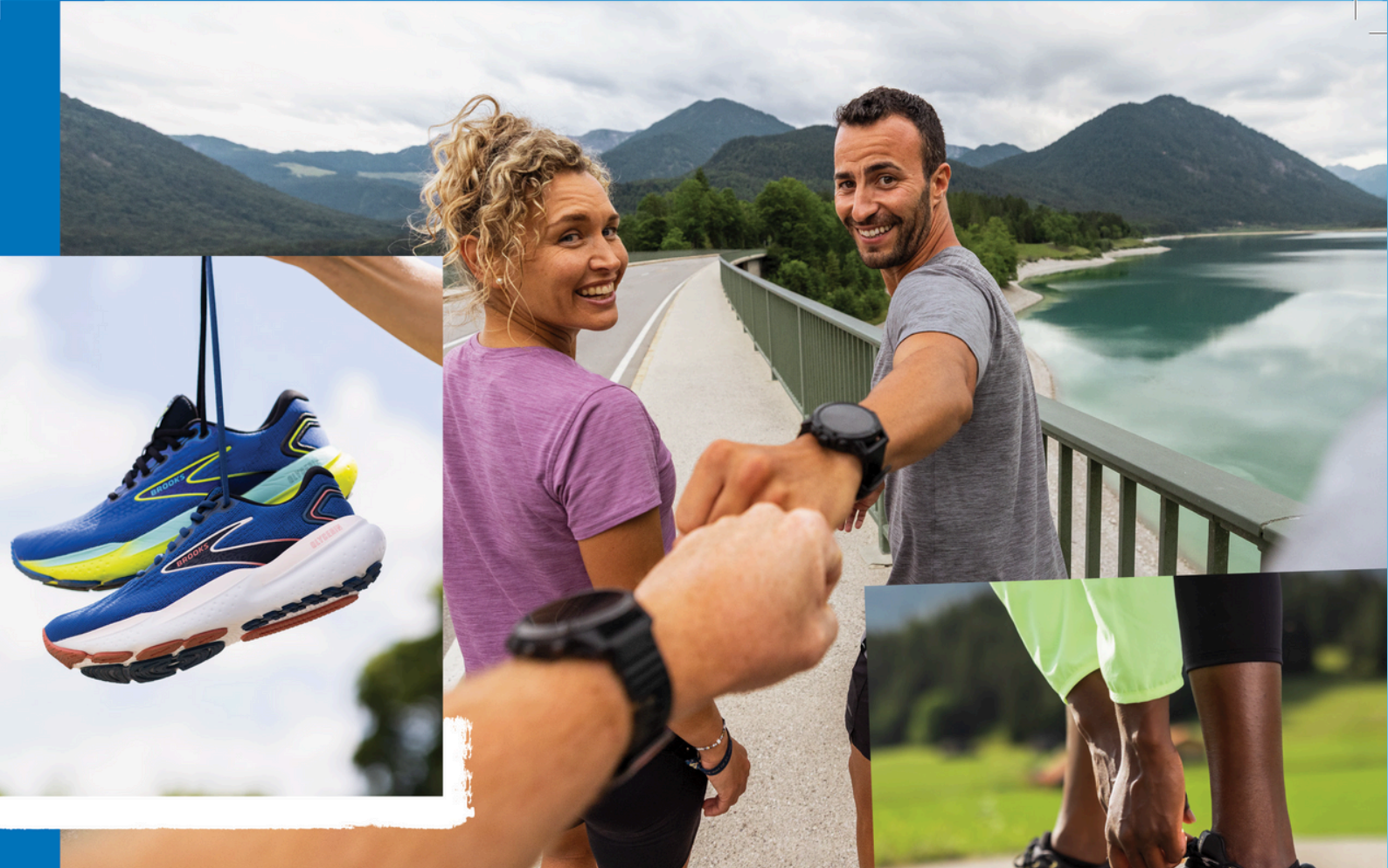


Step 3



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

Spectators are more than welcome!

The Pavilion Café located just a short walk from the event village will be serving hot food and drinks throughout the event.

TOILETS



For this event, there will be toilets available in the park a short walk from 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 under the bandstand 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 area.
- Collect your bag after your race.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

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ALL ABILITIES**

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Terms & Conditions apply. See website for details.

Code valid until 26.05.24



WARM UP & RACE START

We will have a warm up close to the start line (a short walk from the event village) at 8:45 for both distances . From here, we will call out estimated finish times to get all 5k runners lined up, followed by the 10k runners.

DURING THE RACE

There will be marshals all around the course. For the 10k please look out for green KM signs 1-9 , and for the 5k look out for red km signs 1-4.

The 10k is 3 laps and the 5k is 1.5 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 5k lead runner 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. The 10k will have a lead runner to ensure a smooth path through the 5k runners.

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.



