



# **EVENT GUIDE**

## **DORNEY LAKE EVENTS**

**5k, 10k & Half Marathon  
Sunday 9<sup>th</sup> November 2025**

# Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P1

During the Race



P8

The Course



P8

Finish Line



P9

Results & Photos



P10

Get Involved



P11

FAQ'S



P12-24

Our Partners and Offers



# Welcome

The entire RunThrough and ATW Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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 and ATW Team



# TRAVEL

Address: Dorney Lake, Windsor

Parking:

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.**

**We have been informed there will be 2 temporary roadworks on Lake End Road, please factor in extra travel time to accomodate any delays these may cause. you may want to consider approaching the venue from Common Road (B3026) to avoid this area.**

Nearest Train stations:

Slough and Windsor & Eton Riverside

Getting Here by Bicycle:

The lake is easily accessible by bicycle. Cycle parking is available at the venue.



what3words

The main entrance Gate - [///pounds.same.fears](#)

Event Village - [///neat.places.clay](#)

733

## Race Pack Collection

### 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 (we recommend safety pins or magnets).
- Your timing chip will be attached to the back of your race bib, please leave this attached and do not tamper with it.

[\*\*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\*\*](#)



# SPECTATORS COFFEE

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 note due to safety reasons, the first floor cafe and balcony are unable to accommodate those who require assistance with evacuation from the first floor. We apologise for any inconvenience this may cause.

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.

## TOILETS



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

## BAGGAGE

- 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.

## 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 and race staff.**  
**Refrain from demeaning, discriminatory, or harassing behaviour and speech.**  
**Be mindful of your surroundings and of 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!).

We're always on hand 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.



## **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 and you will see mile markers in the form of yellow signs for the half marathon, and green KM signs for the 5k & 10k as well as arrows to direct you.

The course consists of laps around the right side of the lake and will involve 1 lap for the 5k, 2 laps for the 10k, 4 laps with an additional out & back section on each loop for the Half Marathon. Please note, at the top of the lake there is a key split where Half Marathon & 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 your 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 Half Marathon and 5k 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 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.

## **REFRESHMENTS**

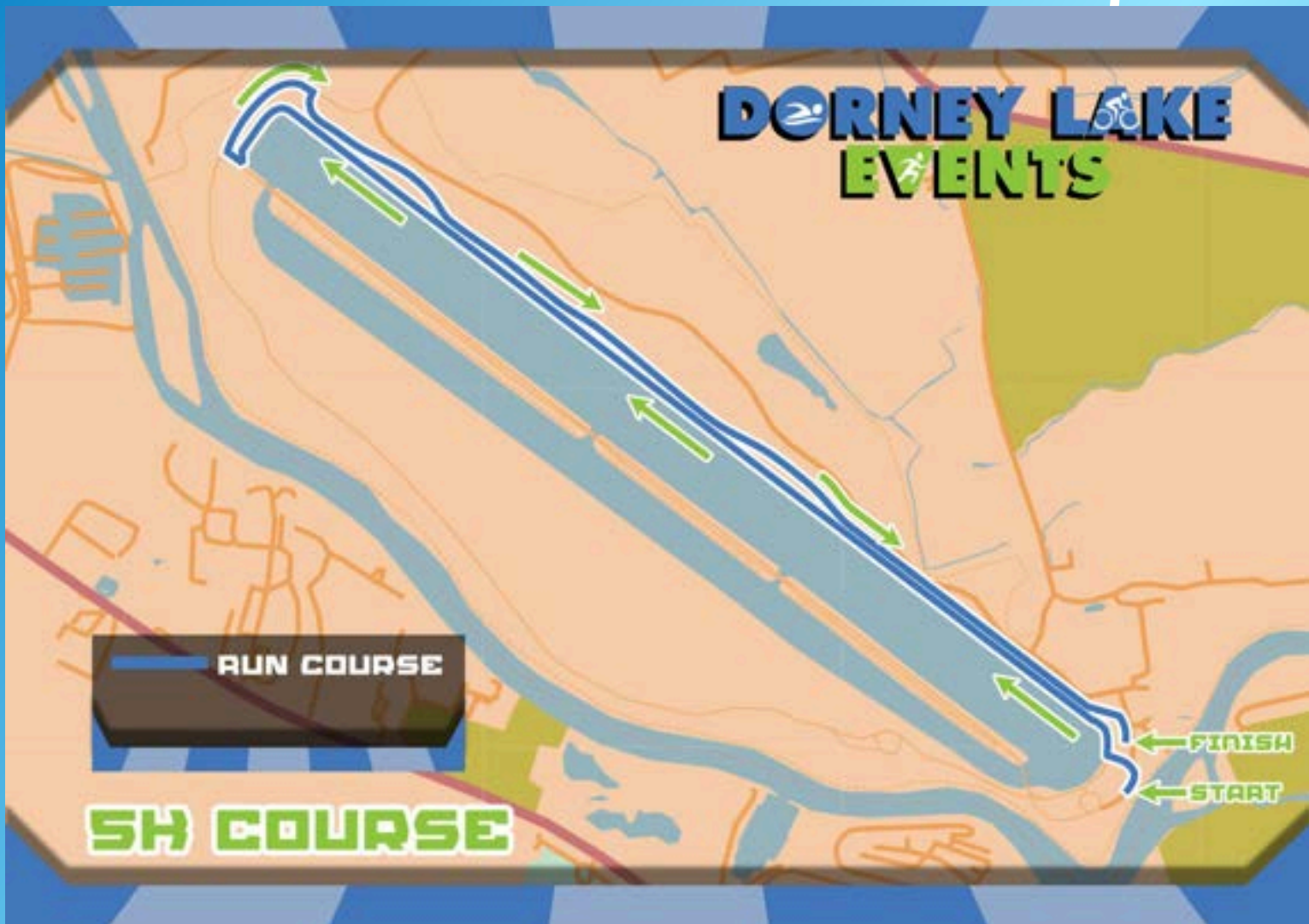
There will be a water station on each lap of the course.  
There will also be a bottle of water waiting for you at the finish line.

