

# EVENT GUIDE

## Goodwood

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

Sunday 11th February 2024



RunThrough



# Your Race Experience

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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



**LUCY**



**KIRSTEN**



**LUKE**



**OTIS**

# TRAVEL

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

## By Car

There is parking available for all competitors in the main car park at Goodwood Motor Circuit. There will be stewards to guide you on arrival. There is disabled parking available inside the track. these will be sign posted on arrival.

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

## Start Times & cut offs:

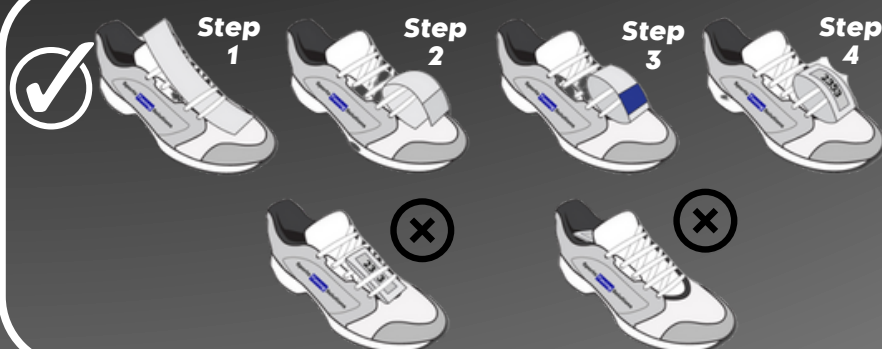
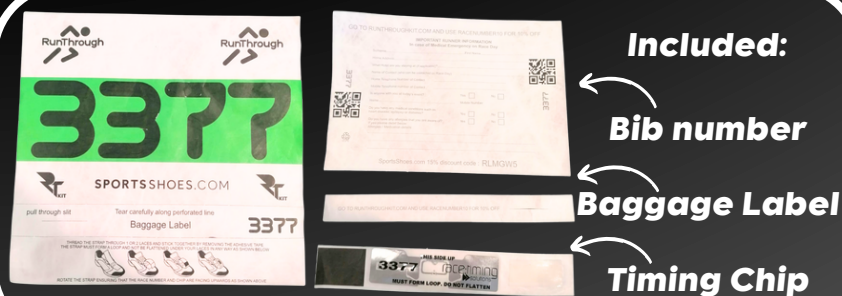
50k & Marathon- 9:00 (6hr)  
20mile- 9:15am (5:45)  
Half Marathon- 10:00am  
10k- 10:30am  
5k- 10:45am

## Race Pack Collection Times:

50k & Marathon- 7:30-8:30am  
20mile- 7:45-8:45am  
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 desk assigned to your distance.
- 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 below and on the back of your bib. This will help us in case of an emergency!

[\*\*CLICK FOR FORM\*\*](#)

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Use code:

**RT2405**

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

**Code valid until 11.02.24**

# 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.



## RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF  
ALL ABILITIES

[FIND OUT MORE](#)

FOUNDED BY





## **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.

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 6 hour strict cut off on the 50k & 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.

