



Race letter for the Flying Monk Malmesbury 10k Sunday 26th August 2018 - #freebeer or #freecider

It's race time with DB Max folks!

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

Race HQ will be in Malmesbury Victoria Football Club. The address is Flying Monk Ground, Gloucester Rd, Malmesbury, SN16 0AJ.

Please note there is no parking at the venue (see below).

Parking

Parking for the event is at Malmesbury Secondary School. The address is Malmesbury Secondary School, Corn Gastons, Malmesbury, SN16 0DF. On arrival, ample free parking is available in the school grounds. Once parked, please follow the signs to Race HQ which is an 8 to 12 minute walk away. **Please note that Malmesbury High Street will be closed on race day for Petticoat Lane Street Fayre from 8am so access will be via the B4014 and then on to Tetbury Hill. Those coming from junction 17 of the M4 or from Swindon will be able to follow the high visibility arrows to the race venue car park from the A429.**

Registration

Registration will be in the football club from **09:15-10:45**.

Race numbers and timing chips will be collected from the registration desk. You **must know your race number** when arriving at the 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.

Timing Chips

Your timing chip will be attached to your race bib when you receive it. Please do not remove it – 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 or incorrectly fitted timing chip, no results**.

Mandatory Pre-Race Briefing

There will be a mandatory pre-race briefing for all competitors 10 minutes before the race start outside the football club.

Bag Drop

The bag drop will be located in at Race HQ and will be signed.

Start Times

The race start will be prompt at **11:00**.



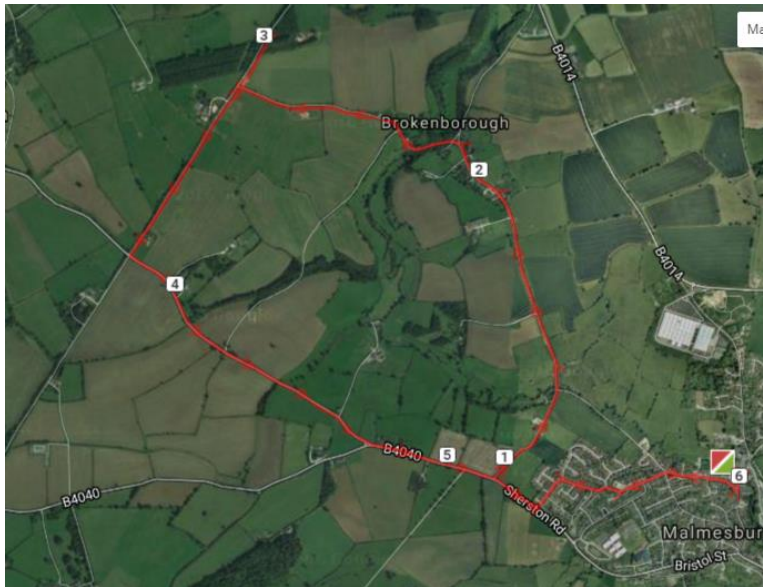
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Race Route

The race starts from the football club and heads out for one lap loop of Malmesbury and the surrounding villages before returning to finish at the football club. The route is entirely on open roads and all competitors must run with due care and attention and adhere to the highway code at all times. You can see a copy of the route below and you are able to click on it to view a more detailed version if connected to the internet. In 2018 due to some major roadworks on part of the route in Brokenborough we will be using an alternative section around this area. Please note the route here is narrow and down a steep path. Please take extra care in this section.



Presentations and Awards

Presentations will take place in the marquee at the football club shortly after the last runner has finished at approximately 12:30.

Awards will be presented as follows:

Overall: 1st, 2nd & 3rd M & F

Vet 40-49: 1st M & F

Vet 50-59: 1st M & F

Vet 60-69: 1st M & F

Vet 70+ : 1st M & F

Junior: 1st M & F

Team: 1st Male and Female Team (3 team members to count, based on sum of positions)

Sponsors

We would like to thank our sponsor [Flying Monk Brewery](#) who are providing every competitor with a free beer or free cider after the race. More details on the products Flying Monk Brewery can be found [HERE](#).





We would also like to thank our awesome nutrition sponsor [Pulsin](#), who will be supplying all finishers with one of their amazing protein bars.



We would also like to thank our retail sponsors [Up and Running](#) who will be on hand with their mobile store and offering 15% discount to runners on running trainers.

UP & RUNNING

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 at dbmaxresults.co.uk and on also via our smart phone results app available at the same link.

Race Warm Up

There will be a pre-warm up exercise session by our awesome fitness instructor **Becca** of [Atlas 24 Hour Gym in Chippenham](#) at 10:10 in front of the start line. 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.

Refreshments

The bar in the football club will be open before and after the race and there will be a BBQ running throughout the day.

Toilets and Showers

Toilets for runners will be located around the football club with toilets inside the bar, changing rooms and a number of portaloos. Showers are available within the club changing rooms.

DB Max Merchandise

Don't forget there'll be buffs, T-shirts, hoodies and jackets on sale from DB Max's popular range.



Compostable Cups

DB Max are advocates of the three R's: reduce, reuse, and recycle. Our water cups are made from natural, renewable plant materials and can be composted together with organic food waste after use. So the special black bin you will see at the finish line of our races are for our compostable cups only. Please do not put the cups in the waste bins. Help us to be more eco-friendly DB Maxers!





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.

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



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