EVENT GUIDE



WOMEN'S RUN SERIES

BATTERSEA PARK 5K, 10K & HALF MARATHON

SATURDAY 4TH JULY 2026

Presented by: StoneX



YOUR RACE EXPERIENCE

WOMEN'S RUN SERIES

WHAT YOU CAN EXPECT PRE RACE

8:30-10:45am
Arrival - pg.5

9:00-10:45am
Race Pack Collection - Pg.6

8:30am- 13:30pm
Event Village - Pg.7

ALL YOU NEED TO KNOW ABOUT THE RACE

10:15 & 10:55am 10:30- 11:11am
Warm Up & Race Start - Pg.8

10:30- 13:30pm
During the Race - Pg.8

The Course & Spectator Zones - Pg.10

AFTER YOUR RACE

11:30- 13:30pm
Finish Line - Pg.11

Instant Same day
Results & Photos - Pg.12

ADDITIONAL INFORMATION

Get Involved - Pg.12

Our Partners - Pg.13

StoneX

Powering global markets. **Empowering every step.**

A Fortune 100 financial services network delivering institutional-grade access worldwide.

At StoneX, we connect clients to the world's financial markets through technology, insight and expertise. Across self-directed, commercial, institutional and payment solutions, we help individuals and businesses navigate today's dynamic financial landscape.

Explore more at StoneX.com



Women of StoneX

Breaking Barriers. Moving forward.

Women of StoneX supports women pushing forward in sport, in markets and in their careers. Finance and technology still present challenges for women, from mentorship gaps to leadership representation. Through access, education and support, we help women grow their careers while encouraging more inclusive leadership across the industry.

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



HAYLEY JESS LAURA BETHANY TILLY

TRAVEL

WOMEN'S RUN SERIES

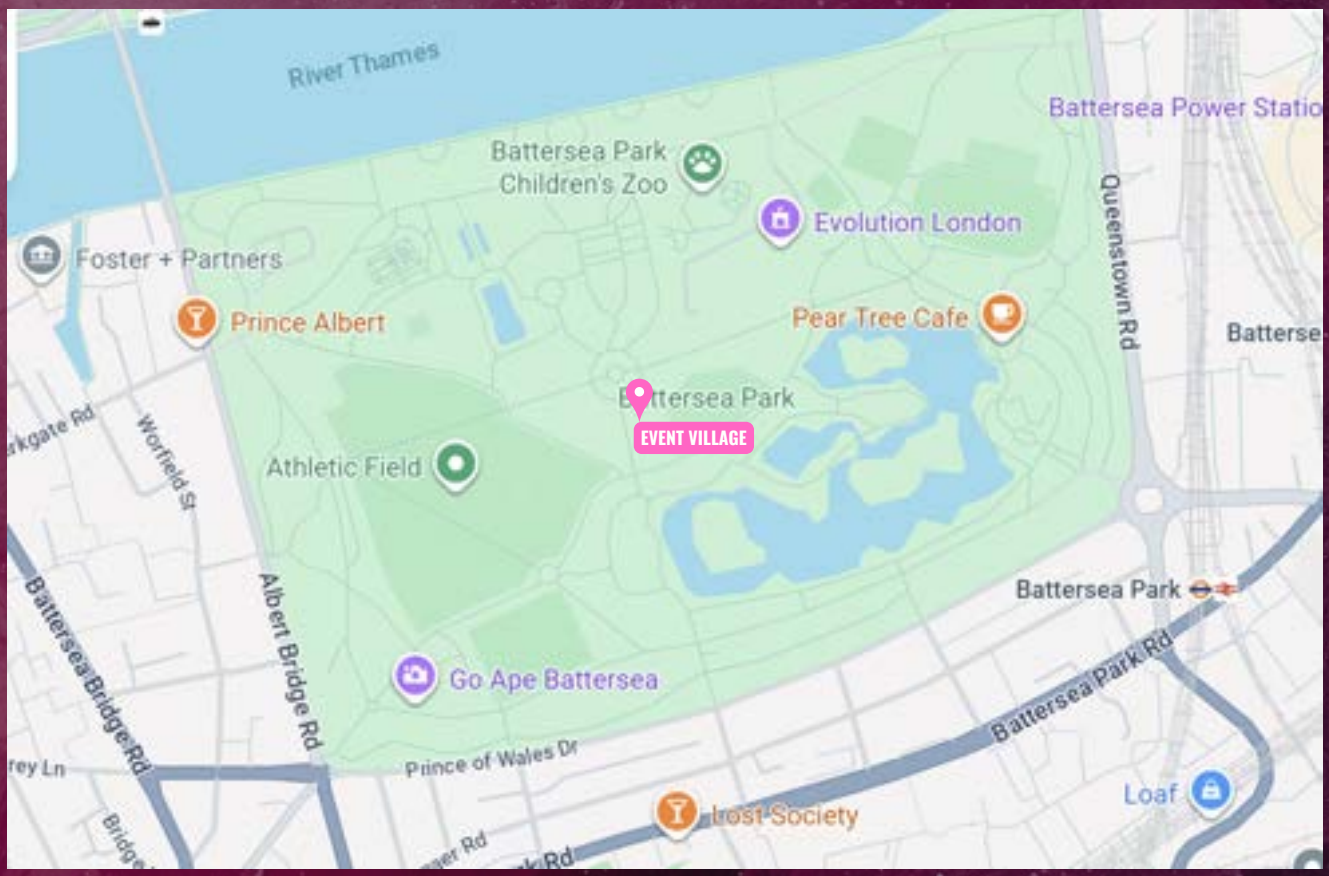
ADDRESS: THE BOWLING GREEN, BATTERSEA PARK, SW11 4NJ

