

# EVENT GUIDE



## LONDONTEN

**5k, 10K, 10 Mile & Junior Race**  
**Sunday 23rd November 2025**



# YOUR RACE EXPERIENCE



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# WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

**To inspire active nations through running.**

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

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 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



**OTIS**



**SEAN**



**ANDREAS**



**KIERAN**



**ROSS**



**BLAKE**



**ABBY**



**LAURA**



**SOPHIE**

# TRAVEL

**Address: London Stadium, London, E20 2ST**

**Public transport is the best and easiest way to get to and from the Park. We highly advise using public transport where possible.**

**By Rail:** The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations. If you are exiting out of Stratford Underground Station – take the escalator or lift up to ‘The Street’ (which is the outdoor part of Westfield Shopping Centre) – follow it along, bear right at Fountain Square toward John Lewis and then left at Jamie’s Italian. At the end of the passage, cross the road into the Park.

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 Bus:** The 308 bus runs between Clapton to Wanstead via Stratford City near the station entrance and Celebration Avenue in East Village.

The 108 bus runs between Lewisham and Stratford International via Carpenters Road and the Aquatics Centre.

Stratford bus station and Stratford City bus station are both located in close proximity to Stratford station.



what3words

Event Village:

///super.into.palace

# RACE PACK

## Start Times

**10M- 9:00am**  
**5k & 10K- 9:20am**  
**Juniors-11:30am**

## Race Pack Collection Times

**10M- 7:30-8:30am**  
**5k & 10K- 7:50-8:50am**  
**Juniors- 10:00-11:00am**



FOR ENTRIES BEFORE THE 7TH NOVEMBER,  
YOUR RACE PACK SHOULD ARRIVE BY POST

- If your pack hasn't arrived, you've entered after this date or been transferred from the Saturday's event, make your way down to the registration desks on arrival.
- 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 it into your shoe laces.



Included

Bib number

Baggage Label

Timing Chip

[CLICK FOR ENTRY LIST & RESULTS](#)



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](#)

Step 1



Step 2



Step 3



Step 4



# EVENT VILLAGE

## FACILITIES

### Toilets



### Refreshments



### Spectators Welcome



### Dogs



Sadly dogs are not permitted within the Stadium itself. You are still more than welcome to bring a dogs to the outside areas in the event village. These must be kept on a lead at all times.



## TOILETS

For this event we will be using the toilets within the London Stadium.

## BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be a bag drop within the stadium and there will be a one way in and out system.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop area.
- Collect your bag after your race.
- The toilets and bag drop can be accessed through gate 5 & leave through gate 10.

## RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough 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, members of the public and and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

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 Blue High-vis jackets!) Or if you prefer you can email us at [info@runthrough.co.uk](mailto:info@runthrough.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.

# WARM UP & RACE START

We will have a warm-up in the event village 20 minutes before the start of the 10M and 15 minutes before the 10k & 5k, from here, we will call out estimated finish times to get all runners lined up and ready to run.

Please listen out for and follow our MC and marshal instructions ahead of the race.  
The 10k & 5k will start together.

# DURING THE RACE

We will have marshals all around the course as well as distance signs and arrows.

**10Mi will follow yellow mile signs 1-13**

**10k will follow green KM signs 1-9.**

**5k will follow red KM signs 1-4.**

The courses all follow a scenic tour of the QE London Olympic park, heading through the North Park and Lee Valley Velo Park, before heading onto a closed road section and a lap of the Community track before looping around the Olympic stadium and into the finish.

Due to the nature of the 3 distances on the course we ask that you remain to the right 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 left and ensure not only your safety but allow for the best experience throughout the race.

Please drain and discard all litter and emptied bottles within the signed litter zones. There will be large bags and bins within these areas that you will pass just after each water station.

Please note a limited number of SiS gels will also be provided at the first water station on the 10mile course. If you choose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

LOOK OUT FOR THE LITTER  
ZONE SIGNAGE!



