

EVENT GUIDE



Richmond Park Half Marathon

Sunday 25th June 2023



TRAILS

RACE PACKS

Start Times:

9:30am

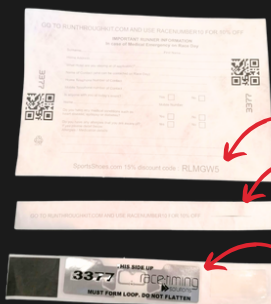


**Race Pack
Collection Times:**

8:00-9:00am

- 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 into your shoe laces.

[CLICK FOR ENTRY LIST](#)



Included:

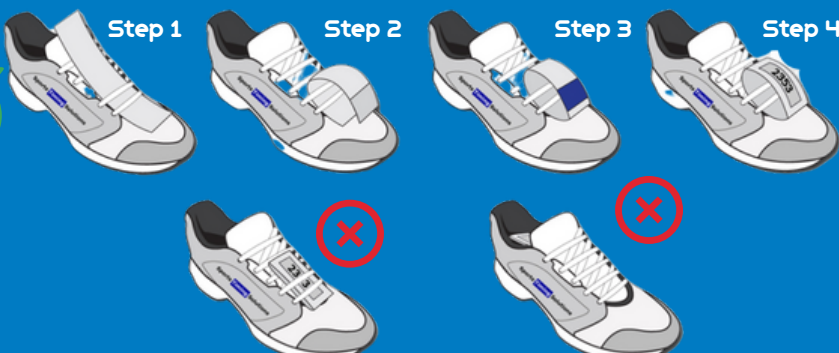
Bib number

Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner Information form on the back of your bib. This will help us in case of an emergency!





RACE START

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

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

DURING THE RACE

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

The course is 4 laps. Please keep count of your laps during the race.

There is a mixture of trail paths, well trodden pathway, and grass- we advise wearing trail shoes as some sections can get muddy.

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 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 be mindful during the race of other park users as the park is a public space and the race route utilises shared paths.

Please 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 drinks to stay hydrated in the lead up to the event.

 3 things to remember when running in the heat!



HYDRATE PRE,
DURING AND
POST RACE

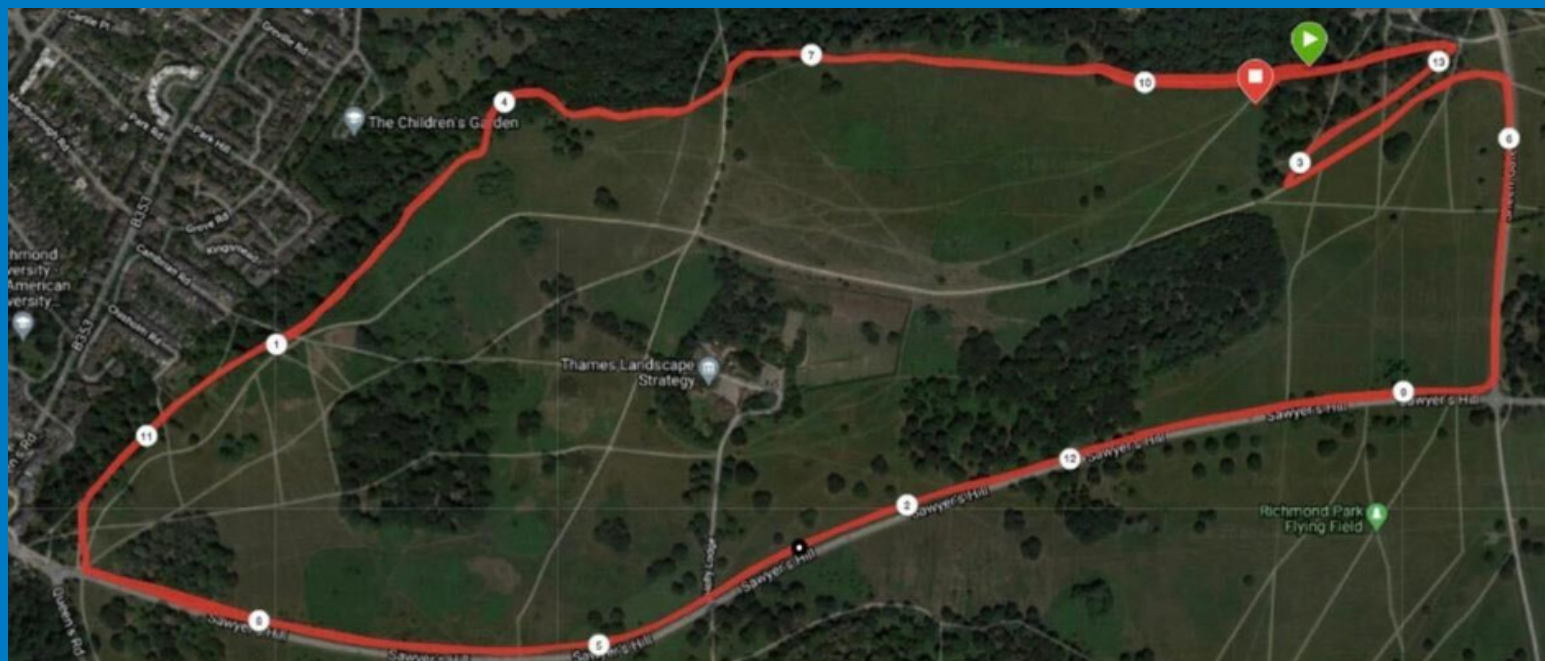


WEAR
APPROPRIATE
CLOTHING,
CAPS &
SUNCREAM



ADAPT &
TAKE IT
EASY

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



SPECTATORS 

DOGS 

COFFEE 

There is a selection of cafe's and refreshment points around Richmond Park that will be open for runners and spectators to use.

