

# EVENT GUIDE

**Queen Elizabeth Olympic Park**  
**5k & 10k**  
**Saturday 18th 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**



**SAM**



**KIRSTEN**



**CHIMERE**



# TRAVEL

Address: Timber Lodge Cafe, 1A Honour Lea Avenue, London, E20 1DY

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

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations.

## Tube and Train

The nearest stations are Stratford station and Stratford International station and both provide step-free access from entrance to platform.

Stratford station is served by:

- Docklands Light Railway (DLR)
  - Jubilee and Central lines
- National Rail services operated by Greater Anglia and c2c
  - London Overground services

Stratford International station is served by:

- Docklands Light Railway (DLR)
- Southeastern High Speed 1 services

You can also enter the Park via Hackney Wick station which is on the London Overground.

## Car

Paid parking is available in Westfield Stratford City.

## Getting Here on Foot

The park is easily accessible by both foot and cycle.  
Cycle parking is available in the park.

**See the Park Map  
for more details  
HERE.**

**Use Transport for  
London to plan your  
route HERE**

**Check out  
parking options  
HERE.**



what3words

**If using the app What3Words, use the words  
////hips.couch.soup for exact event village  
location**





# Race Pack Collection

**Race Pack  
Collection Times:**

**8:00-9:00am**

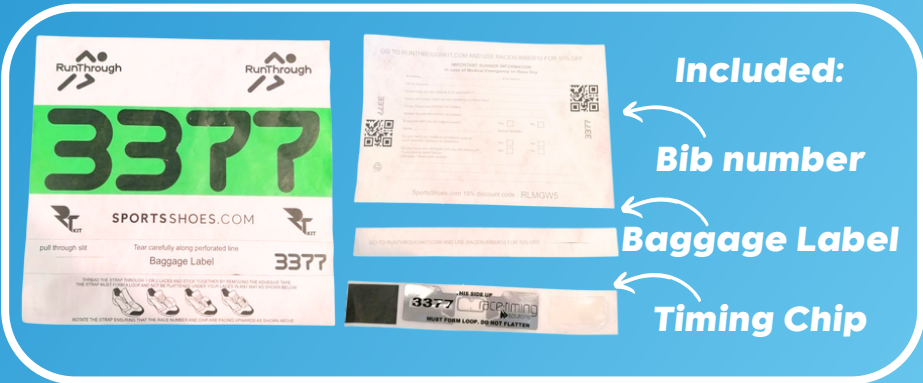
**Start Times:**

**9:30am**

**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\*\*](#)



  
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

The Timber Lodge cafe will be open and serving hot drinks all day, and is located within the event village.



## TOILETS

For this event, we will use the Timber Lodge Cafe toilets.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the Timber Lodge 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 venue.
- Collect your bag after your race.

# RUNNER RETREATS



## RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF  
ALL ABILITIES

FOUNDED BY



**FIND OUT MORE**



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**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**



## **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 and ready to run.

**Both the 5k & 10k will start together.**

## **DURING THE RACE**

There will be marshals all around the course as well as KM signs and arrows.

The course is 2 laps for the 5k and 4 laps for the 10k on the paths in the Olympic park. Please keep count of your laps during the race.

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 everyone's 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, which you will pass once on the 5k and 3 times on the 10k.

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

We recommend also bringing your own drinks to stay 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

