



AHOTU
**SILVERSTONE
RUN FEST**



**RACE DAY
GUIDE**



Welcome to Your Race Day Guide!

You'll find all the information you need to prepare for race day, from how to get to Silverstone Circuit to receiving race day results.

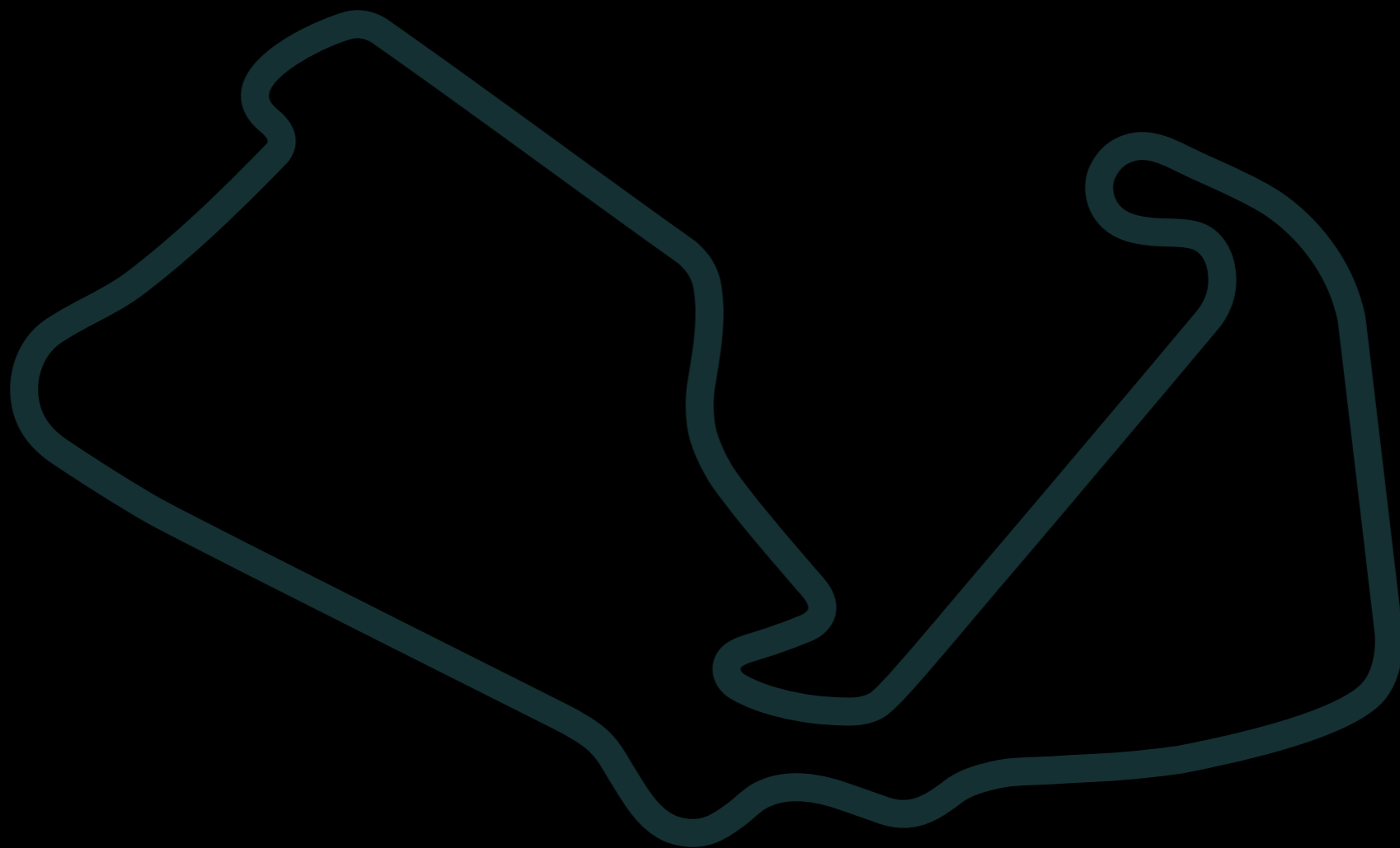
We recommend taking some time to get familiar with these details to make sure you have the best race day possible. You'll also receive a reminder of all of this information with some final instructions on Thursday 21st November.

If you have any questions that aren't answered in this guide, use the contact details at the end to get in touch.

Connect With Us!

We'd love to hear how your training is going and what you're most excited about in the lead-up to race day.

Connect with us on social media using #SilverstoneRunFest or tagging the official Instagram account @silverstonerunfest.





Event Schedule

Below, you'll find the schedule for race day. Remember to leave plenty of time to get where you need to be so that you can enjoy a stress-free day.

