

EVENT GUIDE

Goodwood

**5k, 10k, Half Marathon, Sprint &
Standard distance duathlon
Sunday 7th July 2024**

**GOODWOOD
DUATHLON**

**RUNNING
-GP-**

RunThrough

Your Race Experience

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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



CAOLAN



LUKE

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:

Half Marathon- 9:00am
10k- 9:30am
5k- 09:45am
Sprint and Standard
Duathlons: 1pm

Race Pack Collection Times:

Half Marathon-7:30-8:30am
10k- 8:00-9:00am
5k- 8:15-9:15am
Duathlons- 11:30am-12:30pm

- On arrival make your way down to the registration desk assigned to your distance.
- Your number will be assigned on the day.

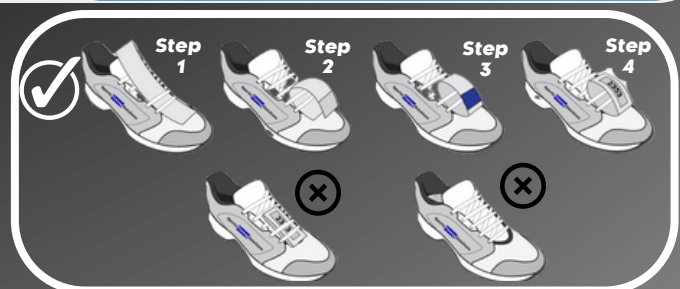
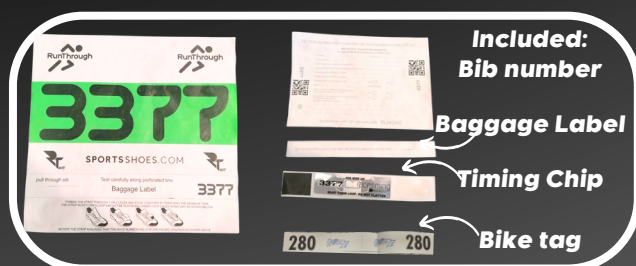
RUNNERS

- 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.

DUATHLETES

- 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](#)



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](#)



WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



Scan or click  the QR Code

SPECTATORS

COFFEE

DOGS

Spectators are more than welcome to come along and support from the event village. Both cafes on site will be open from 8am-3pm, with the Aerodrome Café from 9am-5pm, serving hot drinks and food. There will also be two catering vans - the Horsebox and NAFFI wagon.

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.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF
ALL ABILITIES

FOUNDED BY



FIND OUT MORE

5K, 10K & HALF MARATHON INFORMATION



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.

Half Marathon runners you are looking for signs saying 13 miles down to 1 mile to go.

There will be green 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:

Half Marathon – 5 laps

10k – 2 laps

5k – 1 lap

(Please note there is a 3 hour strict cut off 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.



DUATHLON INFORMATION



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

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.

(Please note there is a **2hr30 strict cut off** on the Standard Duathlon - please email us if you think you might take longer.)

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.

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 drain and 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.



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HYDRATION

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SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

LEMON LIME
NATURAL FLAVOURS AND COLOURS
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WITH SUGAR AND SWEETENER
(10 x 5g) 50g e

ULTRA



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RASPBERRY
10 EFFERVESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
(10 x 4.5g) 45g e