By Public Transport: The best and easiest way to get to Battersea Park is via the underground/train network. The closest tube/train stations are Battersea Power Station, Queens Town Road & Clapham Junction.

By Car: There are paid car parking facilities available but we recommend that you avoid coming by car as there are limited places.

By Foot/ Bike: The park is easily accessible by both foot and cycle. Cycle parking is available in the park.

On arrival, you will find the event village at the Bowling Green, pinned below.



what3words

Event Village: ///spider.hush.public

RACE PACK

WOMEN'S RUN SERIES

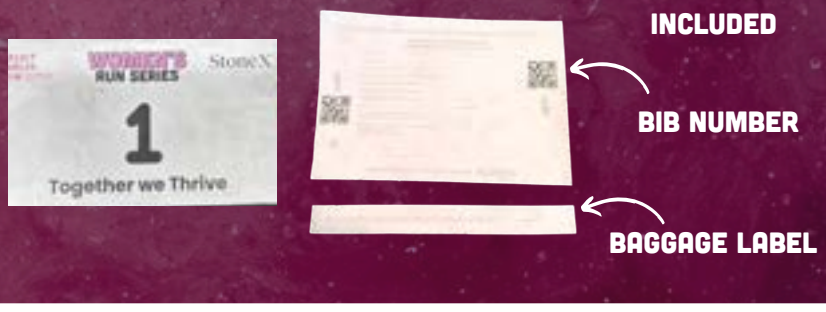
Start Times

HM- 10:30am
10k- 11:15am
5k- 11:11am

Race Pack Collection Times

HM- 9:00-10:00am
10k- 9:45-10:45am
5k- 9:45-10:45am

- 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

EVENT VILLAGE

WOMEN'S RUN SERIES

FACILITIES

Refreshments ✓

Parking nearby ✓

Spectators Welcome ✓

TOILETS & CHANGING

For this event, we will be using portable toilets located in the event village & on the course. There will also be changing tents located in the event village.

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 marquee.
- Collect your bag after your race.



EVENT AREAS

For this event, male supporters are more than welcome.

Please just be aware this is a women's only race and we ask any men attending to be mindful of your surroundings and be considerate to all female participants on course and in event village.

WARM UP & RACE START

WOMEN'S RUN SERIES

We will have a warm up in the event village 15min before the start of the half marathon and then a 2nd warm up for the 5k and 10k.
We encourage all 5k & 10k runners to join this 2nd warm up together.

From each warm up, we will call runners to the start line to get lined up and ready to run. (Please allow plenty time to walk over as the start lines are located a short walk away from the event village.)
Please note, the 10k line up will take place immediately after the 5k.
Please listen to MC announcements in the lead up to the race.

