RunThrough

OFFICIAL EVENT GUIDE

QE OLYMPIC PARK

5K · 10K

SATURDAY 21ST NOVEMBER 2026



VENUE

E20 1DY

EVENT VILLAGE OPENS

8:00AM

IN SUPPORT OF

SPECIAL OLYMPICS GREAT BRITAIN

Special Olympics Great Britain

RunThrough

QE OLYMPIC PARK • EVENT GUIDE

SATURDAY 21ST NOVEMBER 2026

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WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to QE Olympic Park! Everything you need for race day is in this guide: how to get here, your race pack, the course and what happens at the finish. Whether you're chasing a PB or running your first race, we can't wait to see you on the start line.

R

THE RUNTHROUGH TEAM
RUNTHROUGH

RACE WEEK UPDATES

If anything changes before race day — timings, the course or the weather — we'll email you at the address you booked with and on our social channels (@runthroughuk). Keep an eye on your inbox (and junk folder) in the days before.



GETTING HERE

EVENT LOCATION
1A HONOUR LEA AVE, LONDON E20 1DY

PARKING

We strongly recommend getting public transport for this event. The nearest available train stations are Stratford, Stratford International, Hackney Wick, and Pudding Mill Lane.

PUBLIC TRANSPORT

By car:

Paid parking is available in Westfield Stratford City.

By train:

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations. Stratford and Stratford International both provide step-free access from entrance to platform. Stratford station is served by DLR, Jubilee and Central lines, National Rail services operated by Greater Anglia and c2c, and London Overground. Stratford International is served by DLR and Southeastern High Speed 1 services. You can also enter the Park via Hackney Wick station on the London Overground.

By bus:

The nearest train, tube and bus stops are at Stratford, Stratford International, Hackney Wick, Pudding Mill and Leyton stations.

By bike:

The park is easily accessible by both foot and cycle. Cycle parking is available in the park.

WHAT3WORDS

Event Village: ///agreed.putty.petty

BEFORE YOU SET OFF

Arriving in good time will help ensure a smooth start for everyone. Please allow extra time to get parked and make your way to the start area.

RACE PACK

YOUR TIMES

DISTANCE	START
5K	9:30am
10K	9:30am

MINIMUM AGE 5K 11+ · 10K 15+

PLEASE DO THIS BEFORE RACE DAY

COMPLETE YOUR RUNNER INFORMATION FORM

It only takes a couple of minutes, and it means our medical team has your emergency contact and any medical details to hand, so they can look after you quickly if you need them.

FILL IN THE FORM NOW >

COLLECTING YOUR RACE PACK

8:00am–9:00am

WEARING YOUR BIB

Pin your race number to the front of your top so our team can see it easily. Your timing chip is on the back, so please leave it attached — and take a moment to fill in the medical details on the back too, just in case.

EVENT VILLAGE

TOILETS

REFRESHMENTS

PARKING

SPECTATORS

BAG DROP

There will be a bag drop area located inside the Timber Lodge Cage, Room B.

TOILETS

There will be on-site toilets located at Timberlodge Cafe where the Event Village is located.

Should you require any sanitary products, please visit our staff at the information marquee who will be able to help you.

RACE DAY ETIQUETTE

Something not right? Pop over to the Information tent, have a word with any of our team, or get in touch with info@runthrough.co.uk — we're always happy to help.

- 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.

RACE DAY

WARM UP

There will be a group warm-up 15 minutes prior to the race start. From here, we will call out estimated finish times to get all runners lined up and ready to run.

WATER STATIONS

There will be water provided on each lap of the course, and there will also be water available at the finish along with your post race goodies and medal.

Litter zones:

Just after the water station there's a signed litter zone. Please drop your bottle or cup inside it rather than on the course — there are no road sweepers, so our team collects every one by hand. Thank you for helping us keep the course clean for everyone, including our neighbours.

HEADPHONES

Please note, headphones are not permitted unless bone-conduction. If you use bone-conduction, please keep the volume low so you can hear marshal instructions and remain aware of your surroundings at all times. Thank you!

THE COURSE

This course is not only flat and fast, but also inspiring. The RunThrough Queen Elizabeth Olympic Park 5k & 10k event is a great opportunity for a quick time and a fun morning out with a unique themed medal waiting for you at the finish!

Marshals are positioned all around the course, with distance signs and arrows throughout. Listen for marshal instructions and be aware of the signage in place, especially where different distances diverge and rejoin. Please note that the Olympic Park will be open to the general public during the event, so we ask you to be aware of your surroundings at all times.

We will have marshals all around the course as well as signs and arrows — keep an eye out for them, especially where routes split.

GOOD TO KNOW

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 anyone needing to overtake to have a clear path on your right and ensure not only the 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 each 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 note: this event takes place on public paths that may also be used by pedestrians. 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.

DISTANCE	LAPS	SIGNS	TERRAIN	ELEVATION
5K	2	Red	Tarmac	8m
10K	4	Green	Tarmac	8m

5K ROUTE >

10K ROUTE >

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COURSE MAPS





AFTER YOUR RUN

FINISH LINE
Keep moving through the funnel to make room for runners behind you.

YOUR MEDAL
Every finisher gets a well-earned medal.

GOODIES
Grab water and post-race treats on your way out.

EVENT MERCH
Pre-ordered kit? Collect it at the RT Kit stall.

YOUR RESULTS See your chip time after you finish ›

RACE PHOTOS Free to download after the race ›

BUY EVENT MERCH ›

SHARE YOUR RACE · TAG @RUNTHROUGHUK

The RunThrough Podcast

WATCH ON YOUTUBE ›

LISTEN ON SPOTIFY ›

RANKINGS
Every race you run with us, all in one place. ›

QUESTIONS?
Our FAQs have the answers to most things. ›

THANK YOU FOR RUNNING WITH US
We hope you have a brilliant day — see you at the next RunThrough event!