## 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\*\*](#)





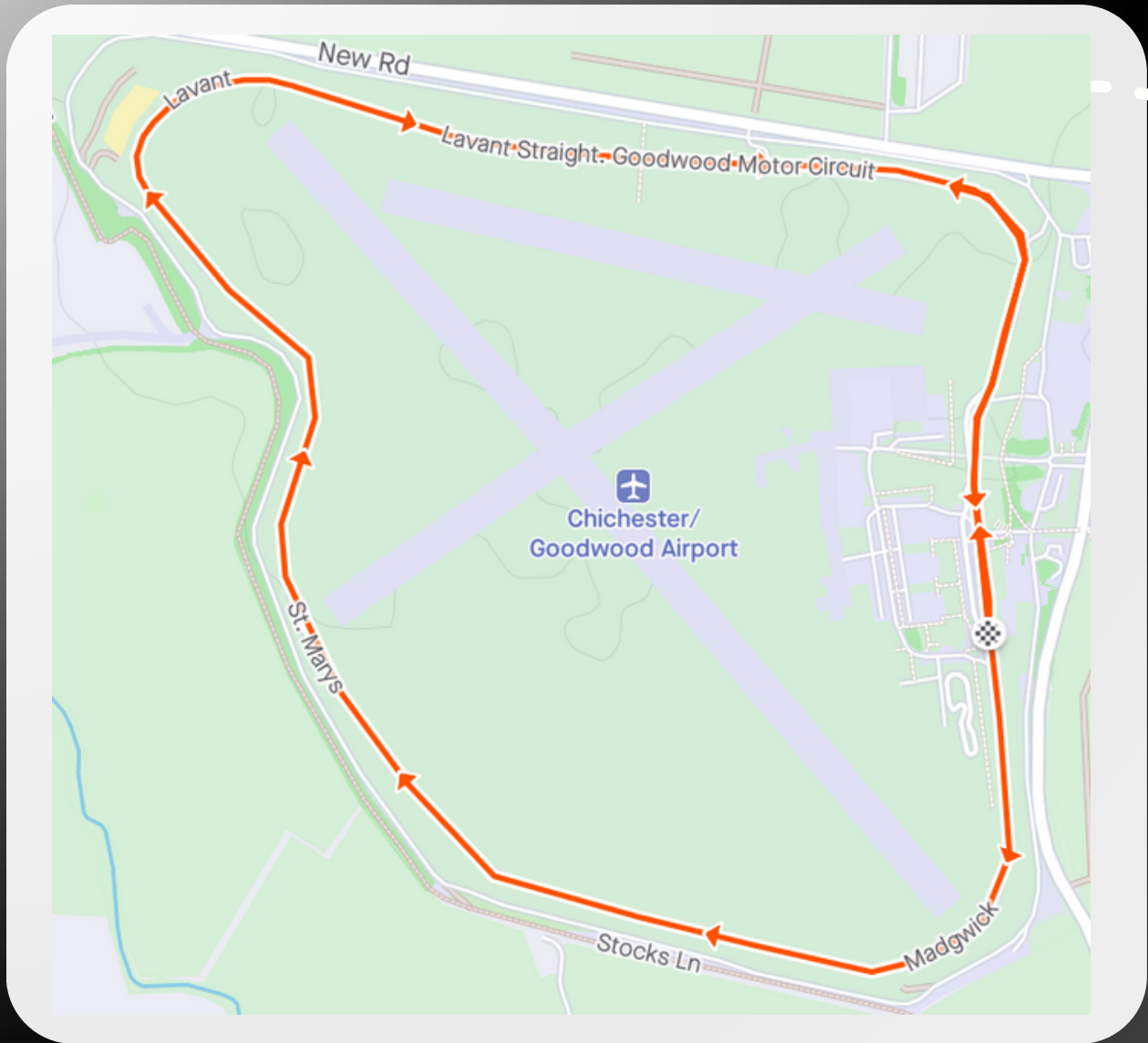
**We are so excited to announce our partnership with RunThrough!**

**We believe running is a limitless source of positive energy and no matter your motivation we are here to help you keep showing up on your running journey.**

**Through our partnership we will be helping the RunThrough community keep putting one foot in front of the other, from gear advice and inspiring stories to help motivate you to the finish line!**

**[Click here to learn more](#)**

# 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



## PLAY CORN HOLE, WIN PRIZES!

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!

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*your next order* amazon

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



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to raise money whilst going that extra mile.  
Successful fundraising is at your fingertips.

