

Race letter for Escape Lockdown Trail Run, Sunday 4th April 2021

It's time for the brand-new Escape Lockdown Trail Run DB Maxers. This race letter includes all the details for race day in Upton Cheyney.

Race Venue

Race HQ will be at Manor Farm in Upton Cheyney, Nr Bristol. Rather than a postcode for this, we would encourage you to use the APP What3Words. This is an excellent app at sending you straight to a specific location. The APP is available for Android and iPhone. The What3Words location is **holds.doors.status**, please DO NOT park in the farm itself. The Postcode for Sat Navs is BS30 6NQ

If you click [HERE](#) it will show you the location and give options on how to get directions to this location.

Rule of 6 and Social Distancing

We must all follow the Government guidelines on the Rule of 6 and social distancing. This states that individuals cannot form groups of more than 6 people and everyone should remain 2 metres apart at all times. Whilst we do not like coming across as too formal, we are committed to enforcing these rules, so compliance is compulsory from the moment of arrival into the car park, through to racing and then leaving the grounds.

Social distancing must also be maintained whilst racing, so please keep a 2-metre distance between yourself and other participants. It is important that you do this, even if the person you are racing with is in your bubble – this is because members of the public will not be aware of any bubbles and can report incidents, which we are keen to avoid.

Parking

There is plenty onsite parking at this event. Please follow the signs from close to the venue and park as directed by the attendants. Please note there is a narrow lane up to the venue so drive carefully when entering and leaving.

Registration

There is no registration at the event. Please print a race bib from the timing page in advance of the event (details below). You will pick up your timing chip just before the start. Do not worry if you can not print a race bib, we will provide you with an alternative on race day.

To print your bib, head to [DB Max Sports Timing \(dbmaxresults.co.uk\)](http://dbmaxresults.co.uk) and find your event. Click on the event and then search your name in the box (top right). Click on your name and then click print bib. It may look slightly different on your smartphone but follow the same procedure.

You can watch our bib printing video at <https://youtu.be/DvindqWGUUE>.

The screenshot shows the DB MAX website interface. At the top, there are logos for 'ESCAPE LOCKDOWN' and 'DB MAX RACE TIMING & MULTISPORT EVENTS'. Below the navigation bar, there is a search box with the text 'Search (0)'. A red circle highlights the search box. Below the search box, there are buttons for 'Category Results', 'Gender Results', 'All Results', and 'Advanced'. The main content area shows the profile for 'Craig MACPHERSON' with a 'Finish Time' section and an 'All Splits' table. A red circle highlights the 'Print Bib' button in the 'Finish Time' section.

About your timing chip

Any mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Please deposit your timing chip in the designated bin in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£55 each** so please remember to hand it back.

Mandatory Pre-Race Briefing

The pre-race briefing will be in a video format sent to you prior to race day. Please watch carefully. Please also read this race letter thoroughly and follow marshal instructions and signage on race day.

Start Times

Wave start times have been allocated with competitors starting in groups of 6 every minute. Upon arrival at the start you will be required to queue in a socially distant manner. There will also be hand sanitiser for you to use before entering the start area; please ensure you use this. You will be called forward by the starter to begin your race. Please ensure you have your timing chip securely attached to your left ankle before getting to the start. We suggest you get to the start area approx. 20 minutes before your race start, this allows time to collect your timing chip and to get to the start line.

