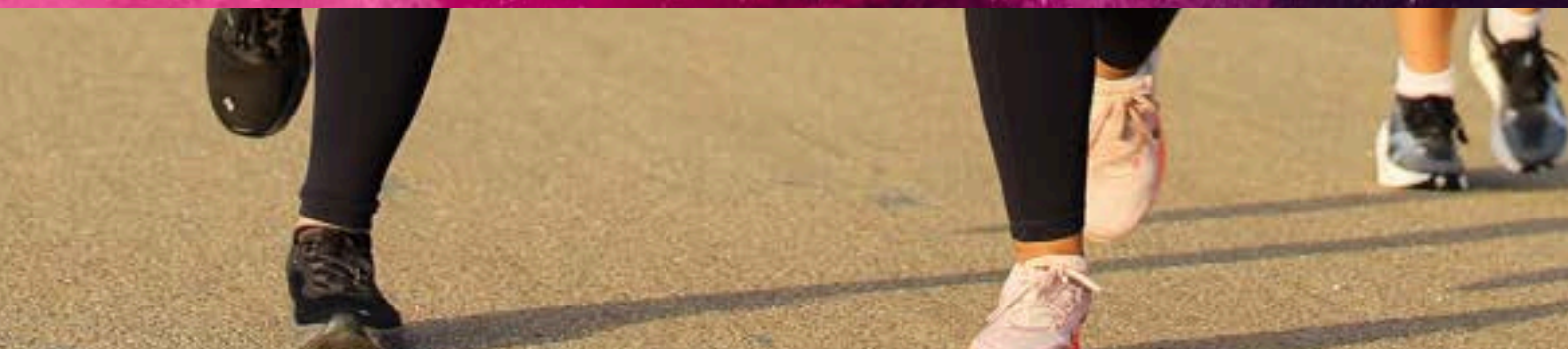


EVENT GUIDE



WOMEN'S RUN SERIES

QE OLYMPIC PARK 5K & 10K
SUNDAY 8TH MARCH 2026



YOUR RACE EXPERIENCE

**WOMEN'S
RUN SERIES**

WHAT YOU CAN EXPECT PRE RACE

7:30-9:00am

Arrival - pg.4



8:30-9:30am

Race Pack Collection - Pg.5



7:30am- 2:00pm

Event Village - Pg.6



ALL YOU NEED TO KNOW ABOUT THE RACE

9:40-9:50am

10:00am

Warm Up & Race Start - Pg.7



10:00- 11:45am

During the Race - Pg.7



The Course & Spectator Zones - Pg.8



AFTER YOUR RACE

10:15- 2:00pm

Finish Line - Pg.9



Instant

Same day

Results & Photos - Pg.10



ADDITIONAL INFORMATION

Get Involved - Pg.11



Our Partners - Pg.12



WELCOME

**WOMEN'S
RUN SERIES**

At Women's Run Series, our mission is to create a truly safe and inclusive space for women's running, empowering individuals to embrace a healthy and active lifestyle.

We are dedicated to increasing female and ethnic minority participation in running events, ensuring that everyone, regardless of background, feels welcome and supported.

By partnering with grassroots groups and initiatives, we aim to foster the growth of women's sport, championing diversity and promoting physical and mental well-being through the power of running.

Together, we strive to build a vibrant community where every woman has the opportunity to thrive and inspire others to do the same.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything to ensure you have the best experience at the event.

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

Wishing you the best on race day!

The Women's Run Series Team!

THE TEAM



EMMA



JESS



PHEOBE



LARREN



BETHANY

ADDRESS: TIMBER LODGE CAFE, 1A HONOUR LEA AVENUE, LONDON, E20 1DY

By Rail: 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.

By Car: Paid parking is available in Westfield Stratford City.

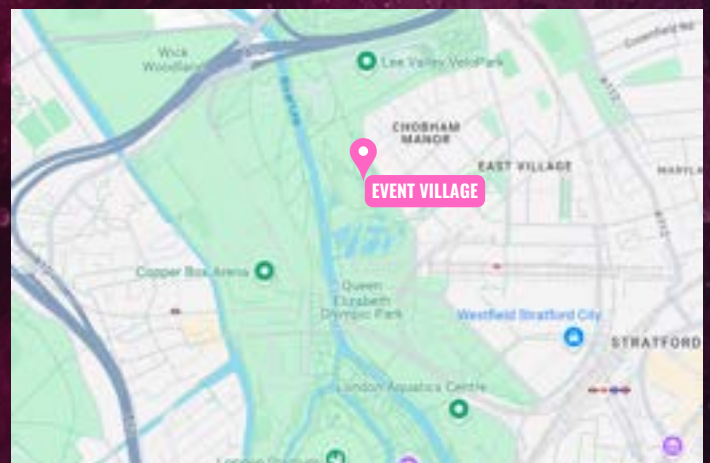
By Foot/ The park is easily accessible by both foot and cycle.

