

EVENT GUIDE



Cheltenham Running Festival
5k, 10k, Half Marathon & Juniors
Sunday 11th June 2023



RACE PACKS

Start Times:

Half Marathon – 10am

10k – 10:45am

5k – 10:55am

Juniors-12:30pm

Race Pack Collection Times:

HM – 8:30 – 9:30am

10k – 9:15 – 10:15am

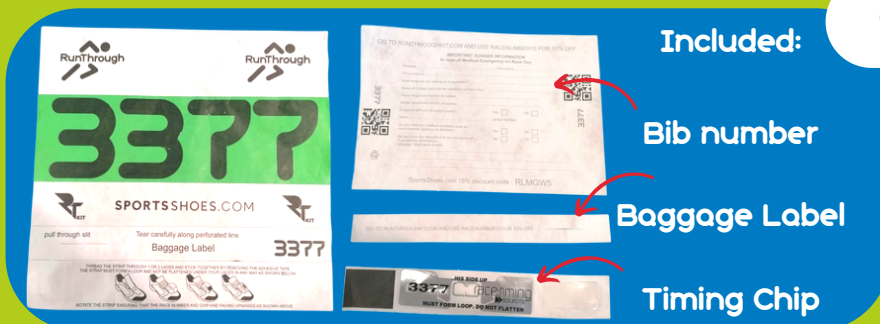
5k – 9:25 – 10:25am

Juniors - 11:00 - 12:00pm

*****IF YOU'VE ENTERED PRIOR TO THE 26TH MAY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST*****

- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- Please head to the 'Race Pack Collection' desks to pick up your number.
- 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!

Step 1

Step 2

Step 3

Step 4



A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and red shorts, holding her right foot to stretch her leg. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

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Terms & Conditions apply. See website for details.

Code valid until 11.06.23



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

We will have marshals all around the course as well as distance markers and arrows.

KM markers will be in the form of green signs marking the 5k & 10k, and Mile markers will be in the form of yellow signs for the Half Marathon. The course is entirely on the paths within and around the Racecourse.

The 5k is one lap, while the 10k is 2 laps. The Half Marathon is 4 laps with an additional out and back at the start.

At the end of each lap, our marshals will be in position to direct you either onto your next lap or into the finish.

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.

REFRESHMENTS

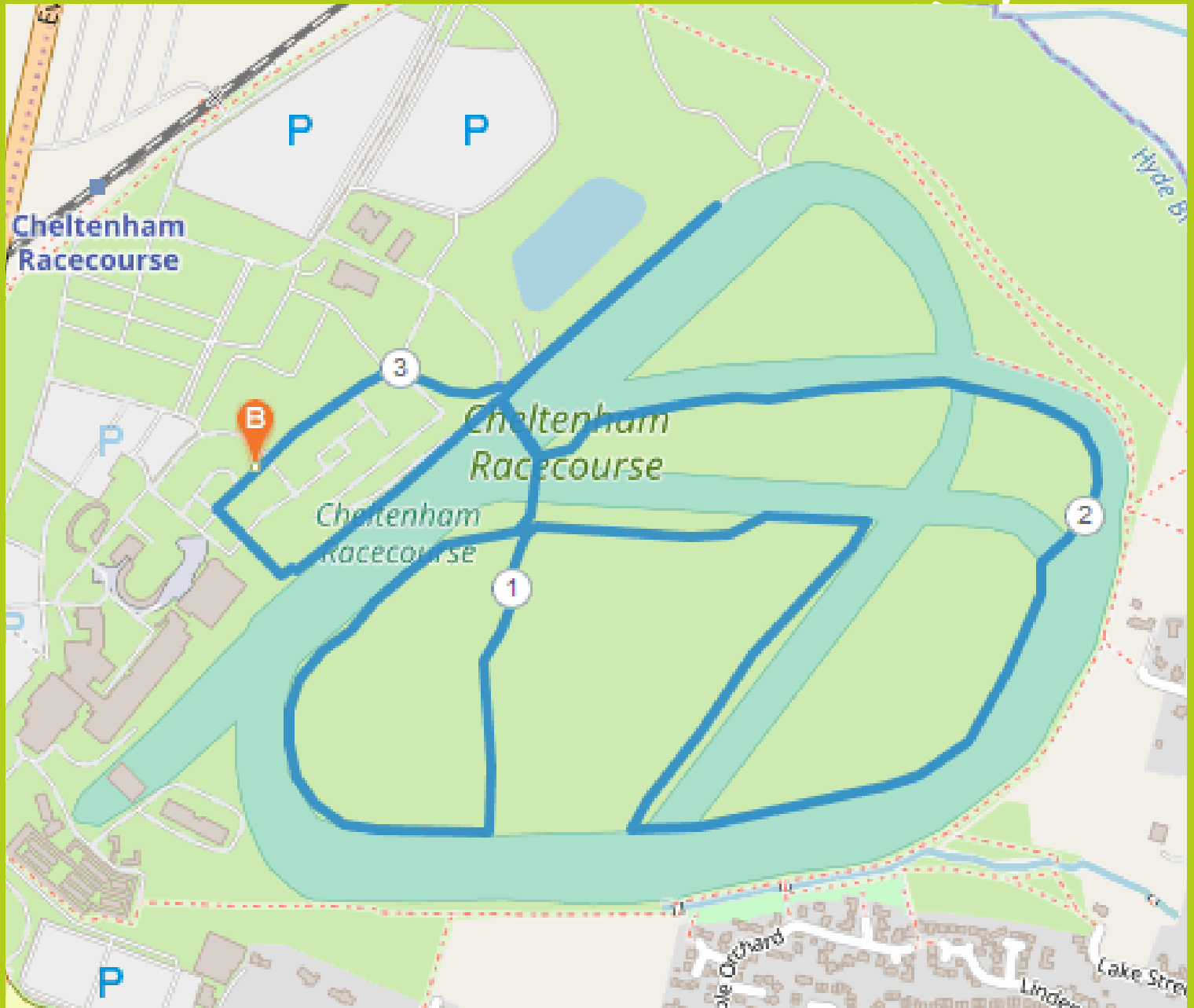
There is a water station that you will run past at the start of each lap. Please help yourself to this as you pass.

