

Race letter for the Flying Monk Malmesbury 10k Sunday 29th August 2021

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 a 10 to 15 minute walk away. We do ask that Malmesbury residents do not drive to the event and walk instead. Please also note that the school car park will be closed and locked by 13:30 so all cars must be removed by then.

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 DB Max Marquee at the football club from **09:30-10:45**.

Race numbers and timing chips will be collected from the registration 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.

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, we have been using rolling starts at our recent events. 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 the local area 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.

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

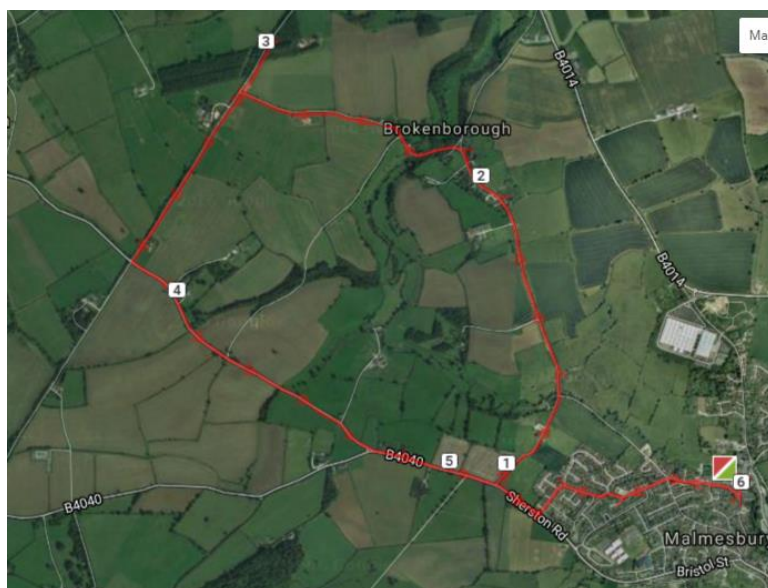
There will be a bag drop at this event, though we do encourage you to keep personal belongings in your car. If you do need to drop a bag off, there will be a gazebo near registration. You will pop a label on your bag and place it in the bag drop. When collecting you will find your own bag and the label will be checked against your bag when leaving.

Start Times

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

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

There will be no awards presented on the day. Awards will be sent out to the following prize winners.

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

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.

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 portable toilets. Showers are not available at this event.

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!

Water Station

There will be 1 water station on route at approx. 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 in Malmesbury on Sunday!
