

# EVENT GUIDE

## Dorney Lake

5k & 10k

Wednesday 29th May 2024



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Join us Again!



# Welcome

The RunThrough & Active Training World Teams are 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, triathlons, duathlons 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 & Multi-sport 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 at Dorney Lake.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough & ATW Teams

**OTIS**



**ABBY**

# TRAVEL

Address: Dorney Lake, Windsor

Parking:

Free parking is available at Dorney Lake and will be signposted as you enter the venue.

**Please bear in mind there could be up to a 20-minute walk to registration depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival.**

The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter.

Please be aware, from the main entrance to the car park it is just over a mile walk.

Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village. **Please walk on the grass to reach the event village, keeping the path clear for other runners/triathletes on the course. This will be clearly sign posted on the day.**

Nearest Train stations:

Slough and Windsor & Eton Riverside

Getting Here by Bicycle:

The park is easily accessible by bicycle. Cycle parking is available in the park.

**Please Note: There is a strict cut off for vehicles driving down towards the boathouse before race start - if you enter any later than **6:10pm** you will be asked to park in the carpark near the main gate which could take **20 minutes** to walk down to the event village/race start.**

Please leave yourself plenty of time to park and walk to the Event Village.



what3words

The main entrance Gate - [///pounds.same.fears](#)

Event Village - [///neat.places.clay](#)

733

## Race Pack Collection

### Start Times:

5k - 6:35pm  
10k - 6:55pm

### Race Pack Collection Times:

5k- 5:05-6:05pm  
10k- 5:25-6:25pm

- 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 back of your race bib, please leave this attached and do not tamper with it.

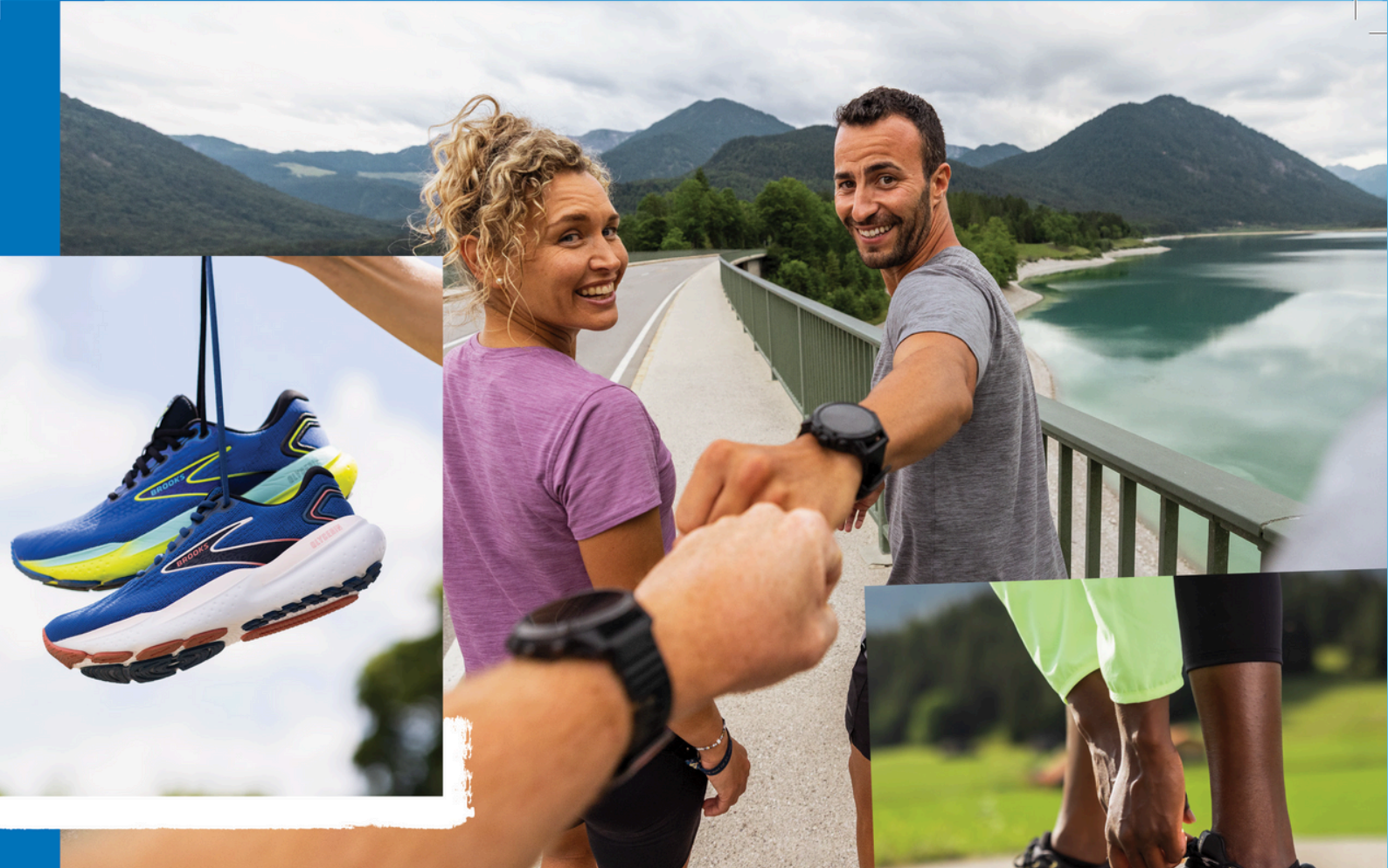
[CLICK FOR ENTRY LIST](#)



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

Dorney Lake boathouse Cafe will be open and serving hot food and drinks. This is located a short walk from the event village, by the car park.