# WATER STATIONS

There will be a water station at the Half Way point on the 10k and at 3mi and 6mi on the 10mi course. The 5k won't pass a water station.

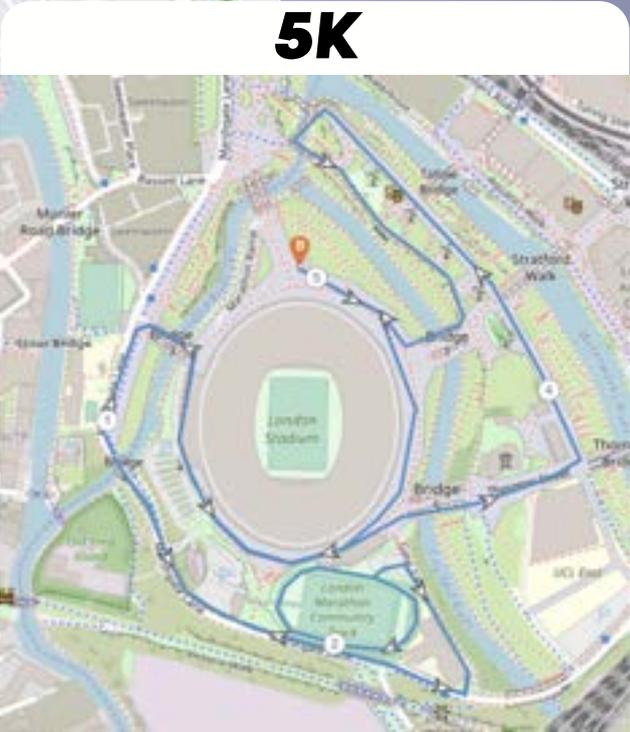
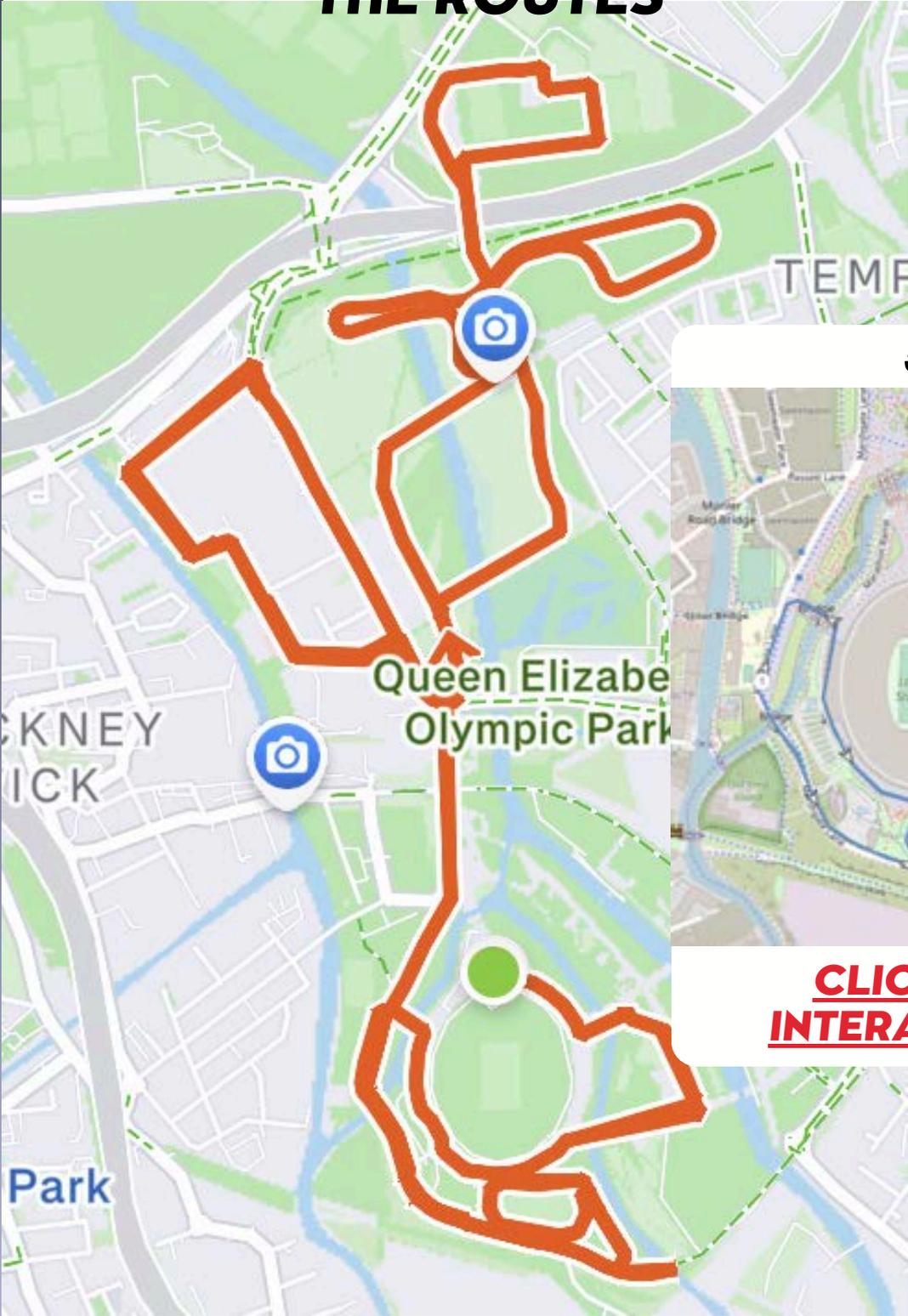
There will also be a bottle of water waiting for you at the finish line.

