

# Race letter for the Westonbirt House Easter 10k #finishinthebar Good Friday 30<sup>th</sup> March 2018

It's race time with DB Max folks! We're very egg-cited to bring you the inaugural Westonbirt House Easter 10k at this beautiful Gloucestershire venue.

## ***Race Venue***

Race HQ will be in the main house at Westonbirt School which is located off the A433 - Postcode for sat navs is GL8 8QG.

Access will be through the main gates. The venue will not be open until 10:00, so no access will be available prior to this.

## ***Parking***

On arrival, ample free parking is available in the school grounds. Please follow instructions from the parking attendants and then follow the signs to Race HQ.

## ***Race Packs***

Your race packs with race bib, incorporated timing chip and safety pins, have been posted to you and will be with you before race day.

Please note, you may not pass your bib on to another runner. Anyone found running under a number which isn't theirs, will be disqualified immediately. Anyone found to have passed their bib to another runner, will be disqualified from all DB Max races for a period of one year. Runners running under other people's numbers are not insured and have not provided any emergency contact details, in case of an incident.

Please note that bibs, chips, race lists and all literature have gone to print and no transfers, refunds or deferrals are available at this stage.

## ***Timing Chips***

Your timing chip will be incorporated in to your race bib. Please do not remove it, fold it or put pins through the timing chip itself – please watch the chip fitting instruction video [HERE](#).

The timing chips will ensure that your finish results (as well as lap times) are collected by **DB Max Sports Timing**.

Remember - **no timing chip, no results**.

## ***On the day enquiries***

There will be an enquiry desk in Westonbirt House open from 10:15 until 11:40. Emergency race packs and general race enquiries will be handled here.

## ***Bag Drop***

The bag drop will be located in Race HQ, please follow the signs to Race HQ.

## ***Mandatory Pre-Race Briefing***

There will be a mandatory pre-race briefing for all competitors, 10 minutes before the race start in the gardens at the back of the house. In the event of bad weather, the pre-race briefing will take place in the bar area.

## ***Start Times***

The race start will be prompt at **12:00**.

## Race Route

The run route is two laps of approximately equal distance (total distance is exactly 10k). The race starts at the front of the house and heads through the school grounds until a right turn on to a quiet country road. Please take care when running on all roads, remembering the highway code at all times. At the end of the first and second lap you run through the beautiful Westonbirt House Gardens. Please take care running through this area in case of an occasional low branch or slippery surface (especially if recent wet weather). Please also take care at the one small set of steps to descend in the gardens.



The finish straight is a spectacular stretch in the house gardens, culminating in a finish line directly outside the Westonbirt House – and of course **#finishinthebar**

There are a number of steps to ascend as part of the finish straight - it is runners' responsibility to take the necessary care on these steps. Please ascend carefully and with due care noting that runners can be tired at the finish of a 10k run.

A small version of of the route is pictured below and can also be viewed in full by clicking on the map.



## Westonbirt House Easter 10k

## ***Presentations and Awards***

Presentations will take place in the gardens (weather dependant) shortly after the last runner has finished at approximately 13:30.

Awards will be presented as follows:

**Overall: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 40-49: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 50-59: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> M & F**

**Vet 60-69: 1<sup>st</sup> M & F**

**Vet 70+: 1<sup>st</sup> M & F**

**Junior: 1<sup>st</sup> M & F**

**Team: 1<sup>st</sup> Male and Female Team (3 team members to count, based on sum of category positions)**

## ***iPods and MP3 Players***

Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

## ***DB Max Sports Timing***

**DB Max Sports Timing** will be producing live race results. You can follow the results live on the day [HERE](#) and on also via our smart phone results app available at the same link.

## ***#finishinthebar***

If you have paid for your **#finishinthebar** (bottle of beer/wine/prosecco and fish and chips or cupcake) in advance you will be able to redeem this by tearing off the strip on your race bib and handing it over to the bar staff.

## ***Race Warm Up***

New to our events will be a pre-warm up eggs-ercise session by our awesome new fitness instructor **Becca** of [Atlas 24 Hour Gym in Chippenham](#) at 11:35 in the gardens. Please do come and take part in this great warm up to your race. Becca teaches classes such as RPM, Body Combat, Body Balance and Body Pump, so you will be guaranteed a professional work out that will activate and mobilise target muscles.

## ***Kids' Easter Egg Hunt***

If you are bringing children with you, there will be an Easter egg hunt around the grounds (weather dependant). You do not need to register for this, just simply bring your children to meet Kirsty at the finish line at 12:10

## ***Refreshments***

The bar will be open before and after the race. The bar is open to all competitors and spectators from 10:30.

## ***Pre-Race Massage***

Post-race massage will be provided at a cost of £5 for 10 minutes.

## ***Toilets and Showers***

Toilets for runners will be located to the side of the house. There are also a number of toilets, changing facilities and showers available at the leisure centre if required. The leisure centre is a 5 minute walk (550m) from Westonbirt House.



## #dbmaxselfie

As always, we'll have the #dbmaxselfie competition. There will be a couple of selfie boards on site and everyone that posts a photo to Twitter or Instagram with the hashtag #dbmaxselfie or #finishinthebar will go into the draw for..... wait for it, free entry to two of next year's Westonbirt House 10k's (Your choice of Easter, Summer or Christmas). Look out for the Easter Bunny to, who would love to join you for a selfie.

## Marshals

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending why not ask them to get involved – they will have great fun and will also earn a free entry to a similar DB Max event. If you are interested in helping out please email james@dbmax.co.uk.

## Sponsors

# UP & RUNNING

Our running event retail partner Up & Running will be hosting their on-site shop and will have a selection of quality products for runners. They specialise in running shoes, running clothes and running accessories, with products from today's key running brands such as Garmin, Brooks, Asics, Mizuno, Saucony, Inov-8, Sub 4 and Ronhill. They will be providing our winners with some of their fantastic running merchandise.

With more than 21 years of running retail experience, they never stop thinking about you the runner and your running needs. They will be happy to offer DB Maxers expert advice and to help you choose the gear that's right for you. There will be offering egg-ceptional discounts and promotions on all products throughout the day.



Having spent many years trying to find the perfect bobble hat both on the ski slopes and the great outdoors, the first set of hats were worn on a trip to Les Arc and this was when **Big Bobble Hats** was born. All the beanie bobble style hats are designed in Scotland. They will be providing winners with some of their egg-splasive bobble hats.

They will have many styles and colours available to choose from on the day. So, if you need to get your head in the game, these hats are perfect at keeping your ears and head warm from the chilly weather. All the hats are one size and can be purchased for £20 or two for £35. Also, there will be some fun and funky socks to keep your feet nice and toasty. These will available for £5 and come in sizes 4-7 & 7.5-12.

They want all their customers to stand out, be bold, be bright and be seen. So why not show off your 'Mojo' with a big bobble hat.



**Bosom Buddies** will be supporting this event and have donated some prizes for the lucky winners and **10% off sales** on the day. They will be bringing a wide range of British made sports bras and sportswear to try including mastectomy bras. Sam from Bosom Buddies is passionate about 'Fit' not being a size, but a feeling and she has plenty of stock in plus sizes & various leg lengths. Feel free to browse and try on, as Sam will be there to give you expert advice and find egg-sactly what you need.

**Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Westonbirt on Good Friday 30<sup>th</sup> March.**