DURING THE RACE

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

HM will follow Pink mile signs 1-13 (9 Laps - 8x past the water station)
10k will follow Black km signs 1-9 (4 Laps- 3x past the water station)
5k will follow Black km signs 1-4 (2 Laps- once past the water station)

At the end of a lap, our marshals will be in position to direct you either onto your next lap (straight on) or into the finish (left into the finish funnel at the bandstand).

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 the 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 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.

*Please note - This event takes place on public paths that may also be used by pedestrians and cyclists. 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.

Please drain and discard all litter and bottles within the signed litter zone, which will be shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

WATER STATIONS

There will be a water station at the start of each lap.

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, shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

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



If you wish to wear headphones please do! However we ask that should you choose to wear headphones, 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.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



RUNNING IN HOT WEATHER

SMART TIPS TO STAY SAFE AND PERFORM



1. HYDRATION STARTS PRE-EVENT

Hydration starts pre-event, not just during. A good electrolyte drink the day before and the morning of can help. Don't just rely on water, as you can end up flushing out a lot of the body's electrolytes.



2. STAY COOL BEFORE YOU OVERHEAT

It's easier to stay cool than it is to get cool. Cover your head and neck, and if possible dip your hat or cap in cold water before setting off. Ice bandanas can be a game changer, especially if you've used them before.



3. CARRY EXTRA FLUID

Carry your own soft flask with additional fluid if you're worried. You can always pour it over your head if you don't feel the need to drink it.



4. DRESS SMART & BE PREPARED

Choose lighter coloured clothing, like white, to reflect the sun's rays, and light fabrics that help sweat evaporate quickly.



5. USE SHADE & SUNCREAM

Stay in the shade as much as possible and get the suncream on for when you're in the sun.



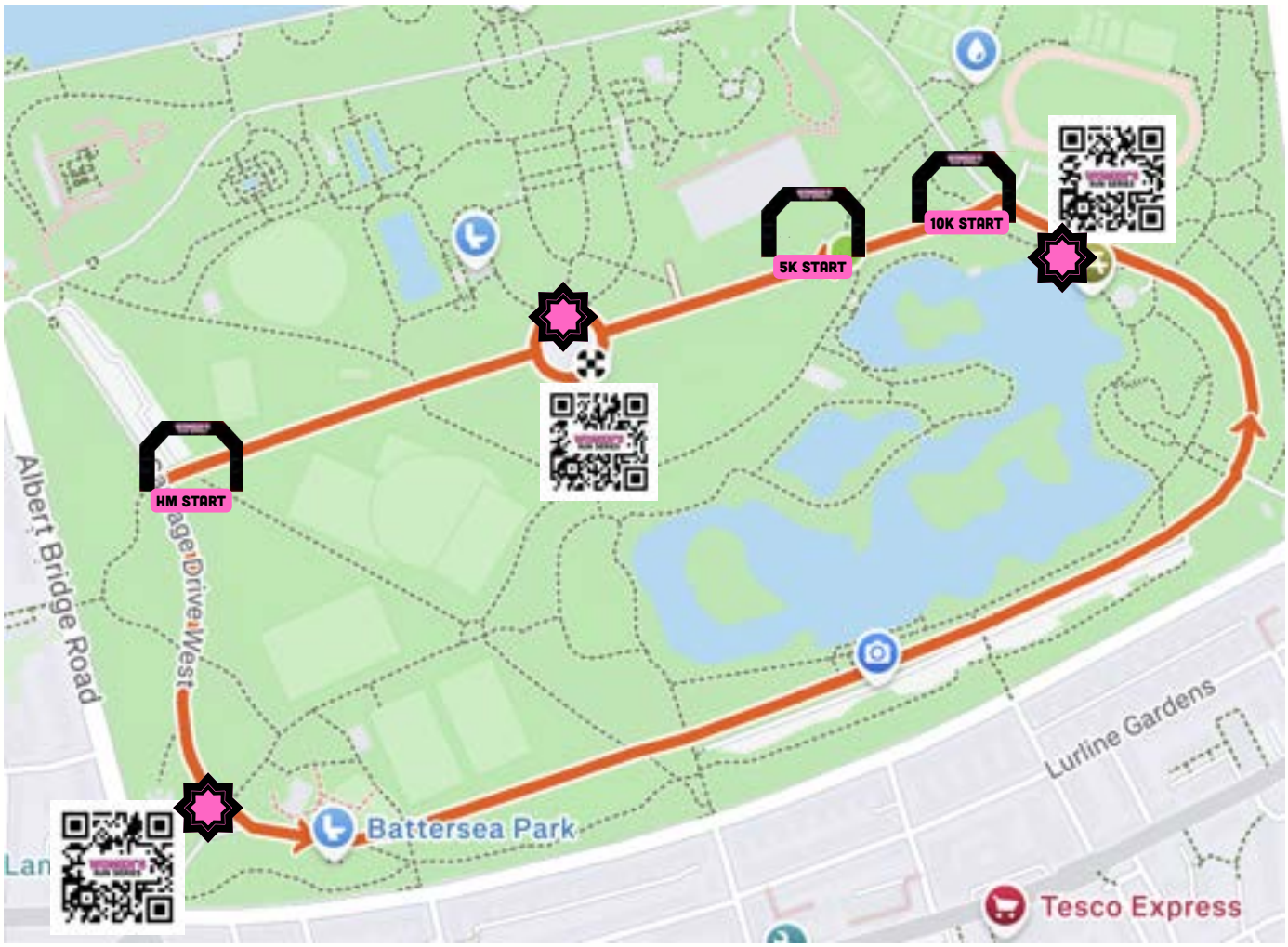
LISTEN TO YOUR BODY, PLAN AHEAD AND ENJOY THE RUN!

