

EVENT GUIDE

**BATTERSEA PARK
RUNNING FESTIVAL
HALF MARATHON, MARATHON & JUNIORS
PRESENTED BY SIS**

Saturday 18th October 2025



YOUR RACE EXPERIENCE



Welcome

P3



Arrival

P5



Race Pack Collection

P6



Event Village Provisions

P7



Warm Up & Race Start

P8



During the Race

P8



The Course

P9



Finish Line

P10



Juniors

P11



Results & Photos

P12



Get Involved

P13



FAQ'S

P14



Our Partners and Offers

P15-27

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



JESS



ROSS



JAMES



HAYLEY



TOMMY



We're proud to be Battersea Running Festival's official 2025 charity partner.

At Battersea, we believe that every dog and cat deserves the best. That's why we help every dog or cat in need – whether it's newly-born or getting on, cute or cute in its own way. That's why our experts and volunteers do everything they can to make all our animals healthy and lovable. And that's why we take care to rehome every dog and cat where they have the best chance of happiness.

HOW YOU CAN SUPPORT US



Fundraise for us

Use your place in the Battersea Running Festival to help us be here for every dog and cat.



Support the animals in our care with a virtual gift from our shop

We'll have lots of Battersea branded goodies on offer at our tent in the event village.



Take on another challenge

Whether you want to run, walk or jump, we have places in a range of events in 2025 and 2026.

HOW YOUR MONEY HELPS

£10

could help pay for essential vaccinations for a dog or cat.

£30

could help keep a dog warm in cold weather, with a cosy bed and blanket and a coat for outdoor adventures.

£50

could buy a microchip scanner and help play an essential part in reuniting lost animals with their loving families.



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



TRAVEL

Address: Millennium Arena, Battersea Park, London, SW11 4NJ

By Rail:

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.



what3words

[Event Village:](#)

<///half.cook.meal>

RACE PACK

Start Times

Marathon: 9am
Half Marathon: 10am
Juniors: 10:40am

Race Pack Collection Times

Marathon: 7:30-8:30am
Half Marathon: 8:30-9:30am
Juniors: 9:10-10:10am



**FOR ENTRIES BEFORE THE 3RD OCTOBER,
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 bottom of your race bib, tear this off and slot it into your shoe laces.



[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



Parking



**Spectators
Welcome**



Dogs



Bikes



Please be aware that dogs and bikes are not permitted inside the track area at Millennium Stadium. This includes the event village and start/finish zones. We kindly ask all participants and spectators to respect this venue policy.

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop within the Event Village where you can leave 1 bag. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- 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.

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.**

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.



WARM UP & RACE START

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

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

DURING THE RACE

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

Please count your own laps.

Half Marathon - 5 Laps (Black signs 1-13)

Marathon - 10 Laps (Yellow signs 1-26)

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 emptied 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.

SiS gels will also be provided at the water stations. 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.