07:00 Car parks open

07:30 Gates to Silverstone open

07:30 Race Village opens

(race number pick-up, bag drop, toilets, changing areas, and expo)

09:00 Start pens open for access

09:00 Family Mile number pick-up closes

09:15 Family Mile participants assemble

09:30 Family Mile starts. Remaining race number pick-up closes

09:45 Half Marathon, 10K, and 5K participants assemble in start pens

09:55 Wheelchair participants start

10:00 Half Marathon, 10K, and 5K start

10:30 Main stage entertainment

11:00 Friday Night Lights DJ Set

12:30 Live Music at the Main Stage

15:00 Site closes, end of race day





Getting to Silverstone

By Car

Whether you're travelling on race day or the night before, plan your journey carefully and check the Highways Agency tools for planned closures, roadworks or expected traffic.

Navigate to Silverstone Circuit, NN12 8TN.

As you approach Silverstone Circuit, follow the signs for Public Car Parks and follow directions from staff to find a parking spot.

By Taxi

If you're arriving by taxi, ask to be dropped off near the main entrance to Silverstone.

On Foot

If you've stayed at a local hotel or campsite and plan to walk to Silverstone, check that your route has safe walkways.





Parking

There is plenty of free parking at Silverstone. Upon arrival, follow signs and directions from stewards.

All car parks are around a 1 mile (1.6km) walk from the Event Village. Allow up to 30 minutes to walk from your car.

We encourage car sharing where possible.

Disabled Parking and Access

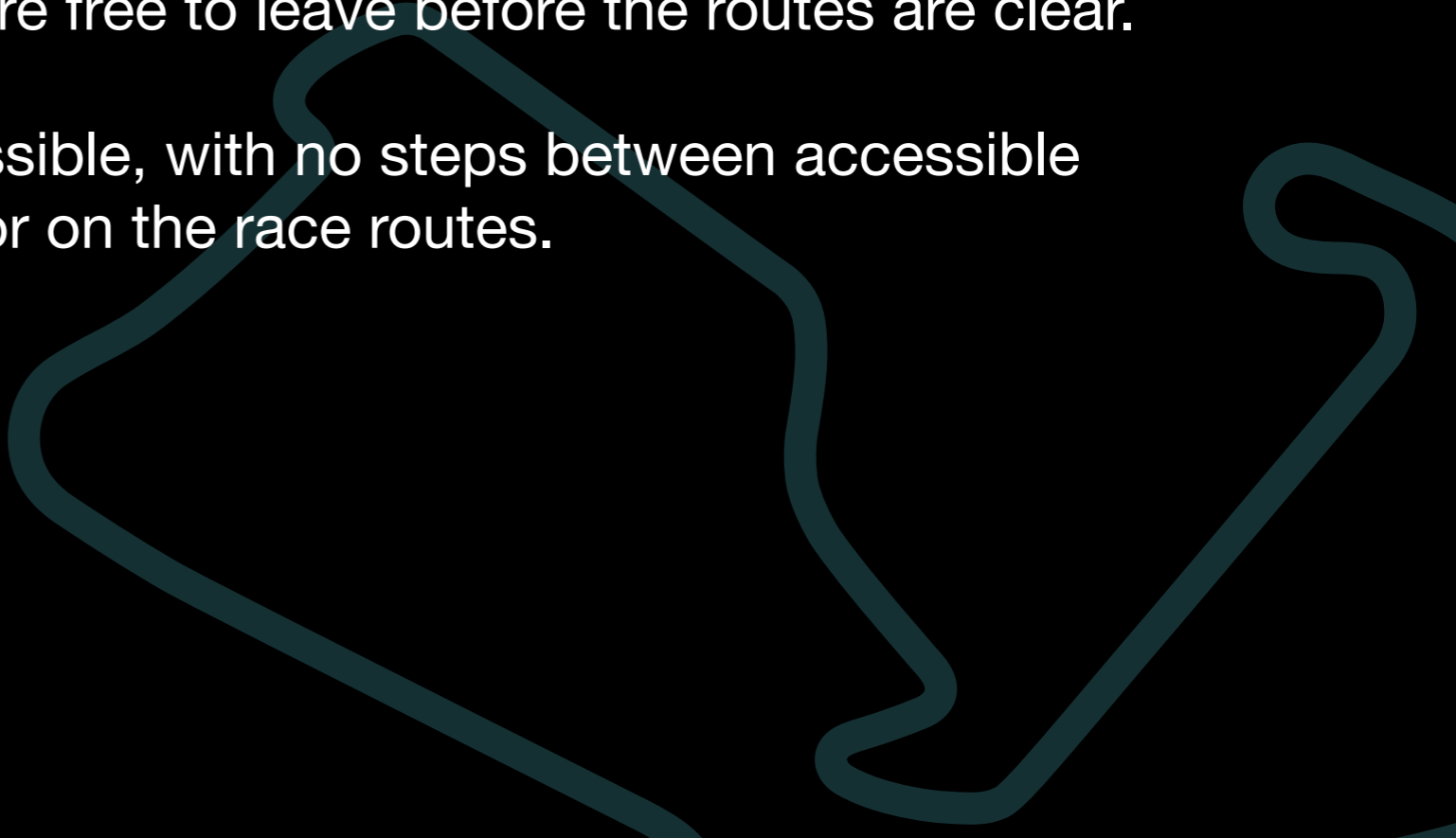
Blue badge holders will be directed to a car park closest to the main entrance. The walking distance from here to the Race Village is roughly 15 minutes.