RunThrough Coach

COURSE MAP & SPECTATOR ZONES

WOMEN'S RUN SERIES

1 LAP OF THE ROUTE



SCAN QR CODES FOR RECOMMENDED SPECTATOR LOCATIONS

[CLICK FOR INTERACTIVE HM MAP]

[CLICK FOR INTERACTIVE 10K MAP]

[CLICK FOR INTERACTIVE 5K 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.





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!



CLICK TO SEE OUR FAQ'S OR CHAT TO OUR AI ASSISTANT FOR INSTANT ANSWERS, OR REQUEST TO SPEAK WITH A MEMBER OF OUR TEAM IF YOU NEED FURTHER SUPPORT.

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 hoodie 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 hoodie, 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!

VOLENTEER AND RECIEVE 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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

StoneX

Over a century in the market. **Moving forward with it.**

Explore what's next

Wherever the market moves, StoneX Group Inc. (NASDAQ: SNEX) helps clients navigate global markets with institutional-grade expertise, the reach of a Fortune 50 financial services network and support every step of the way.

Self-Directed | Commercial Institutional | Payments




WOMEN'S
RUN SERIES
RunThrough's official partner for apparel and event merchandise.
SHOP THE FULL RANGE
15% off with RTEVENTS15



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

SUMMER TRIPLE SERIES

THREE MONTHS, THREE EVENTS, ONE EPIC ACHIEVEMENT.



JUNE
Run any eligible RunThrough event

JULY
Run any eligible RunThrough event

AUGUST
Run any eligible RunThrough event

RUN ONE EVENT IN JUNE
ONE IN JULY
ONE IN AUGUST

EARN YOUR SUMMER TRIPLE SERIES MEDAL!

SIGN UP FREE
Get a 10% discount code to use on any eligible June, July or August event.

COMPLETE ALL THREE
and earn your exclusive Summer Triple Series Medal.

NO ADDITIONAL COST
Just run and get your extra medal at the end of summer!

RunThrough

SiS
SCIENCE IN SPORT

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**



RunThrough

OFFICIAL VITAMIN PARTNER

Energy to test your athletic skills?