⁺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

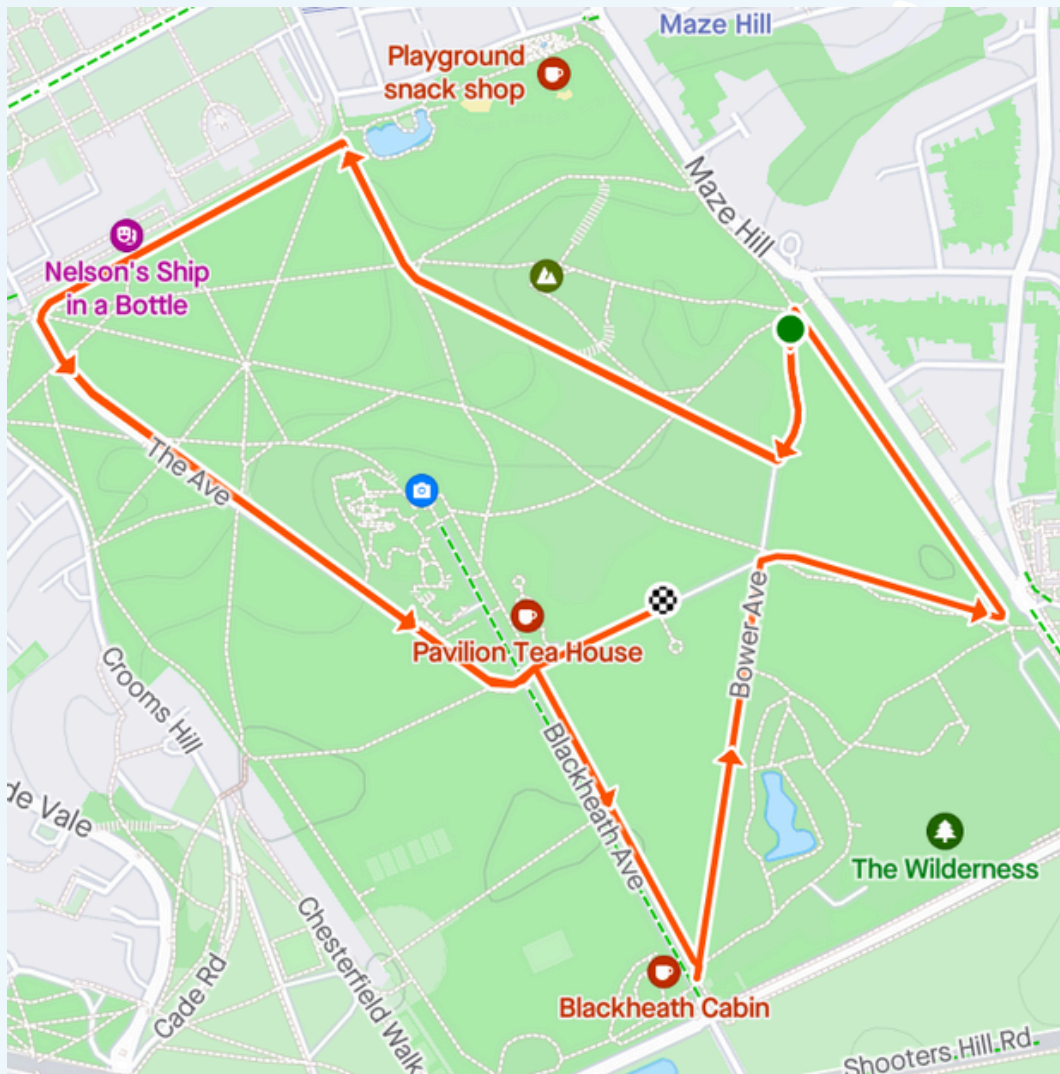
#nuunuk

#nuuniverse

#nuunhydration

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

COURSE MAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

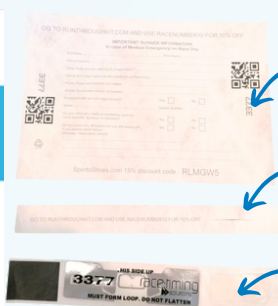
[CLICK FOR JUNIORS INTERACTIVE MAP](#)



JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag in the event village 15mins prior to the start time.
- We'll have a group warm up at 10.20 and walk to the start together.
- The race will start at 10.30 and will follow a 1.8km loop through the park. There will be a lead bike and marshals along the course.
- The junior race will finish at our main finish line, from here you will have your own junior finish funnel to collect your goodies.
- Parents/Guardians, you are welcome to join in or you can cheer can on your little ones on the finish line.
- **Your little ones will not be able to leave the junior finish funnel until they are accompanied by their appropriate wristbanded adult. Please ensure your wristband is visible on collection. We will have a staff member in this area at all times.**
- When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian
wristband

Timing Chip





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.