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





# COURSE MAP



[CLICK FOR  
INTERACTIVE MAP](#)



## ***THE FINISH LINE***

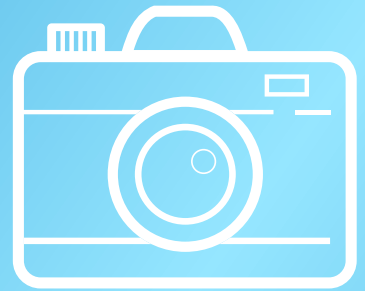
Please continue walking through the finish funnel to collect your medal and all your post race goodies!

These will consist of a bottle of water and snacks from our sponsors.



## PICTURES

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



Check out our Dorney Lake Events Facebook Page.



To listen to all things running and inspiring stories, check out the Gone Running Podcast!



If you #DorneyLakeEvents 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.*

## VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER

## FINISH LINE FRIENDS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://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 by 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 (non-binary, or those who prefer not to say).

## What is the minimum age for this event?

5k-11 | 10k-15 | Half Marathon- 17

## 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 3hrs 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 or swap distance?

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 station which you will pass on each lap of your race. Please empty 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 information desk the day. Please have your email confirmation ready to show to our staff.

## Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the lake, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

## Will there be a prize giving?

The top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will be no presentation on the day. 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 14:30, Women's Sub 16:00mins

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

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

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





We are here for people living with young onset dementia, their carers and children



We are YPWD and our charity delivers support services for people living with dementia from as young as 30. We provide a safe, inclusive and fun environment through activity-based workshops, carer support groups and education; reducing loneliness, promoting confidence and offering a helping hand to not just the person with dementia, but also their loved ones who are coming to terms with the illness.



 [www.ypwd.info](http://www.ypwd.info)  
 [marketing@ypwd.info](mailto:marketing@ypwd.info)  
 Younger People with Dementia  
 [youngerpeoplewithdementia](https://www.instagram.com/youngerpeoplewithdementia)

**There is still time to support our Charity of the Year, Younger People with Dementia!**

Join our team at Dorney Lake by taking part in a 5k, 10k, half marathon, triathlon, duathlon or aquabike event! [www.ypwd.info/dorney-lake-events-partnership](http://www.ypwd.info/dorney-lake-events-partnership)



Rob & his two daughters

#### **What our services mean to the families we support:**

"The support and sense of family that there is with the other attendees, volunteers and staff is incredible. Over the first few weeks, we saw our dad grow in confidence and want to go to the workshops. This is all down to the amazing work that the charity does, not only for those with dementia but also those supporting the person with dementia. We don't know where dad would be without this support and different focus. We are forever grateful for the continued work that YPWD do."



Did you know that people can be diagnosed with dementia from as early as their 30s, 40s and 50s? It does not discriminate.

**Donate today, and you will help to change lives.**

With just £20 a month, you could enable YPWD to deliver two carer support groups for the loved ones of people living with dementia.