Bike: Cycle parking is available in the park.



what3words

Event Village: [///hips.couch.soup](https://hips.couch.soup)



RACE PACK

**WOMEN'S
RUN SERIES**

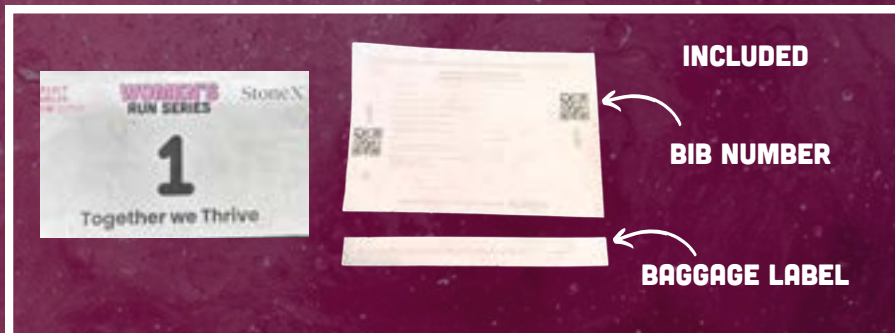
Start Times

10:00am

Race Pack Collection Times

8:30-9:30am

- 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 or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



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](#)



FACILITIES

Refreshments



On Site parking



Spectators
Welcome



TOILETS & CHANGING

For this event, we will use the Timber Lodge Cafe toilets. There will also be changing tents within the Timber Lodge.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Event Village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop area.
- Collect your bag after your race.

EVENT AREAS

For this event, male supporters and allies are more than welcome.

However, we ask them to respect the female only spaces and stick to the meeting point and spectator zones, with respect of keeping the main event village and start and finish area female only.



WARM UP & RACE START

**WOMEN'S
RUN SERIES**

We will have a warm up in the event village at 9:40, 20mins prior to the start of the race. From here, we will call out estimated finish times to get all runners lined up in waves and ready to run.

Both races will start together.

DURING THE RACE

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

10k will follow Black km signs 1-9

5k will follow Black km signs 1-4

10k – 4 Laps (3 times past the water station)

5k – 2 Laps (once past the water station)

*Please note - This event takes place on public paths that may also be used by pedestrians. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.

Due to the nature of a lapped course we ask that you remain vigilant to other runners and keep left at all times. This will allow for anyone needing to overtake to have a clear path on the right 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.

WATER STATIONS

There will be a water station on each lap of the course (every 2.5km).

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

Please drain and 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.

We recommend also bringing your own drinks to stay hydrated in the lead up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

