

# EVENT GUIDE

## Goodwood

**Sprint & Standard Duathlons**  
**Sunday 17th September 2023**

**GOODWOOD**  
**DUATHLON**



# Your Race Experience

P3

Arrival



P4

Race Pack Collection



P6

Bag Drop & Toilets



P7

Warm Up & Race Start



P7

During the Race



P8

Hydration



P9

The Course



P9

Finish Line



P11

Run For Charity



P13

Results & Photos



P14

RTKit



P15

Join us Again!



# TRAVEL

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

## By Car

There is parking available for all competitors in the paddocks 2 & 3 and in the Chicane car park within Goodwood Motor Circuit, these will be sign posted on arrival. 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.

## By bike

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



# Race Pack Collection

**Start Time:**

**1:15pm**

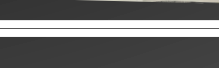
(3hr cut off)

**Race Pack  
Collection Times:**

11:45am-12:45pm

- 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.
- You will have 2 timing chips attached to your race bib, tear these off, 1 is to be slotted into your shoelace, and the other attached to your bike handlebars or cross bar.
- Your number must be clearly visible on your front on the runs and on your back for the bike. We highly advise using a tri belt for this. If you don't have a tri belt please pin your number to your back throughout the entire duathlon.

**[CLICK FOR ENTRY LIST](#)**



**Included:  
Bib number**

**Baggage Label**

**Timing Chip**

**Bike tag**



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!







**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**RT2337**

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

**Code valid until 17.09.23**



# 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 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.

## 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.



## BAGGAGE

- Please limit the number of belongings you bring to the event and leave in transition.
- 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 (only essentials are to be left in the transition zone).
- 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.



# RACE START

You can rack anywhere within the transition zone which will be open from 11:30, please have your bike racked by 1:00pm and be in the event village ready to run 10 minutes prior to the race start.

## DURING THE RACE

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

Sprint: Run- 3.8km (1 lap) | Bike- 19km (5 laps) | Run- 3.8km (1 lap)  
Standard: Run- 7.6km (2 laps) | Bike- 38km (10 laps) | Run- 3.8km (1 lap)

Please count your own laps.

Due to the nature of a lapped course we ask that you remain to the RIGHT of the run 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.

Once you have completed your first run, you will peel off right into to the pit lane to transition to the bike.

You will be asked to walk your bike out of transition, before mounting on the bike section of the course.

Please be aware, this will cross the route of runners, please look left before crossing and listen to marshal instructions to do this safely.

Once on the bike you will be instructed to keep to the LEFT to complete your laps allowing over takers to pass on your right.

Dismounting the bike - Please be aware, this will cross the route of runners, please look right before crossing and listen to marshal instructions to do this safely.

Once you have racked your bike, you will head back out onto the run course, keeping right for your final lap.

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 be aware there will be no bike maintenance at this event, should you have an issue mid race, you will be required to fix this yourself or withdraw from the race.



# TRANSITION RULES

After completing the run you will peel off into the transition zone and find the spot where your bike is racked.

The start of the transition zone will be clearly marked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the entrance/exit to transition).

When you reach your bike you must put on your helmet and have it fully fastened before you touch your bike. If you are getting changed, leave any belongings/trainers neatly underneath your bike area.

Remove your bike from the racking and walk/run your bike to the 'Bike Out' exit.

You must not ride or scoot your bike until you have left transition and entered the mount zone. You must then mount before the final mount line. This will be clearly marked with flags and a solid line on the floor.

After completing the bike section you must get off your bike before you cross the dismount line. Yet again this will be clearly marked. You must not undo or remove your helmet until your bike is racked back in its original position.

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly.

If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.

# REFRESHMENTS

There will be a water station on each lap of the run 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.

Please note, there will be no water stations on the cycle section of the race.

