

RunThrough

LONDON AQUATHLON

SUNDAY 25TH OCTOBER 2026

EVENT GUIDE

YOUR RACE EXPERIENCE

04 WELCOME
05 TRAVEL
06 RACE PACK
07 EVENT VILLAGE
08 RACE PREPERATION
09 THE SWIM
10 TRANSITION
10 THE RUN
11 COURSE MAP
12 FINISH
13 RESULTS & PHOTOS
14 OUR PARTNERS AND OFFERS

RunThrough

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 & multi-sports.

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 & triathlon enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all participants.

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

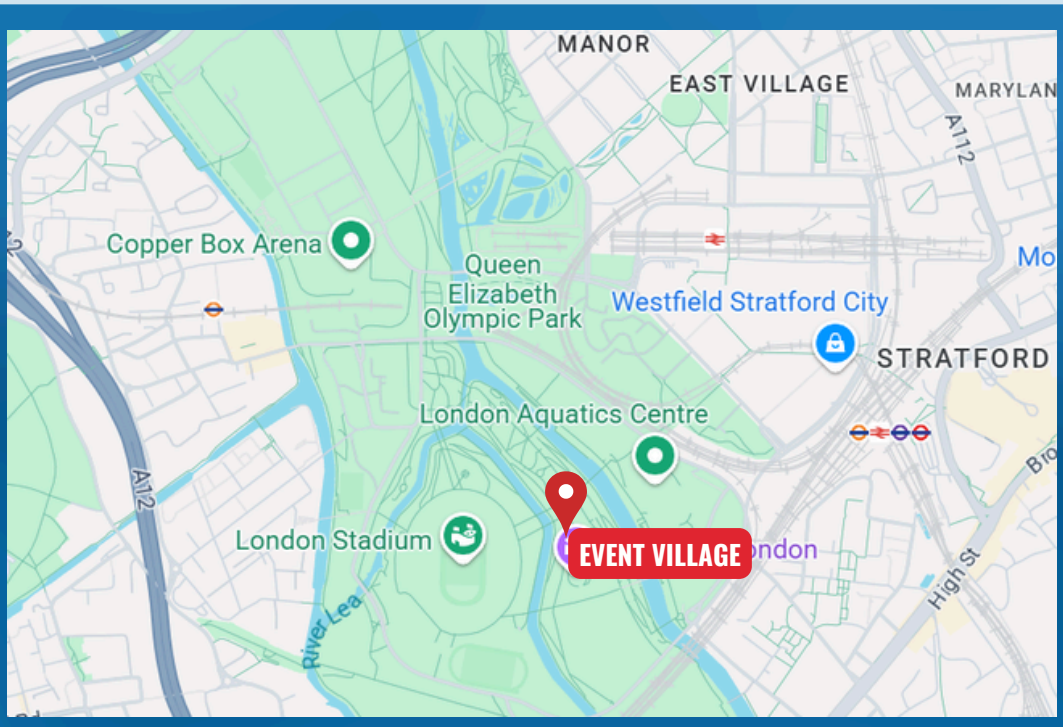


JAMIE HEIDI

TRAVEL

Address: Queen Elizabeth Olympic Park, 5 Thornton St, London, E20 2AD

Public Transport:	The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations. Tube and Train The nearest stations are Stratford station and Stratford International station and both provide step-free access from entrance to platform. You can also enter the Park via Hackney Wick station which is on the London Overground.
Parking:	Paid parking is available in Westfield Stratford City.
By foot/bike:	The park is easily accessible by both foot and cycle. Cycle parking is available in the park.



what3words **Event Village:** ///spots.sleep.luxury

RACE PACK

Wave	Estimated Swim Time	Race Pack collection	drop belongings in transition	Pool Side	Start Time
1	25min +	7:00-8:00	7:55	8:45	9:00
2	19-24:59min	7:30-8:30	8:25	9:15	9:30
3	14-18:59min	8:00-9:00	8:55	9:45	10:00
4	13-13:59	8:30-9:00	9:25	10:15	10:30
5	12-12:59	8:55-9:55	9:50	10:45	10:55
6	11-11:59min	9:20-10:20	10:15	11:10	11:20
7	10-10:59min	9:45-10:45	10:40	11:35	11:45
8	9-9:59min	10:10-11:10	11:05	11:55	12:10
9	8-8:59min	10:30-11:30	11:25	12:15	12:35
10	7-7:59min	10:50-11:50	11:45	12:35	12:55
11	6-6:59min	11:15-12:15	12:30	13:00	13:15
12	under 6min	11:15-12:15	12:50	13:15	13:30

