



GOODWOOD RUNNING GP

5K, 10K, HALF MARATHON, METRIC MARATHON,
20MILE, MARATHON & 50K

SUNDAY 11TH OCTOBER 2026

EVENT GUIDE



YOUR RACE EXPERIENCE

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AND OFFERS**



WELCOME

The RunThrough Team is excited to have you join us for your upcoming race!
Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

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

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything 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



GEORGE

HENRY

HEIDI

CHARLOTTE

TRAVEL

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

By Car:

There is parking available for all competitors in the car park C 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 at the main entrance.

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 Public Transport:

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.



what3words

[Event Village](#)

[Car Park](#)

[///grape.jukebox.driver](http://grape.jukebox.driver)

[///supporter.attaching.fewest](http://supporter.attaching.fewest)

RACE PACK

START TIMES

MARATHON	9:00am
50K	9:05am
20MI	9:15am
METRIC	9:30am
HM	10:00am
10K	10:30am
5K	10:45am

RACE PACK COLLECTION TIMES

MARATHON	7:30-8:30am
50K	7:35-8:35am
20MI	7:45-8:45am
METRIC	8:00-9:00am
HM	8:30-9:30am
10K	9:00-10:00am
5K	9:15-10:15am

- 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 back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER
& TIMING CHIP

— BAGGAGE LABEL



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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



**SPECTATORS
WELCOME**



DOGS



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.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners, race staff & members of the public.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

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.

All distances will completing the following laps, signed by:

5k – an out and back + 1 lap (Green Km signs 6 up to 9)

10k – an out and back + 2 laps (Green Km signs 1 up to 9)

Half Marathon – 5 laps (Yellow miles 13 down to 1)

Metric Marathon – 6 Laps (Yellow mile signs 16 down to 1)

20 Mile – an out and back + 8 laps (Yellow miles 19 down to 1)

Marathon – 11 laps (Yellow miles 25 down to 1)

50K – 13 laps (Yellow miles 30 down to 1)

(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 drain and discard all litter, gel wrappers 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.

There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and venue users.

SIS gels will also be provided at the water station. If you chose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

WATER STATIONS

There will be a water station on each lap of the course. Please help yourself as you pass this. A limited number of gels will also be provided at the water station. We advise also bringing your own gels/nutrition & hydration to replicate what you may have trained with.

You are more than welcome to leave any gels, or your own drinks with a marshal or on the outer side of the course.

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

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



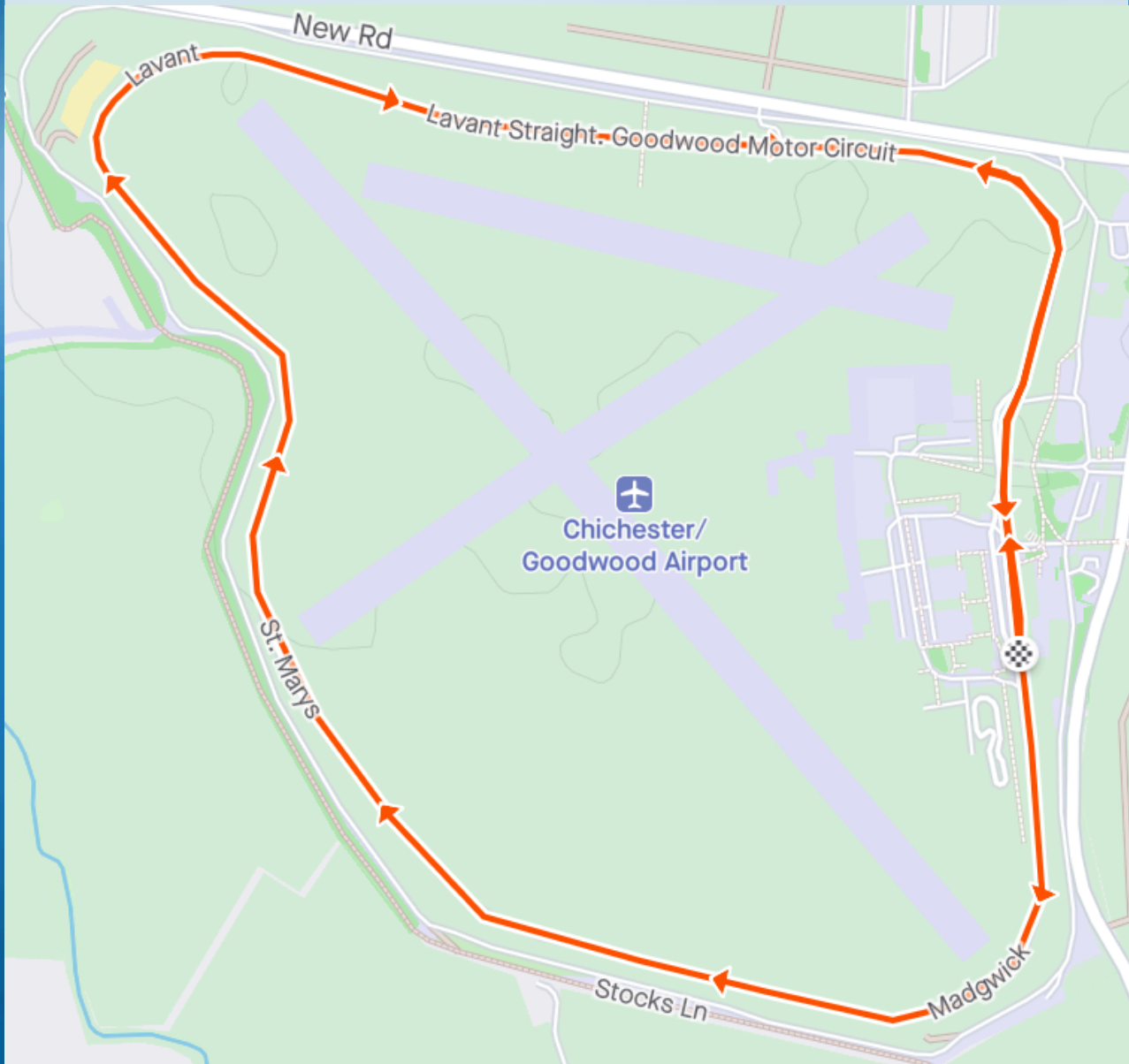
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP

1 lap of the course



[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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoodie 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 kit, but would like to purchase some, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



PURCHASE HERE

RESULTS & PHOTOS

PHOTOS

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

Q runthroughuk



Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com



GO FURTHER SEE MORE

15% off for RunThrough runners
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[SHOP THE FULL RANGE](#)

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- **£40 - 5K/10K**
- **£65 - HALF MARATHON**
- **£100 - MARATHON/ULTRA**

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



Here at RunThrough we are always looking for like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

THE ALL-TIME FAVOURITE

GHOST 18



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BROOKS



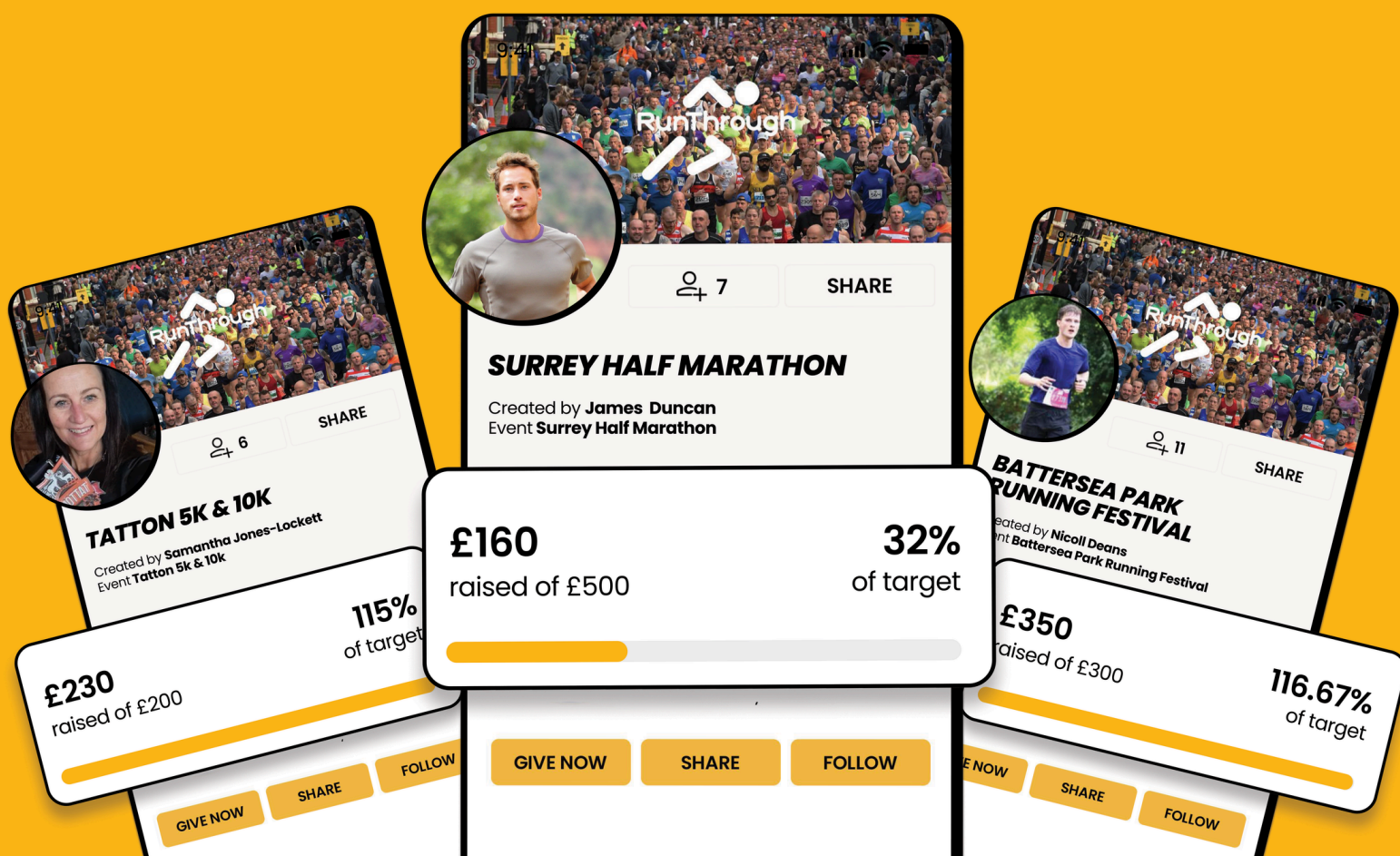
OFFICIAL PARTNER



THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



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CARBOHYDRATES**



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FORMULA**



**INFORMED SPORT
APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





OFFICIAL VITAMIN PARTNER

Energy to test your athletic skills?

There's a for that



Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

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IN RUNNING**



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Always read the label



UP TO 12 HOURS OF
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POWERFUL
ANTI-INFLAMMATORY
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FASTER RECOVERY*
*vs non-medicated gel.

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Improve technique & performance
Supportive environment for all abilities

[FIND OUT MORE](#)

RUNNER
RETREATS&TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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Interested in supporting an event?

Email: partners@runthrough.co.uk