If you are a blue badge holder and need to park closer to the Event Village, you will need to email us at run@silverstonerunfest.com in advance so that we can send you a specific vehicle pass to be displayed on the day.

Please note: If you choose to park in these internal areas, you will need to have **arrived and parked by 08:30**. We cannot allow any vehicle movement until the race route is clear which will be approximately three hours after the races have started.

If you have parked in the internal areas, you will only be allowed to leave after this time. If you park in the reserved area outside the circuit at the regular car parks, then you are free to leave before the routes are clear.

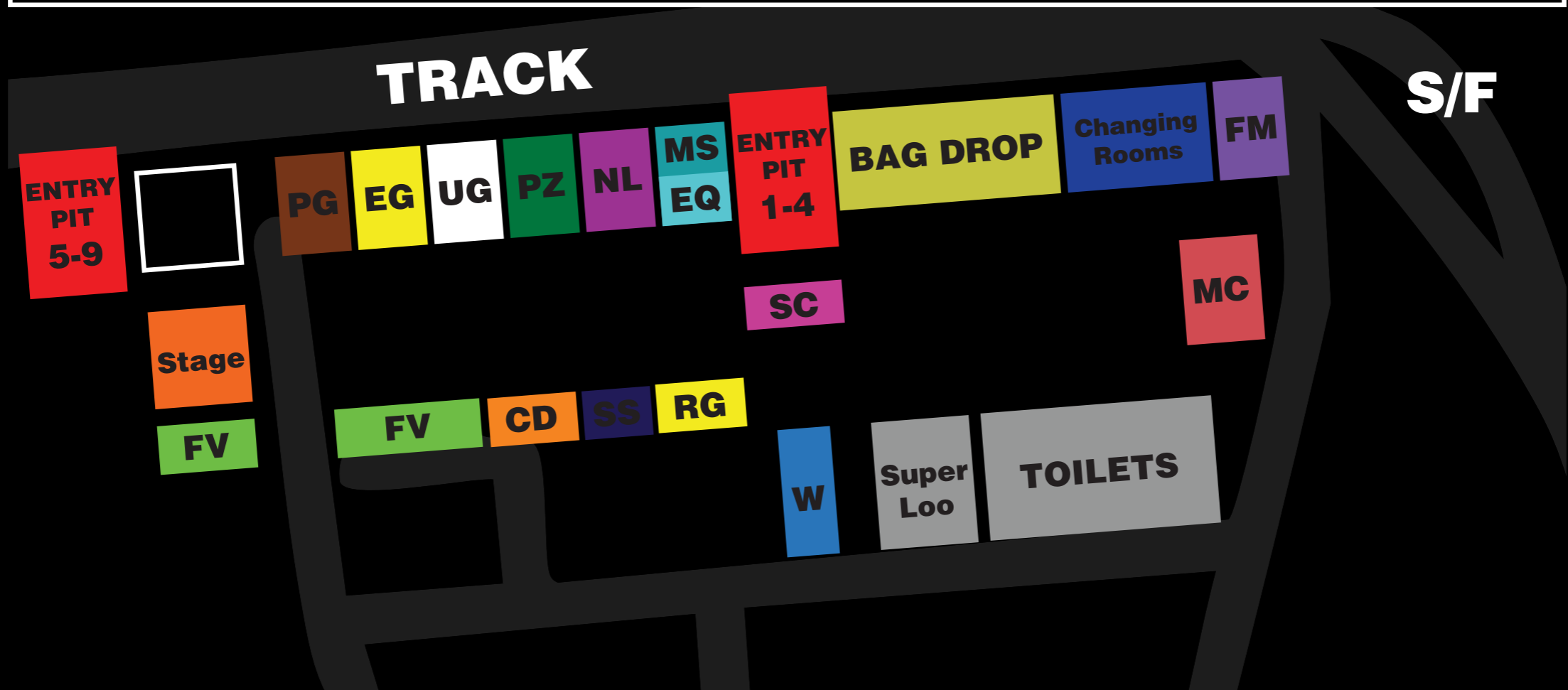
The site is fully wheelchair accessible, with no steps between accessible parking and the Event Village, nor on the race routes.



The Event Village

The Event Village is in The National Paddock, where you'll find number pick-up, toilets, changing areas, refreshments, expo and bag drop.

PG Photo Garage	UG Unltd Beer Bar	NL Friday Night Lights	SS Silverstone Shop	W Water
FV Food Vendors	PZ Play Zone	MS Merchandise Shop	RG Registration	MC Medical Centre
EG EXPO Garage	CD Car Display	EQ Info & Enquiries	SC Silverstone Cafe	FM Family Mile Point





Getting Your Race Number

Race numbers will be posted to UK residents who registered before 11th November.

International participants, and anyone who registers after 11th November, will need to pick up their race number between 08:00 and 09:30 on race day. We will not send your race number in the post.

Number Pick-up on Race Day

You will find the race number pick-up area as you approach the pit garages in the Event Village. You can pick up your race number at any of the desks.

