

# EVENT GUIDE



**Victoria Park**  
**5k, 10k & Half Marathon**  
**Sunday 5th May 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

**JOE**



**OTIS**



**CAOLAN**



**LAURA**



**CHIMERE**



**SAMANTHA**



**KIERAN**





# TRAVEL

Address: St Marks Gate, Victoria Park, Cadogan Terrace, London E9 5HT

Nearest underground stations: Bow Road or Mile End

Nearest rail station: Hackney Wick station

From Bow Road: Turn right out of the station. Take the next left down Addington Road. Continue walking straight until you can turn right onto Tredegar Road. Take the third left onto Parnell Road – you can enter the park at the end of Parnell Road. It is around a 15-20 minute walk. Alternatively, you can take bus 488 or 276 from Bow Bus Garage.

From Mile End station: Turn left and cross over Mile End Road. Turn right onto Grove Road – it's about 20 minutes walk straight down. Alternatively, you can also walk most of the way through Mile End Park, which runs parallel to Grove Road. You will first arrive at the Crown Gates. Alternatively, on Grove Road you can catch bus 277 or 425 to the middle of the park.

From Hackney Wick station: Turn left out of the station, at the end of the road turn left onto Wallis Road. Follow Wallis Road, at the T-junction, use the footbridge to cross the A12. As you enter the park, turn left onto Cadogan Terrace and continue walking until you see the race start area.

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

There is no venue specific parking, please use [Parkopedia.com](http://Parkopedia.com) to find local alternatives.

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



what3words

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



# Race Pack Collection

## Start Times:

HM: 9:30am  
10k: 10:00am  
5k: 10:15am

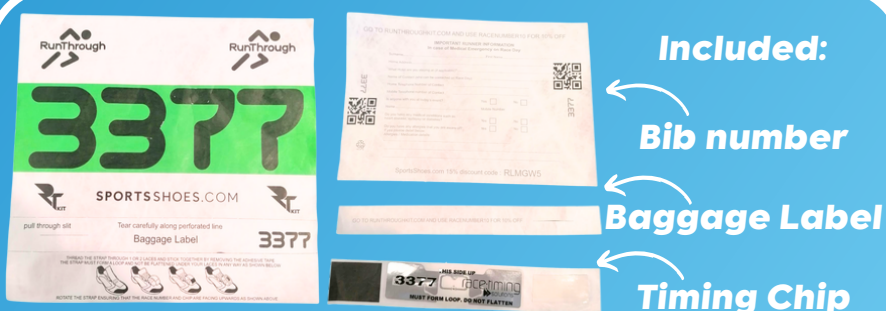
## Race Pack Collection Times:

HM: 8:00-9:00am  
10k: 8:30-9:30am  
5k: 8:45-9:45am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 22ND 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. Your bib colour is determined by the distance you are running.
- 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.