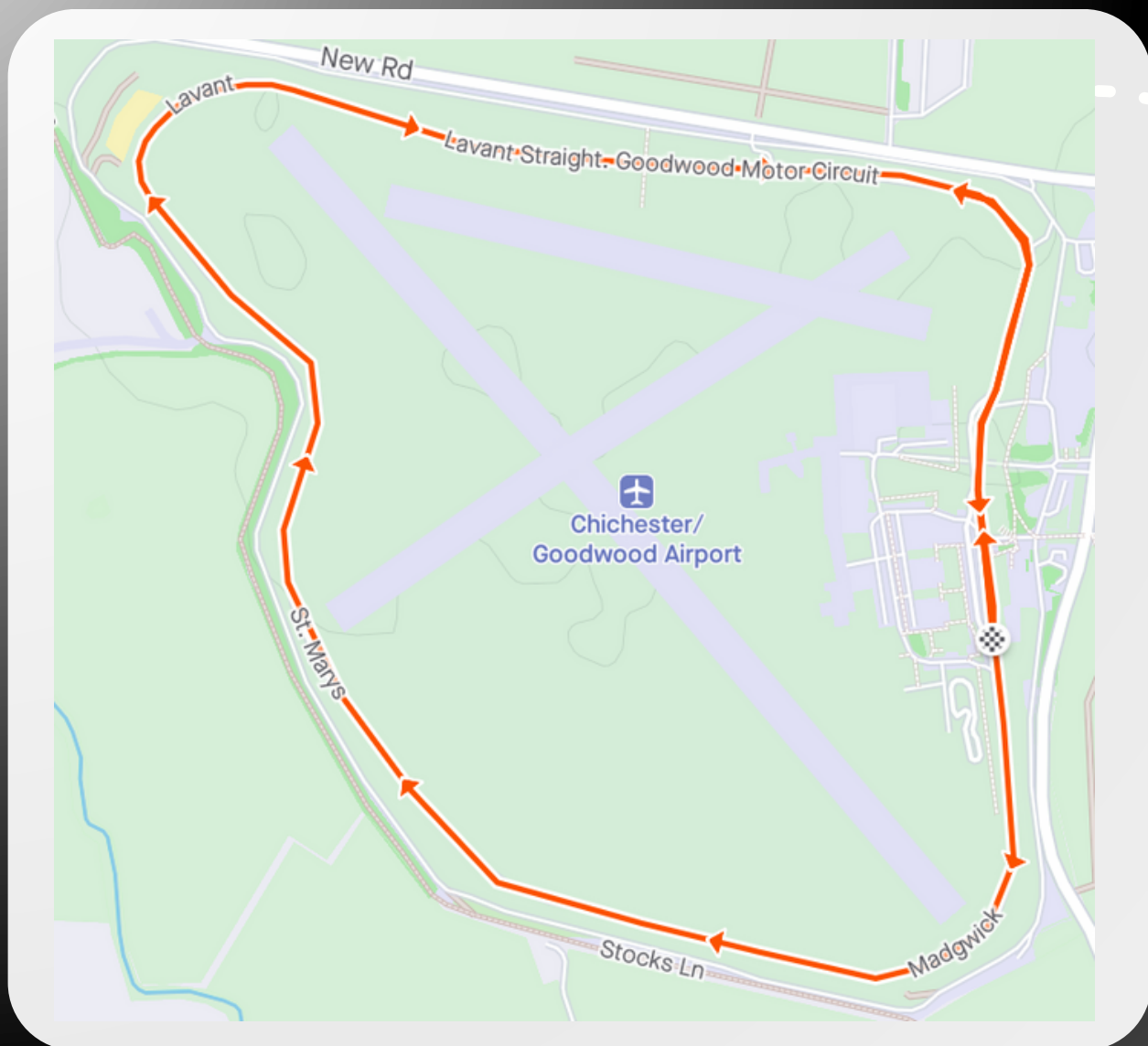
You are more than welcome to leave any gels, or your own drinks with a marshal or on the outer side of the course, on your bike or in transition should you choose to bring your own hydration and aids.

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.

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.