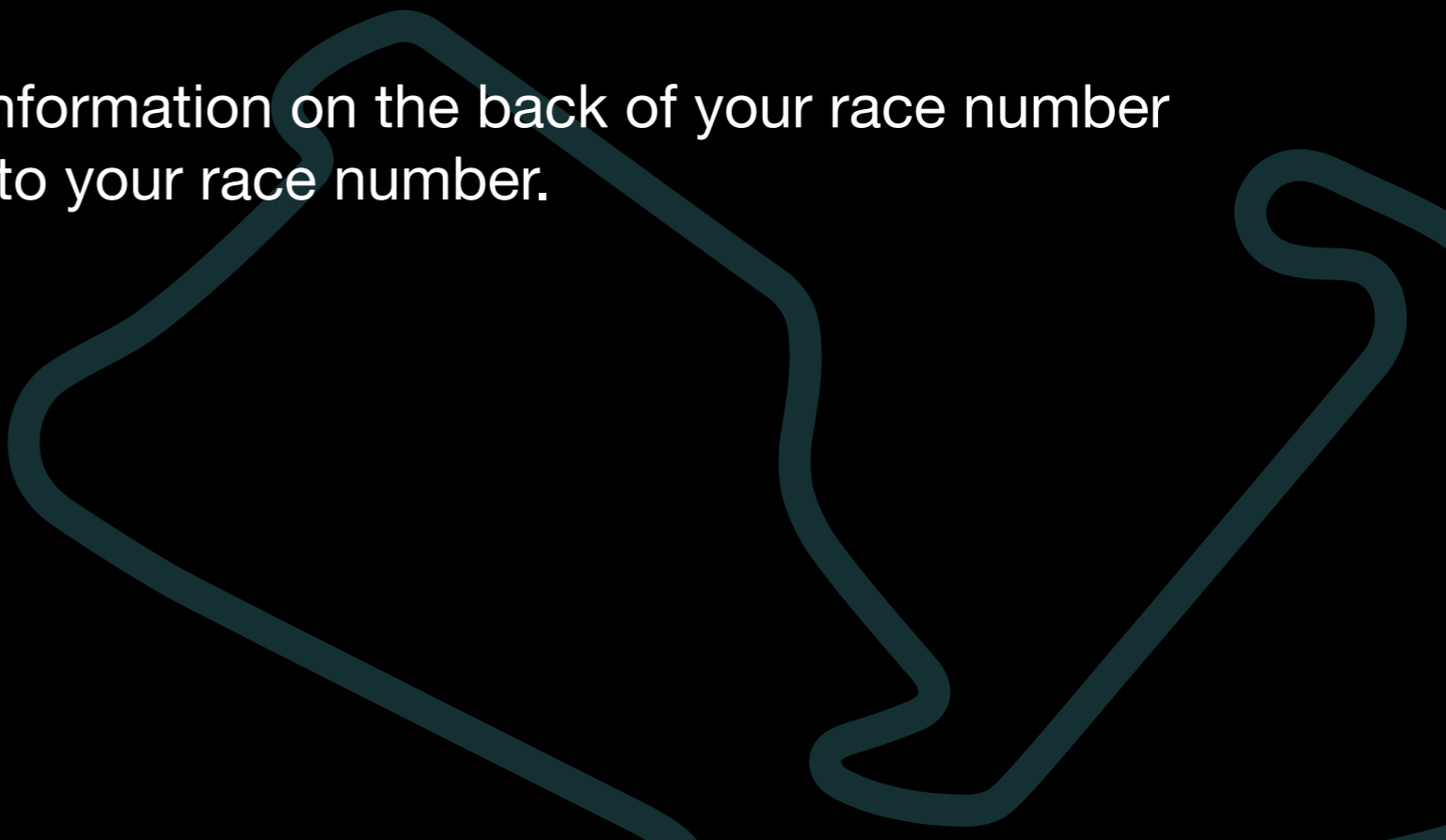
You don't need a booking confirmation to collect your race number, but please bring identification with you.

You'll receive four safety pins with your race number which are used to attach the number to the front of your running shirt. **Your number must be visible at all times during the race** and is needed to get access to the start area on the Silverstone Circuit.

If you have any questions about your entry, go to the Enquiries Desk next to the number pick-up once you've collected your race number.

If you are collecting your race number on the day, safety pins will be provided at registration.

Please ensure that the medical information on the back of your race number is completed before attaching it to your race number.





If You Want to Change Your Race

If you've changed your mind about which race you'd like to run, it is possible to change.

Please contact us via email at run@silverstonerunfest.com and state your name, the race you originally registered for, and the new race you would like to run.

The deadline to change your race is 23:59 GMT on 18th November.

Please note that we do not offer refunds if you choose a shorter distance. If you want to run a longer distance, you will have to pay the price difference.

If you have changed your race **after receiving your race number in the post**, you will need to pick up your new race number on race day (see above section, "Number pick-up on race day").

Toilets, Changing Areas and Bag Drop

Toilets are located opposite the bag drop. They will be well-signposted and easy to find.

