



VICTORIA PARK 5K, 10K & HALF MARATHON SATURDAY 3RD OCTOBER 2026

EVENT GUIDE



YOUR RACE EXPERIENCE

03 WELCOME

04 TRAVEL

05 RACE PACK

06 EVENT VILLAGE

07 WARM UP & RACE START

07 DURING THE RACE

08 COURSE MAPS

09 FINISH LINE

10 RESULTS & PHOTOS

**11 OUR PARTNERS
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



SAM

WILL

JESS

SOPHIE

TRAVEL

Address: St Marks Gate, Victoria Park, Cadogan Terrace, London E9 5HT

Public

Nearest underground stations: Bow Road or Mile End

Transport:

Nearest rail station: Hackney Wick station

From Bow Road: Turn right out of the station. Take the next left down Addington Road. Continue walking straight until you can turn right onto Tredegar Road. Take the third left onto Parnell Road – you can enter the park at the end of Parnell Road. It is around a 15-20 minute walk. Alternatively, you can take bus 488 or 276 from Bow Bus Garage.

From Mile End station: Turn left and cross over Mile End Road. Turn right onto Grove Road – it's about 20 minutes walk straight down. Alternatively, you can also walk most of the way through Mile End Park, which runs parallel to Grove Road. You will first arrive at the Crown Gates. Alternatively, on Grove Road you can catch bus 277 or 425 to the middle of the park.

From Hackney Wick station: Turn left out of the station, at the end of the road turn left onto Wallis Road. Follow Wallis Road, at the T-junction, use the footbridge to cross the A12. As you enter the park, turn left onto Cadogan Terrace and continue walking until you see the race start area.

Parking:

There is no venue specific parking, please use Parkopedia.com to find local alternatives.

By foot/bike:

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



what3words

Event Village:

[///photo.tribal.social](http://photo.tribal.social)

RACE PACK

START TIMES

HM	9:30am
10K	10:00am
5K	11:15am

RACE PACK COLLECTION TIMES

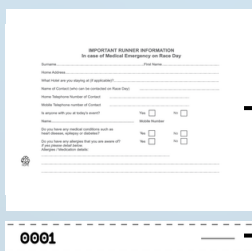
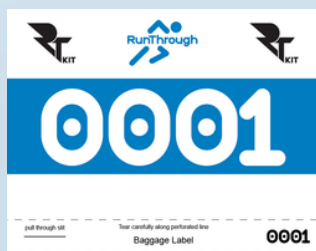
HM	8:00-9:00am
10K	8:30-9:30am
5K	9:45-10:45am



FOR ENTRIES ON OR BEFORE THE 15TH SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 30th September please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 15th September, 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets available to use in the Event Village.

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 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, 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

30 minutes before the Half Marathon start, runners will be walked over to the start line and guided in a warm up.

20 minutes before the 10k start runners will have their warm up by the start line in the event village.

15 minutes before the 5k start runners will also be walked over to the 5k start line to do a warm up and begin their race.

PLEASE NOTE- The 5k & Half Marathon start lines are a short walk from the event village, please arrive with enough time to walk over with us.

DURING THE RACE

We will have marshals all around the course as well as distance signs and arrows.

Please keep count of your laps during the race. The course is on the paths in the park:

Half Marathon - 6.75 laps (7 Times past the water station)- Yellow Mile signs 1-13

10k - 3 laps (3 Times past the water station) - Green KM signs 1-9

5k - 1.5 laps (1 Time past the water station) - Red KM signs 1-4.

***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.**

Due to the nature of a lapped course we ask that you remain vigilant to other runners and keep left at all times. This will allow for anyone needing to overtake to have a clear path on the right and ensure not only your safety but allow you the best experience throughout the race.

Please also be aware that we will have a 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 drain and discard all litter and bottles within the signed litter zone, 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.

WATER STATIONS

There will be a water station on each lap of the course.

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.

