



DORNEY LAKE

HALF MARATHON, 10K & 5K

SUNDAY 8TH MARCH 2026

EVENT GUIDE



YOUR RACE EXPERIENCE

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AND OFFERS**



WELCOME

The RunThrough and ATW Teams are 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, triathlon and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of sport 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 & ATW 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 & ATW Team



JESS

ANDREAS

TRAVEL

Address: Dorney Lake, Windsor

By Car:

Free parking is available at Dorney Lake and will be signposted as you enter the venue.

Please bear in mind there could be up to a 20-minute walk to registration depending upon which car park you find yourself in so we advise you to leave plenty of time for arrival.

The main event car park is at the Boathouse (next to the event village), not at the top of the lake where you enter.

Please be aware, from the main entrance to the car park it is just over a mile walk.

Please note, the pedestrian gate at the boathouse end of the lake will be locked and inaccessible. Please pin drop/use the gate entrance when typing into maps for directions, you can enter the venue via the main roadway at the top of the lake [HERE](#).

Please follow the directions of the marshals to the car park by the boathouse as this will ensure a short walk to the event village. Please walk on the edge of grass alongside the path to reach the event village, keeping the path clear for other runners/duathletes on the course. This will be clearly sign posted on the day.

By Foot/Bike: The lake is easily accessible by bicycle. Cycle parking is available at the venue.

By Rail:

Slough and Windsor & Eton Riverside is the closest train station. Please plan your route in advance as Sunday services may be limited.



what3words

Main Entrance:

///pounds.same.fears

Event Village:

///neat.places.clay

RACE PACK

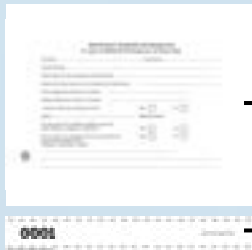
START TIMES

9:10am

RACE PACK COLLECTION TIMES

7:40-8:40am

- 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.



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



**SPECTATORS
WELCOME**



DOGS



Dorney Lake boathouse Cafe will be open and serving hot food and drinks. This is located a short walk from the event village, by the car park.

Please keep off the section of grass adjacent to the event village- due to venue restrictions this is off limits to the event.

You're more than welcome to spectate with dogs (on a lead), however running with dogs is prohibited at this event.

BAG DROP

- Please limit the number of belongings you bring to the event.
- we recommend leaving your personal belongings in the car where possible
- There will be an informal bag drop within the event village for those who need it.
- 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.



TOILETS

For this event, we will use portable toilets located in the event village. If you live locally we recommend using toilets at home.

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.

WARM UP & RACE START

We will gather participants in the event village 10 minutes prior to the start of the races. From here, we will call out estimated finish times to get all runners lined up and ready to run.

All races will start at the same time.

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows. The course consists of laps around the right side of the lake.

Half Marathon will follow Yellow mile signs 1-13

10k will follow Green km signs 1-9

5k will follow Green km signs 1-4

HM- 4 Laps + additional out and back on each lap

10k - 2 Laps

5k - 1 Lap

Please note, at the top of the lake there is a key split where Half Marathon runners will take a left and do a U-Turn and the 5k/10k runners both take the right hand side on the approach.

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 their 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 the 5k 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 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.

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 also bringing your own drinks to stay 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!**