Male and female changing areas are located in two pit garages. **No items should be left in these areas** as they are not supervised. These garages will likely be very busy and with limited space, so we advise you to arrive ready to run if you can.

A bag drop is available for anything you don't want to run with, with several designated zones where you can leave your bag. You will receive a numbered wristband and your bag will be tagged with the same number. You will need to present this wristband in order to collect your bag afterwards.

If you are unable to present a wristband upon collection, you will need to return to the bag drop at the end of the event so that staff can identify your bag.



Food and Drink in the Event Village

Silverstone eateries will be open in the Event Village. The Paddock Diner and Paddock Grill offer extensive food and drink options, along with various food trucks which will serve hot drinks, sandwiches, and snacks.

Getting Ready to Run

For a successful run, make sure that you have:

- Your race number visible on your front
- Used the toilet for the last time
- Fully changed with everything you need
- Left your belongings at the bag drop

Once you're ready to run, you'll be able to pass through the final checkpoint on to the Silverstone Circuit. The pens open at 09:00 and there is space to warm up on the track.

To keep warm in the start area, feel free to bring an extra layer or item that you are happy to dispose of. We will donate all left-over items to charity after the run.





Taking Part in the Family Mile

If you're helping a younger runner to the start line, or running with them in the Family Mile, listen out for announcements that call you into the start area from 09:00. At 09:15, stewards will direct Family Mile participants onto the track and the race will start promptly at 09:30.

The assembly point for the Family Mile is different to the main entrance for the other races. All Family Mile participants will gather at the far end of the Event Village. The drop-off area will be the same as the collection area.

All adults on the Family Mile route must wear a race number. If you are taking part in a longer race, wear the number for that race and do not enter the Family Mile separately.

If you will only be taking part in the Family Mile, please enter separately and collect a number to wear whilst you run with your younger runner.

On finishing the Family Mile, participants will receive their medals and finish line goodies. You'll then be free to watch the longer races from the spectator areas or refuel in the Event Village.

If you're taking part in a longer race after completing the Family Mile, you will need to come through the finish area and back into the Event Village, before returning to the start area when you're ready to run again.

Remember that the longer races begin at 10:00, so you'll have just 10-20 minutes between the events. Bear in mind that by the time you enter the start area, some of the pens might be full and it may be hard to reach your desired start area.

Wheelchair Users

If you are a wheelchair user, you will assemble at a different place to other runners. **Please assemble at 09:50 at the far end of the Event Village,** where you will be directed to the start line before the race begins at 09:55.



Start Pens for the 5K, 10K and Half

All of the 5K, 10K and Half Marathon races start at 10.00 from the same start line. There will be 9 marked pens based on pace. The track will be accessible from 09:00.

Pens 1-4: accessed via the Paddock Grill.

Pens 4-9: accessed via the race control entrance.

Use the Target Finish Time table below to decide which pen you should go to along the starting section of the track.

If you're unsure, go for a slower option. The race will be much more enjoyable if you're able to overtake runners as you wish, rather than starting in a faster pen and having lots of runners rush past you.

If you're running with someone who has a different pace, you should both start at the slower of the two start pens.

Remember that in the start pens, you'll be next to people who might be running either half or twice the distance that you've chosen. You should begin from a start pen according to pace, regardless of the distance you're completing





Start Pens for the 5K, 10K and Half

Start Pen	Target Pace		Target Finish Time		
	min/km	min/m	5K	10K	Half
1	03:00	04:50	15:00 - 20:00	30:00 - 40:00	1:03 - 1:25
2	04:00	06:25	20:00 - 25:00	40:00 - 50:00	1:25 - 1:45
3	05:00	08:05	25:00 - 30:00	50:00 - 60:00	1:45 - 2:06
4	06:00	09:40	30:00 - 35:00	60:00 - 1:10	2:06 - 2:27
5	07:00	11:15	35:00 - 40:00	1:10 - 1:20	2:27 - 2:49
6	08:00	12:50	40:00 - 45:00	1:20 - 1:30	2:49 - 3:10
7	09:00	14:40	45:00 - 50:00	1:30 - 1:40	3:10 - 3:31
8	10:00	16:05	50:00 - 55:00	1:40 - 1:50	3:31 - 3:52
9	11:00	17:40	55:00 - 60:00	1:50 - 2:00	3:52 - 4:13