- On arrival, head to registration at Riverside East to collect your race pack.
- Your number has been pre-assigned based off your estimated swim time- you can see this on the entry list linked below.
- This number will be written on your hand, shoulder and leg with a black marker pen, for easy identification in the pool.
- You will also be issued with a wristband, this is to be worn for the duration of the event to gain you access into the aquatics centre and participants access to the poolside.

INCLUDED:

- ANKLE CHIP (TO BE WORN ON YOUR LEFT ANKLE)
- SWIM CAP
- BIB NUMBER & BAGGAGE LABEL
- WRISTBAND, FOR EASY IDENTIFICATION IN THE SWIM. (THIS NEEDS TO BE VISIBLE THROUGHOUT THE DURATION OF THE EVENT)



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

Please note the clocks go back on Sunday, 25 October 2026 at 2:00am.

CLICK FOR ENTRY LIST & RESULTS

EVENT VILLAGE

FACILITIES

TOILETS	✓
REFRESHMENTS	✓
PARKING NEARBY	✓
SPECTATORS WELCOME	✓
DOGS	✗

The Riverside East Cafe will be open and serving hot drinks and food all day, and is located within the event village.

If you'd like to spectate within the pool please collect a wristband from the aquatics centre reception desk on arrival.

TOILETS

For this event, we will use the Riverside East toilets.

BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop in the event village for those who need it.
- Please leave all belongings in the bag drop or transition area- nothing can be left on the poolside.
- Your baggage tag is attached to your race number.
- Tear it off and attach 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 sport 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 participants, 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.

RACE INSURANCE

Please note you need a BTF permit to take part in this event. You may have purchased day pass insurance at the time of entry, if not, don't worry this can still be purchased HERE.

If you are already a BTF Member, please check your booking to ensure you completed your licence number accurately during the registration process. All licence numbers will be validated by BTF before the event and any participants with an invalid BTF licence number will be asked
to show an online copy at registration.

RACE PREPARATION

The transition zone will be open from 7:30am for participants to drop off any race essentials ready for the run. You can choose where in the zone you would like to go.

Please keep the transition zone tidy, and only leave race essentials such as trainers, gels and water here (1 small bag). For any other belongings, please use the bag drop provided.
Please be aware of other participants racing, and only arrive in the allotted time for your wave- listed in the table on page 6.

Please note, participants aren't permitted to re-enter the aquatics centre after the race, please leave all belongings in the bag drop, transition or with a spectator, and only go to the poolside in the kit you intend to swim in.

RACE BRIEFING & STARTS

There will be a mandatory race safety briefing before your allocated start time. Please arrive at this ready to swim.

Race briefs will take place 10 minutes prior to each allocated start wave.

You will be started one by one and when the swimmer in front is half way down the lane we'll start the next person.

Wave start time have been assigned to you based off estimated swim time and where required, management of wave sizes. Swimmers estimated to take over 20mins will be set off first and working down to under 6min swimmers in the final wave. You will be emailed in the week prior to the race with your exact wave time.

