



LEE VALLEY VELO PARK

1MI, 5K, 10K, 10MI, HM & JUNIORS

SATURDAY 17TH OCTOBER 2026

EVENT GUIDE



YOUR RACE EXPERIENCE

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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



VICTOR

CALLUM

TRAVEL

Address: Abercrombie Road, Queen Elizabeth Olympic Park,
London, E20 3AB

Public Transport:

We strongly recommend travelling by public transport to Lee Valley VeloPark, allowing plenty of time to get to the venue.

Nearest station/tube: Stratford / Stratford International Lee Valley VeloPark is a 20-minute walk from both stations.

Stratford station is served by:

Underground: Jubilee and Central Lines

Docklands Light Railway (DLR)

National rail: Abellio Greater Anglia for services to Liverpool Street, Essex and East Anglia

London Overground services

Stratford International station is served by:

Docklands Light Railway (DLR)

National Rail: Southeastern High Speed 1 services to St Pancras International

Several bus routes connect to Stratford and Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near Lee Valley VeloPark.

If you wish to depart from Stratford or Stratford International using a taxi then Westfield Stratford City has the Stratford City Cars Taxi Lounge located outside Waitrose on the lower ground floor (near car park A).

By Car:

Car parking at Lee Valley VeloPark is limited, we strongly advise travelling by public transport, however if travelling by car is essential, blue badge holder spaces are available.

You will get 4 hours free parking, but you will need to ensure you put your car registration in the designated machine on arrival. This machine is located in the finish tunnel, where you collect your post-race goodies, please be sure to access this to avoid a fine. (This will be signed and made clear on arrival) Should you wish to stay longer, you can pay for up to 3 extra hours.

Please follow the signs to the parking machines and follow the instructions on the machine, otherwise you will receive a fine. You can also park at Westfield next to the Stratford international train station.

By foot/bike: There are cycle routes connecting Lee Valley VeloPark to local residential areas as well as the cycle routes through Queen Elizabeth Olympic Park. Bike racks are available at the venue.

There are good pedestrian links to Lee Valley VeloPark from Westfield Stratford City, Hackney and Leyton.



what3words

Event Village:

[///winks.artist.mass](http://winks.artist.mass)

RACE PACK

START TIMES

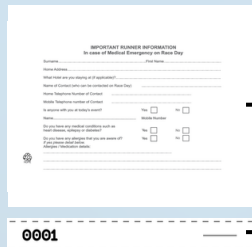
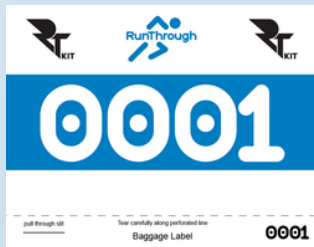
HM	9:30am
10MI	9:45am
5K	10:00am
1MI (+KIDS)	10:15am
10K	10:30am

RACE PACK COLLECTION TIMES

HM:	8:15 – 9:00am
10MI:	8:15 – 9:15am
5K:	8:30 – 9:30am
1MI (+ KIDS):	8:45 – 9:45am
10K:	9:00 – 10:00am

*Please note - there is a strict cut-off time of 12:30pm for all distances, we ask that those targeting a longer finish time please notify staff and we will arrange an earlier start time of 9am for you.

- 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 NEARBY



SPECTATORS
WELCOME



DOGS



The Cafe within the Velodrome will be open and serving hot food and drinks. Spectators can watch the race from the Event Village and Balcony, but won't be permitted on the race track itself.

Please note that dogs are not allowed in the event village and race tunnel. Dogs are allowed on the upper deck.



TOILETS

For this event, the Lee Valley VeloPark toilets will be available for use. (Please note there are no toilets on the course.)

If you live locally we recommend using toilets at home.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop area.
- 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.**
- **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 have a short warm up approximately 10 minutes prior to the start of each race, at the race start lines.

Please listen to the announcements in the Event Village as some of the races start a short walk away.

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

please note, the 5k, 10k and HM start lines are a short walk from the event village.

DURING THE RACE

We will have marshals all around the course as well as motivational signs.

The course is a closed off 1 mile loop. You will complete:

1mile- 1 Lap

5k- 3 Laps

10k- 6 Laps

10miles- 10 Laps

Half Marathon- 13 Laps

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 drain and discard all litter and cups within the signed litter zone, which will be shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

A limited number of SiS gels will also be provided at the water station. 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.