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

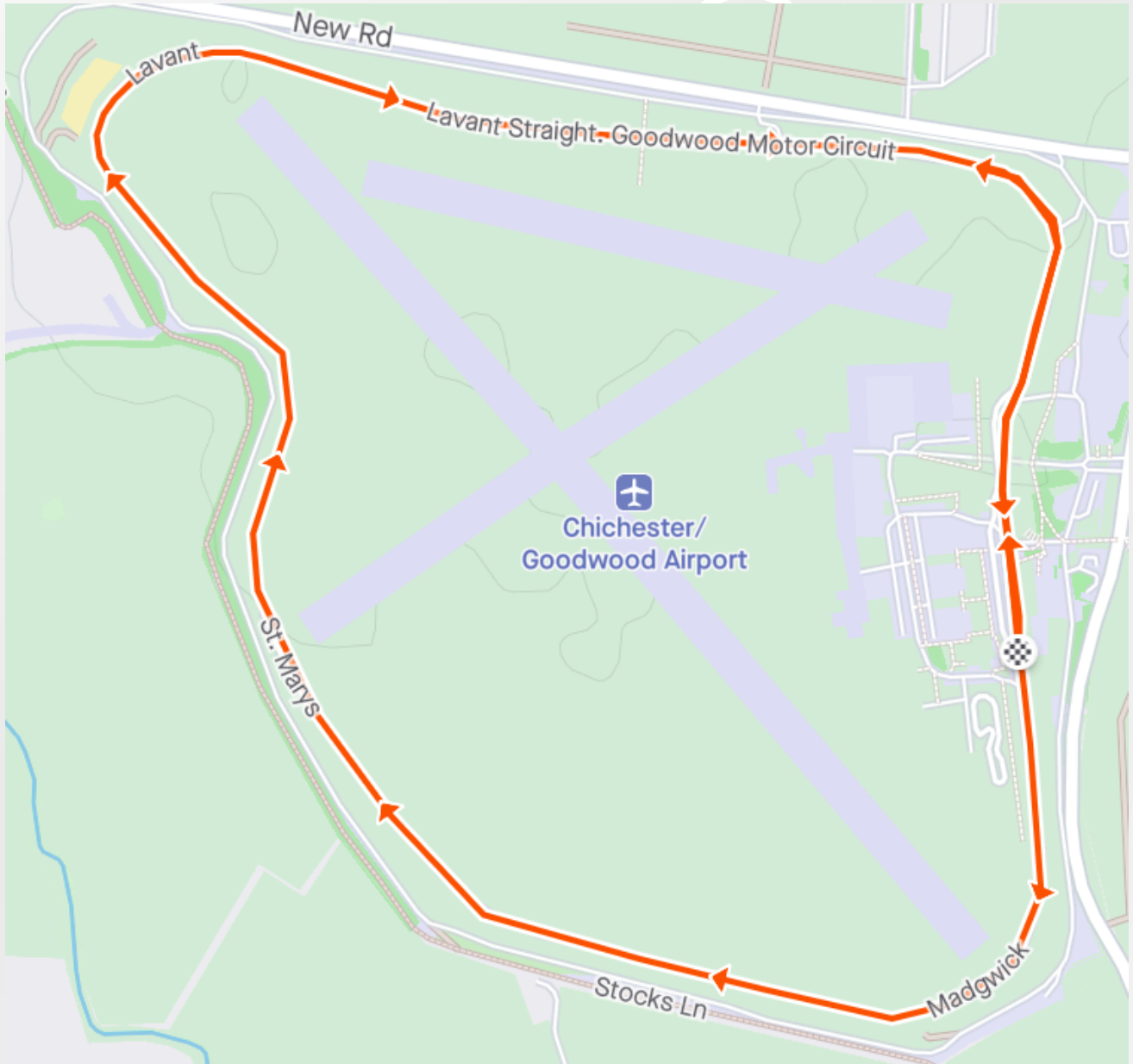
#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

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.



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.

(Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect- if this is the case, we will ensure your items are posted out.)

[PURCHASE AN EVENT T-SHIRT](#)



CRUNCHY CORN "OFF THE COB"

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**in comparison to potato crisps*

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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SIMPLE
INGREDIENTS



TRY OUR FLAVOURS



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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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amazon.com/lovecorn



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automatic transfers to your charity with
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Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY



