OFFICIAL EVENT GUIDE

BATTERSEA PARK

10K · 5K

WEDNESDAY 25TH NOVEMBER 2026



VENUE

SW11 4NJ

EVENT VILLAGE OPENS

5:30PM

EVERYTHING YOU NEED FOR RACE DAY

Travel, race pack, the course and your results — tap any button or card in this guide to open the link.

RunThrough

BATTERSEA PARK • EVENT GUIDE

WEDNESDAY 25TH NOVEMBER 2026

INSIDE YOUR GUIDE

WELCOME 03

GETTING HERE 04

RACE PACK 05

EVENT VILLAGE 06

RACE DAY 07

THE COURSE 08

AFTER YOUR RUN 10

PARTNERS & OFFERS 11

WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to Battersea 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

BANDSTAND, BATTERSEA PARK, LONDON, SW11 4NJ

PARKING

There is paid parking available at Battersea Park as well as the surrounding area.

PUBLIC TRANSPORT

BY TRAIN

Battersea Park Railway Station is a 10 minute walk away from the Bandstand and has frequent services from Victoria.

BY BUS

Bus services run frequently from Vauxhall Railway Station to Battersea Park.

WHAT3WORDS

Event Village: ///able.mirror.avoid

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	COLLECTION	CUT-OFF
10K	7:04pm	5:30pm – 6:30pm	1.5 hrs
5K	7:00pm	5:30pm – 6:30pm	—

MINIMUM AGE 10K 15+ · 5K 11+

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 >

BY POST

Entered on or before Wednesday 11th November? Your race pack will be posted to you ahead of race day.

Not arrived in time? Get in touch with info@runthrough.co.uk and we'll help.

ON THE DAY

Entered after Wednesday 11th November? Collect your race pack from the registration desks in the Event Village.

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

- Secure marquee available.
- Baggage tag attached to race number — tear off and attach to your bag.
- Show your number to staff to collect.

TOILETS

Toilets are at the Event Village — follow the signs. Queues build in the final half hour before the start, so go early!

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 before the start of each race.

COURSE CUT-OFF: 1.5 HRS (10K)

If you think you may take longer than the 90 minute cut-off time, please email info@runthrough.co.uk before the event so we can advise on the options — we want everyone to finish, and knowing in advance lets us keep the course and marshals in place for you where we can.

WATER STATIONS

Water stations are positioned on every lap of the course, with a bottle of water waiting for you at the finish line too. We recommend staying hydrated in the lead-up to the event.

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

The 5k does 2 laps and the 10k does 4 laps of this flat and fast course on the wide tarmac paths of Battersea Park,

There is a 90 minute cut off time due to park restrictions.

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
10K	4	Green	Tarmac
5K	2	Red	Tarmac

10K ROUTE >

5K ROUTE >

BATTERSEA PARK • EVENT GUIDE

WEDNESDAY 25TH NOVEMBER 2026

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!

STRUCTURE | INSPIRATION | SUPPORT | GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

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

One reward per event volunteered. You choose when you sign up.

Click to learn more →

GO FURTHER

SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

SHOP THE FULL RANGE

Voltarol
The joy of movement

RunThrough

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.

THE **OFFICIAL PAIN RELIEF PARTNER** OF RUNTHROUGH

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.

SPORTS SHOES .COM

UNRIVALLED IN RUNNING



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.

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

Coach-led, in-person workshops covering running technique, physiology, trail, and performance. Practical drills, honest feedback, and clear next steps.



Run far. Feel unstoppable. The Glycerin Max 3 is complete with a high stack of new DNA RISE TUNED cushion and rocker geometry for a maximized ride that takes your run where it's never been before.