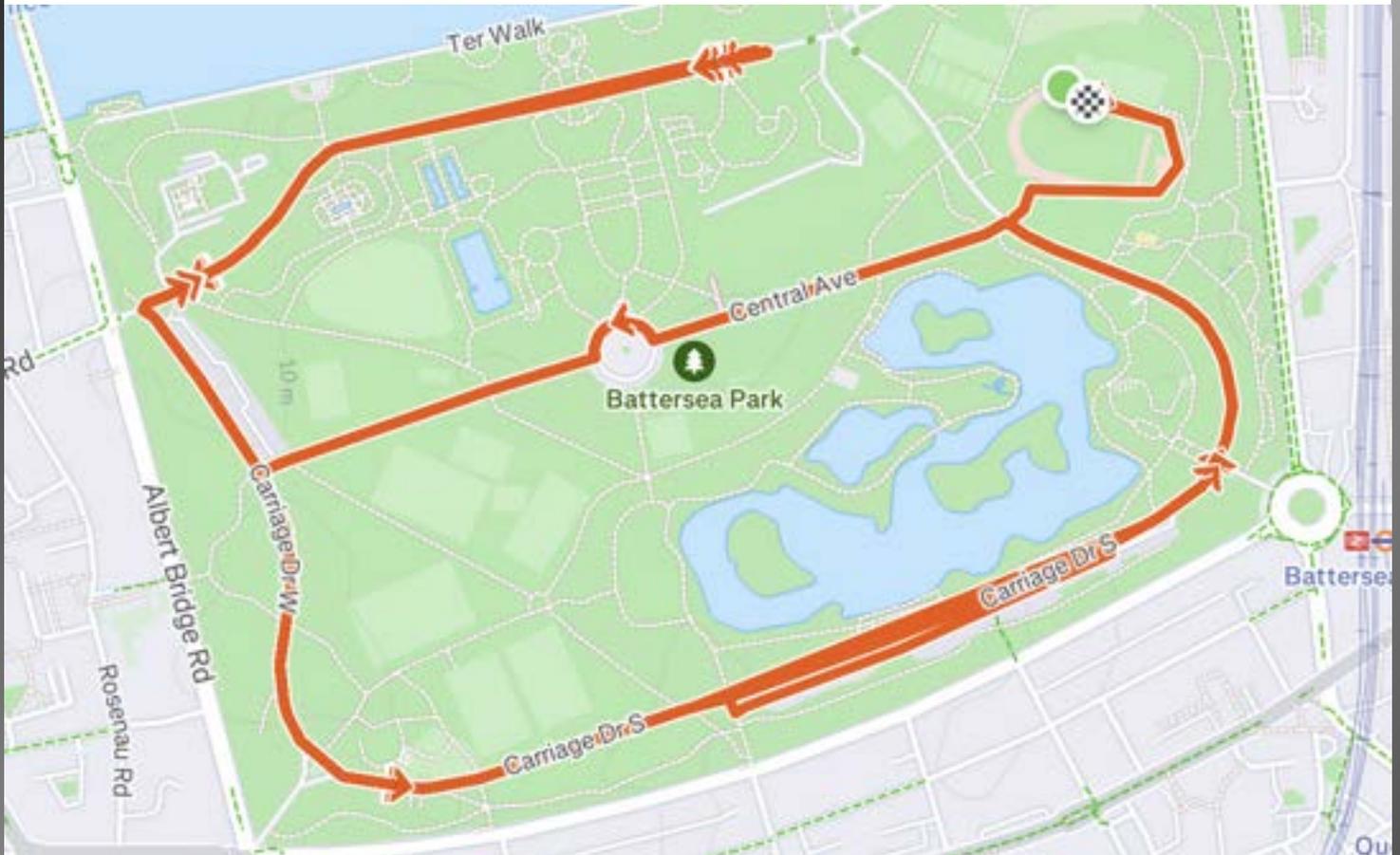
**LOOK OUT FOR THE LITTER
ZONE SIGNAGE!**



COURSE MAP



THE ROUTE



[CLICK FOR INTERACTIVE MAP](#)

HM- 5 laps

Marathon- 10 laps

WATER STATIONS

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.



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](#)





JUNIOR RACE



Collect your race pack from registration. This 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 big blue flag on the infield 15mins prior to the start time.

We'll have a group warm up at 10.30 and walk to the start together.

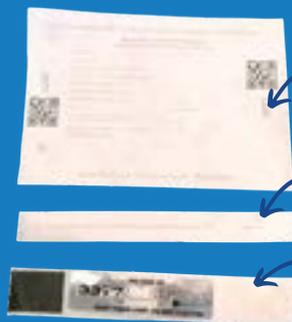
The race will start at 10.40 and will follow 2 laps of the track (800m).

You will finish at the same finish as the other 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!



Bib number

Parent/guardian
wristband

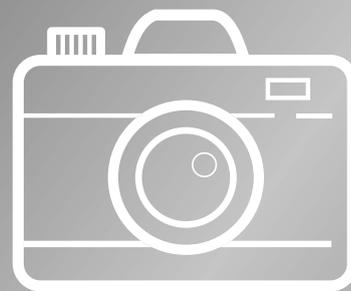
Timing Chip



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.

