OFFICIAL EVENT GUIDE

REGENT'S PARK

10K · 5K

SATURDAY 28TH NOVEMBER 2026



VENUE

NW1 4NR

EVENT VILLAGE OPENS

7:30AM

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

REGENT'S PARK • EVENT GUIDE

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WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to Regent'S 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
THE BROAD WALK, REGENT'S PARK, LONDON, NW1 4NR

PARKING

There is no specific event parking available however there are car parking facilities nearby and we would recommend using parkopedia to find a suitable spot.

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

PUBLIC TRANSPORT

The Tube stations closest to Regent's Park are:

Regent's Park

Great Portland Street (Hammersmith & City, Circle & Metropolitan lines)

Baker Street (Hammersmith & City, Circle, Jubilee, Metropolitan & Bakerloo lines)

St John's Wood (Jubilee line)

Camden Town (Northern line)

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

WHAT3WORDS

Event Village: ///export.prone.glove

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	9:00am	7:30am – 8:30am	10:30
5K	9:00am	7:30am – 8:30am	10:30

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 >

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 marquee 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 our staff and they will help you find your baggage.

TOILETS

There are toilets within the park, a short walk from 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

There is a group warm up in the event village 15 minutes before race start.

COURSE CUT-OFF: 10:30

If you think you may take longer than the 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

There will be water provided on every lap 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 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 route will follow the flat tarmac paths within Regents Park.

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
10K	2	Green	Tarmac	46
5K	1	Red	Tarmac	23

10K ROUTE >

5K 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 ›

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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!

RunThrough



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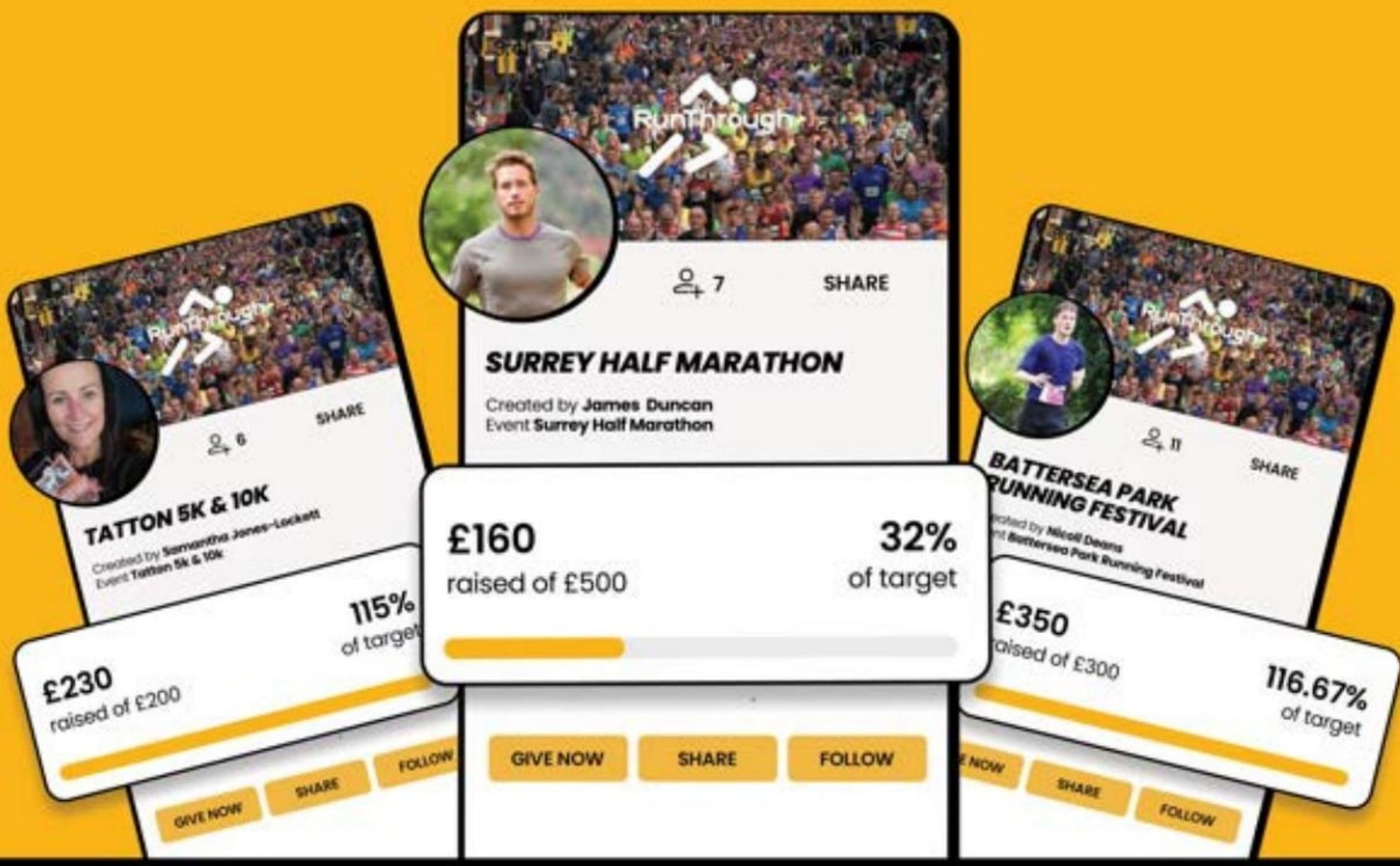

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