

TrustFord Westbury Wipeout 2015 – Instructions for Participants

Welcome to Blaise Castle for the Westbury Wipeout.

What Happens, When

- All ages: Please meet at 7:15pm in front of the club house for a general 'warm-up'.
- At the end of the warm-up, we will take you straight to the correct start for your age.
- The run for ages 10 upwards starts first ('Start A'), at about 7:30.
- The route takes the runners past the assembled 8 and 9 year-olds ('Start B'). As soon as the older runners have gone by, the younger ages start.
- As well as starting at a different place, the younger ages (8 – 9) take a short cut, so they do 2k (instead of 3k which the main run does): at the bottom of the long downhill ('Descent of Doom') you come out into a meadow. At the end of this the younger runners turn left, and take a 'short cut' (points 6 to 11 on the map). The main run goes straight on.
- Please pin (using four safety pins one in each corner) your race number to the **FRONT** of your tee shirt / vest and ensure it remains in place throughout the entire race. If it falls off keep your race number with you. No number at the end of the race means no race finish position and no medal.

For Your Safety

- Please read the 'Be Water Aware' health advice card, as you will be running along a stream for some sections of the course.
- If you have any cuts, please make sure that they are covered by a waterproof plaster / dressing.
- Our marshals will be wearing bright yellow jackets. They will show you the way, and help you if you have a problem. Please don't talk to anyone not wearing a yellow jacket.
- If you are hurt or tired out and can't go any further, go to a marshal in a yellow jacket and wait with them. Please **don't** try to find your way back on your own.
- Some of our runners will be running with you to help as well. They will be wearing running bibs.
- Please remember that this is a Fun Run, not a race. When you start running, don't go too fast! We want everyone to finish.
- Go slowly on the long downhill ('Descent of Doom') – it may be slippery!
- Watch out for tree roots all the way along the run. There will be some rocks too under the water. And look out for slippery bits (including dog poo)!
- There are some steep scrambles on the run. Please take care that you don't slip and fall down on other runners. If you think it is too difficult, ask one of our helpers to help.
- There may be people along the paths who are not involved in the run. Please look out and don't run into them!
- If there is a hold-up (e.g. at a bridge), please be patient. Don't forget, this is a fun run, not a race.

We hope you have a great run.