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**

GET INVOLVED!

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

PACER & FINISH LINE FRIENDS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT

VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

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 on 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, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

Juniors- any age | Half Marathon- 17 | Marathon- 18

It's optional if parents want to join in with the kids 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 if you plan to take more than 5 hours 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?

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 and gel station out on the course for you to help yourself to on each lap. 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, 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 RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where should I park for the event?

There is paid parking on site, if parking on the surrounding roads please use parkopedia.com to find somewhere suitable for you as spaces can be restricted on race day. We 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 on the stage for the top 3. 1st place 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:

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

Marathon: Men's Sub 2hr25min, Women's Sub 2hr37min

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



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



22G
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT
APPROVED



AIM FOR 60G OF
CARBOHYDRATES
PER HOUR





MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **SPORTS INJURIES**



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

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



BROOKS

RunThrough
OFFICIAL
PARTNER



ENDLESS
ENERGY
IN THE

GLYCERIN MAX

THE PERFECT RUNNING PAIR



9G
PLANT
PROTEIN

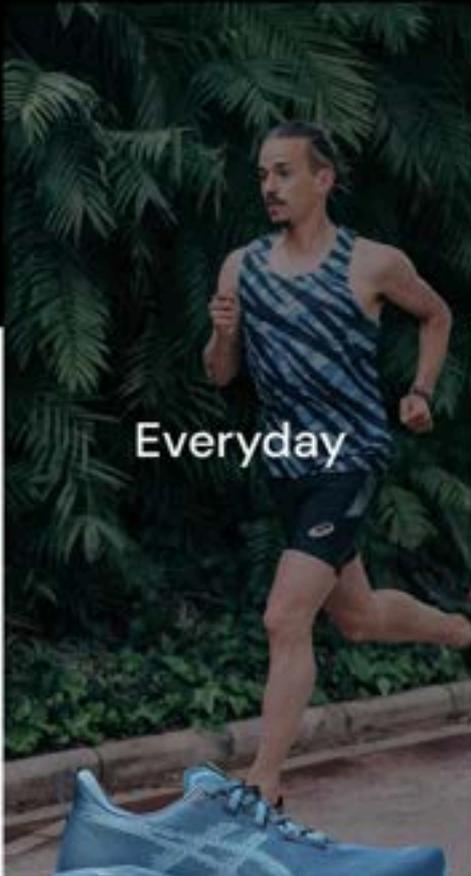

NATURAL
INGREDIENTS


SOURCE OF
FIBRE

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

SPORTSSHOES.COM

Get 15% off our
latest launches*



asics.

NOVABLAST 5

The Asics Novablast 5 is a great and lightweight everyday running shoe that offers an extra bounce on steady runs.



HOKA

ROCKET X 3

The Hoka Rocket X 3 is a super fast carbon shoe, built for achieving your personal best.



RUN

PEGASUS TRAIL 5

The Nike Pegasus Trail 5 provides responsive cushioning and a waterproof Gore-Tex wet weather protection for trail running.

CHECK YOUR PRE RACE EMAILS FOR YOUR DISCOUNT CODE!

Ts&Cs apply*

Get 15% off AW25

nuun

HYDRATION

Hydration starts here



SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

SPORT
ELECTROLYTES

LEMON LIME

NATURAL FLAVOURS AND COLOURS
HYPEROSMOTIC ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
50g

ULTRA



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

ULTRA
HYDRATION

RASPBERRY

HYPEROSMOTIC 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!



Official Partner

Click to follow @nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

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

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



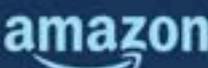
TRY OUR FLAVOURS



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



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

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF ALL
ABILITIES**

**FIND OUT
MORE**

FOUNDED BY





**Supported
by...**

BROOKS



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Interested in supporting an event? email: sam.williams@runthrough.co.uk