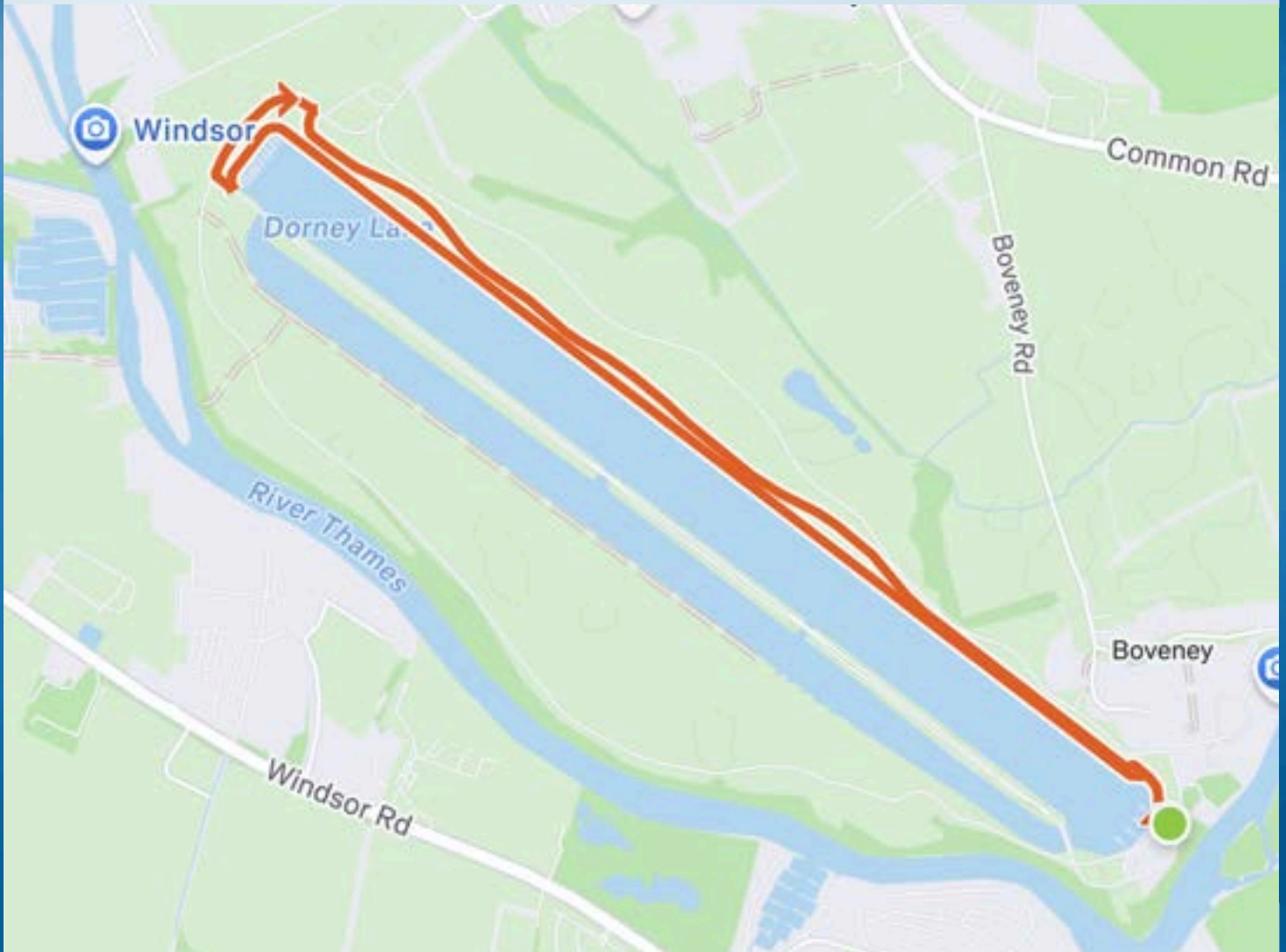
COURSE MAP

1 Lap of the Route

HM - 4 LAPS

10K- 2 LAPS

5K - 1 LAP



[CLICK FOR 5K DISTANCE MAP](#)

[CLICK FOR 10K DISTANCE MAP](#)

[CLICK FOR HM DISTANCE 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 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](#)