We recommend staying hydrated in the lead up to the event.

# COURSE MAP



## THE ROUTES



**5K**

**[CLICK FOR 5K INTERACTIVE MAP](#)**

**[CLICK FOR 10K INTERACTIVE MAP](#)**

**[CLICK FOR 10MI 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.



## 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.

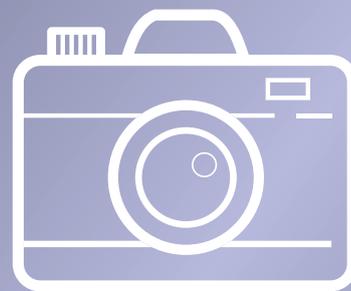
*(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)*



[\*\*PURCHASE AN EVENT T-SHIRT\*\*](#)

# PHOTOS

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!**



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**



# JUNIOR RACE



Your race pack (pre collected or posted) will include your race number, timing chip, and a wristband. The wristband is to be worn by the parent/guardian throughout the event.

Meet in the event village by the junior sign in desk 10mins prior to the start time.

We'll have a group warm up at 11.20 and walk to the start together.

The race will start at 11.30 and will follow a 1.8km course consisting of 2 laps of the stadium perimeter. There will be a lead bike and marshals along the course.

You will finish at the same finish as the 10k and be funnelled into a finish pen.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian  
wristband

Timing Chip



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

Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

# GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

## VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)

# 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. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year increments, this will further be categorised as Female, Male or Open (non-binary, or those who prefer not to say).

What is the minimum age for this event?

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

It's optional if parents want to join in the junior 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 venue restrictions, please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 2.5hrs to complete your race as we may need to make special arrangements around the course and event village.

Can I transfer my entry to a friend?

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 bottled water at 5k on the 10k course and at 3mi and 6mi on the 10mi course. Please help yourself to this as you pass. The 5k won't pass a water station. Please empty any bottles before discarding.

Am I allowed to wear headphones?

Headphones are not permitted unless bone conducting. Should you choose to wear these, please keep the volume low and remain aware of your surroundings and marshal instructions.

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 highly recommend using public transport where possible.