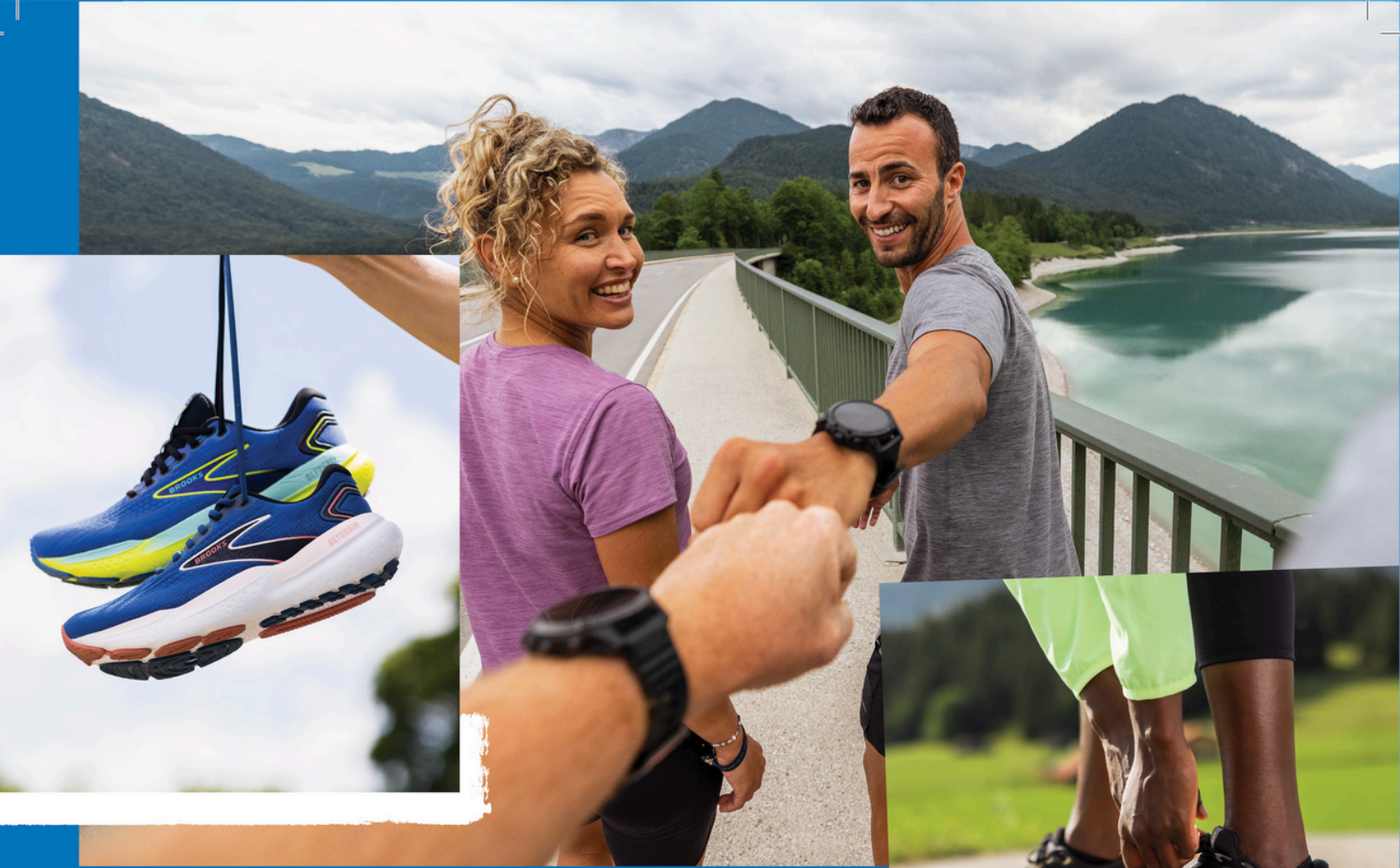
[CLICK FOR ENTRY LIST](#)



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



## SPECTATORS

## COFFEE

Spectators are more than welcome!

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

## TOILETS



There will be portable toilets available within the event village. If you live locally we recommend using toilets at home.

## 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.

## 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.



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**



# TEST THE LATEST NIKE SHOES AT VICTORIA PARK

Look out for the SportsShoes x Nike trial van



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

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





## **WARM UP & RACE START**

20 minutes before the Half Marathon start, runners will be walked over to the start line and guided in a warm up.

15 minutes before the 10k start runners will have their warm up by the start line in the event village.

15 minutes before the 5k start runners will also be walked over to the 5k start line to do a warm up and begin their race.

**PLEASE NOTE- The 5k & Half Marathon start lines are a short walk from the event village, please arrive with enough time to walk over with us.**

## **DURING THE RACE**

We will have marshals all around the course as well as distance signs and arrows. These will be yellow mile markers for the Half Marathon, green KM markers for the 10k and red KM markers for the 5k.

Please keep count of your laps during the race. The course is on the paths in the park:

Half Marathon - 6.75 laps (7 Times past the water station)

10k - 3 laps (3 Times past the water station)

5k - 1.5 laps (1 Time past the water station)

Please be aware of pedestrians, cyclists and dogs using the park footpaths. We have marshals around the course and signs but this is not a road race, you have to pay very close attention to where you are going.

Due to the nature of a lapped course we ask that you remain vigilant to other runners. This will allow for anyone needing to overtake to have a clear path through and ensure not only your safety but allow you the best experience throughout the race.

Please also be aware that we will have a 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.





