



## Race Information for Chippenham Spring 10 Mile - Sunday 3rd March 2024

It's time for the Chippenham Spring 10 Mile on Sunday 3<sup>rd</sup> March 2024 starting at 10:00.

This race information includes all the details for race day in Chippenham.

### **Race Venue**

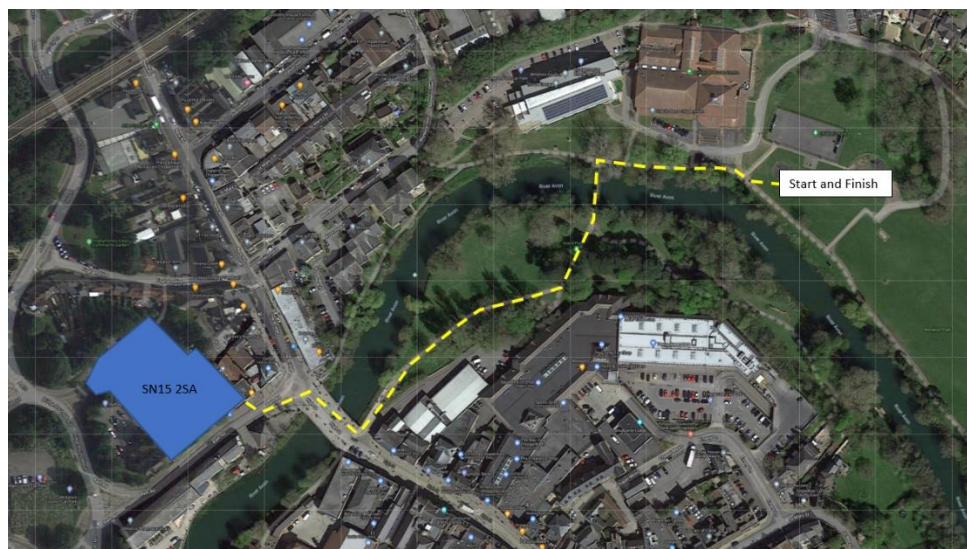
Race HQ will be in Monkton Park, Chippenham. We recommend runners use the app **What3Words** as this is an excellent app for directing runners straight to a specific location. The app is available for Android and iPhone ([download here](#)). The What3Words location is **outgrown.launch.timing**.

If you click [HERE](#) it will show you the location and give options on how to get directions to this location. There are also postcodes for Car Parks detailed below in the 'parking' section. There will be brightly coloured arrows close to the park to help direct you in.

### **Parking**

There is no onsite parking at this event. However, with the event being based in the heart of Chippenham, there are plenty of car parks available just a short 5-minute walk from the venue (please follow orange or pink arrows when you are close to the venue). Below are a selection of maps showing the site of the car parks and also the route to the race venue. For information, postcodes are as follows:

- Railway Station Car Park, Cocklebury Rd – SN15 3QD – (Parking charges apply on a Sunday)  
What3Words [claps.skinning.router](#)
- Railway Station Car Park, Union Rd – SN15 1JG – (Parking charges apply on a Sunday)  
What3Words [lure.married.orbited](#)
- Borough Parade Car Park, Gladstone Rd – SN15 3YY (£1.40 on a Sunday, no time limit) What3Words - [tried.diner.oils](#)
- Bath Road Car Park, Bath Road, Chippenham, SN15 2SA (£1.40 on a Sunday, no time limit)  
What3Words - [overpaid.slept.pies](#)







## **Registration**

Race numbers and 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 - race belts may be used if required.

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.

**Registration is open from 08:45 to 09:45**

## **Bag Drop**

A bag drop facility is provided free of charge. Please ensure you place your baggage in this area well before the race starts. To reduce handling of belongings, you will place the tear-off from your race number to your bag, then place it in the bag drop yourself.

When collecting your bag after your race, you will enter the Bag Drop area and collect your bag yourself. The staff on bag drop will then check your race number against that of your bag to ensure that it is the correct bag. Please leave all valuables at home or in your car.