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 a prize giving in the event village for the top 3 male and female in each distance. 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 mins, Women's Sub 16 mins

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

10 Mile Men's Sub 50:30 mins, Women's Sub 55 mins

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

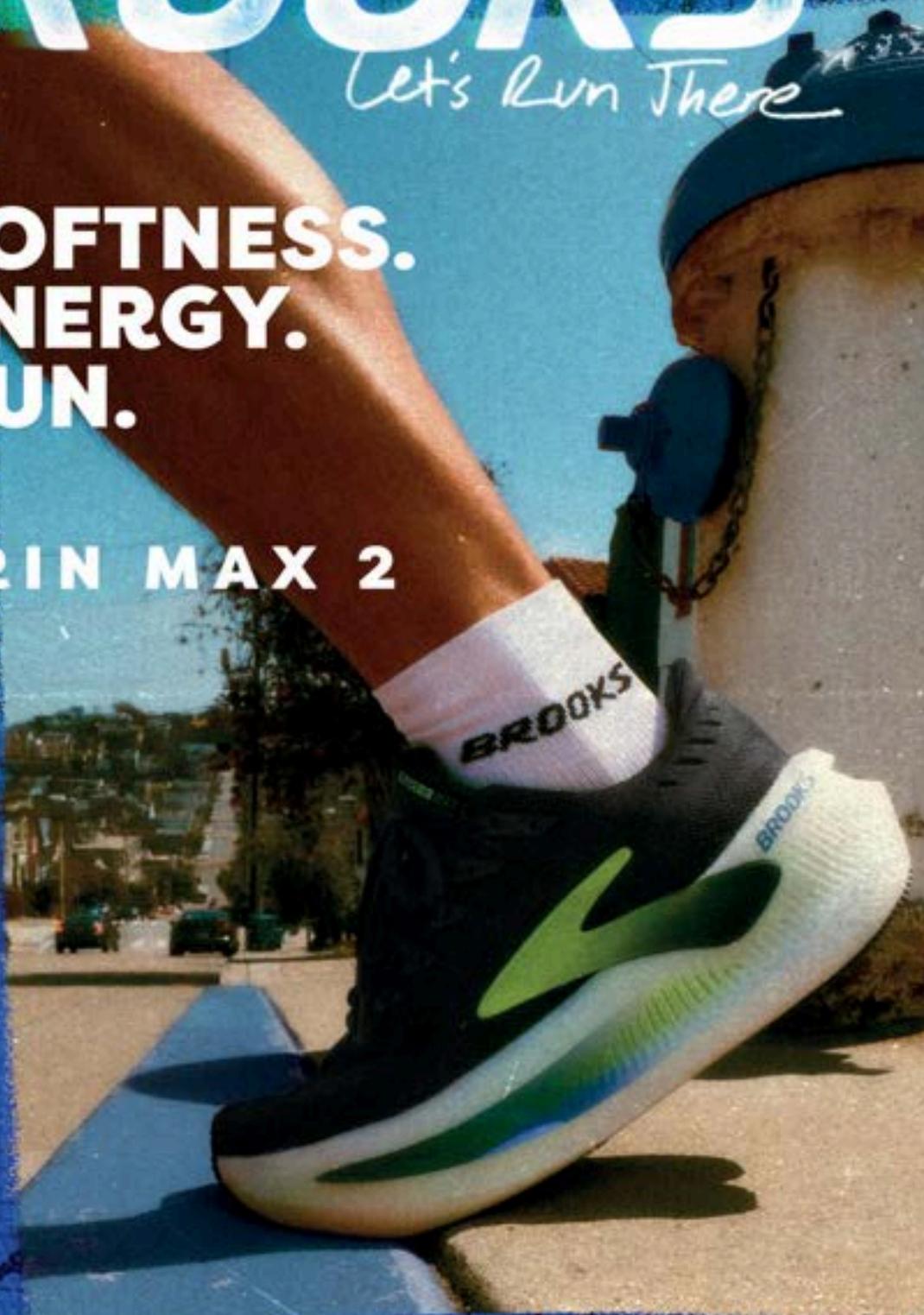
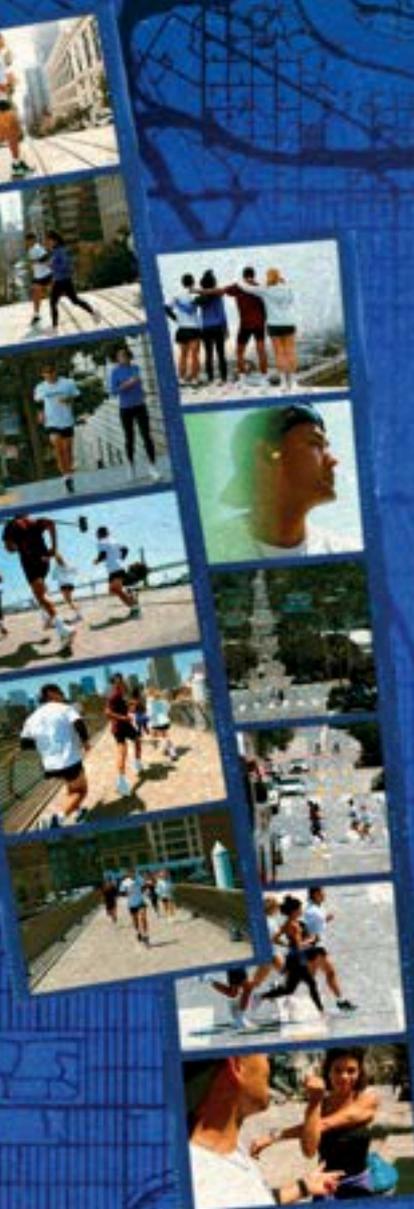
# BROOKS