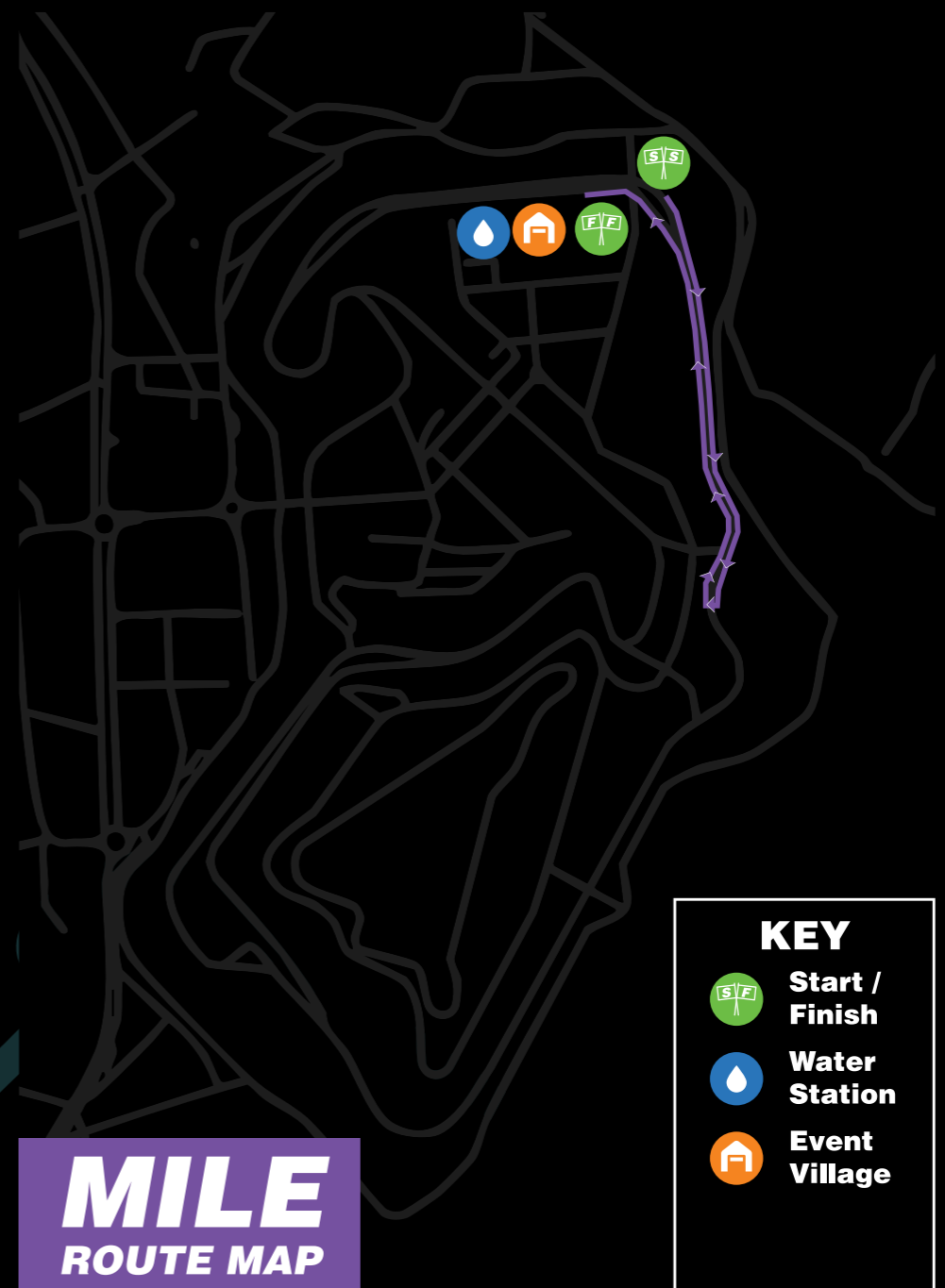
Route Maps

Download our fantastic course maps to get an overview of the route. You'll be able to picture yourself zooming past the iconic grandstands and pit lanes as you race along the world-famous Silverstone track!

Remember that the 5K, 10K and Half Marathon races start and finish in the exact same place. The Family Mile has the same start line, but finishes in a slightly different place to allow room for the longer races.



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**DOWNLOAD
PDF MAPS**

**ACCESS
GOOGLE MAPS**



Pacers

Official pacers are provided by **Best Athletics** for the Half Marathon and 10K distances, offering a range of target finish times:

Half: 1:30-3:00.

10K: 35mins-70 mins

Watch out for the tall pacer flags in the start pens and make the most of pacers' support during your run.

Water Stations

We have a number of water stations located along the routes. As you pass by them, we recommend that you drink a bit of water at each one.

Water will be dispensed either in water bottles or cups, depending on the station. Bins will be provided at each of the stations—please use them to throw cups into the bins. After the event, all items will be recycled where possible.

Special Edition Souvenir Merchandise

The Ahotu Silverstone Run Fest official merchandise is available for purchase until 18th November.

All orders are to be collected on race day from the official merchandise store. We strongly recommend that you collect purchases after the race.

If you haven't ordered, merchandise can be purchased on race day. However, as stock will be limited, you are advised to order in advance.



During Your Run

Download the course maps so that you can get to know the route. Do you recognise any of the circuit's more famous parts?

There will be several surprises in store along the course, to keep you feeling motivated and energised from start to finish.

Finally, remember that the 5K, 10K and Half Marathon are taking place at the same time. Make sure you're checking signs throughout the race to keep on the right course.