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automatic transfers to your charity with  
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# RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

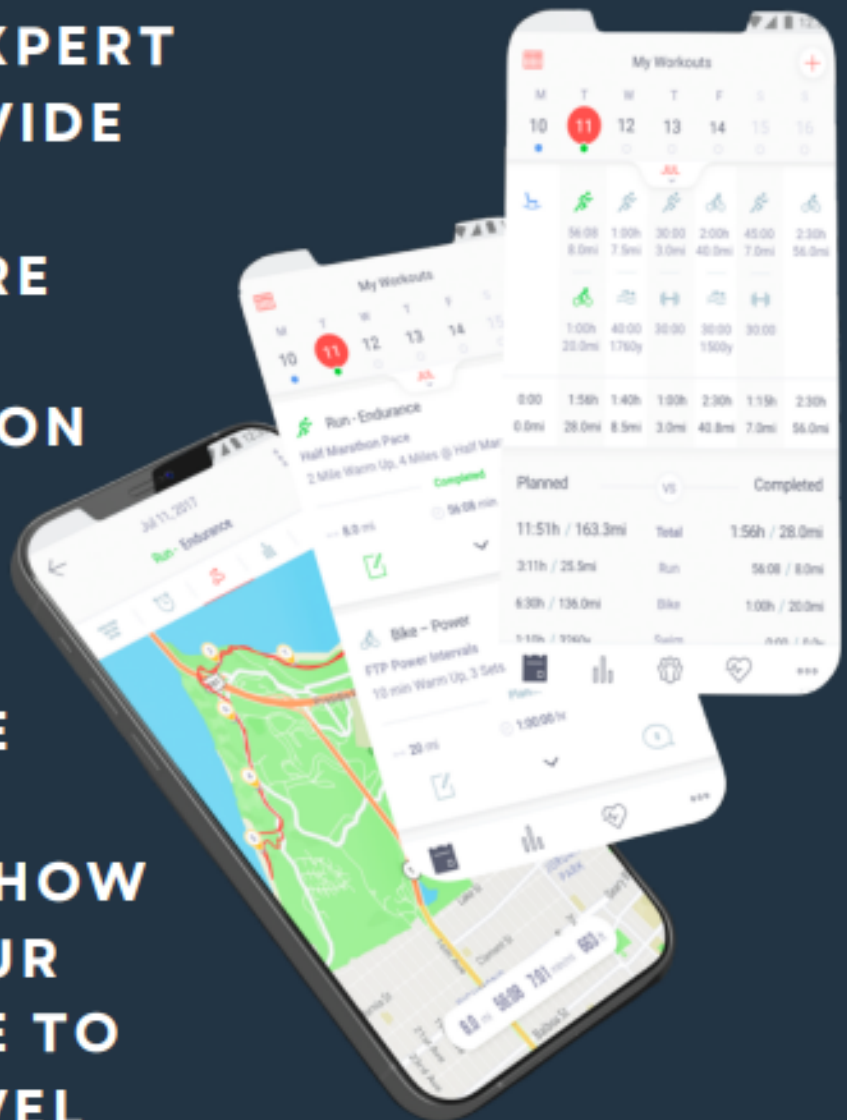
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

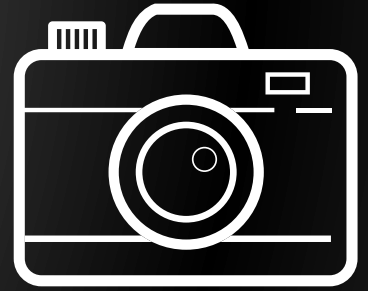
SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**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 X account @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 #RunThroughSouth & #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**



**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](http://www.RunThroughKit.com)**





**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 £60 worth of event entries and a £10 RunThrough Kit Voucher!

**SIGN UP HERE!**

**FIND OUT MORE!**



# F.A.Q'S

## How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line. Your category is determined on your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

## 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 & 18 for 20 miles and longer.

## 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 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 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?

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.

## 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, from here you'll be able to see the start, finish and each lap.

## 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

Marathon: Men's Sub 2hr25min, Women's Sub 2hr37min

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



**RunThrough**



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by...**



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