



**LONDON
HALF, 10K & JUNIORS
PRESENTED BY TREK
SUNDAY 1ST MARCH 2026**

EVENT GUIDE

IN SUPPORT OF:



PAPYRUS
PREVENTION OF YOUNG SUICIDE

YOUR RACE EXPERIENCE

03 WELCOME

06 TRAVEL

07 RACE PACK

08 EVENT VILLAGE

10 WARM UP & RACE START

10 DURING THE RACE

11 COURSE MAPS

12 FINISH LINE

13 JUNIORS

14 RESULTS & PHOTOS

**15 OUR PARTNERS
AND OFFERS**



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



SEAN



WILL



LUKE



KIERAN



CAOLAN



LUCY



ROSS



JESS



JESS



TILLY



LAURA



COLIN

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PROTEIN BAR PARTNER**

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PAPYRUS are so excited to be the official charity partner of the London Olympic Park Half & 10k.

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included).

We work with communities across the UK, engaging them in our mission to prevent suicide in children and young people. We engage them through our resources and training, learning with them and galvanising them to help save young lives.



Get Involved!

Fundraise for us - Help us save young lives and continue to be here for life. Use your place in the OPH to raise vital funds needed to keep HOPELINE 247 or take a look at our other challenges here

Donate - Just £20 can pay for a lifesaving contact for HL247

Training - Do you want to help make your community or workplace a suicide safer place? Contact the team today to find out more fundraising@papyrus-uk.org



The Truth Is...

Suicide is the biggest killer of people aged 35 and under in the UK. We believe that many suicides are preventable.

Our Hopeline247 has an interaction with a young person or concerned adult every 14 minutes, by raising around just £20 you can pay for a 20 minute lifesaving call

In 2025, PAPYRUS delivered over 1,000 suicide prevention training sessions to over 15,000 people across the UK increasing the number of people with skills and knowledge to support people experiencing suicidal thoughts and ultimately prevent young suicide.



Registered charity number: 1070896  Registered with FUNDRAISING REGULATOR

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.

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



what3words

Event Village:

///super.into.palace

RACE PACK

START TIMES

HM- 9:00am

10k- 9:38am

Juniors- 12:00pm

RACE PACK COLLECTION TIMES

HM- 7:30 - 8:30am

10K- 8:00- 9:00am

Juniors- 10:30-11:30am



**FOR ENTRIES BEFORE THE 13TH FEBRUARY
YOUR RACE PACK SHOULD ARRIVE BY 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 back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER
& TIMING CHIP

— BAGGAGE LABEL



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](#)

[CLICK FOR ENTRY LIST & RESULTS](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING NEARBY



**SPECTATORS
WELCOME**



TOILETS

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

There will also be toilets at the 8mile point in the race.

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 off the strip and attach it to your bag.
- Leave your bag in the bag drop section that corresponds with your bib number.
- Collect your bag after your race.
- The toilets and bag drop can be accessed through gate 5 & exit 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.

