

# EVENT GUIDE

## Chepstow Running Festival

### Sunday 29th January 2023

#### Start Times:

Half Marathon – 9.30am  
10k – 10.15am  
5k – 10.25am



#### Race pack collection Times:

Half Marathon – 8:00 – 9:00am  
10k – 8:45 – 9:45am  
5k – 8:55 – 9:55am

### RACE PACK COLLECTION

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Please head to the desk indicated by your surname's initial (eg. S for Smith).
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

[CLICK FOR ENTRY LIST](#)



Step 1



Step 2



Step 3



Step 4



Please take a couple of minutes to fill out the brief runner Information form on the back of your bib. This will help us in case of an emergency!



## RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

## DURING THE RACE

There will be marshals all around the course as well as arrows and motivational sign. There will be green KM markers for the 5k & 10k race and yellow Mile markers for the half marathon.

The course is 1 lap for the 5k, 2 laps for the 10k and 4 laps for the half marathon.

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 for anyone needing to overtake to have a clear path on your right and ensure not only everyone's safety but allow for the best experience throughout the race.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

10k



## REFRESHMENTS

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

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

We recommend staying hydrated in the lead up to the event.



## COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

## AFTER THE RACE

Please continue through the finish to collect your medal and goodies!





**SPECTATORS** 

**DOGS** 

**COFFEE** 

There will be a coffee van within the event village serving hot drinks and snacks.

Spectators are more than welcome to come along and watch from the Event Village.

Sadly dogs are not permitted within the venue or race course.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.



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## TOILETS

The toilets used for the event will be located in the Grandstand.

If you live locally we recommend using the toilets at home.

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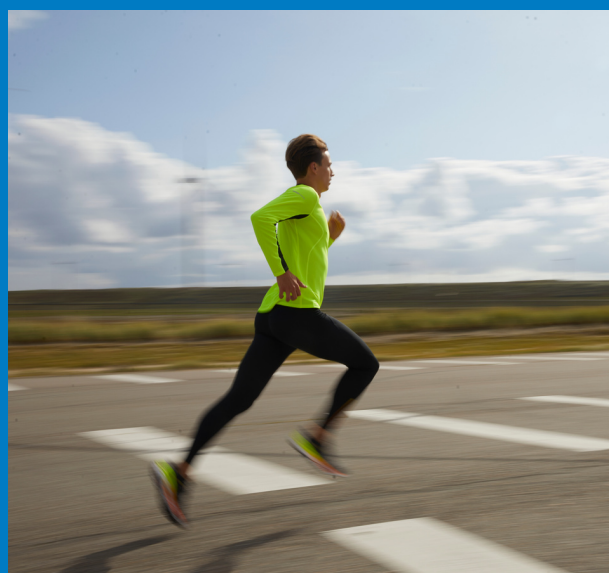
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# TRAVEL

**Address: Chepstow Racecourse, Chepstow, Monmouthshire, NP16 6BE**

## BY CAR

**Please note the M48 bridge Westbound is closed for the weekend, so won't be open as a viable route to the race venue. Please allow adequate time for alternative routes.**

The racecourse is on the A466 Chepstow to Monmouth road, not far from the now toll-free Severn Bridge.

From the M4 East (Junction 21) or M4 West (Junction 23), take the M48 and exit at Junction 2 (Chepstow).

Then follow the brown racecourse signs. There will be signs and marshals to help you park on arrival.

## BY TRAIN

There are direct trains to Chepstow from Birmingham, Cardiff, Cheltenham Spa, Derby, Gloucester, Newport and Nottingham.

Connections are available at Newport for London (Paddington), Hereford, Shrewsbury, Crewe, Manchester, Swansea and all parts of Wales. Also, Bristol, Bath, Exeter, Salisbury, Portsmouth and all parts of South and West England.

## BY FOOT

Chepstow station is approximately 10 minutes walk from the town centre.



**See Chepstow Racecourse's Website for further Travel advice HERE.**



what3words

**If using the app What3Words, use the words ///bigger.marsh.carriage for exact event village location.**

**For parking, use the words ///inches.then.grounding**

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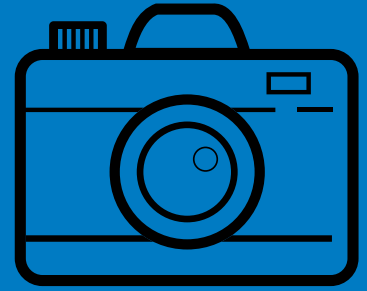
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## PICTURES

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

For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

If you want to talk all things running before and after the event join our RunThrough Chat group on Facebook.

If you #RunThroughUK on Instagram with your race day collages, the best ones will feature on our page!



Click the icons to visit our pages!



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