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*in comparison to potato crisps

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♥ LOW SUGAR

♥ GLUTEN FREE

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REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✔ STRUCTURE

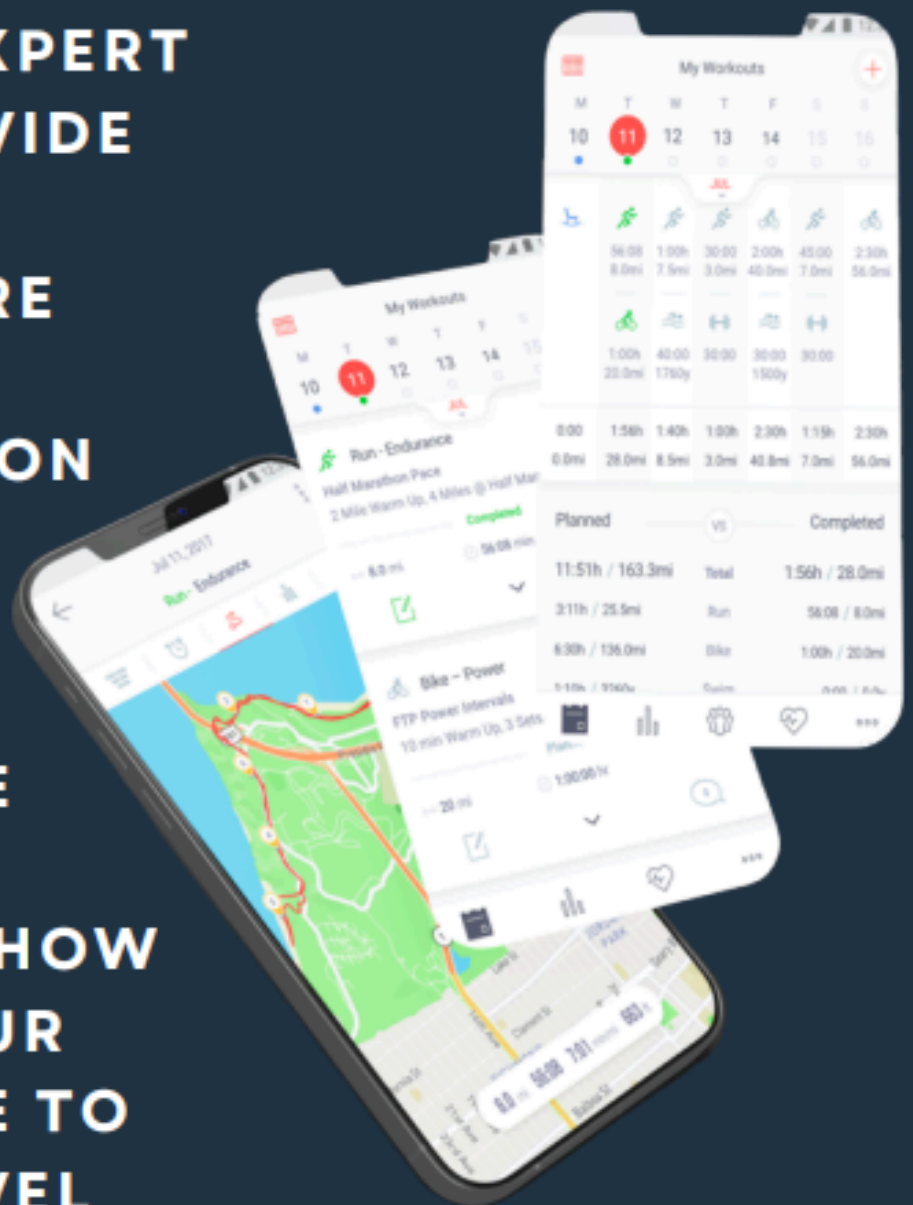
✔ INSPIRATION

✔ SUPPORT

✔ GUIDANCE

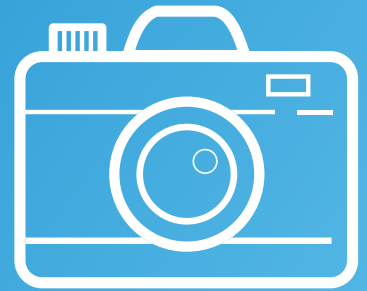
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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

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 Midlands Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the GoneRunning Podcast!



If you #RunThroughMidlands 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



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Successful fundraising is at your fingertips.

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automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe



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

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 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?

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

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?

There will be no presentation on the day. 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 also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

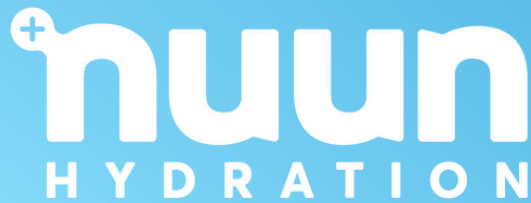
5k Men's Sub 14:30, Women's Sub 16:00mins

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

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



**Supported
by...**



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