

EVENT GUIDE



Newbury Racecourse 5k, 10k & Half Marathon

Sunday 18th June 2023


RunThrough



RACE PACK COLLECTION

Start Times:

Half Marathon- 10:00am
10k & 5k - 11:00am

Race Pack Collection Times:

HM- 8:30-9:30am
10k & 5k - 9:30-10:30am

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- 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:

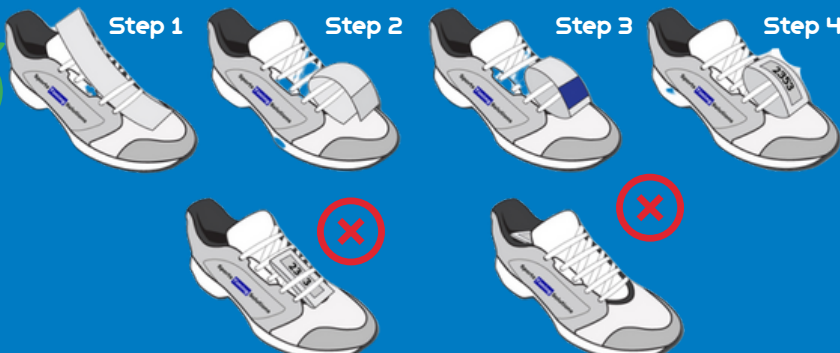
Bib number

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

From the event village runners will be walked to the start line.

There will be a warm up held there before calling runners to line up in pace order. The 10k & 5k will start together.

DURING THE RACE

There will be marshals all around the course. For the 10k, green KM signs will be around the course in consecutive order from 1-10. For the 5k, please be aware to look out for red KM signs 1-5. The Half Marathon will follow yellow mile signs.

The Half Marathon is 4 laps

The 10k is 2 laps

The 5k is 1 lap

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 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 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.

3 things to remember
when running in the heat!

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



HYDRATE PRE,
DURING AND
POST RACE

WEAR
APPROPRIATE
CLOTHING,
CAPS &
SUNCREAM



ADAPT &
TAKE IT
EASY

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



AFTER THE RACE

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



SPECTATORS

COFFEE

Spectators are more than welcome!

There will be hot and cold drinks along with snacks served at the venue.



TOILETS

There will be portable toilets available within the event village.

If you live locally we recommend using toilets at home.

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.



Places available now for:

Loughborough Performance Retreat : 4th – 7th August 2023

Lake District Retreat: 13th – 16th October 2023

RUNNER RETREATS

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Code valid until 18.06.23

TRAVEL

Address: The Racecourse, Newbury, Berkshire, RG14 7PN

Please use the postcode RG14 5AW for parking.

BY TRAIN

Newbury Racecourse has its own station, one stop from Newbury Station, with direct trains from London Paddington and regular connections from the West.

When you arrive at Newbury Racecourse station, please follow wayfinding signage to access the event village.

BY CAR

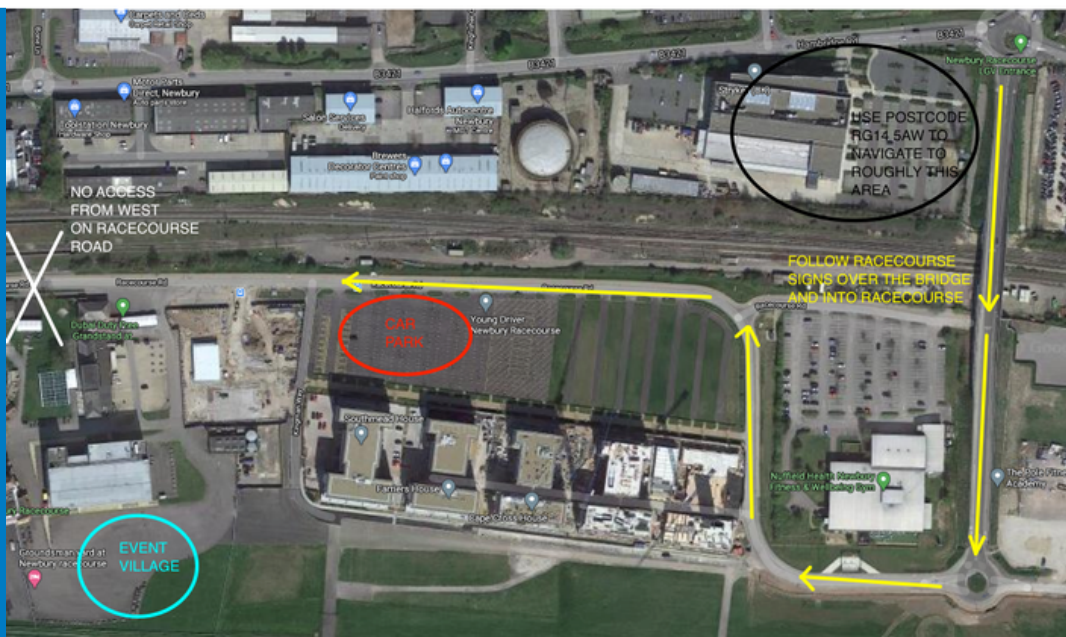
The racecourse is clearly signposted and just minutes from Junctions 12 and 13 of the M4, and is easily accessible from the M3.

There is ample free parking for all competitors in Car Park 4 of Newbury Racecourse, right next to the event village. If travelling by car, please ensure you use the postcode RG14 5AW and follow brown signs to the Racecourse from all major junctions and event wayfinding signs on arrival. The above postcode will take you very close to the Racecourse, from here you just need to go over the bridge and you will arrive at the Racecourse.

There will be no access possible to the Car Park from the West of Racecourse Road so please ensure you use the above directions to reach the Car Park.

The racecourse is easily accessible by both foot and cycle.

Cycle parking is available.



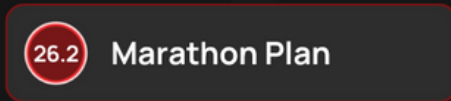
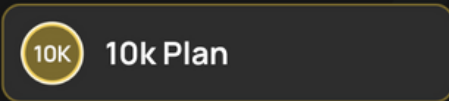
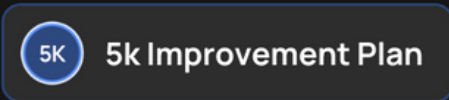
what3words

If using the app What3Words, use the words
///panic.most.jump for exact event village location

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of RunThrough



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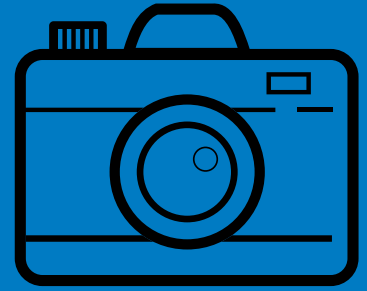
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Take your running to the **next level**

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 will be available to collect on the day. Any purchased via the following links will be posted out.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)





VOLUNTEER WITH RUNTHROUGH!

Here at RunThrough we are always looking for likeminded people to join our community.

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

[**SIGN UP HERE!**](#)

[**FIND OUT MORE!**](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

5k-11, 10k-15, HM-17

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@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 distances?

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 for you to help yourself to on each lap.

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 should I park for the event?

There is free parking on site, please follow the postcode RG14 7FZ for parking.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route.

Will there be a prize giving?

The top 3 male and female runners, along with age category winners can expect an email reward in the week following the race.



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