You're more than welcome to spectate with dogs (on a lead), however running with dogs is prohibited at this event.

## TOILETS



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



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Terms & Conditions apply. See website for details.

**Code valid until 02.06.24**





## **RACE START**

We will gather participants in the event village 10 minutes prior to the start of the races.

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

All races will start at the same time.

## **DURING THE RACE**

There will be marshals all around the course and you will see KM signs 1-4 for the 5k & 1-9 for the 10k as well as arrows to direct you.

The course consists of laps around the right side of the lake and will involve 2 laps for the 5k and 4 laps for the 10k.

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 for you throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of the Half Marathon and 5k 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 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!



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# RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

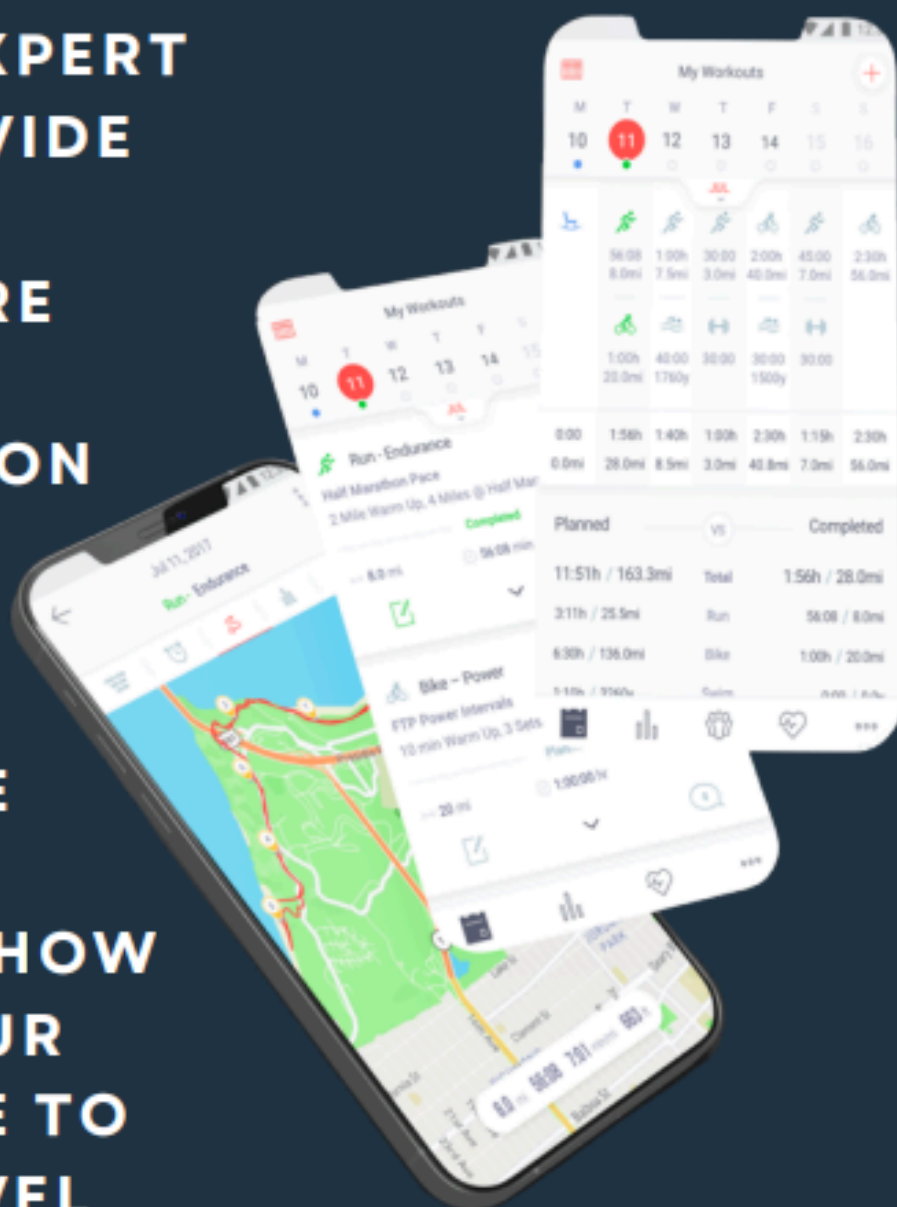
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

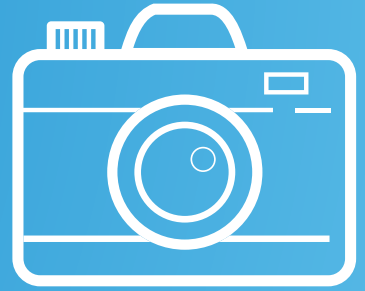
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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](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 event entries 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?

5k-11 | 10k-15 | Half Marathon- 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 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 a bottled water station which you will pass on each lap of your race.

## 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 information desk 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 lake, 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

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**



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by...**



**nuun**  
HYDRATION



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**RUNNER  
RETREATS**



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CORN**



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LEVELS  
COACHING**

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Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)