

EVENT GUIDE



Goodwood

**5k, 10k, Half Marathon, 20mile,
Marathon & 50k**

Sunday 17th September 2023



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 Times & cut offs:

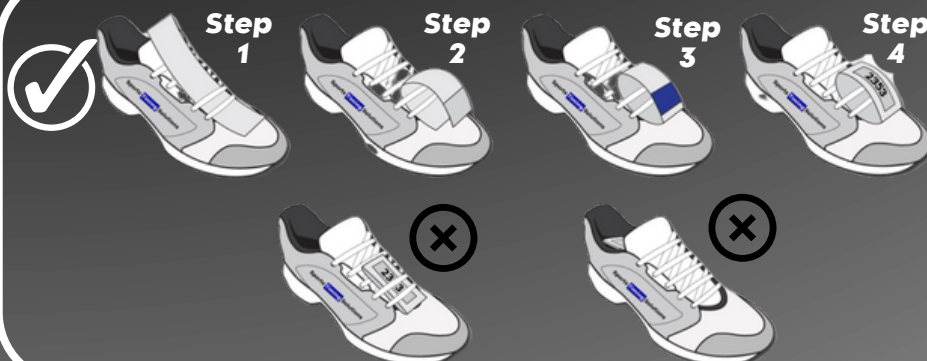
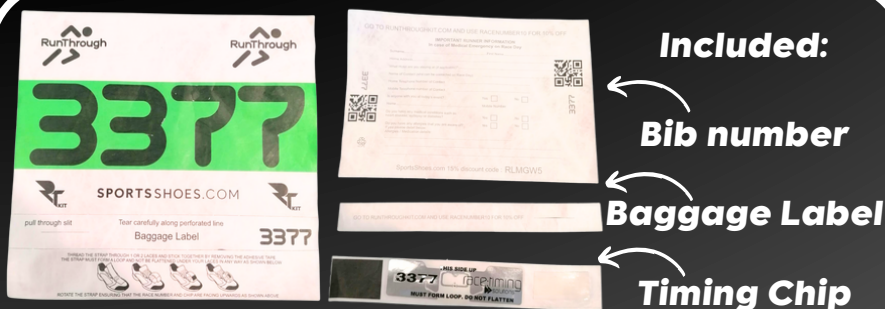
50k & Marathon- 8:45am (4hr)
20mile- 9:00am (3.30hr)
Half Marathon- 9:15am (3hr)
10k- 9:45am
5k- 10:00am

Race Pack Collection Times:

50k & Marathon- 7:15-8:15am
20mile- 7:30-8:30am
Half Marathon- 7:45-8:45am
10k- 8:15-9:15am
5k- 8:30-9:30am

- 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!



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.
- 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:
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 15minutes 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.

50k runners, you will follow signs counting down from 30 miles to go. 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 20 to 1 miles to go. Half Marathon runners you are looking for signs saying 13 miles down to 1 mile to go.

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

All distances will have an out and back section at the start of each race before completing the following laps:

50k- 13 laps

Marathon – 11 laps

20 Mile – 8 laps

Half Marathon – 5 laps

10k – 2 laps

5k – 1 lap

(Please note there is a 4 hour strict cut off on the 50k & marathon, a 3hr30 cut off on the 20mile and 3hrs on the Half 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.

