

EVENT GUIDE

Weybridge 5k, 10k, Half Marathon & Juniors

Sunday 2nd June 2024



Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P11

The Course



P12

Finish Line & Event T-shirts



P14

Juniors Race



P15

Run For Charity



P17

Results & Photos



P18

RTKit



P19

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



ROSS

CAOLAN



KIERAN

CHIMERE



TRAVEL

Address: Cowey Sale, Shepperton, Walton-on-Thames KT12 1AR,
UK

By Car

Please note that there is no parking on site at Cowey Sale Car Park or at Vandals Club due to the course and road closures being in place along Walton Lane.

Parking is available at The Heart Shopping Centre, 53 New Zealand Avenue, Walton-on-Thames, KT12 1GH. It is then a 10 min walk/warm up jog to the event village in Cowey Sale Car Park.

You can also find a number of car parks available in Weybridge Town Centre on [Parkopedia](#). You can follow the footpath on Broadwater Walk which will take you in to the event village.

All participants are encouraged to car share, use public transport or walk/run to the venue where possible. - Use TFL to plan your journey [HERE](#)



RACE PACK COLLECTION

Start Times:

Half Marathon – 9:00am
10k – 10:00am
5k – 10:15am
Juniors – 11:30am

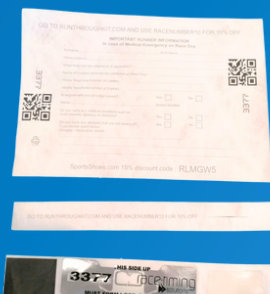
Race Pack Collection Times:

HM- 7:30-8:30am
10k- 8:30-9:30am
5k- 8:45-9:45am
Juniors- 10:00-11:00am

****IF YOU'VE ENTERED PRIOR TO THE 20TH MAY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- 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

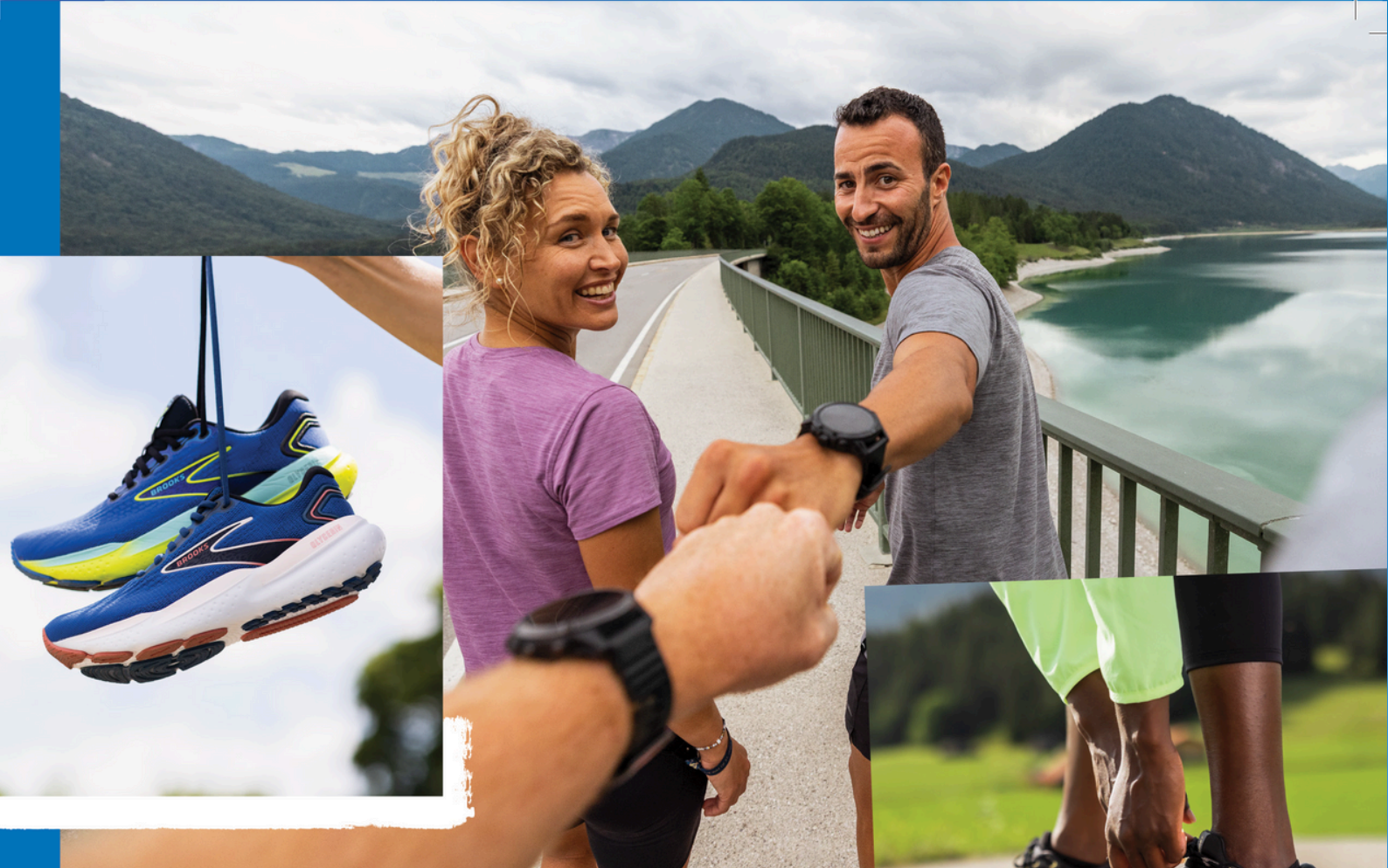
Timing Chip



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

We will have our RunThrough Kit and events stalls in the event village, along with Wilde Brunch Cafe serving food and drink throughout the morning.

