

Race letter for the Westonbirt House Summer 10k

#finishinthebar

Friday 17th August 2018

It's race time with DB Max folks! We're very excited to bring you the sthird running of the Westonbirt House 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 satnavs is GL8 8QG.

Access will be through the main gates. The venue will not be open until 17:15, 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 17:30 until 19:15. Emergency race packs and general race enquiries will be handled here.

Bag Drop

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

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 **19:30**.

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



Presentations and Awards

Presentations will take place in the gardens shortly after the last runner has finished at approximately 20:45.

Awards will be presented as follows:

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

Vet 40-49: 1st, 2nd & 3rd M & F

Vet 50-59: 1st, 2nd & 3rd M & F

Vet 60-69: 1st M & F

Vet 70+: 1st M & F

Junior: 1st M & F

Team: 1st Male and Female Team (4 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 burger) 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.

Refreshments

The bar will be open before and after the race. The bar is open to all competitors and spectators from 17:30. Prices are as follows:

Glass of wine - £4.50

Bottle of lager - £3.50

Bottle of cider - £4.00

Bottle of ale - £4.00

Glass of Prosecco - £5.00

Soft drinks - £1/£2

Burger in a bap: £4.50 (vegan and coeliac options available).

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 (Easter, August or December).

In addition, the best photo of all will win a free entry to any DB Max running event in 2018/2019.

DB Max Merchandise

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



Race Warm Up

There will be a pre-warm up exercise session by our awesome new fitness instructor **Becca** of [Atlas 24 Hour Gym in Chippenham](#) at 19:10 in front of the House. 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.

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 bins you will see at our races are for our compostable cups only. Please do not put the cups in the black waste bins and do not put general waste in the green 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.

Sponsors

We would like to thank our retail sponsors [Up and Running](#) and [Bosom Buddies](#).

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Westonbirt on Friday 17th August!