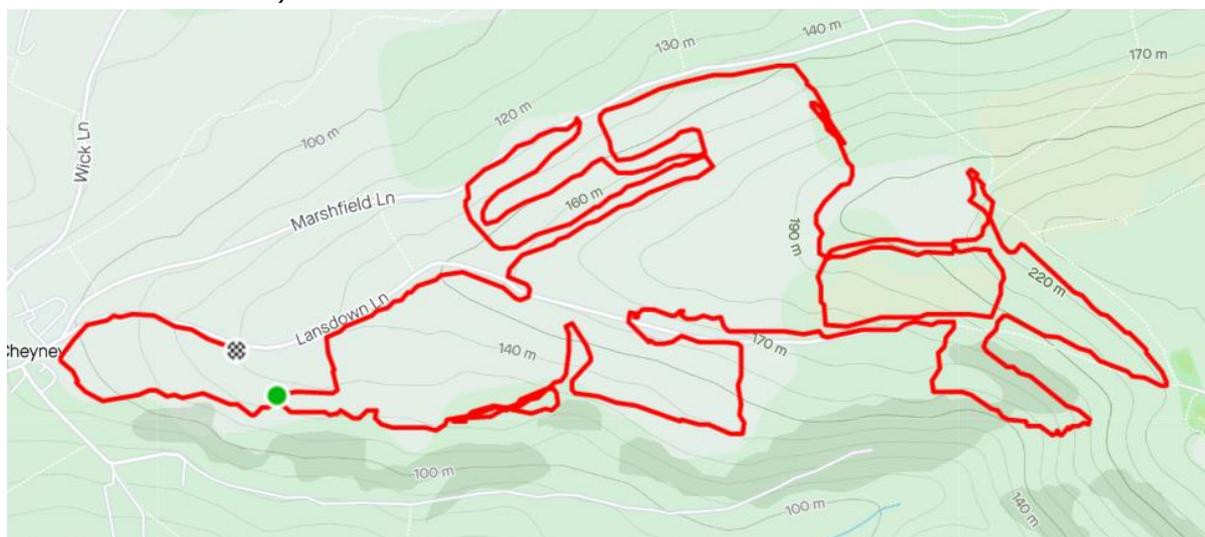
Face Coverings/Masks

Please note that when you arrive at the start it is compulsory for you to wear a face mask/covering. We recommend a buff which you can then place around your wrist when you are running. **Bufs must be folded so that they are at least double-layered**. Please do not remove your mask/face covering until instructed to do so by the race starter.

Run Route

The run route is one lap of just approx. 7ish miles. The race starts in the field next to the car park and heads off around the farm and its land. There are sections of farmland, grassland, trail through woods and some very steep ups and downs. Where necessary ropes will be provided to help you get up and down hills. Hand sanitiser will be available before and after the ropes. We will update on ground conditions a few days before the event.

A small version of the route is pictured below and can also be viewed in full by clicking on the map (whilst connected to the internet).



Finish

When you are approaching the finish of your event, please head in to the roped and finish under the arch. Once you cross the line, please ensure that you continue to keep a 2-metre distance from all other people at all times. You will be able to collect your medal after finishing. Please follow instructions from marshals.

When you have collected your medal you will be able to rest and recover.

From the time of finishing your run to leaving the venue should be no more than 40 minutes. Please do not congregate in groups at any time.

Water Station

A water station will be available at approx. half way. We do however request that you bring your own water and carry it yourself. If you do need to use a water station, then you must follow marshal instructions. It may be necessary to queue at a 2 metre distance to other competitors to maintain social distancing. There will be hand sanitiser available at the water station. 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, you are not permitted to run with the cup.

Litter

At no time is littering acceptable. If you take out gels and water with you we expect you to return with it. Anyone found to be littering will be disqualified immediately. Please take any of your own litter home with you.

Spectators

Spectators are not permitted at this event. The only exceptions are for under 18's and those who need help on medical grounds. In this instance, 1 spectator per person is permitted.

Coffee/Hot Drinks

Hot drinks will be available in the race finish area, in a Covid safe manner.

iPods and MP3 Players

Competitors are permitted to wear iPods or MP3 players while they are racing, please ensure that volumes are kept to a level where you can hear marshals' instructions.

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 at dbmaxresults.co.uk via your smart phones.

Toilets

Toilets will be available for all competitors near the start and the finish, these are easily accessible from the car parks. 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 are available at the event.

Bag Drop

Due to the current situation with COVID-19, we are not able to offer any bag drop at this event. Please do not leave anything at the start area either as this will not be safe.

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. Marshals receive a free entry to a future DB Max event. If you are interested in marshalling, 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 Upton Cheyney on race day!
