



EVENT GUIDE

**Chepstow Running Festival
5k, 10k & Half Marathon
Sunday 28th January 2024**



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Join us Again!



Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team

JAMES



JESS

ROWAN



CHARLOTTE

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.



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**

See Chepstow Racecourse's Website for further Travel advice [HERE](#).

Race Pack Collection

Race Pack Collection Times:

Half Marathon – 8:00 – 9:00am

10k – 8:45 – 9:45am

5k – 8:55 – 9:55am

Start Times:

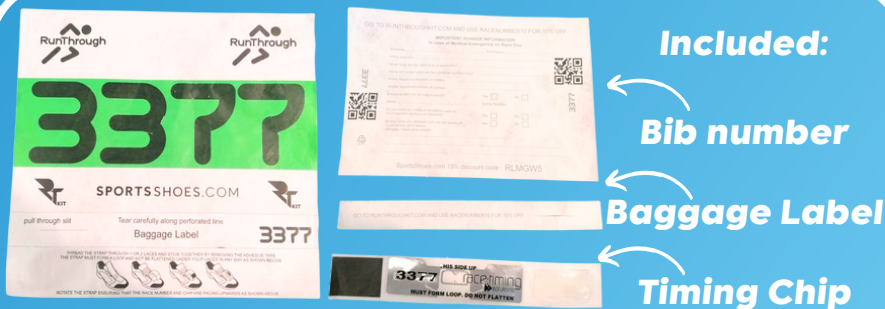
Half Marathon – 9.30am

10k – 10.15am

5k – 10.25am

- ****IF YOU'VE ENTERED PRIOR TO THE 15TH JANUARY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****
- If your pack hasn't arrived or you've entered after this date, 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.
- If you have received your pack, simply turn up and run, you don't need to check in.

[CLICK FOR ENTRY LIST](#)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)



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15% OFF

at

SPORTSSHOES.COM

Use code:

RT2402

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

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Terms & Conditions apply. See website for details.

Code valid until 28.01.24

SPECTATORS

COFFEE

DOGS

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 in 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.



RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF
ALL ABILITIES

FOUNDED BY



[FIND OUT MORE](#)



WARM UP & RACE START

We will have a short warm up approximately 10 minutes prior to the start of each race in the event village.

From the warm up's, 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 an out and back + 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

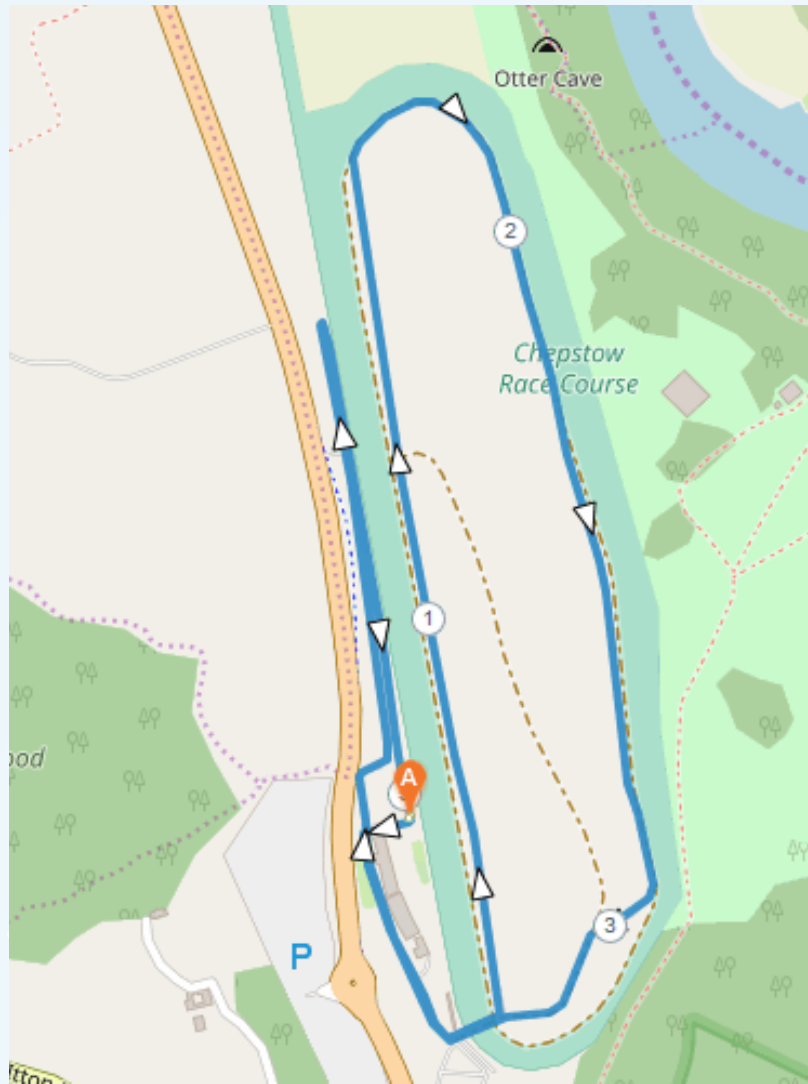
There will be a water station on each lap of the course.

There will also be a bottle of water waiting for you at the finish line.

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



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.



Stay hydrated

Pop your bottles into a
recycling bin

& give the Brecon Carreg
Ploggers a cheer!



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



WILL YOU WIN THE GOLDEN TICKET?

1. Re-fuel and grab a LOVE CORN pack after your race
2. Check your LOVE CORN pack for a golden 'winner' sticker
3. If you're lucky enough to pick up the winning pack, take it to the RunThrough information desk to claim your prize!



Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!

TRY OUR FLAVOURS



20% OFF

your next order amazon

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



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

RUNTHROUGH TRAINING PLANS

POWERED BY



REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

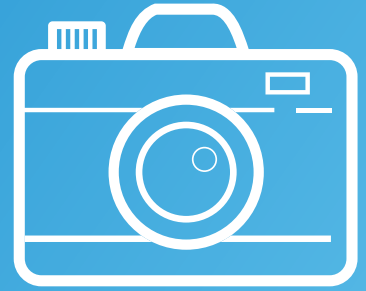
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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 #RunThroughMidlands 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**



Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com



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.QS

Is the event chip timed?

Yes!

What is the minimum age for this event?

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

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 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?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

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 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 1st in each age group 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:

5k Men's Sub 14:30, Women's Sub 16:00mins

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

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 mins

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



RunThrough



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by...**



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CORN**[®]

**RUNNER
RETREATS**

**BRECON
CARREG**

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