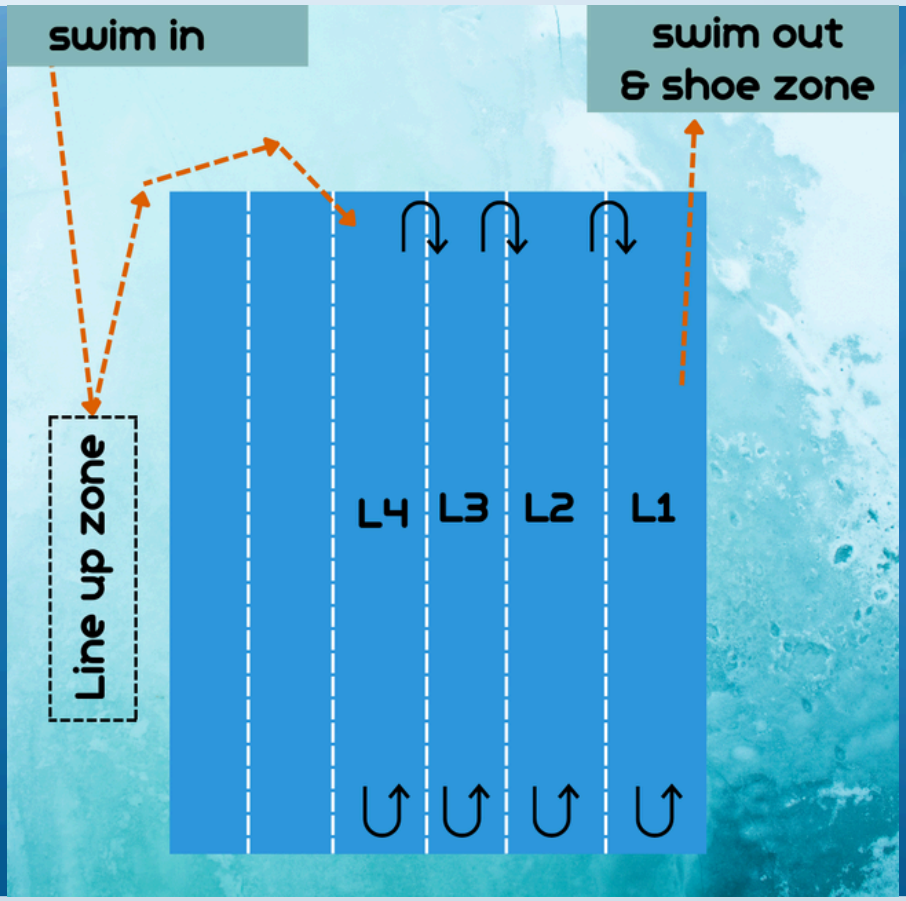
If you have entered after these have been assigned, please plan your arrival and wave based off your estimated swim time, and inform the registration staff on arrival which wave you would like to be in.

THE SWIM

The swim is 400m, following 8 lengths of the 50m pool.
You will start in lane 4, swim up, turn in the lane, swim down lane 4 and then duck under the lane rope to enter lane 3 and follow the same process until reaching the end of lane 1 where you will exit the pool.

Should you catch up with the swimmer in front, tap their feet to notify them you are overtaking.

If your feet are tapped you must let the person behind you pass before the next turn.



SWIM RULES

Swim caps must be worn at all times whilst in the water. You will find a swim cap in your race pack. If you prefer, you are welcome to bring your own swim cap too.

Diving is not permitted, you will be asked to start in the water, and only use front crawl or breaststroke to complete the race.

Goggles are optional, but highly recommended.

Should you choose to bring shoes (eg flip flops/sliders/crocs) into the pool to aid with exiting to transition, these can be left in the shoe zone by the swim exit.

TRANSITION

After completing the swim you will have a short run/walk to reach the transition zone and find the spot where you left your running kit.
The start of the transition zone will be clearly marked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the transition zone entrance/exit).

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly.

If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.

THE RUN

We will have marshals all around the course as well as distance signs and arrows. The course will follow 2 laps of the London Olympic Stadium before heading into the finish.

*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.

Due to the nature of a lapped course we ask that you remain vigilant to other runners. This will allow for anyone needing to overtake to have a clear path and ensure your safety as well as the best experience throughout the race.

There will be 1 water station on the run route which you will pass on each lap. 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.



