

EVENT GUIDE



Wimbledon Common Half Marathon & 10k Sunday 19th May 2024



TRAILS

**BREAST
CANCER
NOW** The research & support charity

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

KATIE



KIRSTEN



SAM



OTIS



CHIMERE



TRAVEL

Address:

Richardson Evans Memorial Playing Fields, Roehampton Vale,
London, SW15 3PQ

Getting there from the Tube/Train station will need careful planning. Be sure to give yourself plenty of time!!

You can get an 85 or a 265 bus to the start of the race, you will need to get off at the Roehampton Vale Campus (Kingston University Roehampton Campus).

There is no on site parking, if you are planning on driving, we recommend using [Parkopedia.com](https://www.parkopedia.com) to find a suitable spot.

The race will be starting/finishing on Richardson Evans Memorial Playing Fields.

The park is easily accessible by both foot and cycle.



what3words

If using the app What3Words, use the words [///dates.weep.shapes](#) for exact event village location.

**Use TFL to help
plan your
journey**



Race Pack Collection

Race Pack Collection Time:

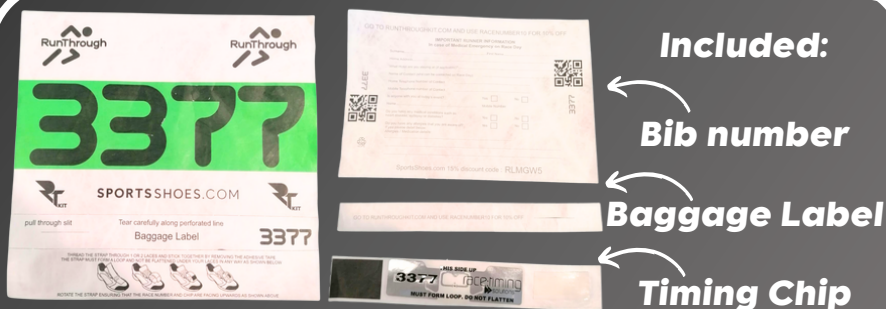
HM- 8:00-9:00am
10k- 8:20-9:20am

Start Times:

HM- 9:30am
10k-9:50am

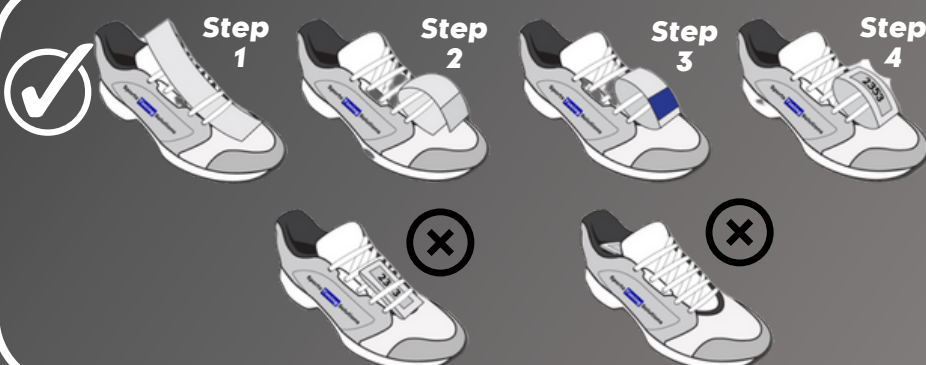
- ****IF YOU'VE ENTERED PRIOR TO THE 3RD MAY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****
- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front 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

SPECTATORS

COFFEE

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

TOILETS

For this event, we will use portable toilets located in 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**

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at

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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 each race.

From here you will be called to the start line based on your estimated finish time. The Half Marathon will be set off in 3 waves starting at 9:30, with just 3 minutes between each, and the 10k wave will set off shortly after at 9:50am. This will help to relieve and prevent congestion on course.

DURING THE RACE

We will have marshals all around the course as well as directional arrows, trail flags and distance signs.

The Half Marathon will follow Black and white mile signs from 1-13.

The 10k will follow Green KM signs from 1-9.

The 10k is one lap of the outskirts and inside the park. The Half Marathon follows 2 laps of the course. Please stay on the paths at all times, and follow marshal instructions during the race.

Please be aware that there will be members of the public using the park during the race and that we ask you to be considerate and keep them in mind during the race.

Please familiarise yourself with the course before you start. There is a mixture of trail paths, well-trodden pathway, and grass. We recommend trail shoes, or trainers you don't mind getting muddy.

The first 1.5 miles of the loop are rather hilly, the course then flattens for around 3.5 miles and then downhill for the final 1.5 miles. The course itself has a few long stretches where there may be lots of pedestrians and by then the race will have spread out, all you need to do is run straight. If you have to turn anywhere there WILL be signage and tape and/or marshals.

Please discard all litter and bottles within the signed litter zones. These will be just past each of the water stations.

⁺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 HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

REFRESHMENTS

There is a water station at 3.5 miles, 7 miles, 10 miles and 12 miles on the Half marathon course, and at 5k on the 10k. Please help yourself to these as you pass. 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.



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

Breast Cancer Now are delighted to be the official charity partner of Wimbledon Half & 10k

**BREAST
CANCER
NOW** The research & support charity

Breast Cancer Now are dedicated to giving support for today and hope for the future, for everyone affected by breast cancer.