*Let's Run There*

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MAX ENERGY.  
MAX RUN.**

*in the*

**GLYCERIN MAX 2**



Go on a run that never runs out in the Glycerin Max 2. Dual-cell DNA TUNED cushion is optimized for soft landings and powerful toe-offs to help you truly tune out and max your run.



# nuun

HYDRATION

Hydration starts here



## SPORT



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SPORT  
ELECTROLYTES  
LEMON LIME  
NATURAL FLAVOURS AND COLOURS  
HYDRATION ELECTROLYTES TABLETS WITH SUGAR AND SWEETENER  
50g

## ULTRA



Don't let dehydration slow you down. Optimised electrolyte and Carbohydrate formula.

nuun  
ULTRA  
HYDRATION  
RASPBERRY  
HYPEROSMOLAR ELECTROLYTE TABLETS WITH SUGAR AND SWEETENER  
45g e

**Hydrate your journey, embrace the challenge and make every step count!**

**Good Luck Runners!**  
You've got this with Nuun Hydration!

Click to follow @nuunhydrationuk

Official Partner

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

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SHOES  
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FRIDAY**

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# THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING





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Always read the label



**UP TO 12 HOURS OF TARGETED ANTI-INFLAMMATORY RELIEF**



**POWERFUL ANTI-INFLAMMATORY TARGETS THE SOURCE OF PAIN**



**WORKS DEEP IN THE MUSCLE TISSUE FOR A FASTER RECOVERY\***

\*Vs non-medicated gel.

## THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

# THE PERFECT RUNNING PAIR



**9G**  
PLANT  
PROTEIN

  
NATURAL  
INGREDIENTS

  
SOURCE OF  
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN  
BAR PARTNER OF RUNTHROUGH**

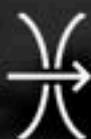


OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



22G  
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT  
APPROVED



AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR



# 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



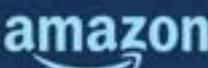
## TRY OUR FLAVOURS



## 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:  
**RUNRUNRUN**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)





**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)**

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

**FIND OUT  
MORE**

**FOUNDED BY**





**Supported  
by...**

***BROOKS***



***Zoom***  
by Ocado



**SPORTSSHOES.COM**

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