

Relish Running Races

Chepstow Steeplechase Event Information 29th October 2023, from 10:00am

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

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

Important Notices

- 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)
- Space on the Day: We have guaranteed spaces on the day across all distances. Please see the Schedule document for start times. 10km is £40, 5km is £35, 3km Mini is £25. On the day payments can be made with cash or card.
- Spectators are very welcome, including four legged spectators.
- If you are parked on the opposite side of the road from the registration area, please take care when crossing the busy road.

Safety

Your safety is our priority. We have spaced out the runners into small waves so you can move freely around the obstacles. Our marshals will ensure obstacles are not over crowded, if they ask you to wait, then please follow their instructions.

If you don't feel comfortable taking on an obstacle, feel free to skip it.

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.

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.

All numbers will be available as Self Serve, Self Collect, from tables laid out in the registration area. Please look up your number online in advance of race day so you can collect the correct number.

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.

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 Inpage 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 Wave 1	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!

The vast majority of our courses are marked with Relish Running Races branded tape which will be hanging from trees overhead and along the side of fences. It has a white background and a red print of the Relish Running Races logo.



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 15:00 on race day.

Prizes

There are no winners prizes for the 3km event. There are prizes for the 5km and 10km, with the final quantity of prizes being dependent on the number of finishers on the day. As all the waves are mixed ability, our winner could in fact come from the final wave of the day. We will therefore not keep everybody waiting on the day and we will contact all the prize winners 2-3 days after the race once the results have been finalised.