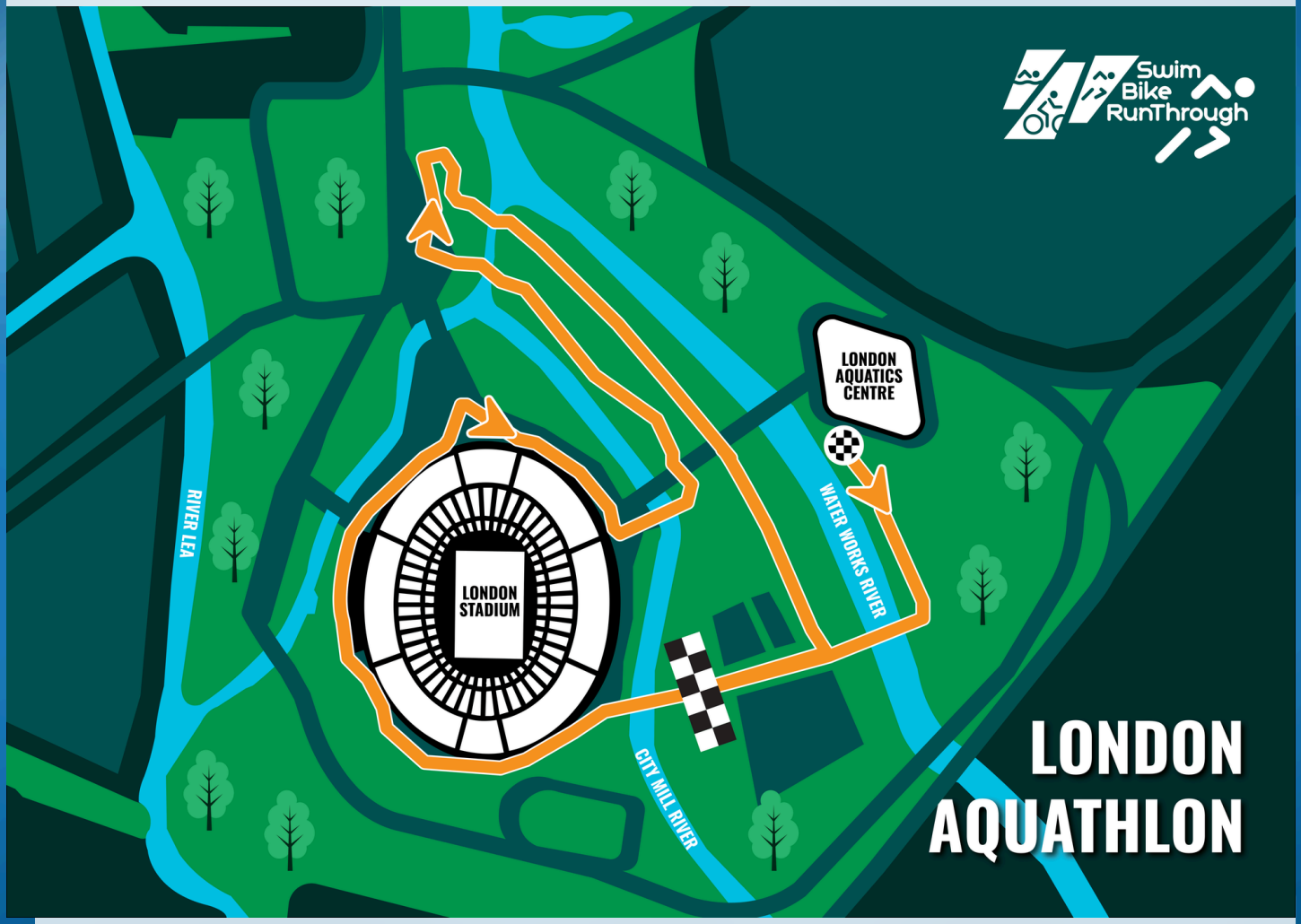
Please note, headphones are not permitted (all types, including bone conducting). It is imperative you are always aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

Run Route



CLICK FOR INTERACTIVE MAP

THE MEDAL



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.

TRANSITION COLLECTION

Please be mindful of other runners on the race route whilst heading back to the transition zone to retrieve your belongings. There may still be athletes racing and transitioning.

There will be marshals on the entrance to transition who will ask for you to show your bib number to enter the zone, and who will guide you on when it is safe to do so.



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

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

SOCIAL MEDIA

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



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

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

RunThrough

OFFICIAL VITAMIN PARTNER



Energy to test your athletic skills?

There's a

for that

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

SOLGAR®

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.



GET 15% OFF*

Find your discount code on the back of your race bib.

