



## Muddy Welly Race Instructions 2019

### SUNDAY 15 DECEMBER, 10am

#### THE MOST IMPORTANT THINGS TO NOTE:

- The event village (parking, start/finish and all amenities) is at [Wellington College, Dukes Ride Crowthorne, Berkshire, RG45 7PT.](#)
- There is a suggested voluntary contribution of £2/car which will go direct to **Bloodwise**.
- We suggest you plan to arrive for 9am latest. Both distances **start together at 10am**.
- Race numbers and timing chips are to be collected on the morning of the event.
- Don't wear your best brand new trainers, unless you don't mind them getting potentially very muddy!
- The course map can be found [here](#)

We're very grateful to Peter Cook, our event photographer whose **PICTURES** will be online FREE to download after the event [here](#).



DB Max are timing the event this year and your **RESULT** will be available as soon as you cross the finish line at their gazebo or online [here](#).

We will have Maria & Tessa onsite for pre and post event **MASSAGE** - so bring your pennies.

You will receive your very own personalised **iTAB** with your finish time to go on the back of your well-earned **medal** **within 7-10 days after the event**.

Brian from [Runners Retreat](#) will also be with us for any last minute running stocking fillers!

### GOING GREENER....

We have a few "green" initiatives we would really like you to come on board with:

- Drinks at the finish line - there will be tables in registration labelled "**Finish line drinks**" - please put your bottle there and it will be on the finish line for you when you finish. There will be a limited supply of water and cups on the finish line.
- Want some mulled wine?? Silly question.....please **bring your own thermal cup**.
- Don't want to take your trainers home/have trainers at home you no longer wear? Bring them with you and put them in our "**TRAINER RECYCLING BIN**" and we will pass them on to [The Cowshed](#).