There's a for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

SOLGAR®

Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

WELCOME TO THE

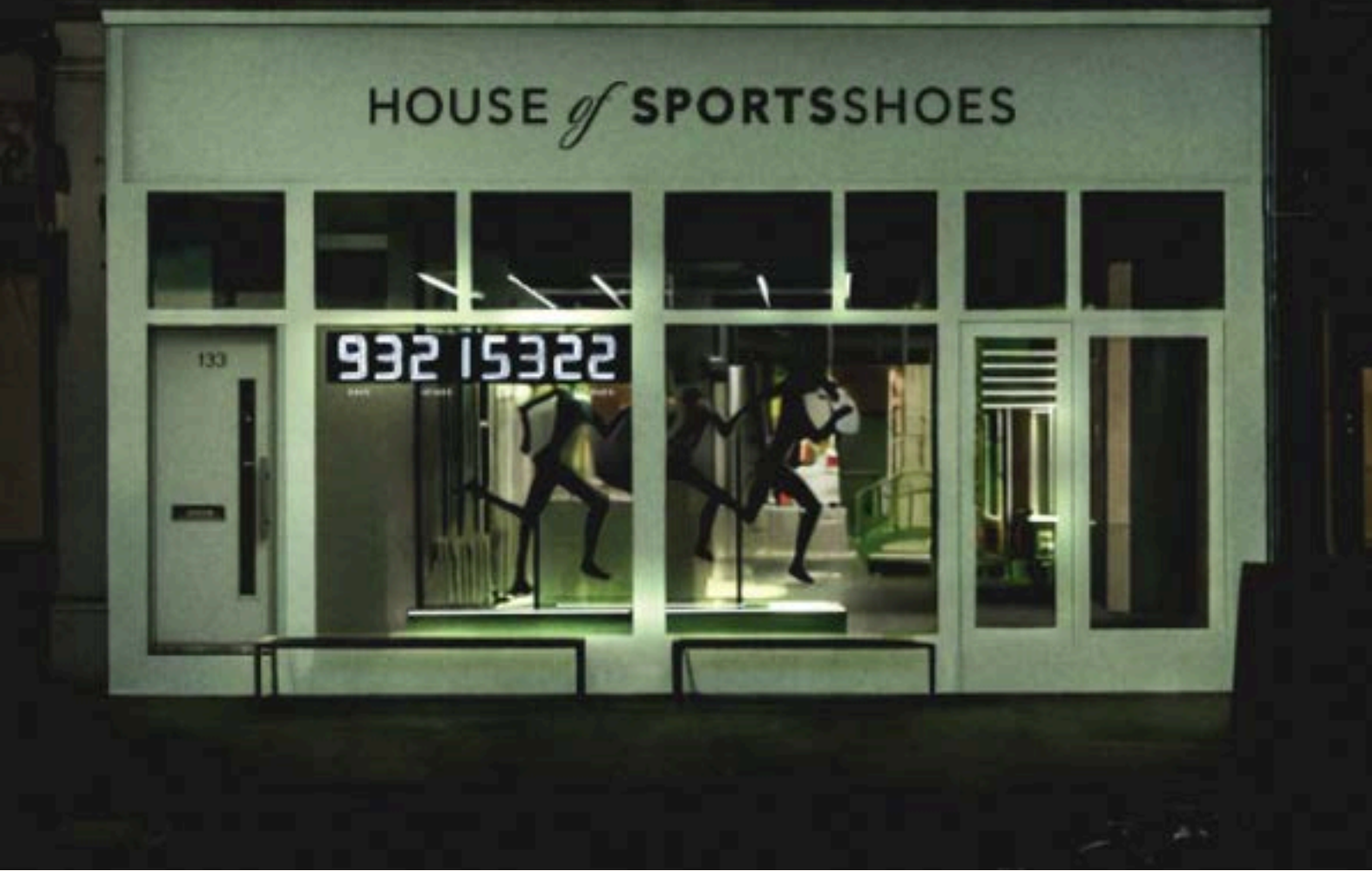
HOUSE *of* SPORTSSHOES

THE FLAGSHIP RUNNING STORE IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

VISIT HOUSE OF SPORTSSHOES AT
133 SHOREDITCH HIGH STREET, LONDON,
E1 6JE.