TOILETS



There will be portable toilets within the event village.

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

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

R771GNBB1QZC7

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 02.06.24

WARM UP & RACE START

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

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

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.

Half Marathon - 4 laps + a mini lap

10k - 2 laps

5k - 1 laps

Please be aware of pedestrians, cyclists and dogs using the footpaths.

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 your 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 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 drinks 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 MAPS



[**CLICK FOR INTERACTIVE MAPS**](#)



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



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



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

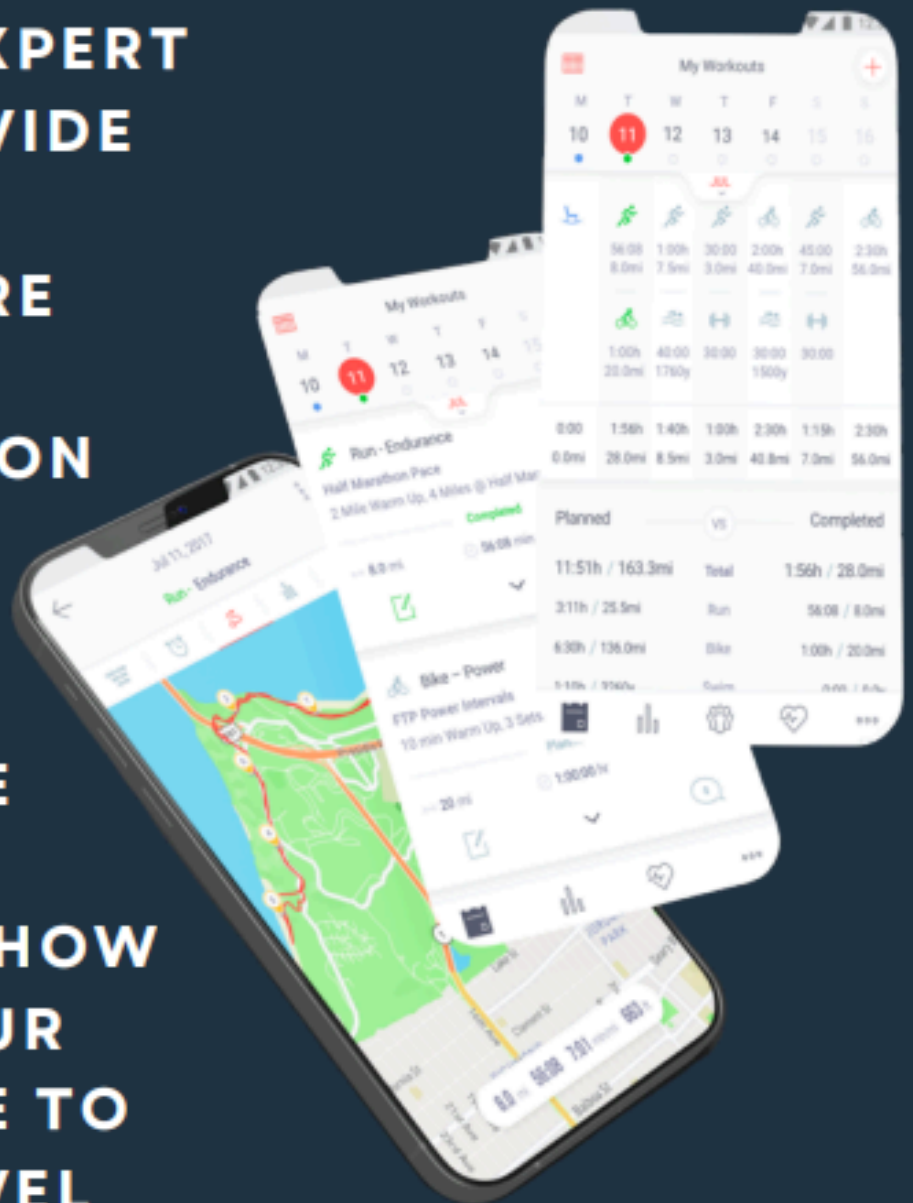
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

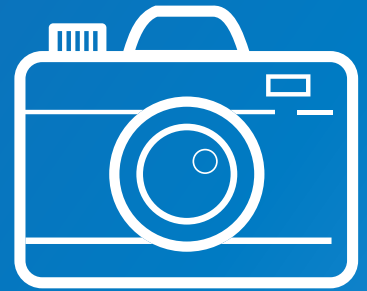
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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

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 Facebook Page.



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



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



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 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?

Juniors- any age | 5k-11 | 10k-15 | HM-17

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?

Yes, due to road closures in place, please get in contact with us at 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 every 3miles.

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.

How should I get to the event?

We advise using Parkopedia.com to find somewhere suitable to park. Please factor in time to walk from the car parks to the event village.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of other runners on the bridge.

Will there be a prize giving?

There will be no presentation on the day. The top 3 male and female participants and 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:

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 73 mins

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



**Supported
by...**



SPORTSSHOES.COM

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