# 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.



# CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT\***  
*\*in comparison to potato crisps*

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



### TRY OUR FLAVOURS



# 20% OFF

your next  order

USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)

## ENHANCE YOUR MUSCLE REPAIR POST-RUN WITH BOUNCE PROTEIN BALLS



HIGH IN  
PROTEIN



HIGH IN  
FIBRE



185 CALORIES  
OR LESS



ZERO  
PALM OIL



VEGAN  
OPTIONS



GLUTEN  
FREE

# 15% OFF

USE CODE: **RUNFLYER23**

[WWW.UK.BOUNCEFOODS.COM](http://WWW.UK.BOUNCEFOODS.COM)

STAY UNSTOPPABLE WITH  THE UK'S No. 1 PROTEIN ENERGY BALL

THE OFFICIAL PROTEIN SNACK PARTNER OF 

Terms & Conditions - Use code 'RUNFLYER23' in basket. Valid until midnight 31/03/24. Cannot be used in conjunction with any other offer or voucher code. Available online only while stocks last. Limited to 1 code per customer. 9BRAND Foods Ltd. reserve the right to withdraw or amend the offer at any time.





# gofundme™

**Make your place count!**

**It's never too late to start fundraising  
for a charity of your choice!**

Create your GoFundMe fundraising page today  
to raise money whilst going that extra mile.  
Successful fundraising is at your fingertips.

Share updates, thank donors, and get  
automatic transfers to your charity with  
GoFundMe's powerful fundraising tools.

**Start a GoFundMe**

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...

STRAVA  WATCH GARMIN  COROS



Click [here](#) to download Runna and start your 2 week **FREE** trial



★ Trustpilot

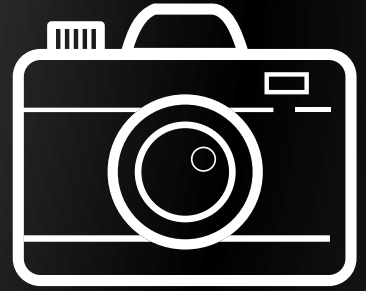


Take your running to the **next level**



## 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!

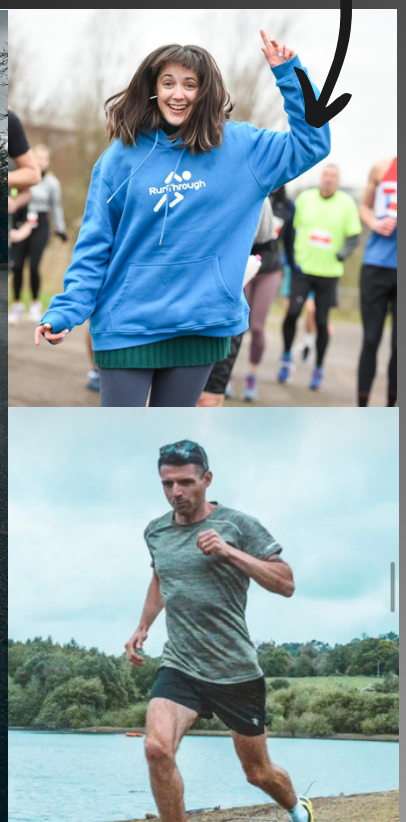
These Unisex products are comfortable, and designed with your daily workouts in mind.

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?

The minimum age for the Sprint Distance is 15 years old. The minimum age for the Standard Distance is 17 years old.

Is there a time restriction to complete the race?

Yes, due to venue restrictions, please get in contact with us at [info@runninggrandprix.com](mailto:info@runninggrandprix.com) 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?

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 run course for you to help yourself to on each lap. There will be no water on the bike course.

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.

How should I get to the event?

We highly recommend using public transport where possible. If driving, 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.

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





RunThrough



Supported  
by...



ALZHEIMER'S  
RESEARCH UK

FOR A  
CURE

Runna

LOVE,  
CORN

RUNNER  
RETREATS



Bounce®

SPORTSSHOES.COM