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



DorneyLakeEvents



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

THE FUTURE IS HERE



in the new

GLYCERIN FLEX

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

BROOKS

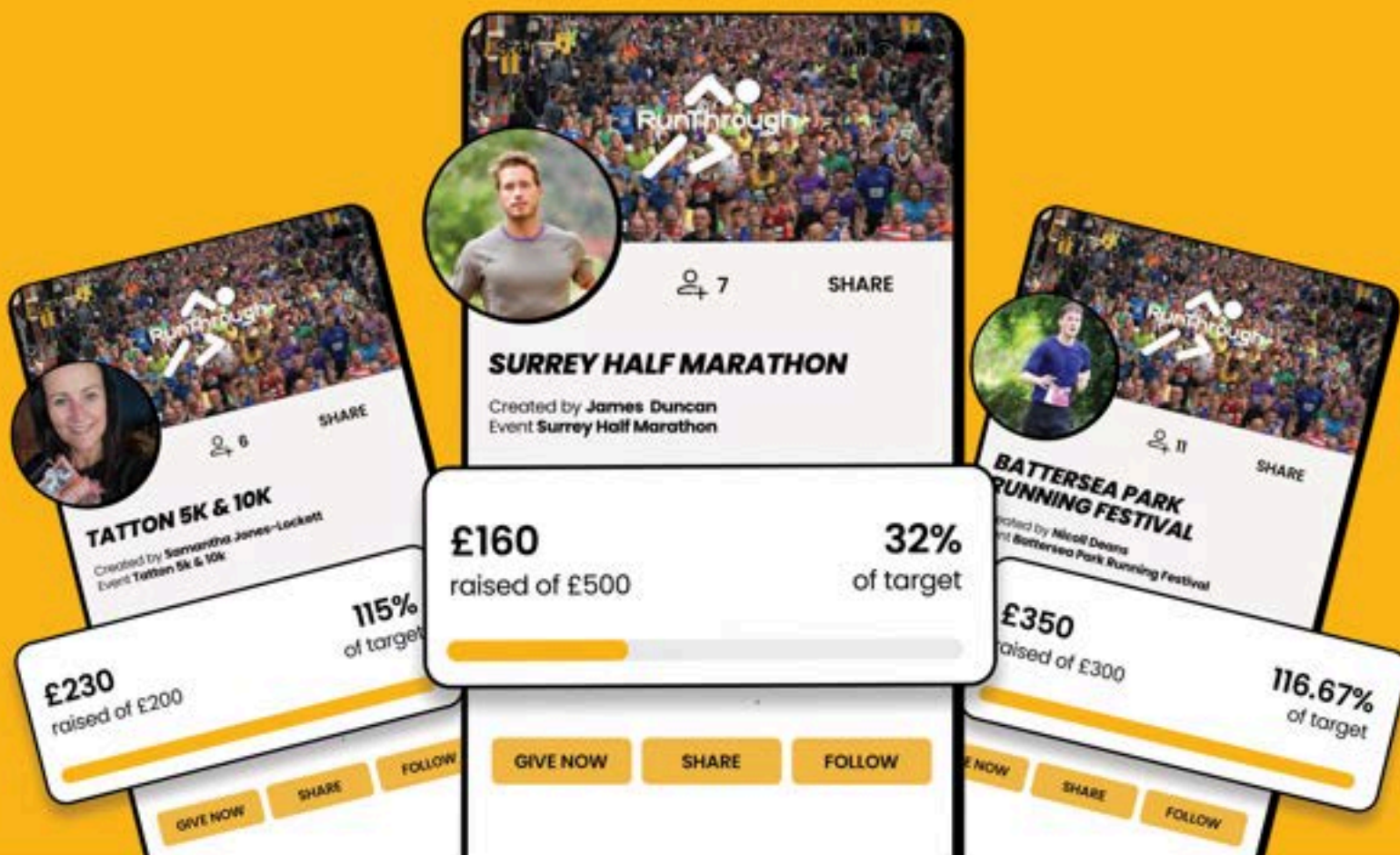


OFFICIAL PARTNER

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 event pages for Runthrough. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event. It features a profile picture of James Duncan, 7 participants, and a progress bar showing £160 raised of £500 (32% of target). Below the progress bar are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. To the left, a screen shows the 'TATTON 5K & 10K' event, created by Samantha Jones-Lockett, with £230 raised of £200 (115% of target). To the right, a screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event, created by Nicolai Deans, with £350 raised of £300 (116.67% of target). All screens feature a 'Runthrough' logo and a 'SHARE' button.



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**





MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



UP TO 12 HOURS OF TARGETED ANTI-INFLAMMATORY



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

MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK



Ts&Cs apply*

Get 15% off SS26 products*

YOUR FAVOURITES. NOW WEATHERPROOF.

Get 15% off our latest launches*

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saucony

Triumph 23 GORE-TEX



asics

GEL-CUMULUS 27 GORE-TEX



HOKA

Clifton 9 GORE-TEX



**Nike
RUN**

Vomero 18 GORE-TEX



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](#)



Supported by...



BROOKS



SPORTSSHOES.COM

Interested in supporting an event?
Email: partners@runthrough.co.uk