Special Olympics Great Britain



You're transforming lives by Running the Olympic Park Series

By running today, you are championing inclusion and helping drive change for people with an intellectual disability.

We have a network of grassroots clubs across the country offering sporting opportunities for children and adults with an intellectual disability. These clubs give our athletes a safe space to make friends, learn social skills, feel part of a community, increase their confidence and realise their potential.

As the United Kingdom's largest provider of sports training and competition for people with intellectual disabilities, we have a pathway, running from weekly training sessions to regional, national and international competitions, giving our athletes the opportunity to compete on the world stage.

We're thrilled to be the Official Charity Partner of the Olympic Park 5k & 10K Series in 2026 and we look forward to supporting you on race day.

Special Olympics Great Britain uses the power of sport to transform the lives of children and adults with an intellectual (learning) disability.

- 1.5 million people in the United Kingdom have an intellectual disability
- 50% of people with an intellectual disability experience chronic loneliness, compared to 15-30% for the general population







Get Involved:

Fundraise for us – Join Team Special Olympics Great Britain!

Donate and help fund our transformational work for children and adults with an intellectual disability.

https://www.specialolympicsgb.org.uk/

Registered with FUNDRAISING REGULATOR

Charity Registered in England & Wales 800329 and Scotland SC052090

RunThrough



VOLUNTEER WITH US

Volunteer at any of our races and choose race credit or a kit voucher:

5k / 10k	£40 RACE CREDIT	or	£20 KIT VOUCHER
Half Marathon	£65 RACE CREDIT	or	£30 KIT VOUCHER
Marathon / Ultra+	£100 RACE CREDIT	or	£40 KIT VOUCHER

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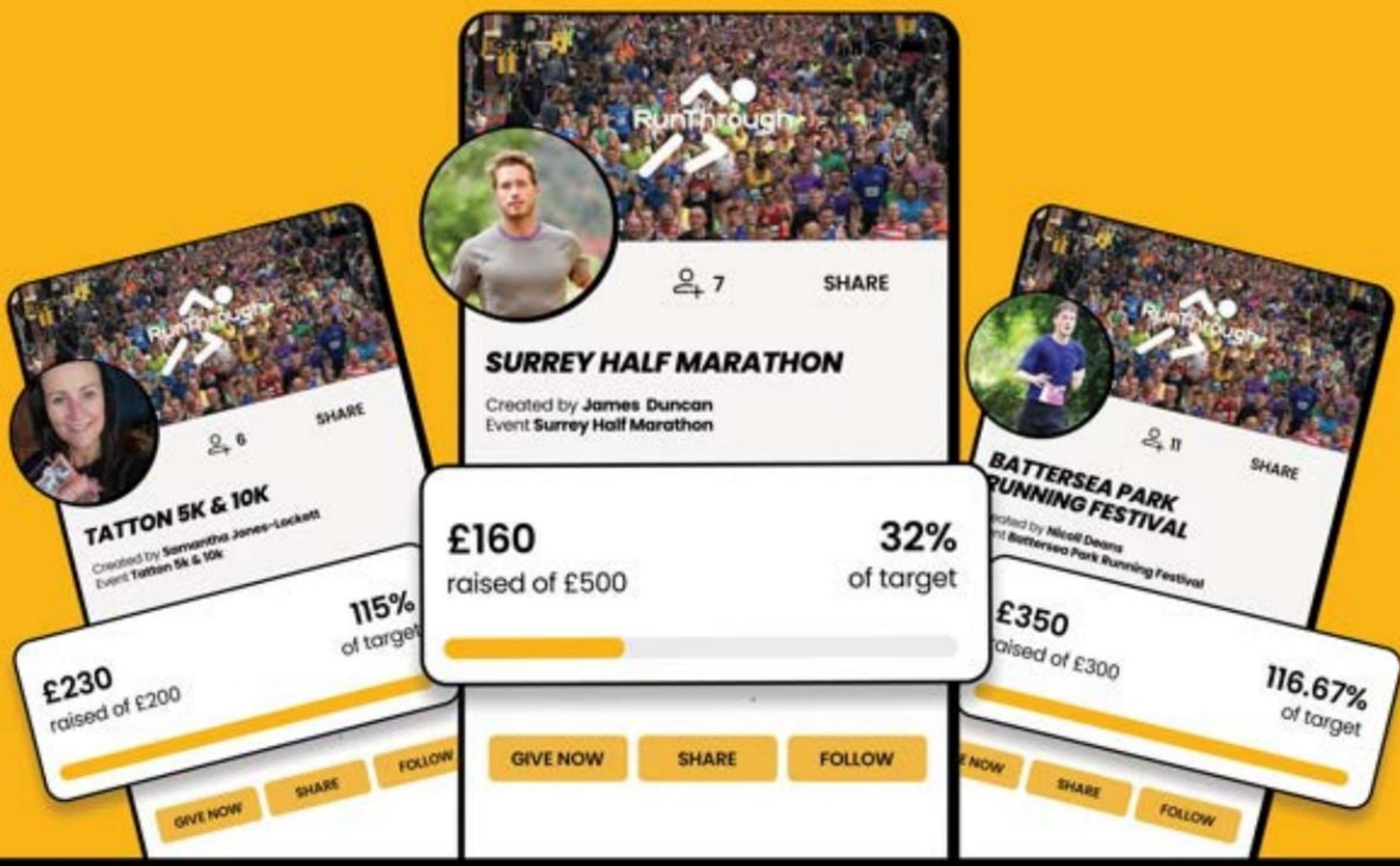
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THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM

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