Earphones

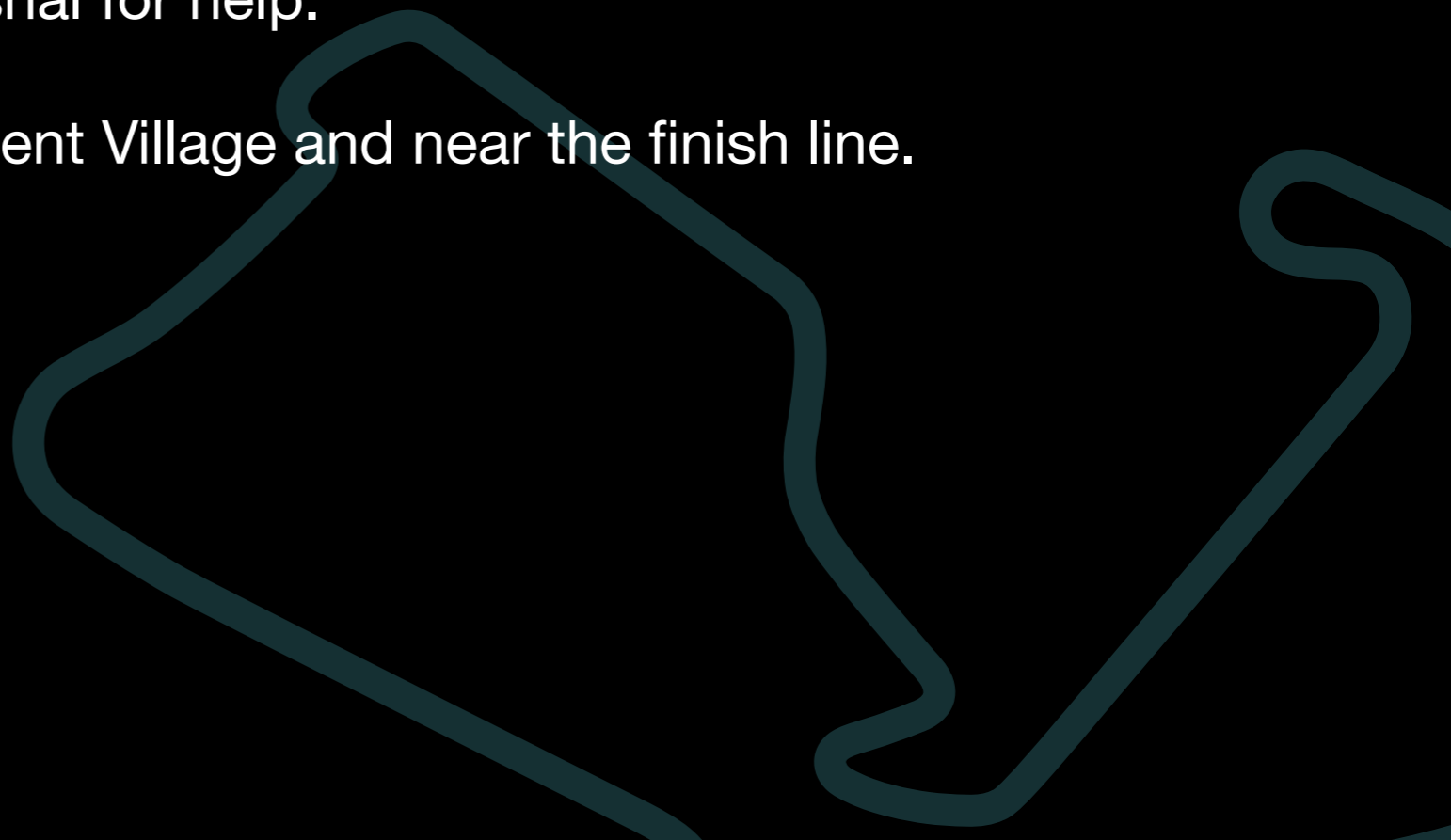
As a UK Athletics event, the use of in-ear and over-ear headphones are prohibited at this event. Bone-conduction headphones are the only exception, because they sit outside the ear.

Please see the official UK Athletics website for more information.

Medical Help

Silverstone marshals will be on-hand during the race to provide guidance and keep you safe. If you feel unwell, or are concerned that you have an injury, speak to the nearest marshal for help.

Medical help is located in the Event Village and near the finish line.





After the Race

You'll cross the line in view of the Copse Grandstands and the pit lane gantry. There, you'll receive your Ahotu Silverstone Run Fest medal.

After receiving your medal, proceed down the track to collect water, your Ahotu Silverstone Run Fest buff, and snacks and drinks from our partners.

At the end of the rewards area, we'll usher you back into the Event Village for your hero's welcome. Bag drop will be immediately to your left, so grab your extra layers straight away and keep warm. By now, the Silverstone eateries will be open and the festival will be in full swing.

The Festival

Inside the Event Village, you'll find our fantastic Run Fest. It's a great way to celebrate one of the last running events of the year!

A DJ and live bands will keep energy levels high, while you refresh with some of UNLTD.'s award-winning alcohol-free beer. Take on your friends or the little ones at the Greenhouse Sports table tennis area for some friendly competition. There will be plenty of kids activities around the Event Village, too.