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

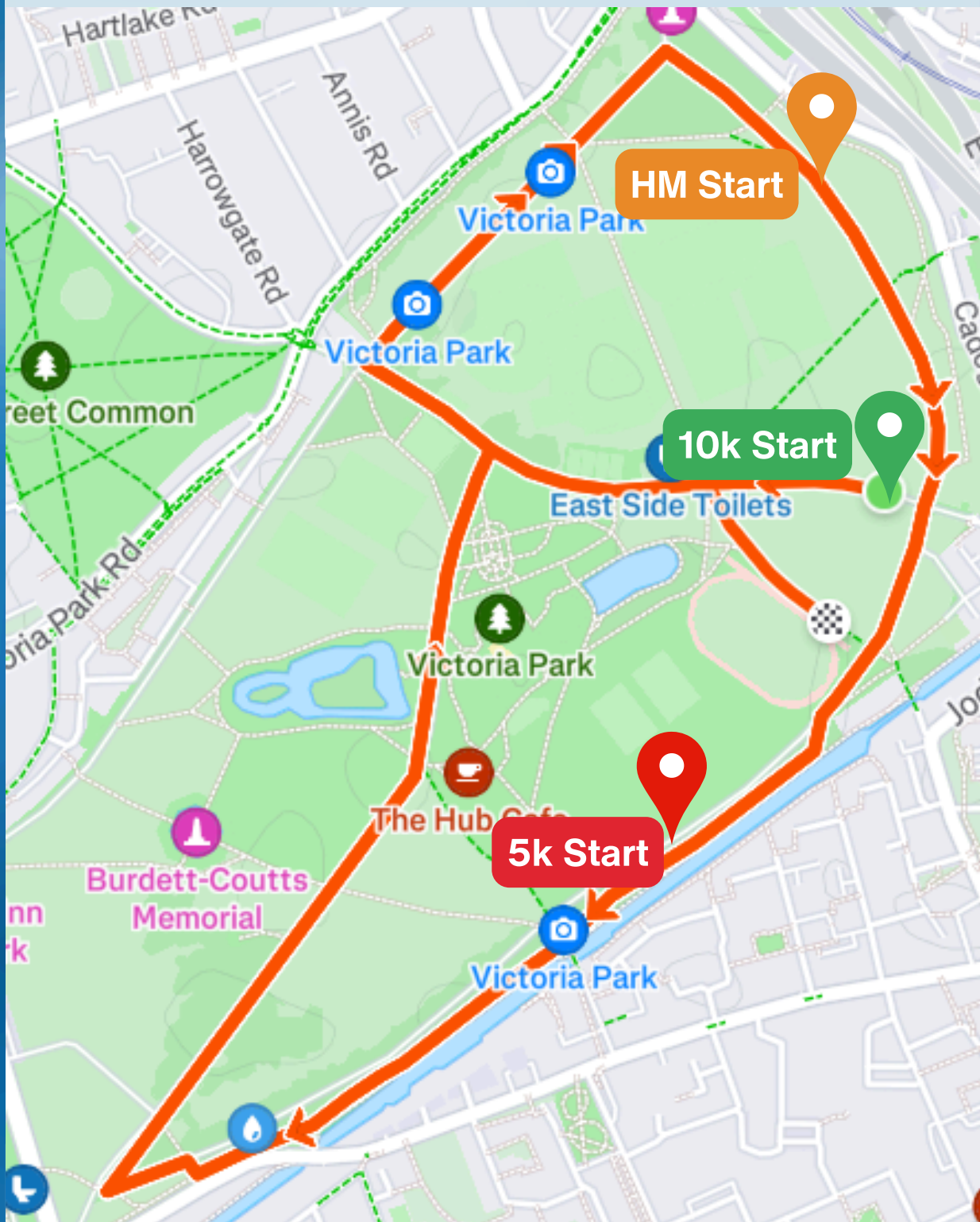
We recommend bringing your own water to stay hydrated in the lead up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

1 lap of the course



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR HM 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 hoody 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

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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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[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 →](#)



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