

## Race letter for the Castle Combe 'Chilly' 10k Sunday 20<sup>th</sup> November 2022

It's **Chilly** time again at Castle Combe with **DB Max**.

First the formal bit - please ensure you read this letter thoroughly and please remember to bring photo ID with you on race day. You cannot compete without your photo ID.

### ***Race Venue***

The race venue is Castle Combe Race Circuit, for directions to the venue, please [click here](#). The postcode for Sat Navs is SN14 7EY.

On arriving at the venue, please use the **Competitors Entrance** and park as directed by the attendants. Access to the venue will be from 07:45.

### ***Registration***

Race numbers with timing chips will be collected from the registration desk. Please attach your race number to your front while racing so that it can be clearly seen.

- **Registration Times – 08:00 to 09:05** – Please arrive in plenty of time to register.

### ***Timing Chips***

Your timing chip is attached to your race bib. Please attach the bib as per the video [HERE](#). **Runners do not need to return timing chips after the run.**

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by the system. Remember, **no timing chip, no results.**

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

- **09:10 in the paddock**

### ***Start Time***

- **09:15**

### ***10k Route***

The race starts and finishes in the same place in the paddock. From the start, runners head out of the paddock and out on the track to a turn point. After turning, runners complete three laps of the track. On the final lap competitors bear left back onto the pit lane and down to the finish.



## ***Presentations and Awards***

There will be no awards presented on the day. Awards will be sent out to the following prize winners.

Male and Female: Overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>  
Male and Female Vet: 1<sup>st</sup>  
Male and Female SupVet50: 1<sup>st</sup>  
Male and Female SupVet60: 1<sup>st</sup>  
Male and Female SupVet70: 1<sup>st</sup>

## ***Sponsors***

We would like to thank our sponsors, [The Physio Clinic Bristol](#) and the [Castle Combe Circuit](#).



**Wiltshire  
Air Ambulance**  
funded by you, flying for you

**THE PHYSIO CLINIC**  
Movement Health Performance

## ***Charity Partners***

[Wiltshire Air Ambulance](#) provide an essential **Helicopter Emergency Medical Service (HEMS)** for anyone who lives, works or travels in Wiltshire and the surrounding counties. Wiltshire Air Ambulance is available up to 19 hours a day, 365 days a year. It is a charity and relies almost entirely on public donations to raise the £3.25 million a year to keep the air ambulance operational.

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

We are pleased to announce that runners in the 10k are permitted to wear iPods or MP3 Players for this race, due to the closed road nature of the course. Please ensure that runners listening to music can still hear any instructions from race marshals.

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

**DB Max Sports Timing** will be producing the race results including splits and laps. You can follow the results live on the day [HERE](#).

## ***Pre and Post Race Massage***

Massage will be available from the [Physio Clinic, Bristol](#) in the Strawford Centre and is FREE for all competitors.

## ***Refreshments***

The **Tavern Restaurant** will be open throughout the day, serving an extensive range of drinks, hot food and refreshments. [The Coffee Lada](#) will also be on site providing high quality coffee and other hot drinks.



## ***Car Parking***

Please follow the signs to Castle Combe race circuit from your direction of travel, and once inside the venue, please follow the instructions of the car park attendants to assist you to your parking space on race day morning.

## ***Toilets***

On site toilets as well as portable toilets will be available for competitors and spectators and are located in the main paddock.

### ***Bag Drop***

Bag drop for the event is available and will be located near Race HQ. Please note all bags must be picked up by 11:15am.

### ***Spectators and Dogs***

Spectators are permitted at the event and they can watch from the track and around the finish area. Dogs are permitted at the event, but must be kept on a lead at all times and any mess cleared up.

### ***Water Station***

There will be a water station on route at approximately 1k, 4k and 7k. If you do need to use a water station, then you must follow marshal instructions

### ***Pacers***

There will be pacers at this event with the following times. 38/40/42/45/48/50/52/55/58/60/62/65/70/75 minutes. Pacers will be identifiable from the flags they will be wearing.

### ***Cut Offs***

There is no official cut-off for the event, however you will be expected to complete the event in less than 1 hour 35 minutes in total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event.

### ***Litter***

Littering is obviously not acceptable at any time. If you use gels you must return to the finish with the wrappers and take your litter home with you, if you can carry a full gel, you can certainly carry an empty one. Littering incurs immediate disqualification.

### ***Race Photography***

**Charles Whiton Photography** will be on site taking photos from the day. These are available to buy after the event. Please feel free to smile for the camera and make sure your race bib is clearly visible. You will be able to view your photos on your individual results page once the photographer has uploaded them to his site. The bib recognition means you can access your own photos quickly and easily.

**Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Castle Combe for some traffic-free racing!**

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