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

✓ STRUCTURE

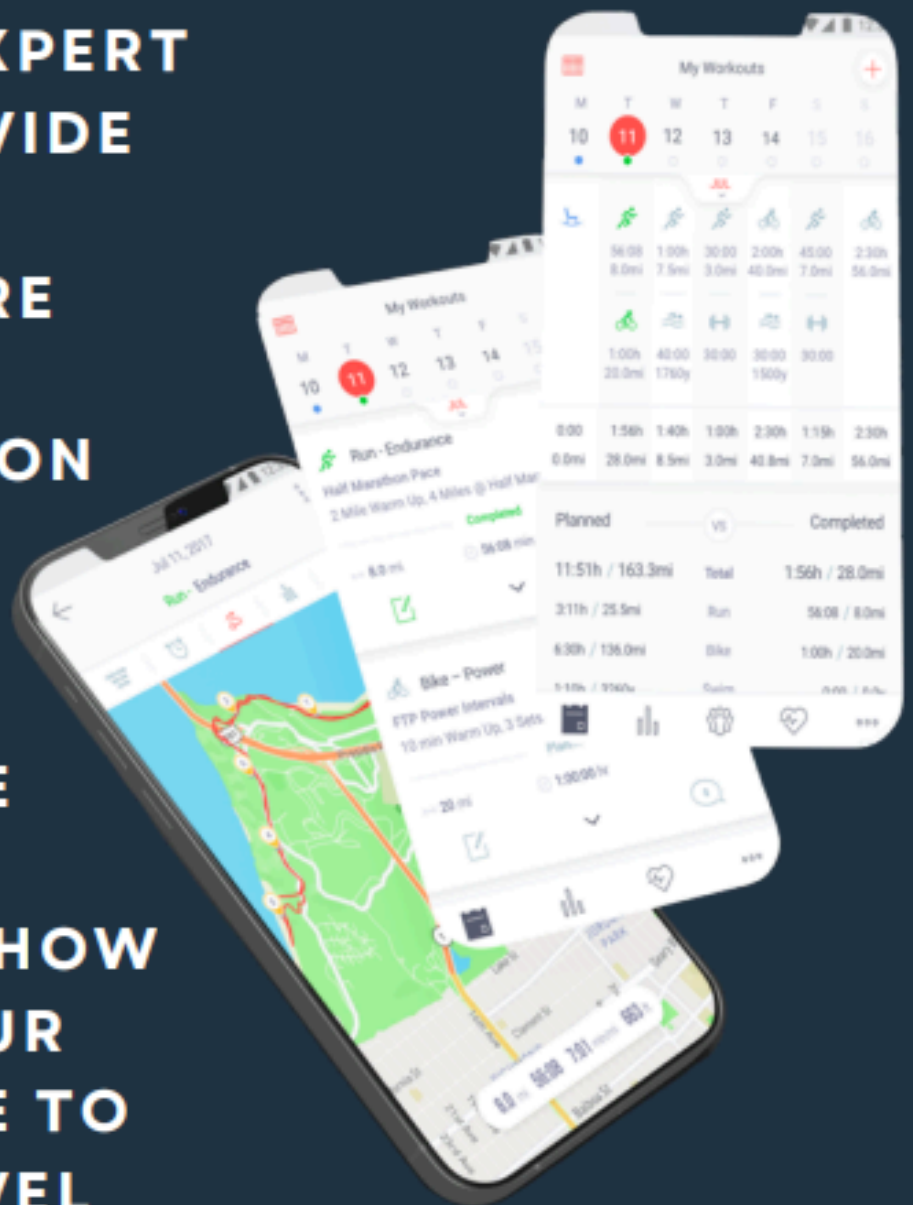
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

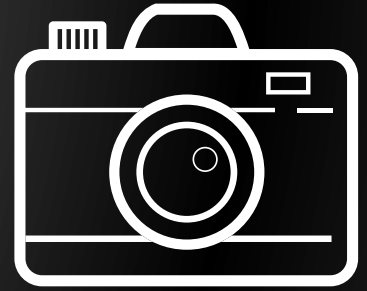
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

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

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 South Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #SwimBikeRunThrough 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

GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

F.A.Q'S

How will my results show?

5k, 10k & HM 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).

Duathlons will be listed by Chip Time. 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?

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

Is there a time restriction to complete the race?

Yes, due to venue restrictions please get in contact with us at info@runninggrandprix.com if you plan to take more than 3hrs to complete your half marathon or standard distance 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. Please drain bottles before discarding.

Am I allowed to wear headphones?

Headphones are not permitted in the duathlons. Only bone conducting are permitted in the 5k, 10k & HM races. 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, laps and finish.

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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CORN**



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LEVELS
COACHING**

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Interested in supporting an event? email: sam.williams@runthrough.co.uk