

# Relish Running Races

## Chepstow Steeplechase Event Information 27<sup>th</sup> October 2024, from 10:00am

Address: Chepstow Racecourse, Chepstow, Monmouthshire, NP16 6BE

What3Words Address (more accurate) /// [rail.canines.merely](https://www.what3words.com/?w3w=rail.canines.merely)

Registration / Number collection opens at 09:00am

### On the Day Registrations - please see Schedule document for start times

10km	£45
5km	£40
3km	£25

On the day payments can be made with cash, card or contactless payment.

### Safe Race

Best summarised as; please keep a respectful distance from other runners and the event team, apply hand wash/hand sanitiser, respect other users on the route and only pass other runners or members of the public when you can do so at a comfortable distance.

In more detail;

- Please remember, you can pick your own line, particularly on the muddy and watery sections of the course. We want everyone to enjoy themselves, and take running lines you feel comfortable with is key to doing this.
- If in doubt, miss an obstacle out. There is no shame in skipping something, there is no cheating, we want everyone to have a fun, safe and enjoyable time.

### Important Notices

- Spectators are very welcome, including four legged spectators.
- Parking is £2 per car, payable at the entrance into the park (rather than when you have parked up, if you could have this ready that would be much appreciated)



- The car park is the other side of a busy main road, please take care here and when moving about the car parking area.

## Car Parking

The postcode will get you onto the correct approach. When you see the large Relish Running signs (white background, red text) please follow these to the event car park and disregard your SAT NAVs instructions.



Parking is £2 per car, please follow the parking attendant's instructions to park up swiftly. Please do not chat to them about the race, we have a lot of cars to park so we need to keep things moving and ensure we don't clog up the main road. The Event Information desk at Registration will be well placed to answer any questions.

## Spectators

We have a building with a viewing balcony overlooking the near obstacles which form the final part of the race route. There is also the main viewing stand which will provide a good degree of shelter from the elements which overlooks the start and finish line.

We ask spectators to not move out onto the main course as you may inadvertently obscure route markings.

## Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection and On the Day Registrations will open from 09:00.



If you registered your runners as part of a group entry (registered as part of a group of 10 or more), your group's number will be available to collect from the Event Information desk. Please nominate someone to collect the numbers from this desk and ensure everyone in your group receives their assigned number with the laminated group start list within your envelope.

Runners who register on the day will be assigned a wave according to the first available wave. Waves are not organised by predicted finish time, each wave is open to everyone to allow runners to spread out over the course.

Registration will remain open so long as there are still waves to start.

**Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any other circumstances on the day. If you start in the incorrect wave your time will not appear on the results.**

## Bag Storage

There is a bag drop area within the number collection building.

## Toilets

There are toilets in the building near the spectator area. There are no changing tents.

## Race Start Times

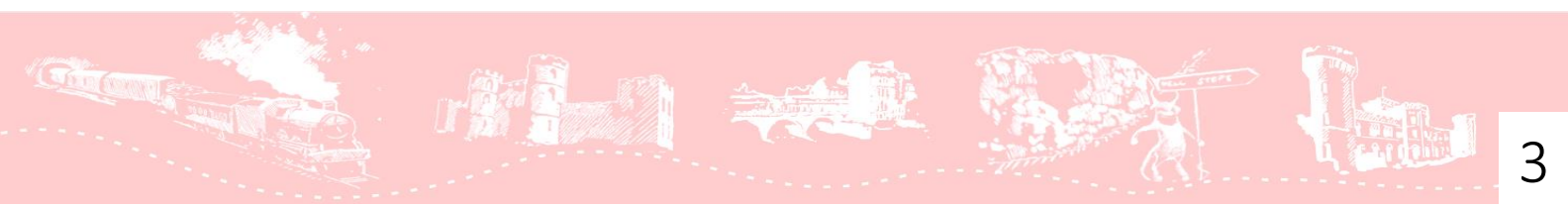
To allow the runners to spread out we are splitting up the events into the following waves. This is important for safety, to ensure runners are well spread out on the tricky sections of the course. It is also very important for our results, which are recorded and posted live to our website by magic, but you do need to start in the correct wave for this to work.

Below are suggested times to register, the race briefing and start times.

Registration/Number Collection for a particular wave remains open until it starts, these are just suggestions to allow time to drop off a bag, go to the loo, etc in good time.

This is the PROVISIONAL SCHEDULE. It will be updated on race week, with some of the later starting waves likely to be moved earlier. When we have the final number of runners for each wave tallied up, we can confirm the schedule on the Event Info page on the website.

Event Wave	Race Wave	Register (suggested)	Race Briefing	Start
1	3km Wave 1	09:00 - 09:15	09:55	10:00
2	10km Wave 1	10:00 - 10:15	10:55	11:00
3	5km (All)	10:10 - 10:25	11:05	11:10
4	10km Wave 2	10:20 - 10:35	11:15	11:20



## Course Markings

Our courses are marked with the usual bright run route multi directional arrows. They are used for turns and periodically along straight ahead sections. The route is a little intricate, so don't be surprised when you see other runners going in an opposite direction close by, or indeed underneath or over you when you go through the pipe obstacle!

Most the of the route is marked with the red way marking flags



## Course Description

The 3km is a two lap course.

The 5km is a one lap course.

The 10km is a two lap course.

All the courses have a variety of climbs and crawls dotted around the route. Please give each other plenty of space, particularly on the climbs. The lap point (3km, 10km runners) is on the approach to the finish, but you only cross the finish line itself upon completing the final lap of your route. There is a drinks station serving water at the start of Lap 2 (3km, 10km runners).

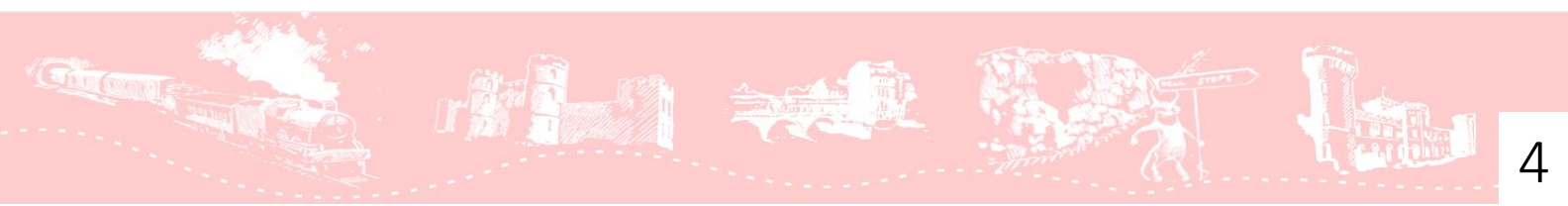
## Finish & Medals

Please make sure your race number is clearly visible to the timing team as you cross the line. We have finishers medals for everyone who has taken part. A little reminder to parents who are accompanying free of charge, please do not collect a medal to ensure we have enough for everyone.

We will have our usual buffet of tasty treats for everyone to enjoy at the finish.

## Refreshments

There will be a coffee van on site for a pre race hot drink.



## Results

Results will be online around 18:00 on race day on our website [here](#).

## Prizes

There are no winners' prizes for the 3km events. There are prizes for the 5km and 10km, with the final quantity of prizes being dependent on the number of finishers on the day.

The final number of prizes awarded is determined by the number of finishers for each gender in a given race distance. If there are more than 100 finishers then the full range of awards are made; top 3 and first in each age group. If there are between 50-100 finishers then the top 3 finishers overall will be awarded a prize. If there are less than 50 then only the winner will be awarded a prize.

Prize winners will be contacted by the end of race week over email.

