

EVENT GUIDE



Bedford Autodrome
5k, 10k, Half Marathon, 16mile,
20mile & Marathon
Sunday 24th September 2023



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Join us Again!



TRAVEL

**Address: Thurleigh Airfield Business Park, Thurleigh, Bedford
MK44 2YP**

Please arrive early as the car park is located in the paddocks a short 10minute walk away from the event village.

By car

Bedford Autodrome is located approximately 10 miles North of Bedford town centre and 20 miles East of Northampton.

Please note that the postcode MK44 2YP will not take you all the way to the event village. Once you reach the postcode destination please look out for and follow the signs to the Autodrome for parking & the event village.

Please ensure you are looking out for and following all signage & marshal instruction to get you parked as quickly and safely as possible.

You can see more details on how to get to Bedford Autodrome [HERE](#).

By rail

Nearest station: Bedford

Bedford train station is around 20 minutes from Bedford Autodrome. Trains from London leave from either St Pancras or any Thameslink station approximately every 20 minutes.

[VISIT BEDFORD AUTODROME WEBSITE HERE](#)



what3words

If using the app What3Words, use the words `///confusion.actual.fancy` for exact event village location.

Race Pack Collection

Start Times:

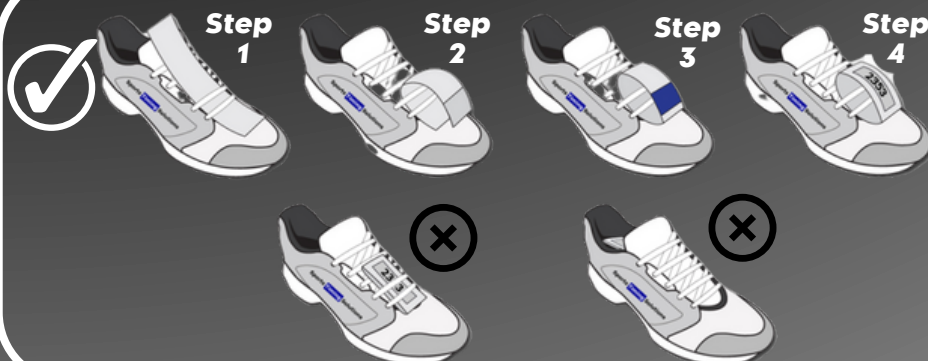
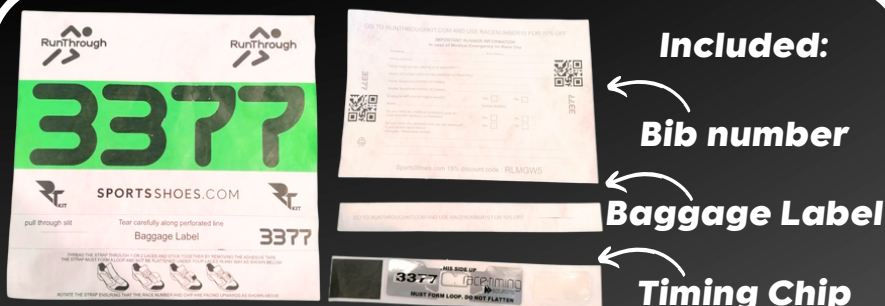
9:00am – Marathon
9:15 am – 20 Miles
9:30am – 16 Miles
10:00am – Half Marathon
10:30am – 10k
10:45am – 5k

Race Pack Collection Times:

Marathon – 7:45-8:45am
20 Miles – 8:00-9:00am
16 Miles – 8:00-9:00am
Half Marathon – 8:30-9:30am
10k – 9:00-10:00am
5k – 9:15-10:15am

- On arrival make your way down to the registration desks associated with the distance you are running.
- 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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SPECTATORS ✓ COFFEE ✓ DOGS ✗

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 throughout the event.

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

Sadly dogs are not permitted at the venue, except guide dogs.