MAKE NATURE YOUR POWER

JB's TREK | RunThrough



OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

givestar

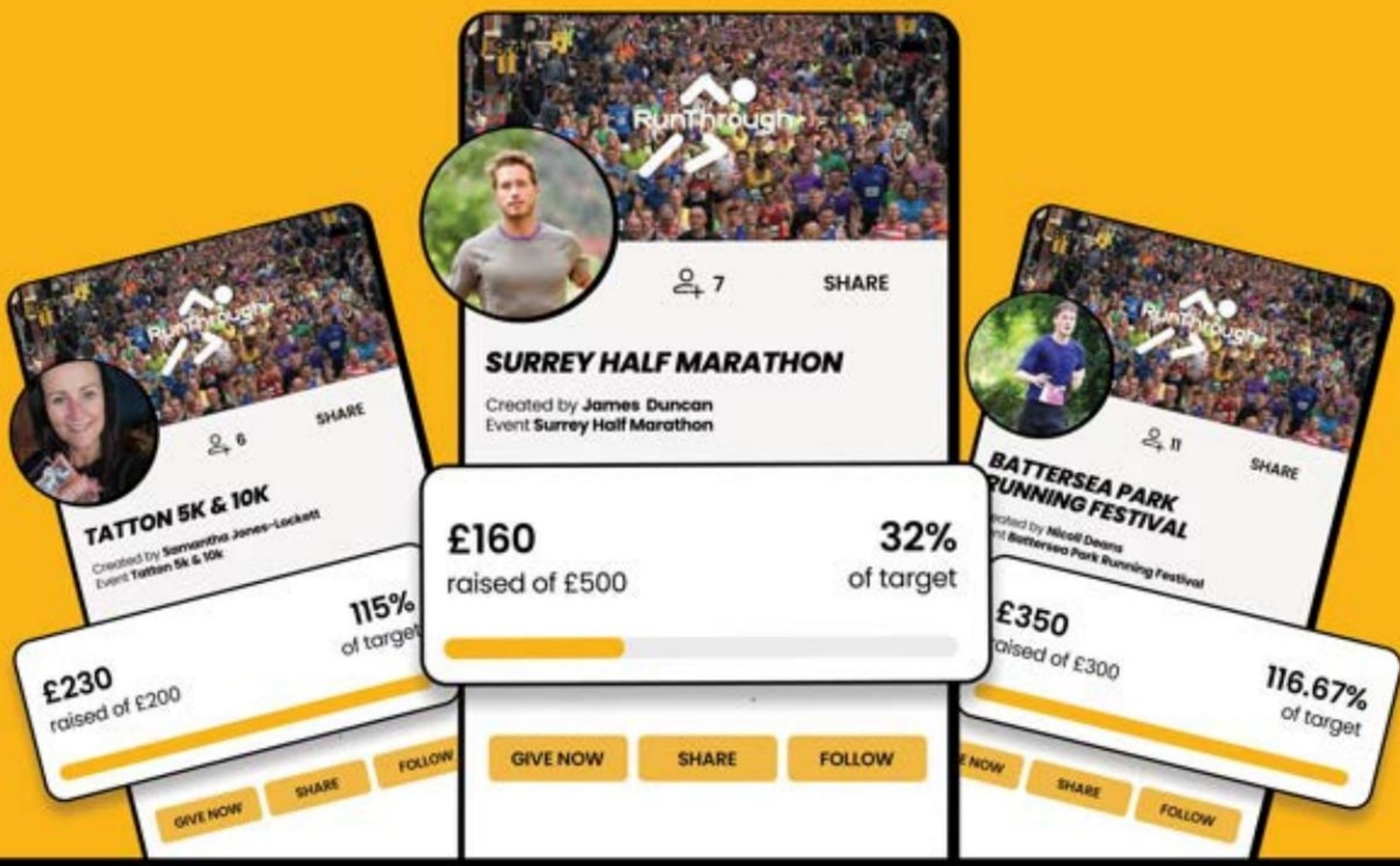
Download on the App Store

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



SUPPORTED BY

RunThrough Coach

RT KIT

Voltarol The joy of movement

SOLGAR® Since 1947

SPORTS SHOES .COM

BROOKS

RUNNER RETREATS&TOURS

FOR CHARITY

JBS TREK

POWERED BY givestar

SiS SCIENCE IN SPORT

WANT TO SUPPORT AN EVENT?

Email partners@runthrough.co.uk

