OFFICIAL EVENT GUIDE

FINSBURY PARK

HALF MARATHON · 10K · 5K · JUNIOR

SUNDAY 29TH NOVEMBER 2026



VENUE

N4 1EE

EVENT VILLAGE OPENS

8:00AM

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

FINSBURY PARK • EVENT GUIDE

SUNDAY 29TH NOVEMBER 2026

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WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to Finsbury 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

IMPORTANT

PLEASE NOTE

Please note: no dogs of bikes are permitted within the athletic track area.

EVENT LOCATION

TRACK AND GYM, FINSBURY PARK ATHLETICS, LONDON N4 1EE

PARKING & TRANSPORT

There is no specified parking for this event, but there is some street parking available in the local area, which can be found using Parkopedia. We recommend taking public transport to travel to the event village.

Tap to find parking near the venue on Parkopedia, set to race morning.

WHAT3WORDS

Event Village: ///cake.turkey.retire

BEFORE YOU SET OFF

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

RACE PACK

YOUR TIMES

DISTANCE	START	COLLECTION	CUT-OFF
Half Marathon	9:30am	8:00am – 9:00am	3.5 hrs
10K	10:00am	8:30am – 9:30am	—
5K	10:20am	8:50am – 9:50am	—
Junior	12:00pm	s 10:30am – 11:30am	—

MINIMUM AGE Half Marathon 17+ · 10K 15+ · 5K 11+ · Junior Under 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 ›

COLLECTING YOUR RACE PACK

Collect your race pack from the registration desks in the Event Village on race day.

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 | DOGS

BAG DROP

- We will have a secure area where you can leave your baggage.
- We recommend you bring as little baggage as possible.
- Your baggage tag is attached to your race number, you simply tear it off and attach to your bag.
- To collect, show your number to the baggage tent staff and they will help you find your baggage.

TOILETS

There will be portable toilets provided in the event village.

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

Sunday 29th November 2026Group warms ups will take place 15mins before each race in the Event Village.

COURSE CUT-OFF: 3.5 HRS (HM)

If you think you may take longer than the cut-off time, let us know before the event through our help page (https://www.runthrough.co.uk/help) 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

There will be water provided at the 5k point of the race, 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 on each lap 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!

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THE COURSE

The route will follow the tarmac paths and roads within Finsbury Park.

Laps:

Half Marathon - 9 (+1 additional mini loop)

10k - 4 (+1 additional mini loop)

5k - 2

Half Marathon runners must be aged 17 and over, 10k runners must be aged 15 and over, 5k runners must be aged 11 and over.

Spectators are more than welcome, we advise staying in the event village where you will be able to catch the start & finish.

Mile markers will be placed for the Half Marathon

KM markers will be placed for the 10k & 5k

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.

SiS gels will also be provided at the water stations. 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.

DISTANCE	LAPS	SIGNS	TERRAIN	ELEVATION
Half Marathon	9	Black	Road	279m
10K	4	Green	Road	133m
5K	2	Red	Road	60m
Junior	—	—	Road	27m

HALF MARATHON ROUTE >

10K ROUTE >

5K ROUTE >

JUNIOR ROUTE >

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COURSE MAPS

HALF MARATHON



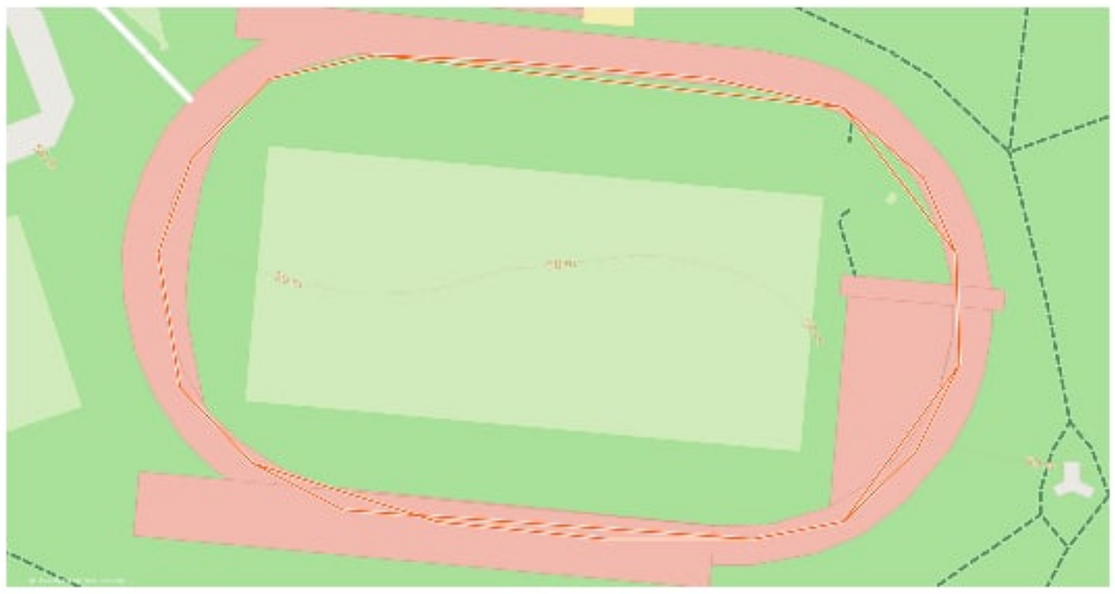
10K



5K



JUNIOR



JUNIOR RACE

ON THE DAY

JUNIOR

- Starts 12:00pm · Maximum age 11

FOR PARENTS & GUARDIANS

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out.)

