

Race letter for the Westonbirt House Christmas 10k Sunday 16th December 2018

It's race time with DB Max folks! We're very excited to be bringing you this fantastic event at this beautiful Gloucestershire venue sponsored by **Specsavers of Cirencester**.

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 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 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 (please note there are no transfers, refunds or deferrals available at this stage). If you have not received your race bib by Monday 10th December, please email us [HERE](#). Lost race packs, or those that have incorrect or incomplete addresses will be charged £5 for a new race pack which will be paid for and picked up on the day.

When you receive your race pack it will contain your bib number with incorporated timing chip. Please fit the bib as per the chip fitting video below.

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 incorporated in to your race bib. Please do not remove it, fold it or put pins through 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, no results**.

On the day enquiries

There will be an enquiry desk in Westonbirt House open from 10:30 until 11:45. Uncollected race packs and general race enquiries will be handled here.

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 (which are open to traffic). 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 (it is December of course).



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 four steps to ascend just before the finish - 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 bar shortly after the last runner has finished at approximately 13:25.

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

Juniors: 1st M & F

Team: 1st Male and Female Team (4 team members to count, based on sum of positions)

#finishinthebar

If you have paid for a Mulled Wine and Mince Pie, Prosecco and a Mince Pie or a Beer and Mince Pie at the finish, you can redeem this by handing in the tear of on your race bib to the bar staff after the race **#finishinthebar**

Christmas Meal

If you have booked Christmas Lunch for afterwards, and haven't provided dietary requirements or who you would like to sit next to, please email kirsty@dbmax.co.uk. To view the menu please [click here](#).

If you have already paid for your Christmas meal, please enter the Great Hall at Westonbirt House between 13:30 and 13:50, ready for the meal at 14:00.

Sponsors

We would like to thank our sponsor **SPECSAVERS Cirencester**. Plus, Big Bobble Hats, Up & Running & Bosom Buddies who will be on site with last minute deals and essentials.

Pulsin, our nutrition partner will be providing you with their fabulous protein recovery bars.



#dbmaxselfie

We will again have the **#dbmaxselfie** competition in 2018. There will be a couple of selfie boards on site and everyone that posts a photo to Twitter or Instagram with the hashtag **#dbmaxselfie** will go into the draw for..... wait for it, free entry to your choice of next year's Westonbirt House 10k's (Easter, August and December).

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

iPods and MP3 Players

Competitors are permitted to wear iPods or MP3 players, however volume levels must be kept to a minimum so you can hear marshal instructions. Not obeying a marshal instruction would lead to a DQ, so please keep that volume down.



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.

Refreshments

The bar will be open before and after the race. If you have paid for a **mulled wine and mince pie or a beer and a mince pie** ticket you need to present the bar staff with the tear off strip on your race number. The bar is open to all competitors and spectators from 10:30. Prices are as follows:

Glass of wine £3.00
Glass of mulled wine £3.50
Bottle of lager: £3.50
Bottle of ale: £4.00
Mini bottle of Prosecco: £6.00
Soft drinks from £1.00

Post-Race Massage

Post-race massage will be provided by the [Physio Clinic, Bristol](#) at a cost of £5.00 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.

Bag Drop

Bag drop will be available at race HQ from 10:30. Please ensure you pick your bag up from the same location immediately after finishing.

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.

Max the Monkey will be looking very festive and handing out Pulsin treats for the children.

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