Dogs are not permitted on the course, due to deer in the park. You're more than welcome to spectate with dogs, however, these must be kept on leads at all times.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- 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.
- Collect your bag after your race.

TOILETS



For this event, we will use portable toilets located in the event village.



Places available now for:
Loughborough Performance Retreat : 4th - 7th August 2023
Lake District Retreat: 13th -16th October 2023

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.

A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and pink shorts, holding her right foot to stretch her leg. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

RT2325

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 25.06.23

TRAVEL

Sheen Gate, Richmond Park, London, SW14 8BJ

The event village is located next to Sheen Gate. The nearest postcode we have for this location is SW14 8BJ. This is not the exact postcode but it should give you a close enough location when using navigation services. Sheen Lane is the street that takes you directly into the Park.

Sheen Gate
Richmond Park
London
SW14 8BJ

Car

There is limited parking available at both Sheen Gate & Roehampton Gate. As it is a Sunday there will also be parking available within the surrounding roads, please check any relevant signage displayed.

Train

Richmond mainline station is about 30-40 minutes walk and Mortlake is about a 20 minute walk away.

Getting there from the Tube/Train station will need careful planning. Be sure to give yourself plenty of time!!

By foot

The park is easily accessible by both foot and cycle. There is NO bike parking.

**See Map of
Richmond Park
here!**

**See further
information on
Richmond Park
here!**



what3words

If using the app What3Words, use the words
///soccer.rift.firms for exact event village
location?

Welcome to **Runna**

Our Official Training Provider
of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.

5K 5k Improvement Plan

13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

STRAVA **APPLE WATCH** **GARMIN** **COROS**



Click **here** to download Runna
and start your 2 week **FREE**
trial

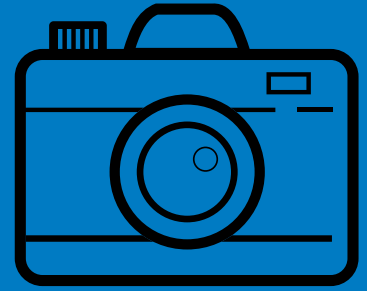
★ Trustpilot



Take your running
to the **next level**

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

For updates leading up to the race, please check out our Twitter @runthroughtrailsuk 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 Chat group on Facebook.

If you #RunThroughTrailsUK on Instagram with your race day collages, the best ones will feature on our page!



Click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK

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.

[PURCHASE AN EVENT T-SHIRT](#)



Alternatively, purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

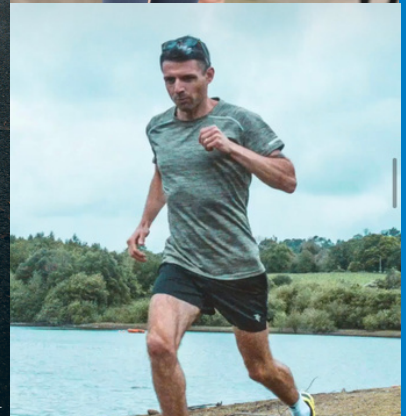
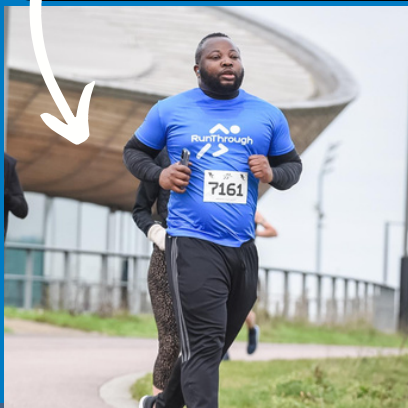
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and cool throughout the year.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)





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

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

[SIGN UP HERE!](#)

[FIND OUT MORE!](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

17

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at 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?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course for you to help yourself to on each lap.

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 t-shirt 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 limited parking on site so we recommend coming early to guarantee parking next to the Event Village. If parking on the surrounding roads please use parkopedia.com to find somewhere suitable for you as spaces can be restricted on a Sunday

Are dogs allowed at the event?

No, dogs are not permitted on the course, due to deer in the park. You're more than welcome to spectate with dogs, however, these must be kept on leads at all times.

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?

The top 3 male and female participants, and age group winners 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: Men's Sub 67:30 mins, Women's Sub 75 mins

There will be no presentation on the day. However check out our podium and photo wall to get your celebratory pictures!



Supported
by...



ALZHEIMER'S
RESEARCH UK

FOR A
CURE

runna

**RUNNER
RETREATS**

LOVE,
CORN

SPORTSSHOES.COM