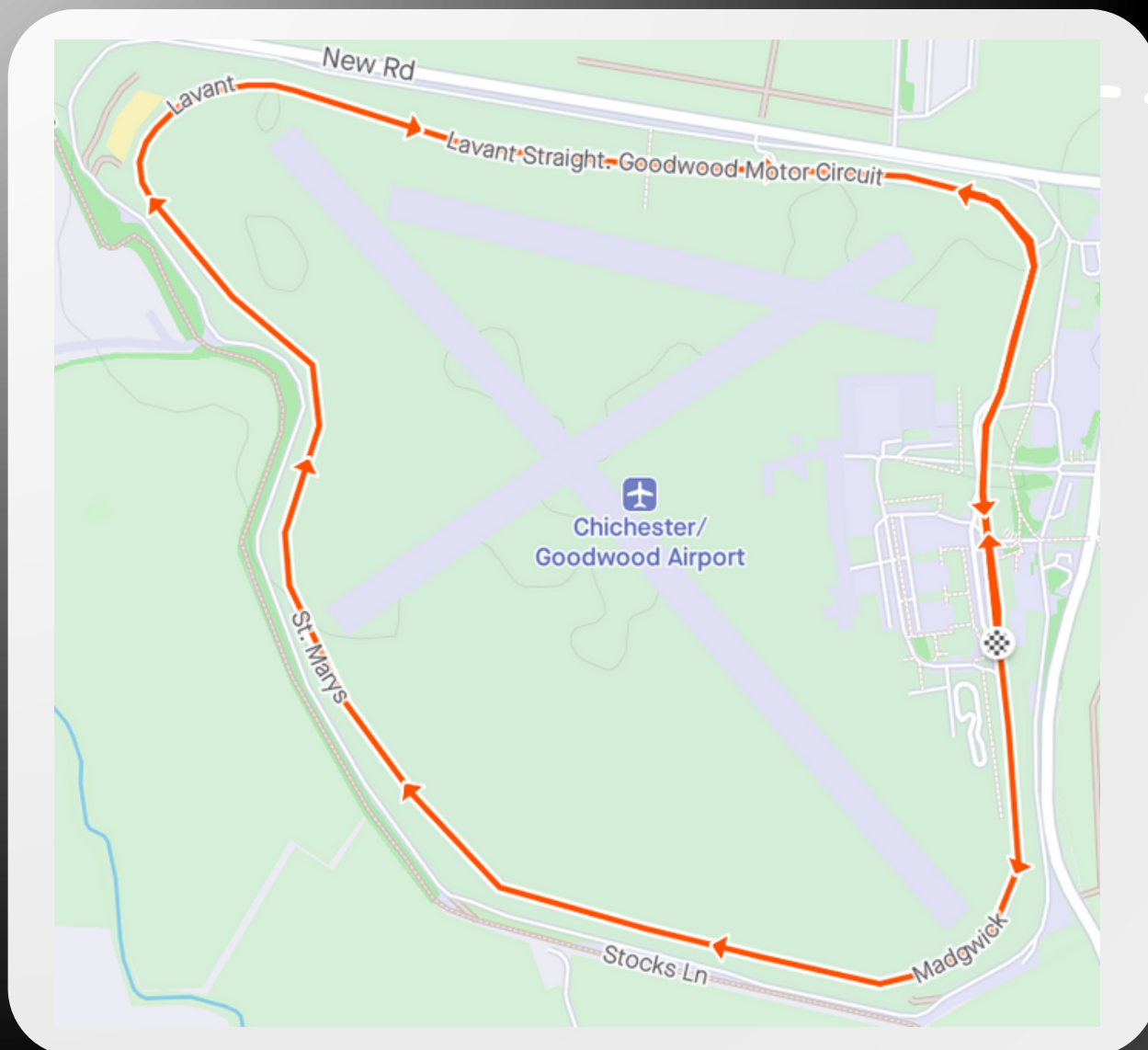
3 things to remember when running in the heat!

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.



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

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

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



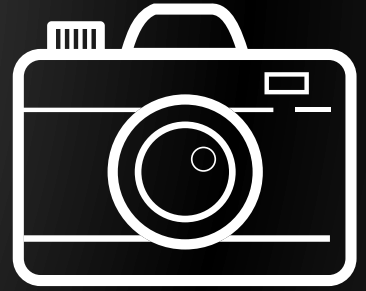
★ Trustpilot



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!

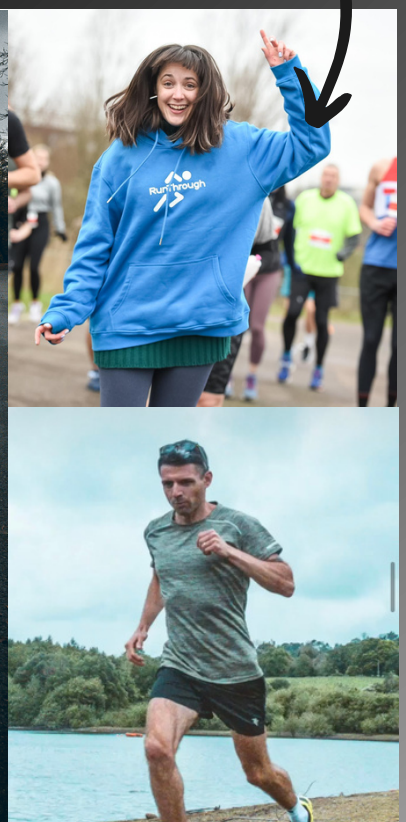
These Unisex products are comfortable, and designed with your daily workouts in mind.

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?

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 the duathlon taking place in the afternoon please get in contact with us at info@runninggrandprix.com if you plan to take more than 4hrs 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.

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. 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!



RunThrough



**Supported
by...**



**ALZHEIMER'S
RESEARCH UK** **FOR A
CURE**

Runna

**LOVE,
CORN**

**RUNNER
RETREATS**



SPORTSSHOES.COM