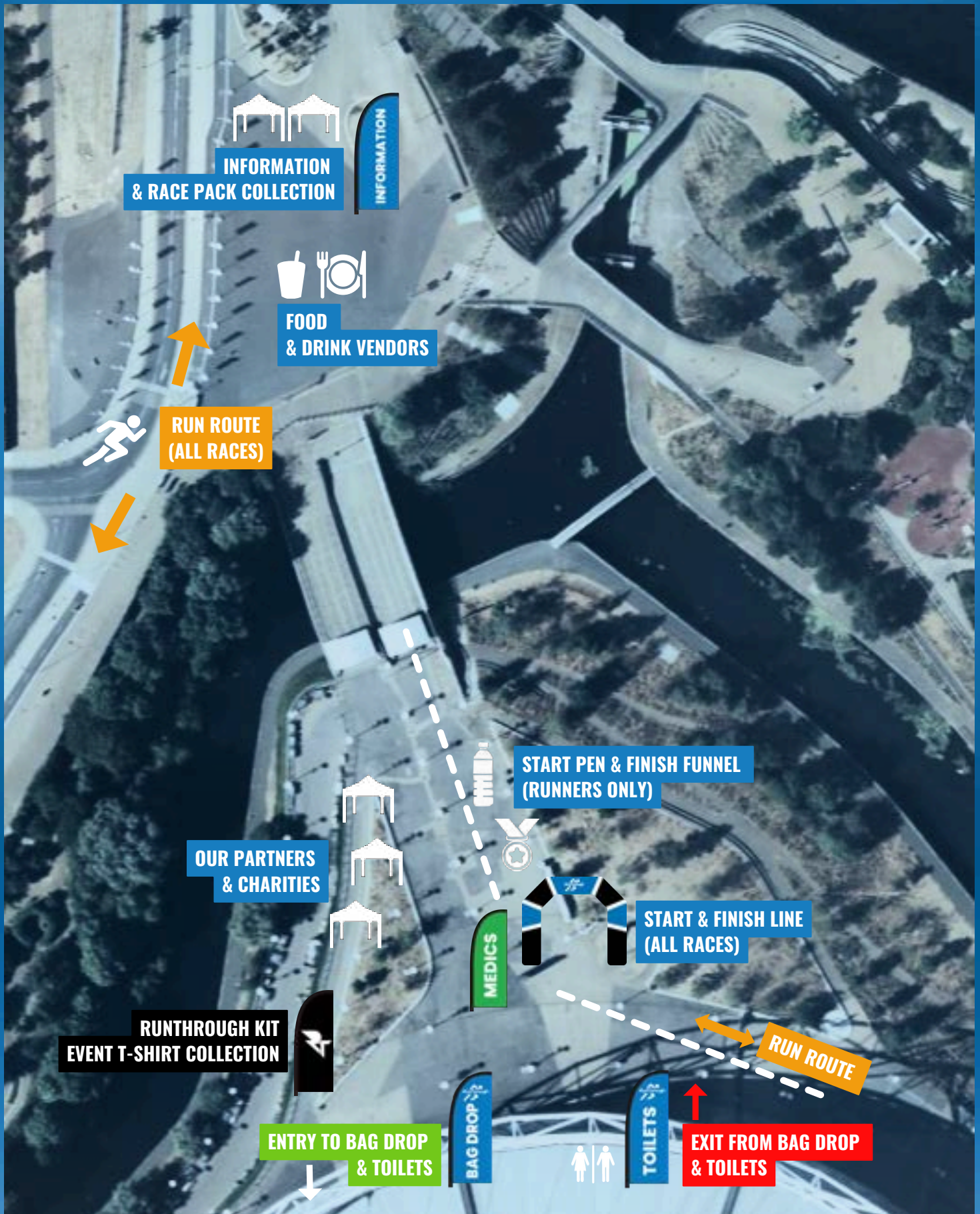
Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners, 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 Blue High-vis jackets!) Or if you prefer you can email us at 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.

EVENT VILLAGE MAP



WARM UP & RACE START

We will have a warm-up in the event village 15 minutes before the start of each race.

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

DURING THE RACE

The race will start and finish next to the event village. There will be plenty of marshals and directional arrows to keep you going all the way to the finish.

Half Marathon will follow Yellow mile markers 1-13.
10k will follow Green km markers 1-9.

Please be aware that we will have a safety bike ahead of the lead runner to prevent any collision around the course. 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 zones. There will be large bags and bins within this area that you will pass just after each water station.

SIS gels will also be provided at the water stations. If you chose 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.

WATER STATIONS

There will be 3 water stations along the Half Marathon course at miles 3, 6.5 and 10, and at the Half Way point on the 10k.

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.