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

We recommend bringing your own drinks to stay hydrated in the lead up to the event.



COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)

[CLICK FOR THE JUNIORS COURSE
MAP](#)

AFTER THE RACE

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





JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and 2 wristbands. 1 wristband is to be worn by the child racing, and the other to be worn by their supervising parent or guardian.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 12.15 and walk to the start together.
- The race will start at 12.30 and will follow a 800m loop around the racecourse. There will be a lead bike and marshals along the course.
- You will finish at the same finish line as the other races and 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 all child and parents wristbands on leaving the pen to ensure every child is accounted for.
- When in doubt, keep an eye out for our big blue flag!



SPECTATORS 

DOGS 

COFFEE 

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

Sadly dogs are not permitted within the venue or on the racecourse.

TOILETS



For this event we will use toilets located within the racecourse Grandstand.

These will be signposted from the event village.

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.
- Drop your bag at the Bag Drop.
- Collect your bag after your race.



Places available now for:
Loughborough Performance Retreat : 4th - 7th August 2023
Lake District Retreat: 13th - 16th October 2023

RUNNER RETREATS

[Find out more >](#)

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TRAVEL

**Address: Cheltenham Racecourse, Evesham Road, Cheltenham,
GL50 4SH**

By Car

The racecourse is just a 5-minute drive from Cheltenham Town Centre, on Evesham Road. Alternatively, just off J11 on the M5 if traveling from the south.

If traveling from the north, leave the M5 at J10.

If you are using sat-nav, please use the postcode: GL50 4SH.

There is adequate free parking available within the Racecourse, please follow signage and marshal instruction from the front gate and head into the car park located adjacent to the event village.

By Train

The nearest station is Cheltenham- Sunday services may be limited.

The nearest mainline station is Cheltenham Spa.

Trains run every hour from Bristol, every half an hour from Birmingham and every hour from London. When you arrive at the station, you can catch a taxi and get to the racecourse in 10 minutes.

The racecourse is easily accessible by both foot and cycle.
Cycle parking is available.



what3words

If using the app What3Words, use the words
///falls.exams.volume for exact event village
location

use the words ///groups.league.acid for
event village access point.

Cheltenham and Gloucester Hospitals Charity is the official charity partner for the Cheltenham Running Festival.

Your local NHS hospitals already do incredible work. Cheltenham and Gloucester Hospitals Charity exists to help them do even more and become even better for everyone, providing the most positive experience and environment.

If you haven't chosen to run for a charity, then why not support Cheltenham and Gloucester Hospitals Charity with your place?

When you join our incredible team you will receive dedicated support throughout your whole journey, fundraising advice and a supportive team cheering you on!

**You can raise funds for CGHC by
setting up a [JustGiving page here.](#)**

See you on 11th June!



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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.

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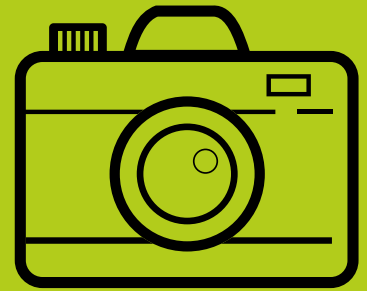
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PICTURES

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!



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



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 cool throughout the year.

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

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

kids-any age | 5k-11 | 10k-15 | Half Marathon-17

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at midlands@runthrough.co.uk if you plan to take more than 3hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distance?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course which you will pass on each lap of your race- Once for the 10k & 3 times on the Half Marathon- the 5k will not pass this).

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the start and finish! Spectators will not be permitted out on the racecourse.

Will there be a prize giving?

The top 3 male and female participants can expect an email reward in the week following the race. There will be no presentation on the day. However check out our podium and photo wall to get your celebratory pictures!



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