

Race letter for the Westonbirt House Summer 10k Friday 23rd July 2021

It's race time with DB Max folks! We're very excited to bring you the third running of the Westonbirt House 10k at this beautiful Gloucestershire venue.

Covid-19

As you are all probably aware by now, restrictions related to Covid-19 have been lifted in England and it is no longer necessary to wear a mask, socially distance or restrict group sizes. This means we could potentially now return our events to pre-pandemic norms, with mass starts and large groups.

However, we know that some people will feel uncomfortable with this and feel it is too soon to do so. We also want to make sure our races are welcoming for all.

With this in mind, we will ask that participants respect personal space and avoid getting overly close to others. Please use common sense on meeting in groups and respect those around you who may be continuing to take care and avoiding close contact.

With regards to mass starts, at Castle Combe Midweek 10k on Wednesday 14th July, we trialled rolling starts. This type of start is almost like a mass start, but it allows us to make sure that everyone is well spread out. We will have a long start chute and sort people into it based on estimated finish times. This will be done using our awesome #dbmaxpaceteam and we will call runners forward as per their expected finish times. Those running sub 40 will be called to the start line first, then 40 to 44 minutes, 45 to 49 minutes and so on. This theme will continue down to our final 75 minute runners, all being called forward alongside the relevant DB Max pacer. For those who are uncomfortable starting in any sort of group, we will provide a start slot at the very end in your own space.

We also ask people not to hack or spit anywhere on route and when out on the public roads and running through Westonbirt Village we ask for you to respect anyone you come across and keep your distance from people living in these areas.

We do intend to be back to complete normality soon, but we feel it prudent at this stage to keep things safe and enjoyable for all.

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.

Registration

Race numbers and timing chips will be collected from the registration desk. When queuing to collect your race bib you must wear a face covering. 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.

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**.

Bag Drop

There will be a bag drop at this event, though we do encourage you to keep personal belongings in your car. If you do need to drop a bag off, there will be a gazebo near registration. Bag Drop Pick Up will be in the Orangery of Westonbirt House near the finish, you will queue outside and we will bring your bag to you.

Video Pre-Race Briefing

We will send out a video brief next week. This is compulsory to watch. We will also do announcements throughout the evening with details on the event.

Start Times

The race start will be prompt at **19:30**. Details of how the race will start are above in the Covid-19 section.

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.



Finish

The finish straight is a spectacular stretch in the house gardens, culminating in a finish line directly outside the Westonbirt House.

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.



IPods and MP3 Players

Competitors are permitted to wear iPods or MP3 players, but they must be at a level where marshal instructions can be heard and motorists can also be heard.

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 giving your name to the bar staff after the race.

Refreshments

The bar will be open before and after the race. The bar is open to all competitors and spectators from 17:30 (this is at the finish area at the back of the house), tea and coffee will be available from the front of the house before the race starts. Prices are as follows:

- Glass of wine (175ml) - £5.00
- Bottle of lager (330ml) - £4.50
- Bottle of cider (500ml) - £5.00
- Bottle of ale (500ml) - £5.00
- Glass of Prosecco - £6.50

Soft drinks - £1.50 to £3.00

Burger in a bap: £5.00 (vegan and coeliac options available).

Tea - £1.50

Coffee - £2.00

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.

Water Station

There will be 1 water station on route at 5k. If you do need to use a water station, then you must follow marshal instructions. 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 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 1 hour 45 minutes in total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event.

Litter

Littering is obviously 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, if you can carry a full gel, you can certainly carry an empty one. 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.

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 at Westonbirt on Friday 23rd July !