## **Start Times and Mandatory Pre-Race Briefing**

### **Start times:**

10 Mile - 10:00

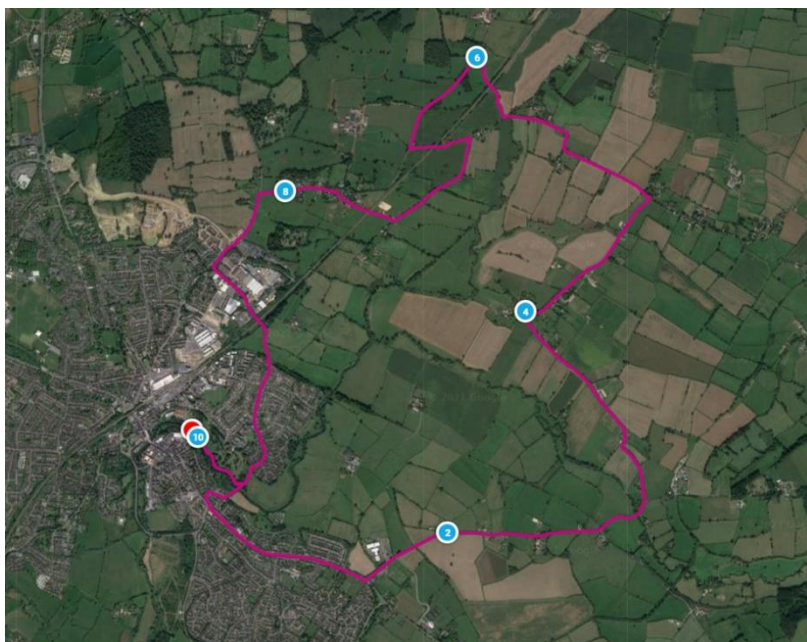
There will be a race brief at the start line.

## **Run Route**

10 Mile:

The route is a single lap, heading out of Monkton Park and over the River Avon. The course then heads up London Rd and onto Stanley Lane before heading through Tytherton Lucas and Langley Burrell before returning to Chippenham and heading through Monkton Park Estate and then into the park itself and the finish.

A small version of the route is pictured below and can also be viewed in full by clicking [HERE](#).





Please note you will be running on open roads for a large section of the event, so please bear this in mind and adhere to the Highway Code at all times.

## **Finish**

When you are approaching the finish of your event, please bear right into the roped area and finish under the arch.

Once you cross the line, you will be able to collect your medal.

## **Spectators**

Spectators are permitted at this event. We would encourage people to spectate from Monkton Park where you can see the start and finish.

## **Dogs**

Dogs are permitted with spectators at this event, **but please keep them on a lead** at all times when near runners and any mess must be cleared up immediately. Please note that you are not permitted to run with your dogs.

## **Water Station**

10 Mile:

There will be 2 water stations on route at 2.3 miles and 6.8 miles. If you do need to use a water station, then you must follow marshal instructions. When you collect your water, **you must move away from the water station** and take on your fluid. When you have finished you **must place the cup in the bins provided** as you are not permitted to run with the cup.

## **Cut Offs**

There is no official cut-off for the event, however you will be expected to complete the event in less than 2:30. In the unlikely event that an event manager deems that you are not fit to continue, they will remove you from the event.

## **Pacers**

There will be pacers at this event with the following times – 65/70/75/80/85/90/95/100/105/110/115/120 minutes.

## **Litter**

Littering is 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, or place it in a bin. 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.

## **Presentations and Awards**

Awards will be presented on the day at approx. 11:45. There will be awards as follows in both events:

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

**Vet 40-49: 1<sup>st</sup> M & F**



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

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

### ***Coffee/Hot Drinks/Cakes***

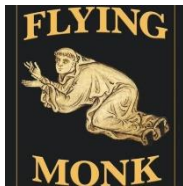
Hot drinks will be available from the [Coffee Lada](#) in the race HQ area both before, during, and after the race



We will also have the wonderful [Cakes By Nikki](#) selling her delicious range of homemade cakes. What better way to finish an event than by having coffee and cake!

### ***Where to Eat and Drink in Chippenham***

The race is held in the heart of Chippenham, with many places available for refreshments after the race. If you are looking for a post-race pint, we recommend the Flying Monk Pub in the Market Place (approx. 800 metres from the race finish), details [HERE](#). There are many places to eat in Chippenham too, however, we recommend the Langley Tap which competitors run past at approx. 7.5 miles. The Langley Tap is a short drive (2 miles) and serves a stunning Sunday lunch. Booking is required and you can find details [HERE](#). If you would prefer to stay in Chippenham, then Rivo Lounge has a great selection of foods, which is at the exit of Monkton Park, details [HERE](#).



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

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

### ***Race Results***

**DB Max Sports Timing** will be producing the race results. You can follow the results live on the day and view them after the event at [dbmaxresults.co.uk](http://dbmaxresults.co.uk) via your smartphones, tablet or laptops.



### ***About your timing chip***

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 are collected by the system.

Remember, no timing chip, no results.

We ask that all competitors fill in the back of their race bib with their emergency information. This information is invaluable in the unlikely event of an incident. It takes just a minute to fill it in and helps the medics in the event of an incident.



### ***Toilets***

Toilets will be available for all competitors near the start. When using the toilets please use the hand sanitiser provided before entering, then wipe the toilet down after use with the disinfectant wipes and flush them away. When leaving the toilet please ensure you again sanitise your hands. No showers or changing are available at the event.

### ***Marshals***

As with all races we could not hold the event without the help of all the marshals. Please thank them where possible. Marshals receive a free entry to a future event. If you are interested in marshalling, please email [james@dbmax.co.uk](mailto:james@dbmax.co.uk).

Finally, thank you for your race entry, and good luck with your final race preparations. We look forward to seeing you in Chippenham on race day!

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