EVENT GUIDE

Goodwood Running Grand Prix
5k, 10k, Half Marathon, 20 Mile, Marathon & 50k
Saunday 12th February 2023

Start Times:

Marathon & 50k– 9:00am
20 Mile – 9:15am
Half – 10:00am
10k – 10:30am
5k – 10:45am

(Please note there is a 6 hour strict cut off)

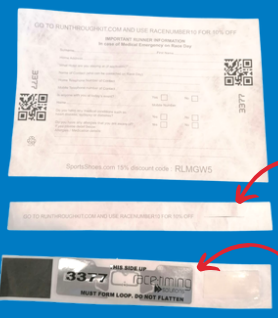
Race pack collection Times:

Marathon & 50k – 7:30-8:30am
20 Mile – 7:45-8:45am
Half Marathon – 8:30-9:30am
10k – 9:00-10:00am
5k – 9:30-10:30am

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 the distance you are running.
- 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

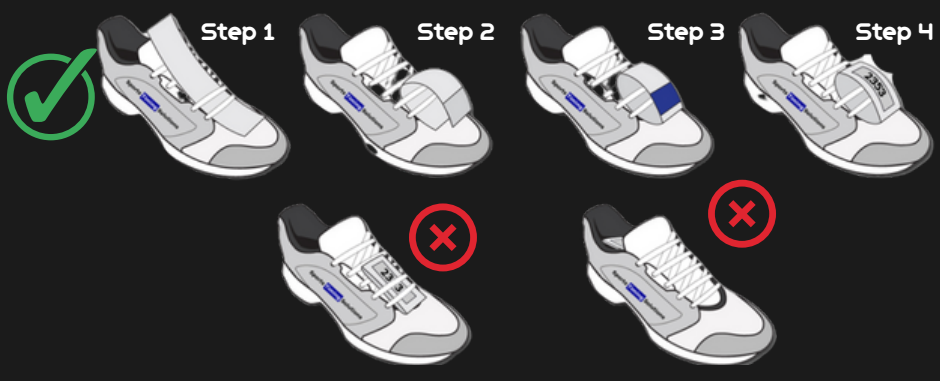


Included:

Bib number

Baggage Label

Timing Chip



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

Each race will have a warm up in the event village 15minutes prior to the race start time.
After the warm up, estimated finish times will be called to the starting pen where our marshals will guide you into a start formation.

DURING THE RACE

The entire course is on the Motor Circuit itself. There will be marshals all around the course as well as distance signs and arrows.

50k runners, you will follow signs counting down from 30 miles to go. Marathon runners you will see signs counting down from 26 miles to 1 mile to go. 20 Mile runners you are looking for signs counting down from 20 to 1 miles to go. Half Marathon runners you are looking for signs saying 13 miles down to 1 mile to go.
There will be red KM signs counting up from 1-4 for the 5k and 1-9 for the 10k.

All distances will have an out and back section at the start of each race before completing the following laps:

50k- 13 laps
Marathon – 11 laps
20 Mile – 8 laps
Half Marathon – 5 laps
10k – 2 laps
5k – 1 lap
(Please note there is a 6 hour strict cut off on all races)

Due to the nature of a lapped course we ask that you remain to the right of the course at all times unless otherwise instructed. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only your 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 on the first lap of each distance to prevent any collision around the laps. They will be vocal when coming towards you form behind so be sure to listen out for any additional instructions.

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.

REFRESHMENTS

There will be a water station on each lap of the course.
You are also more than welcome to leave any gels, or your own drinks with a marshal or on the outer side of the course should you choose to bring your own hydration and aids.
There will also be a bottle of water waiting for you at the finish line.

COURSE MAP

CLICK FOR INTERACTIVE MAP

AFTER THE RACE

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

SPECTATORS ✓
DOGS ✗
COFFEE ✓

Spectators are more than welcome to come along and support runners from the event village. There will be a coffee van serving hot drinks and snacks from 8am onwards.

Please be aware that spectators cannot walk around the inside of the circuit as it's a live airfield.

Sadly we can't permit running with dogs at this event, and any spectators dogs must be kept on leads at all times.

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.

TOILETS

There will be toilets available within the event village.
There will also be toilets available to use during your race, right next to the race route

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TRAVEL

Address: Goodwood Motor Circuit, Chichester , West Sussex, PO18 0PH

By Car

Goodwood is located just outside Chichester, only 60 miles from London, and 30 miles from Brighton and Southampton.

There is parking available for all competitors in the field opposite gate 2 at Goodwood Motor Circuit. There is disabled parking available inside the track.

From London: Follow the A3 (Junction 10 on the M25) south towards Guildford. About 3 miles past Guildford, at the Milford turning, take the A283 to Petworth, then the A285 to Chichester for about 6 miles.

From the East: Follow the A27 towards Chichester. At the Tangmere roundabout before Chichester, go straight over. Take the exit signposted Guildford/Petworth. Go right at the first roundabout, and straight over the second roundabout.
Follow the road until you reach the second left, signposted Lavant. Turn left here and follow the road down to the second cross roads. Turn right, following the brown signpost for the Goodwood Motor Circuit.

From the West: Follow the A27 to Chichester. At Chichester, stay on the A27 bypass/ring road. After the only set of traffic lights, take the second exit at the next roundabout signposted Goodwood. At the next roundabout take the second exit.

By rail

Nearest station: Chichester
There is a regular service from London Victoria to Chichester (1hour 40 minutes), plus the coastal service from Brighton and Portsmouth. Buses or taxis are available at Chichester Station.

Local Taxi numbers:

Station Taxis – 01243 774948
Premier Cars Chichester – 01243 779366
ABC Cars Chichester – 01243 778855

By bike

Goodwood Motor Circuit is easily accessible by bicycle and there will be bike racks available at the venue for you to lock up your bike during the race.

VISIT GOODWOOD MOTORCIRCUIT WEBSITE HERE

what3words

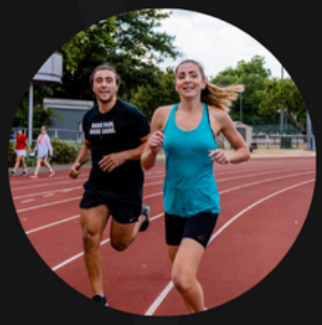
If using the app What3Words, use the words ///grape.jukebox.driver for exact event village location

and ///device.dangerously.lows for exact car park location

Welcome to

Runna

Our Official Training Provider of RunThrough



Whether you're a beginner training for your first race or an elite athlete looking for a new PB, download Runna to get your own personalised training plan.

- 5K 5k Improvement Plan
- 13.1 Half Marathon Plan
- 10K 10k Plan
- 26.2 Marathon Plan

+16 more plans...

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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 or #RunningGrandPrix on Instagram with your race day collages, the best ones will feature on our page!

Click the icons to visit our pages!

RESULTS AVAILABLE AT WWW.RESULTS.RUNTHROUGH.CO.UK

Event T-shirts!

If you have purchased an event T-shirt 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 a T-shirt, but would like to purchase one, these are available below.

PURCHASE AN EVENT T-SHIRT

Alternatively, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm in the coming winter months.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

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