Find Out More



MAKE NATURE YOUR POWER

JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

Shop now

BROOKS

RunThrough
OFFICIAL PARTNER

givestar

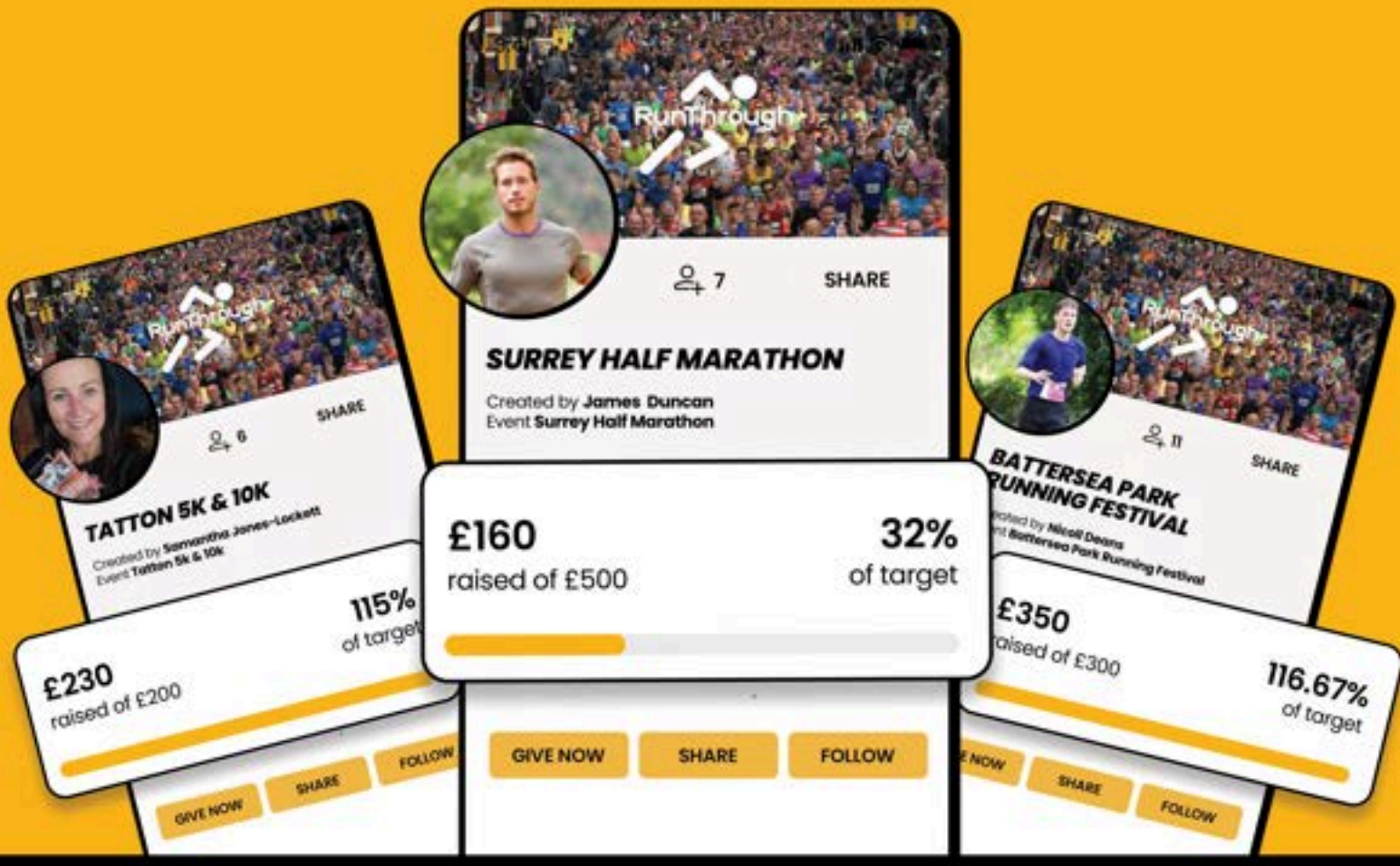
Download on the App Store

GET IT ON Google Play

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



OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

RunThrough Coach

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





BOOK YOUR SPOT →

WOMEN'S RUN SERIES

StoneX

RT KIT

SOLGAR® Since 1947

JBS TREK

BROOKS

SiS SCIENCE IN SPORT

givestar

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