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.

Meet by the big blue flag by the info tent 15 minutes prior to the start time.

We'll have a group warm up at 11:45 and walk to the start together.

The race will start at 12:00. There will be a lead bike and marshals along the course.

You will finish at the same finish as the other races and be funnelled into a finish pen. Parents/guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!

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 ›

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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!

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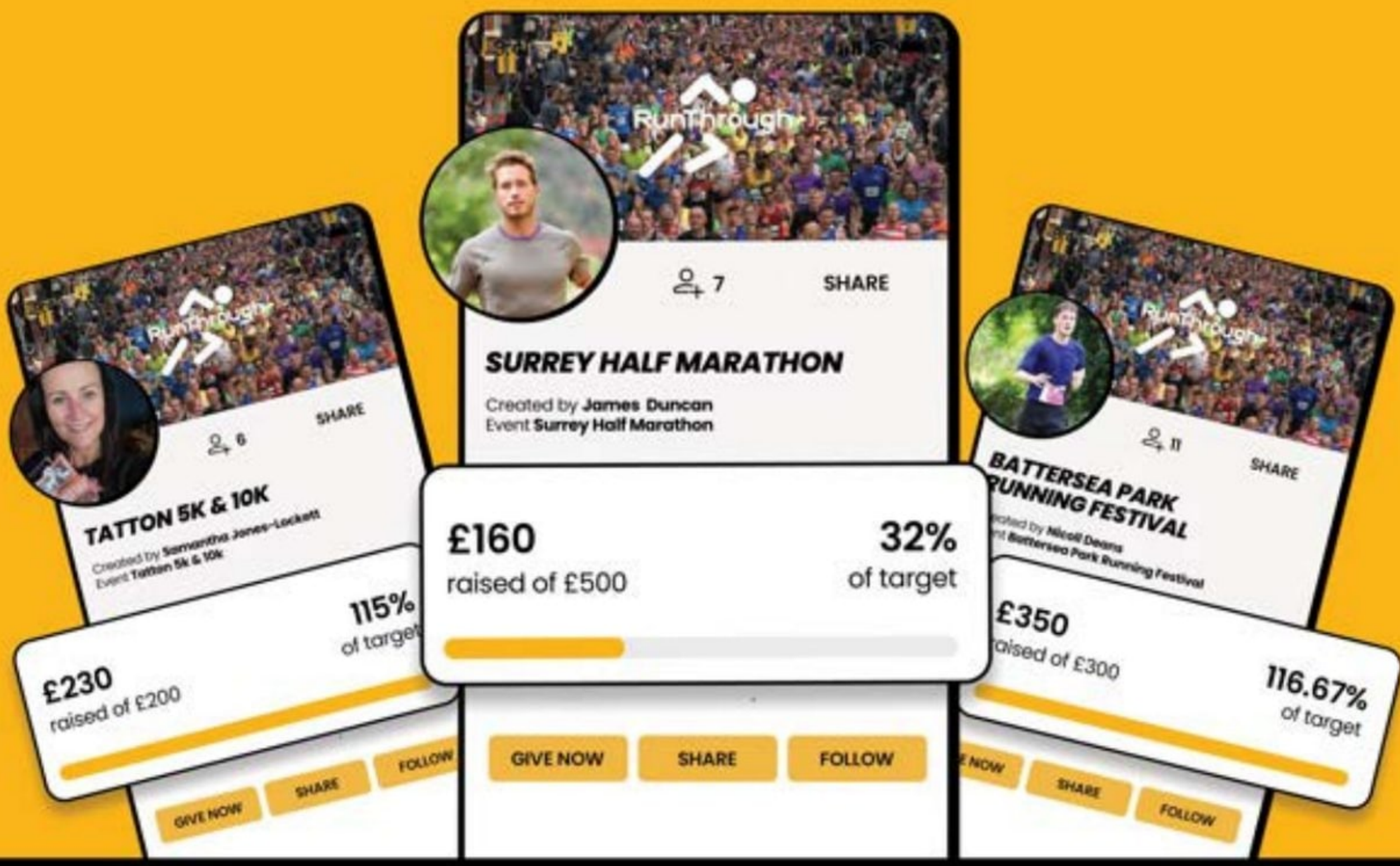

OFFICIAL FUNDRAISING PLATFORM

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