

# EVENT GUIDE

RACECOURSE RUNS



**Chepstow Running Festival**  
**5k, 10k & Half Marathon**  
**Saturday 22nd July 2023**



# RACE PACKS

## Start Times:

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

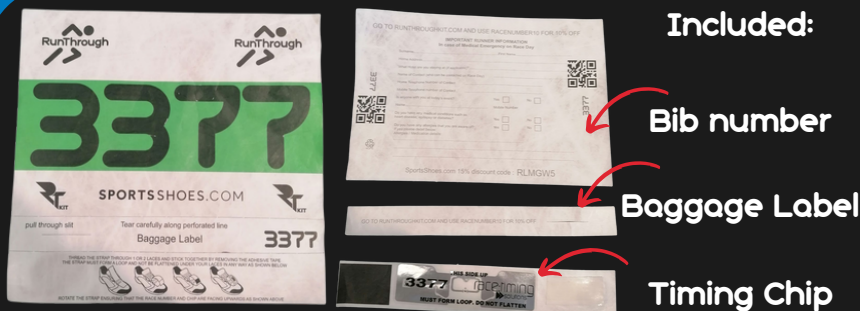


## Race Pack Collection Times:

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

- 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](#)



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!





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## 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 signs. 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 right 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 left 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 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 water to stay hydrated in the lead up to the event.

3 things to remember when running in the heat!



WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



HYDRATE PRE, DURING AND POST RACE



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** 

**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.



## TOILETS

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

If you live locally we recommend using the 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

[Find out more >](#)

**Retreats, Camps & Workshops for runners of all abilities**

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# TRAVEL

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

## BY CAR

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 30 minutes walk/ 1.5miles from the racecourse.



**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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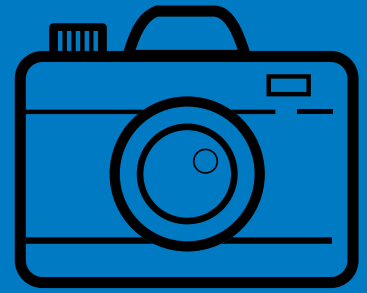


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## PICTURES

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!



Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Fill out the form with your event day shoutout requests!



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**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](#)







**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?**

**11- 5k | 15- 10k | 17-Half Marathon**

**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](mailto: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 finish! We ask spectators to be respectful of runners on the paths around the course and grandstand.**

**Will there be a prize giving?**

**The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:**

**10k- Men's Sub 30:30 mins, Women's Sub 34 mins.**

**Half Marathon- Men's Sub 67:30 mins, Women's Sub 75 mins**

**Check out our podium and photo wall to get your celebratory pictures!**



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