

The **2024 Westbury Wipeout**

Supported by The Murphy Clinic

Instructions for Participants

“Welcome to Blaise Castle for the Westbury Wipeout”

Don't Forget to Bring

- Clean dry clothing for afterwards, and possibly a towel.
- Shoes (not spikes) suitable for uneven, sometimes muddy, sometimes hard terrain.
- Your own water bottle (fresh water for bottles will be available from the club house).

What Happens, When

- Pick up your race number from outside the Westbury Harriers club house (next to the playground / main car park at **Blaise Castle, Kings Weston Road, Bristol BS10 7QT**). You will also be given a 'T-shirt token', which you can exchange for an event T-shirt in your size at the T-shirt station.
- * If the participant has any relevant medical needs, please write them on the back of the number *
- Please pin (using *four* safety pins, one in each corner) your race number to the **FRONT** of your T-shirt, 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.
- All ages: Please meet at **7:15pm** near the finish gantry for a briefing
- After the briefing, we'll take the 8 and 9 year-olds (**Yellow Numbers**) to their different start point (B).
- We'll group all other runners aged 10+ to start in four waves to reduce congestion. Please gather by the number for your wave:
Wave 1: Years 9 + 10 + 'Greyhounds' (anyone who wants to 'race') **Wave 2:** Year 8
Wave 3: Year 7 **Wave 4:** Years 5 + 6 (subject to minimum age 10 on the day)
- The route takes the older runners past the assembled 8 and 9 year-olds at 'Start B'. After the older runners have gone by, the younger **Yellow Number** runners will start ('Wave 5').
- As well as starting at a different place, the younger ages (8 – 9) take a short cut, so they run 2k (instead of 3k which the main run does).

For Your Safety

- Please read our separate **Outdoor Health Leaflet** which addresses some of the risks of an outdoor event such as this.
- Parents, please supervise any excited youngsters using the playground before the event!
- 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. Some of our runners will be running with you to help as well. They will be wearing running bibs.
- 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.
- 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. If there is a hold-up (e.g. at a bridge), please be patient.
- Go slowly on the long downhill ('Descent of Doom'), and please don't push.
- Watch out for tree roots all the way along the run. The streams may be rocky in places and look out for slippery bits. Please take care that you don't slip on the scrambles.
- There may be people along the paths who are not involved in the run. Please look out for them.
- Once you reach the water for the first time, the course always stays in the gorge, within 50m of the stream, until the final clamber. The route does not leave Blaise Castle, so if you find yourself high up, or come to a road with cars, then you have gone wrong and must turn back.
- You should see marshals regularly on your run. If you don't you may have gone wrong, so return to the last marshal you saw.

We hope you have a great run