# <sup>+</sup>nuun

HYDRATION

Hydration starts here



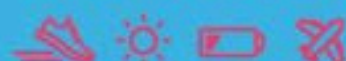
## SPORT



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



## ULTRA



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

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

**Good Luck Runners!**

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AIM FOR 60G OF  
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PER HOUR





# BROOKS

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MAX RUN.**

*in the*

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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.







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UP TO 12 HOURS OF  
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POWERFUL  
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TARGETS THE SOURCE OF PAIN



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

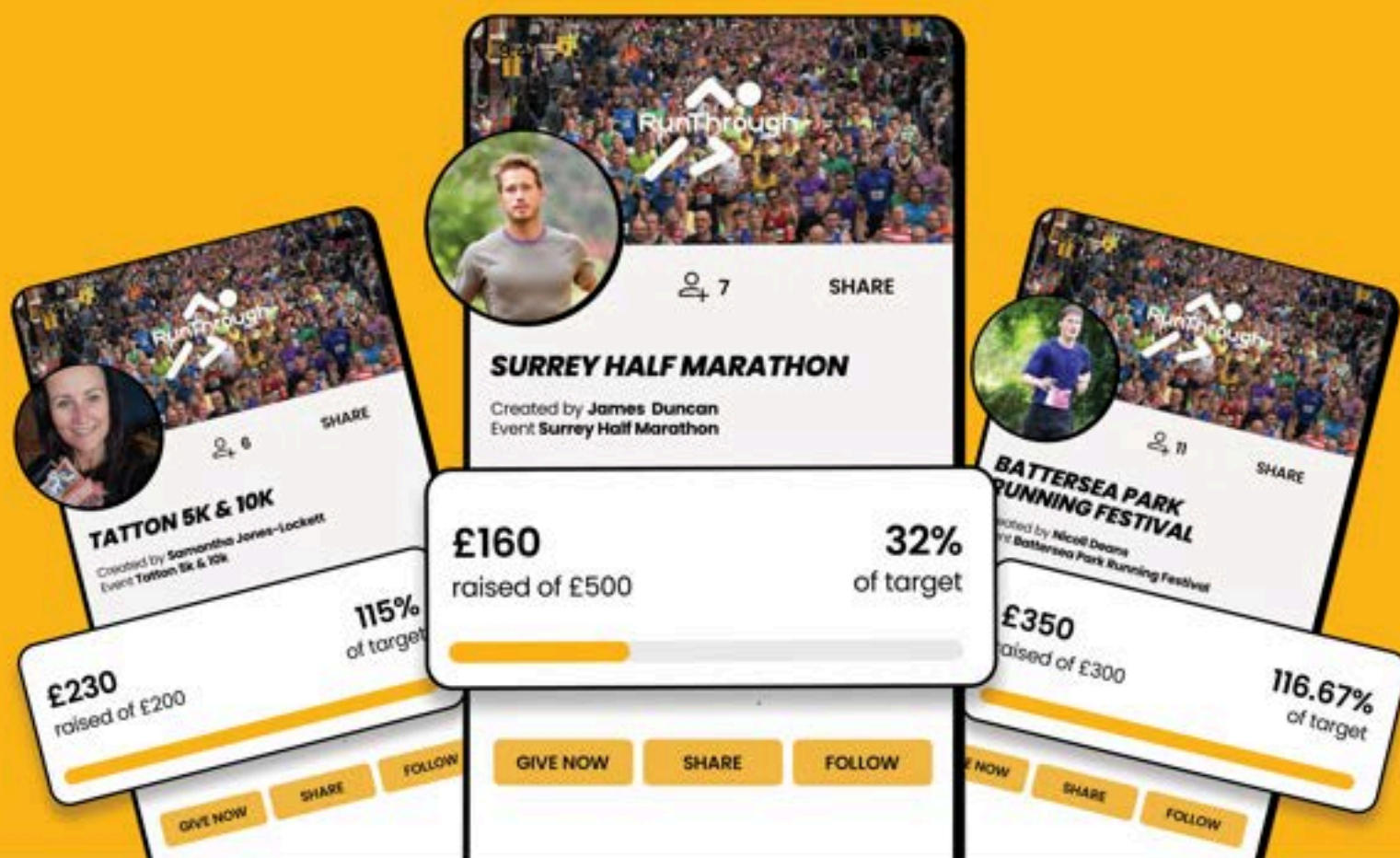
\*Vs non-medicated gel.

## 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







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\*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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SIMPLE  
INGREDIENTS



## TRY OUR FLAVOURS



## PLAY CORN HOLE, WIN PRIZES!

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**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**

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CORN**



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