WATER STATIONS

There will be a water stations on each lap of the course providing cups and refills.

There will also be cups of water waiting for you at the finish line.

We recommend bringing your own water bottle/flask to stay hydrated in the lead up to the event and throughout the run.



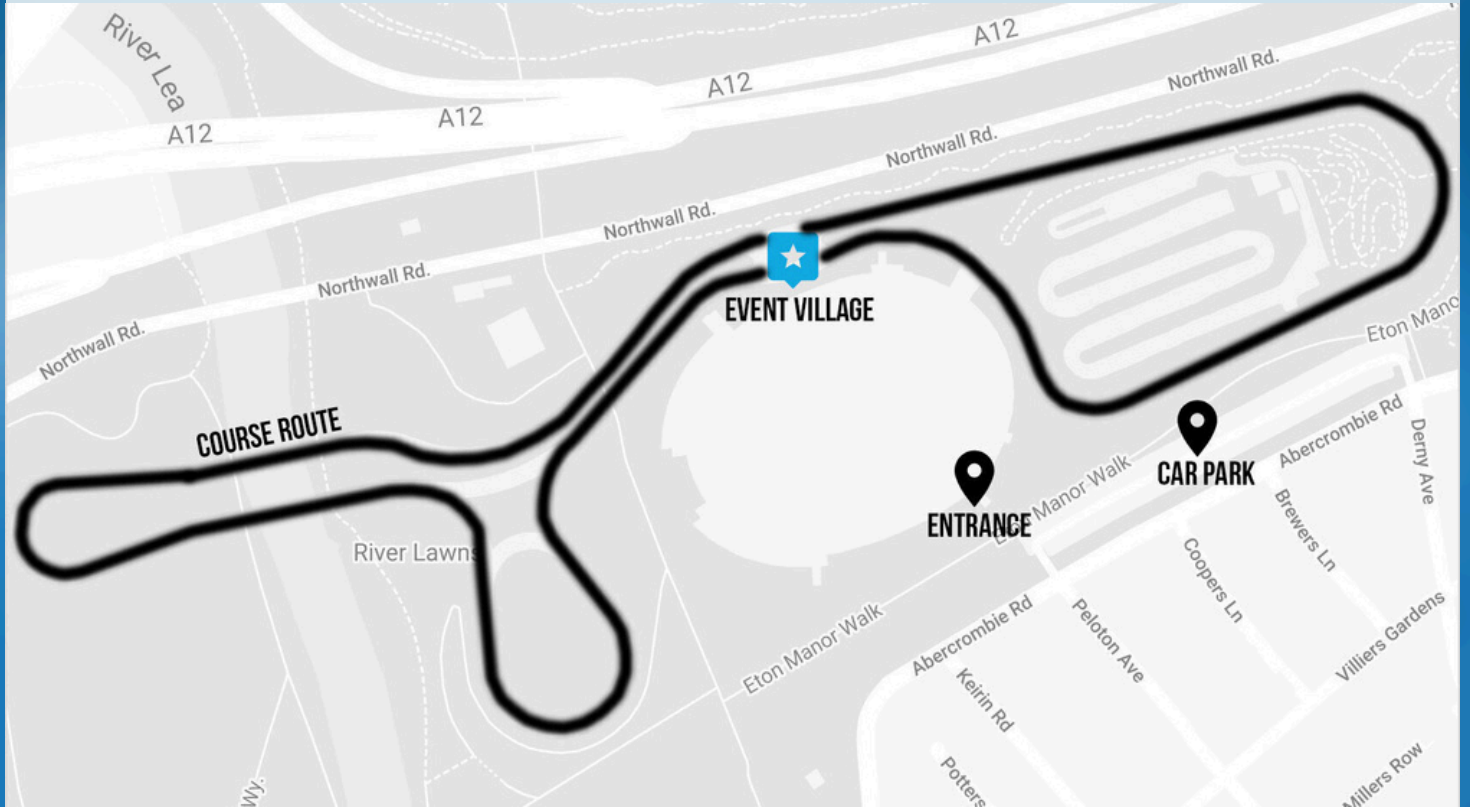
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

1 lap of the course



[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 hoodie 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



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!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

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

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com



GO FURTHER SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

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APPROVED**



**AIM FOR 60G OF
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PER HOUR**





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Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

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IN RUNNING**



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*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.



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.

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INFO ON TREK



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Improve technique & performance
Supportive environment for all abilities

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RUNNER
RETREATS&TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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Email: partners@runthrough.co.uk