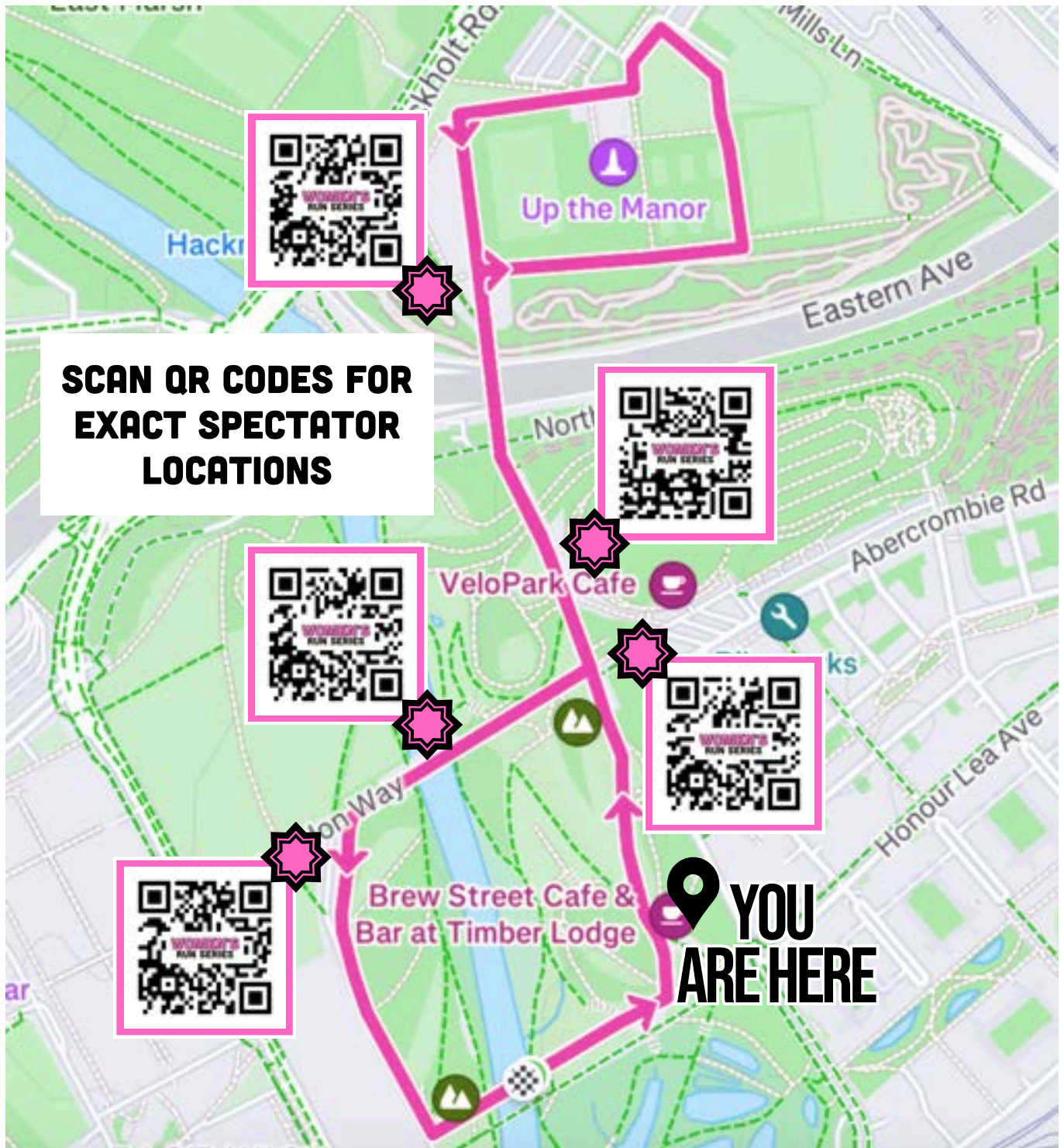


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

COURSE MAP & SPECTATOR ZONES

**WOMEN'S
RUN SERIES**

1 LAP OF THE ROUTE



CLICK FOR INTERACTIVE ROUTE MAP
(10K WILL COMPLETE 4 laps | 5k will complete 2 laps)

THE FINISH LINE

**WOMEN'S
RUN SERIES**

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.



THE MEDAL!

RACE DAY ETIQUETTE

At the WRS we are massive advocates that running truly is for anyone.

Whilst at a Women's only event event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- Be considerate and respectful to other runners, race staff & members of the public.
- Refrain from demeaning, discriminatory or harassing behaviour and speech.
- Be mindful of your surroundings and your fellow participants.
- Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in pink High-vis jackets!) Or if you prefer you can email us at info@womensrunseries.co.uk.

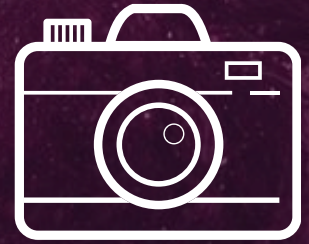
We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

PHOTOS & SOCIAL MEDIA

**WOMEN'S
RUN SERIES**

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

If you don't wish to have your photo taken or published online, please notify a member of the team at the information desk.



CLICK THE CAMERA TO VISIT THE PAGE!

SOCIAL MEDIA



#WomensRunSeries



click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us!
We love to hear from you!



**FOR FAQ'S
CLICK HERE**

**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**

If you don't wish to have your results published online, please notify a member of the team at the information desk or email in advance to info@womensrunseries.co.uk

EVENT MERCH

If you have purchased an event T-shirt or hoody with your race entry, please head to the RT Kit stall on race day, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt or hoody, but would like to purchase one, these are available on the [RTKit website](#).

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



PURCHASE MERCH

GET INVOLVED!

VOLUNTEER AND RECEIVE RACE ENTRY CREDITS VALUED AT:

- £40 - 5K/10K
- £65 - HALF MARATHON
- £100 - MARATHON/ULTRA

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



here at womes run series we are always looking for likeminded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

WOMEN'S RUN SERIES



RunThrough's official partner for apparel
and event merchandise.



[SHOP THE FULL RANGE](#)

15% off with [RTEVENTS15](#)



RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

[FIND OUT MORE](#)

**RUNNER
RETREATS**

MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)

WOMEN'S RUN SERIES



BROOKS



SPORTSSHOES.COM

ovacome..
ovarian cancer

women's aid
until women & children are safe

Bromley & Croydon

women's
aid

RAPE
CRISIS
SOUTH LONDON

Interested in supporting an event?

Email: partners@runthrough.co.uk