If you're feeling sore after the run, check out the Recovery Zone hosted by Friday Night Lights, who organise incredibly popular 'healthy night out' run clubs across the UK. Finally, make sure to explore the expo area where our partners will have different exhibits.





Spectators

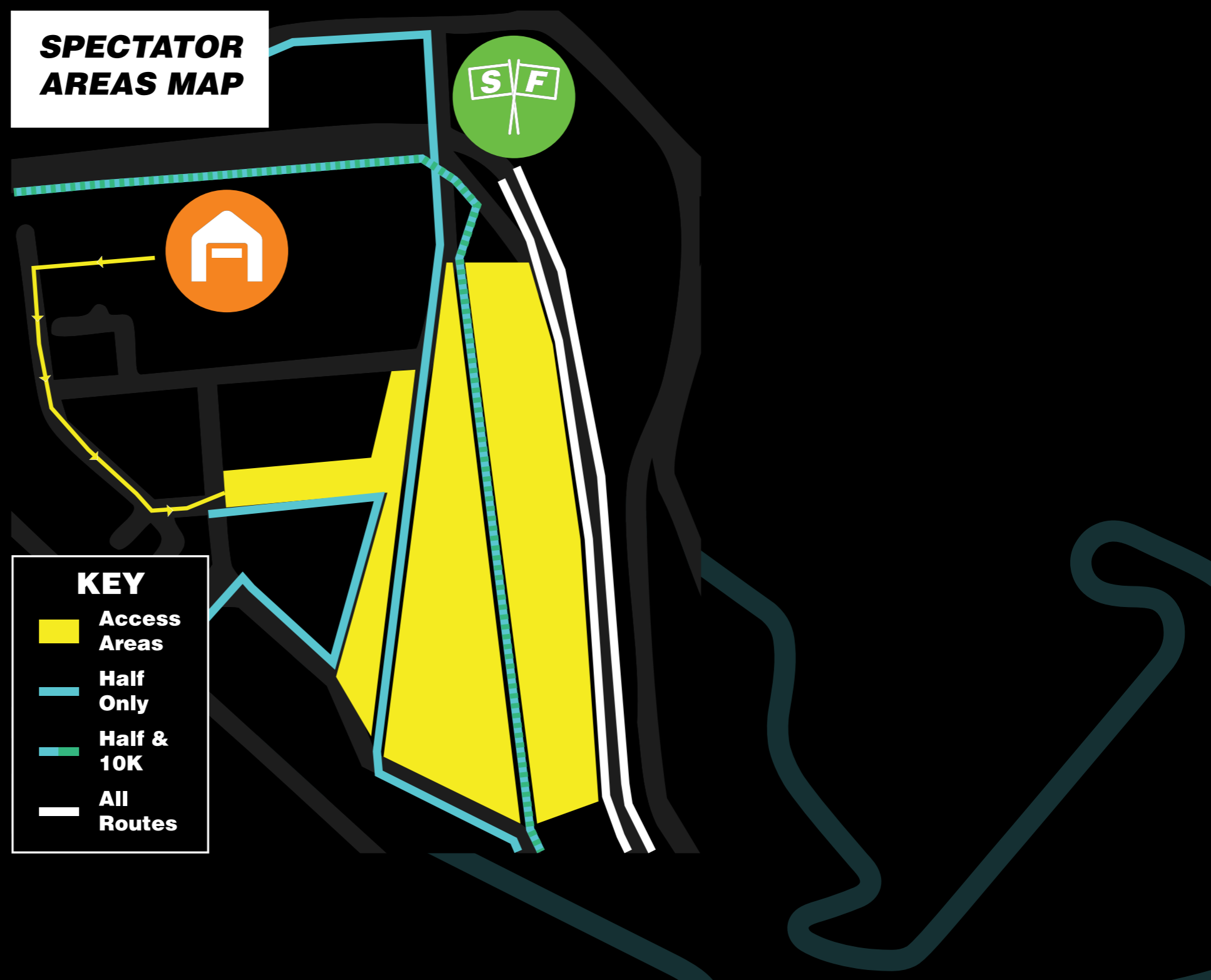
Spectators are more than welcome to join the Ahotu Silverstone Run Fest. They will be able to hang around the Event Village and stay with you until you head out to the start line on the track.

For safety reasons, **spectators need to register to join the Ahotu Silverstone Run Fest**. If you are bringing a spectator or two, you can apply for your free spectator tickets [here](#).

If you have purchased your race entry through the Silverstone website, you can add spectator tickets at the “**Extras**” tab in your account at <https://run.silverstone.co.uk/account>.

When you're on the track, spectators will be able to see you from one of the various viewing areas outlined in the map below.

Once you've crossed the finish line and passed through the rewards area, you'll enter back into the Event Village where you can meet your family and friends.





Race Results and Photos

A complete set of results will be posted online and emailed to all runners on Monday afternoon.

We will have photographers around the route to capture the day - details of how to purchase them will be communicated in the post event email.

Get In Touch

If you have any questions that weren't answered here or on our website, the fastest way to get in touch is via email at run@silverstonerunfest.com. We try to respond to all queries within 24 hours.





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