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

THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

Shop now

BROOKS

RunThrough
OFFICIAL PARTNER

givestar

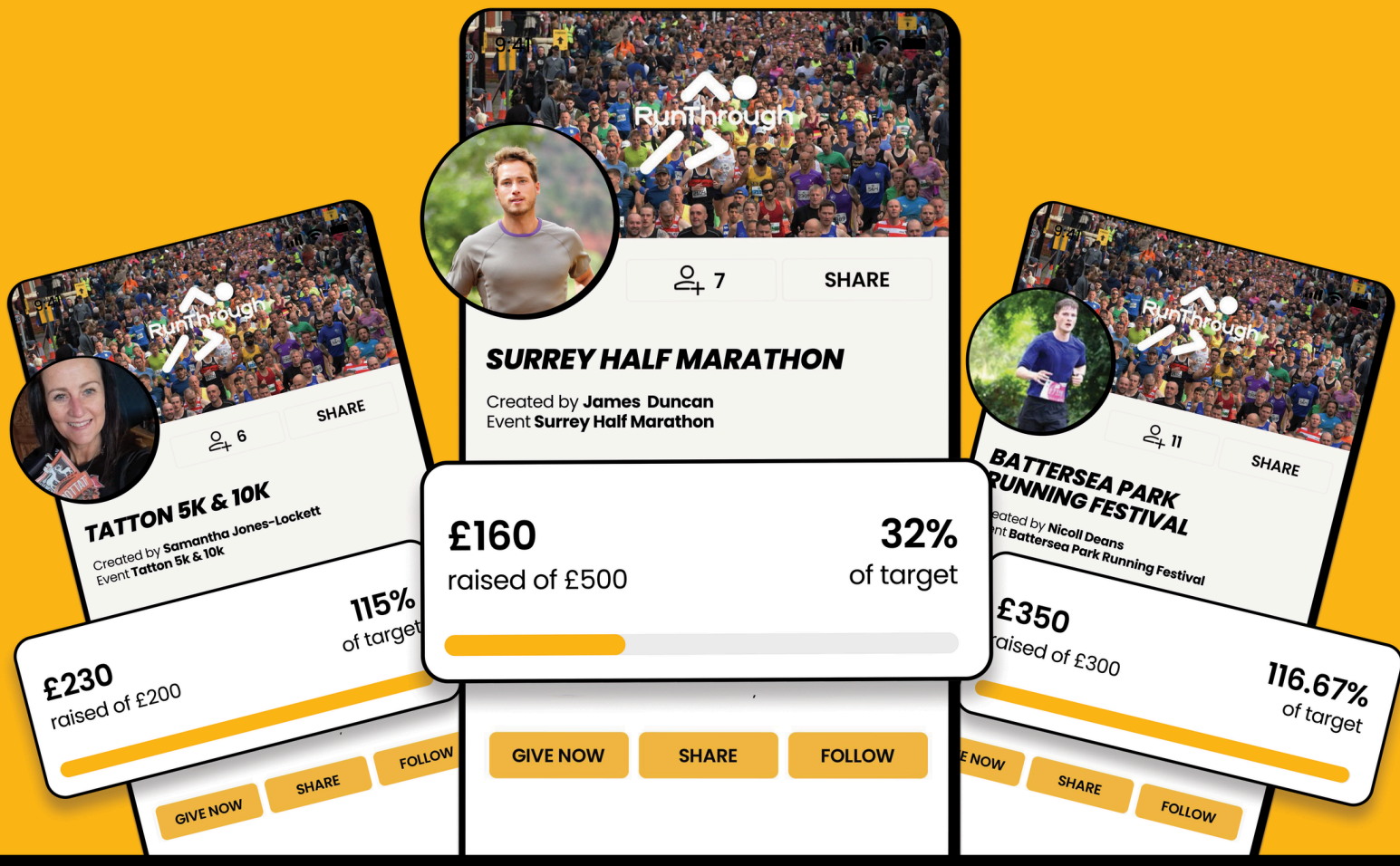
Download on the App Store

GET IT ON Google Play

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



OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

- 22G CARBOHYDRATES
- ISOTONIC FORMULA
- INFORMED SPORT APPROVED
- AIM FOR 60G OF CARBOHYDRATES PER HOUR



RunThrough Coach

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&TOURS



AMSTERDAM

MARATHON & HALF MARATHON TOUR

16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

BOOK YOUR SPOT →

RunThrough

Supported by...

RT KIT

POWERED BY givestar

BROOKS

SOLGAR® Since 1947

SiS SCIENCE IN SPORT

SPORTSSHOES.COM

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