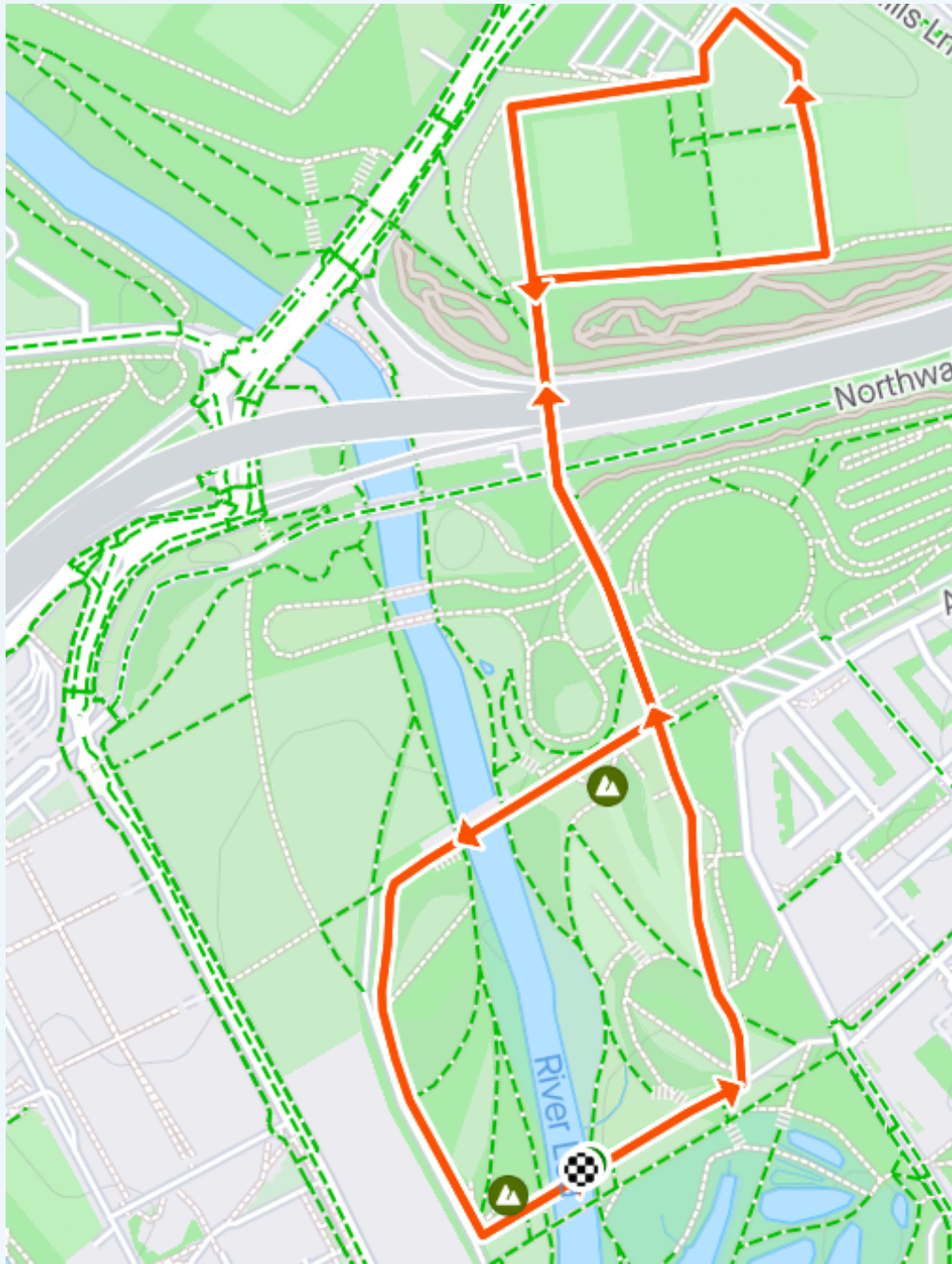
#nuuniverse

#nuunhydration

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



# COURSE MAP



[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](https://amazon.com/lovecorn)



# RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

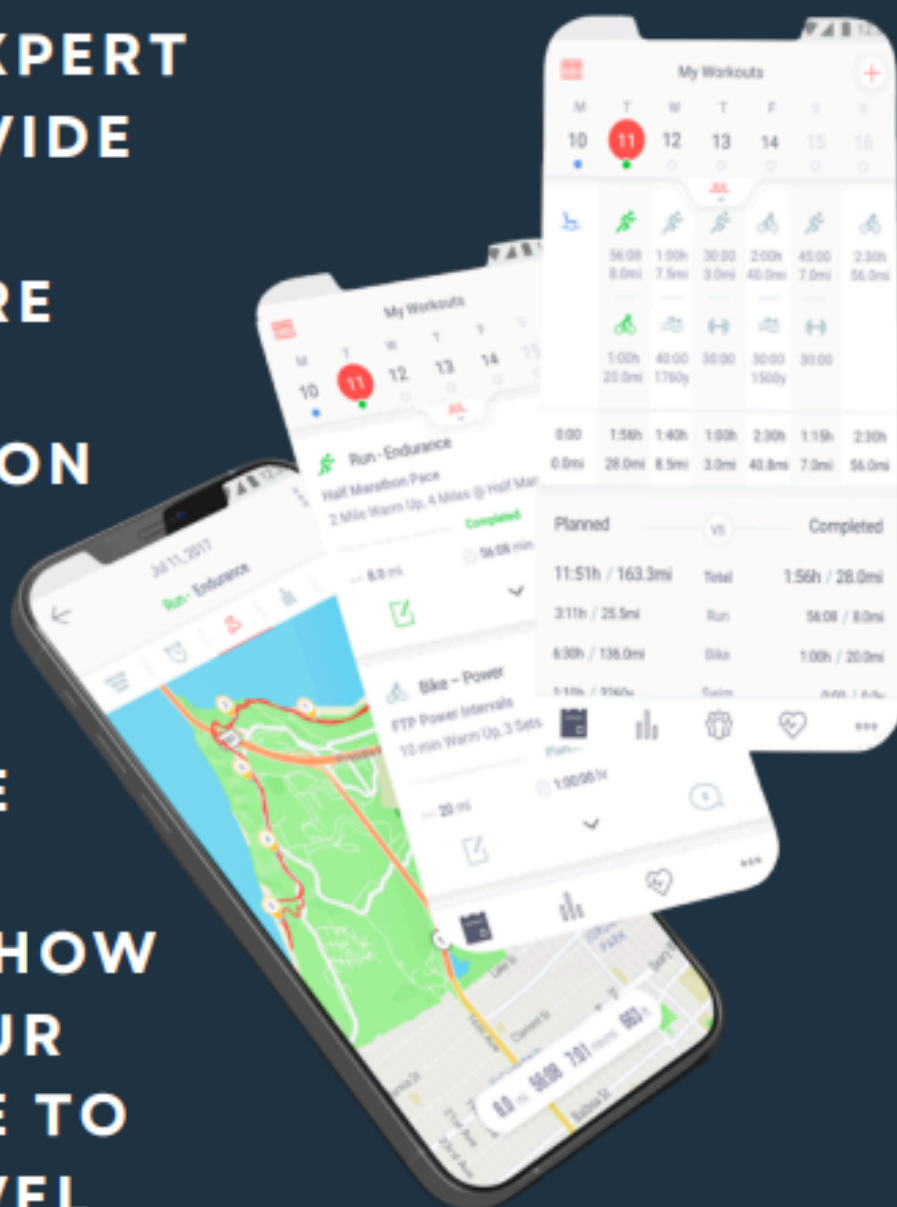
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

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

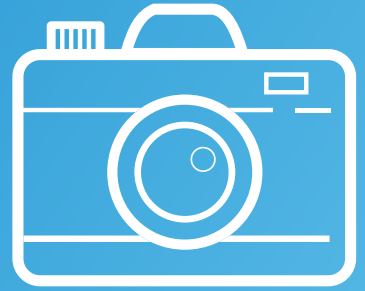
**START TRAINING TODAY**





## 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 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)**





# 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***





**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 off 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. 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 course 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 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

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



**RunThrough**



**Supported  
by...**



***BROOKS***

**+**  
**nuun**  
HYDRATION

**LOVE,  
CORN**

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

**RUNNER  
RETREATS**

  
NEW  
LEVELS  
**COACHING**

**SPORTSSHOES.COM**