We're researchers, building a better future. Nurses and expert staff, supporting you no matter what. Campaigners, fighting to change the things that matter the most. Volunteers, giving their time, talent and passion. Fundraisers, making sure that our vital work can keep going.

Our vision is that by 2050, everyone diagnosed with breast cancer will live and be supported to live well.



Did you know?

- **£268 million** – We've invested over £268 million in breast cancer research
- **UK's largest tissue bank** – We opened the Breast Cancer Now Tissue Bank – the UK's largest unique collection of high-quality breast tissue – in 2012
- **50 years** – We've been supporting people affected by breast cancer for 50 years



Get involved

- **Fundraise for us** - Want to do something amazing? Use your place in Run Media City to help us be there for anyone affected by breast cancer.
- **Donate** - Celebrate your incredible achievement by making a donation to Breast Cancer Now
- **Join our community** – Join our Facebook group to share training and fundraising tips and get to know other members of Team Now



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

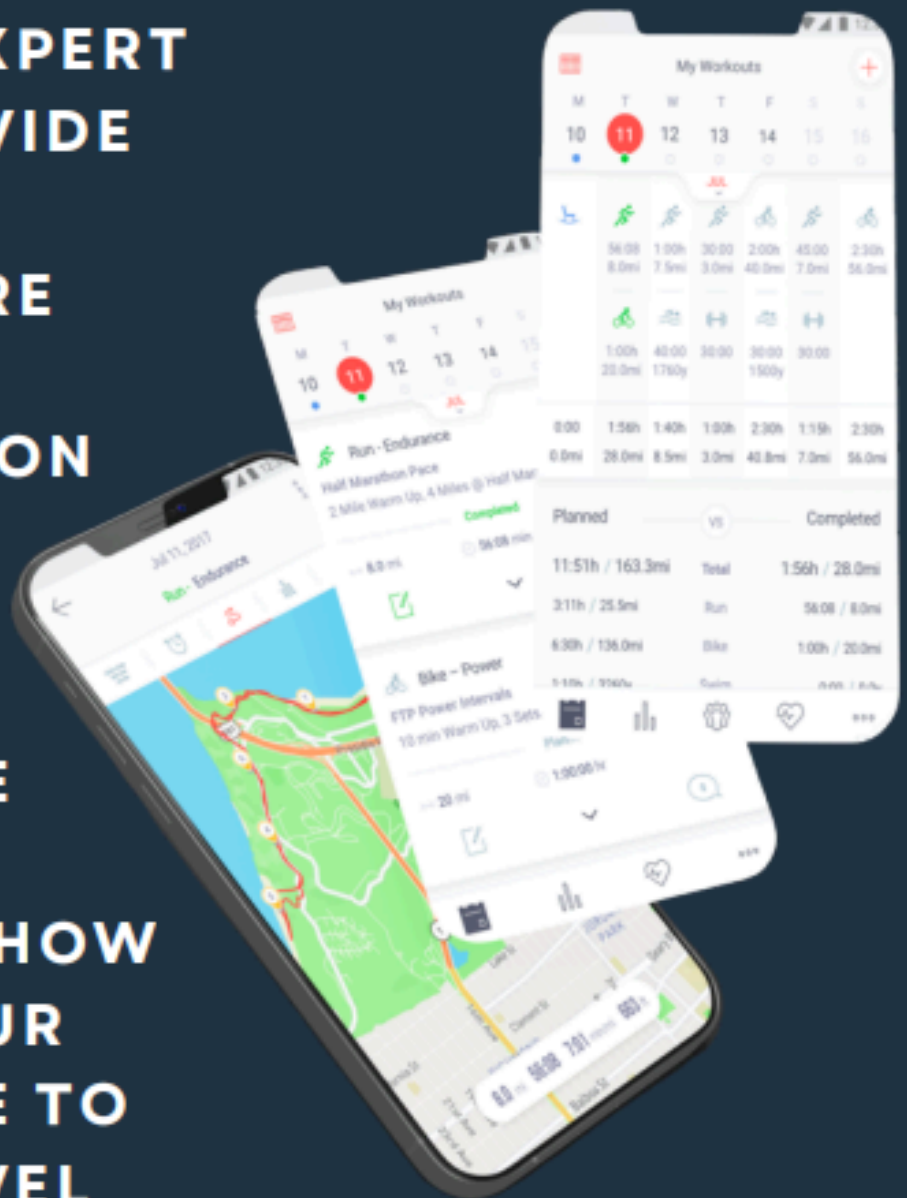
✔ INSPIRATION

✔ SUPPORT

✔ GUIDANCE

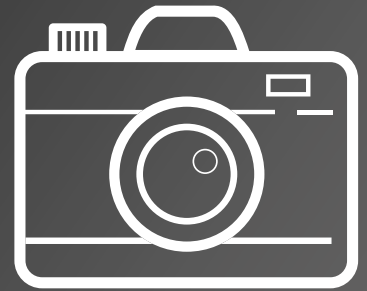
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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 Trails page on Facebook.



If you #RunThroughUK & #RunThroughTrails 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 worth of race entries to 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 on 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?

HM- 17 | 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 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 distance?

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 3 bottled water stations which you will pass throughout the Half Marathon race, and 1 on the 10k route.

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 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

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

HM Men's Sub 67:30 mins, Women's Sub 75 mins

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



TRAILS

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RETREATS**


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