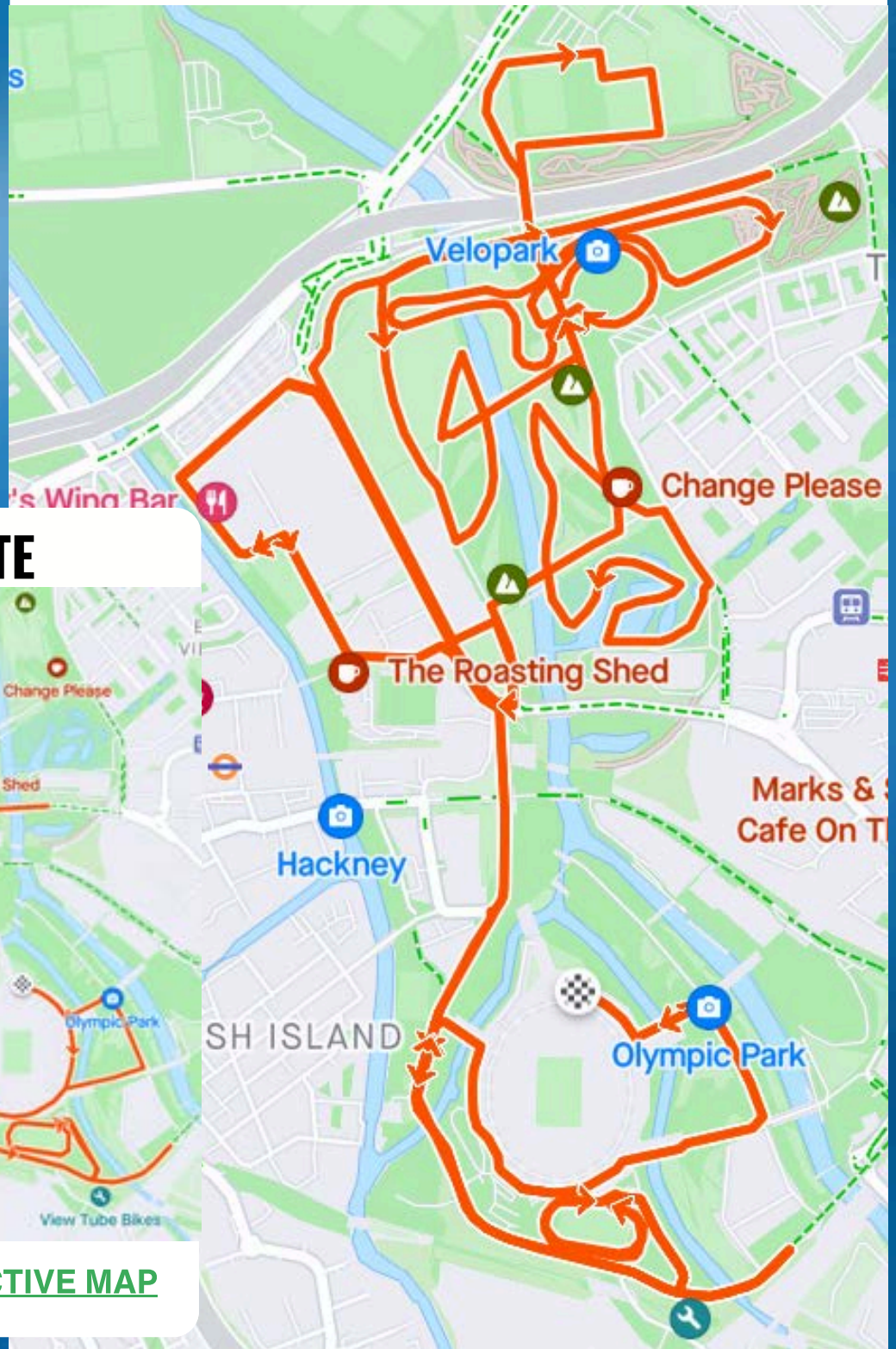
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

HALF MARATHON ROUTE



[CLICK FOR INTERACTIVE MAP](#)

10K ROUTE



[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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoody 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 kit, but would like to purchase some, 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 HERE

JUNIOR RACE



[CLICK FOR JUNIORS
INTERACTIVE MAP](#)

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out).

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/ guardian throughout the event.

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

We'll have a group warm up at 11.45 and walk to the start together.

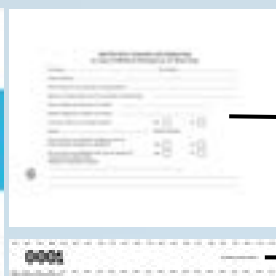
The race will start at 12.00 and will follow a 1.8km loop consisting of 2 laps of the stadium. There will be a lead bike and marshals along the course.

You will finish at the same finish as the adult races 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!



INCLUDED:

— BIB NUMBER AND
ATTACHED TIMING CHIP

— ADULT WRISTBAND



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.

RESULTS & PHOTOS

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!



SOCIAL MEDIA

Q runthroughuk



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



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

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- £40 - 5K/10K
 - £65 - HALF MARATHON
 - £100 - MARATHON/ULTRA
- RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED**



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

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

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PROTEIN BAR PARTNER**

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BROOKS



OFFICIAL PARTNER

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



The image shows three smartphone screens displaying fundraising pages on the Givestar platform. Each screen features a profile picture, a crowd photo, and event details. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event with a progress bar at 32%.

Event Name	Created by	Target	Amount Raised	Progress
TATTON 5K & 10K	Samantha Jones-Lockett	£200	£230	115%
SURREY HALF MARATHON	James Duncan	£500	£160	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	£300	£350	116.67%



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**AIM FOR 60G OF
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PER HOUR**





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*vs non-medicated gel.

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Get 15% off our latest launches*

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asics

GEL-CUMULUS 27 GORE-TEX



HOKA

Clifton 9 GORE-TEX



RUN

Vomero 18 GORE-TEX



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strongest
run*
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orSportsMassage.

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*T&Cs apply. Offer ends 01.04.2026



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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](#)



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