# <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

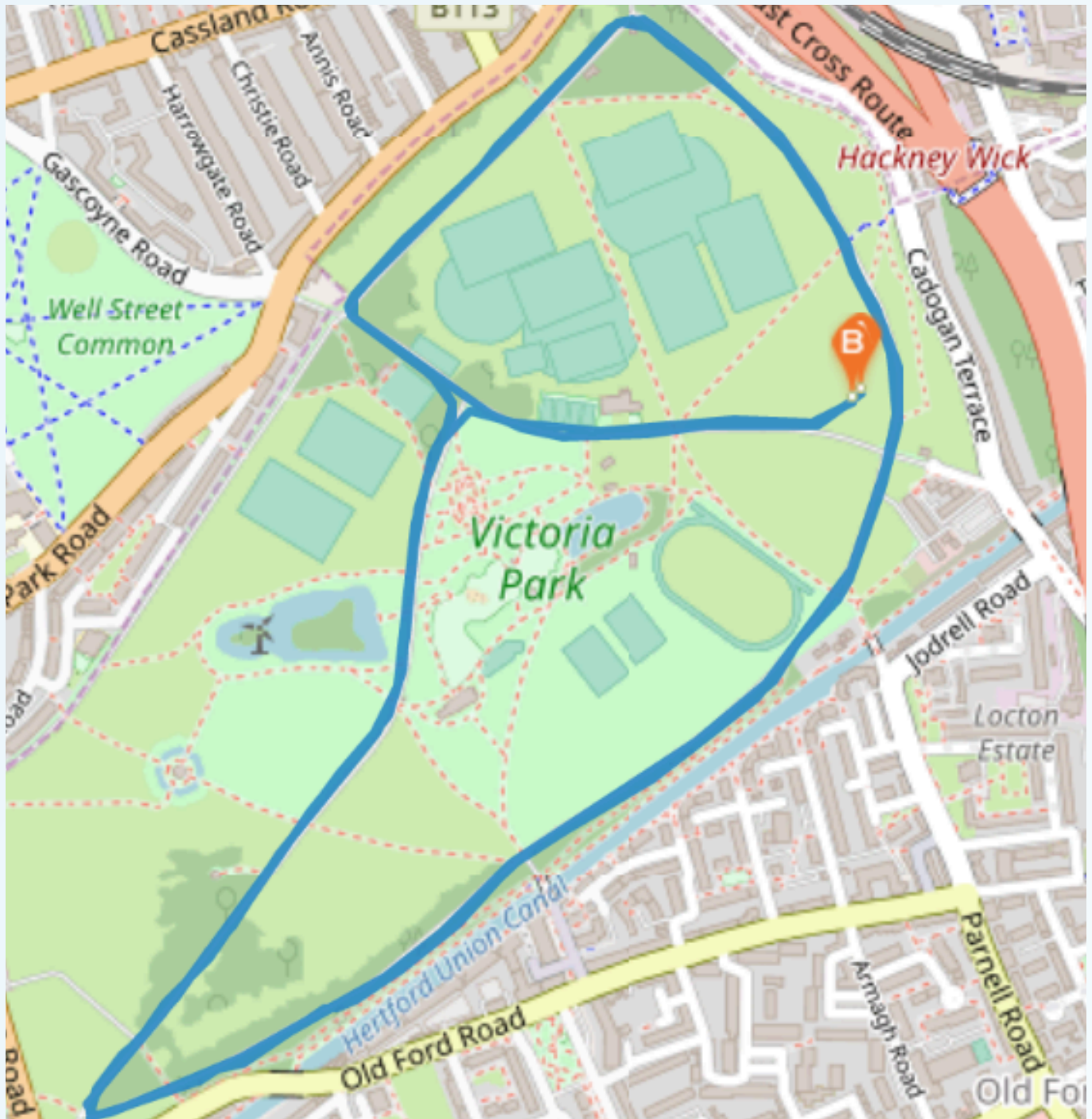
#nuuniverse

#nuunhydration

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



# COURSE MAP



[CLICK FOR 5k INTERACTIVE MAP](#)

[CLICK FOR 10k INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**WBOVL9**

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

**#NoFunStandingStill**

Terms & Conditions apply. See website for details.

**Code valid until 05.05.24**





## 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



**20% OFF**  
your next amazon order

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





# 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

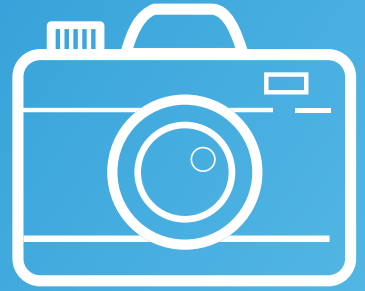
**START TRAINING TODAY**





## 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 account at @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)**





**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

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, HM-17

## 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 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 is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. 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.

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

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



**RunThrough**



**Supported  
by...**



**nuun**  
HYDRATION

**KIT**



**BROOKS**

**RUNNER  
RETREATS**



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

**LOVE,  
CORN**



**NEW  
LEVELS  
COACHING**

**SPORTSSHOES.COM**