TOILETS

There will be portable toilets available within the event village.

If you live locally we recommend using the toilet 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 area.
- Collect your bag after your race.

Places available now for:
Lake District Retreat: 13th -16th October 2023
Morzine: 30th June- 6th July 2024

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.



WARM UP & RACE START

Each race will have a warm up in the event village 15 minutes 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.

The Miles for the Marathon, 20 Mile 16 Mile, and Half Marathon distances will be marked out with countdown signs of how many miles you have left until the finish. 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 19 to 1 miles to go. 16 Mile runners you are looking for signs counting down from 15 to 1 miles to go. Half Marathon runners you are looking for signs saying 13 miles to go down to 1 mile to go.

There will be red KM signs from 1-4 for the 5k and 1-9 for the 10k.

The laps required for each race distance are detailed below:

Marathon – 8 laps (+ mini-lap at the Start)

20 Mile – 6 laps (+ mini-lap at the Start)

16 Mile – 5 laps (+ mini-lap at the Start)

Half Marathon – 4 laps (+ mini-lap at the Start)

10k – 2 laps

5k – 1 lap

(Please note there is a 6 hour strict cut off on the marathon.)

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 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.

REFRESHMENTS



There will be a water station on each lap of the course. Please help yourself as you pass this. Gels and alternative liquids will not be provided, should you require anything other than water, we advise bringing your own.

You are 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.

We recommend bringing a large bottle of water for when you finish to supplement what is provided.

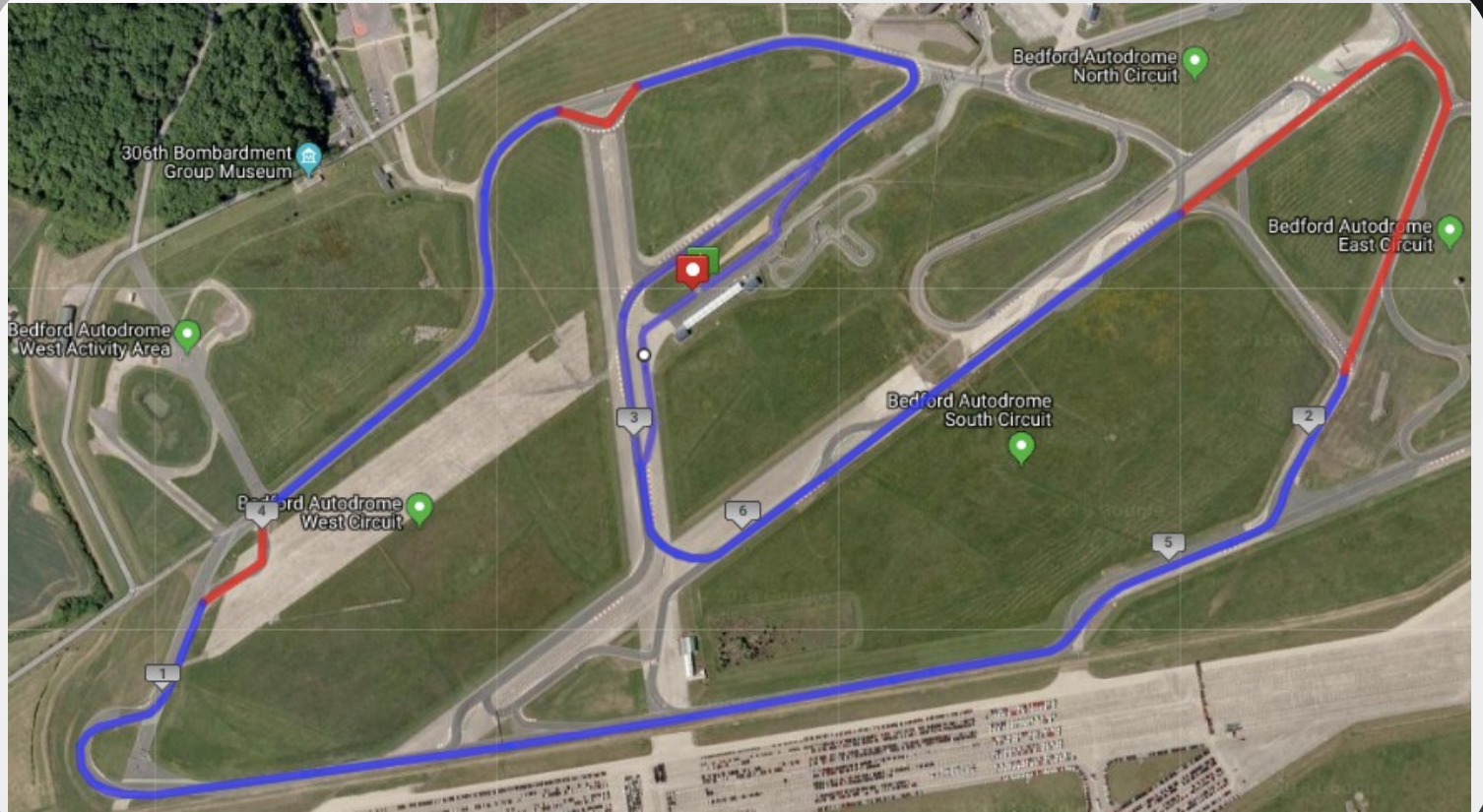
3 things to remember when running in the heat!

WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM

HYDRATE PRE, DURING AND POST RACE

ADAPT & TAKE IT EASY

COURSE MAP



[CLICK FOR INTERACTIVE MAP](#)



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post race goodies!

These will consist of a bottle of water and snacks from our sponsors.



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10K 10k Plan

26.2 Marathon Plan



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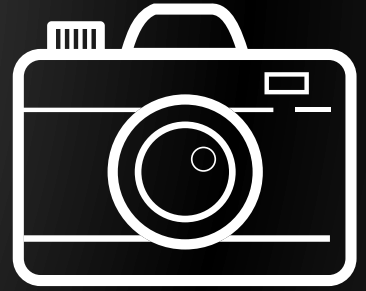
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Take your running to the **next level**

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 x @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 & #RunningGrandPrix 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!

Click the QR to fill out the form with your event day shoutout requests!



**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!

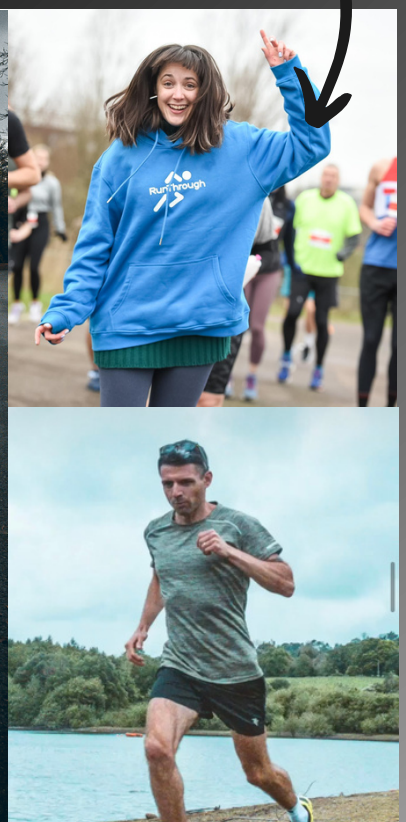
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm 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?

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

Is there a time restriction to complete the race?

Yes, due to venue restrictions, please get in contact with us at info@runnnggrandprix.com if you plan to take more than 6hrs 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?

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, speak to our staff on 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?

Please arrive early as the car park is located in the paddocks a short 10minute walk away from the event village. This is free parking, and will be sign posted for the race.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the track, however if you're following the race course route, we ask spectators to be respectful of other runners on the circuit.

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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