

Relish Running Races

Lacock Road Races - 10th June 2018, from 09:00
Lacock Playing Fields, Lacock, SN15 2LG.

Important Notices

This is a Closed Roads event. As always, an event never occurs in isolation, and we must work with our hosts, residents and local businesses. A very select number of people have been given permission to cross over or into our road closure area; these include carers visiting the elderly and infirm, businesses who must receive their fresh produce for the day. All these vehicles will be travelling at no greater than 10mph, with hazard lights on and with marshal escort. Cyclists and pedestrians may use the roads, travelling in any direction, as usual.

Please respect this and be polite and considerate to everyone you come across, be they in a vehicle or on foot. The continued success of events like this is dependent on how well they are received locally, please keep this in mind.

Car Parking - Two Car Parks

Due to the growth of the event this year we have two car parks in operation and we would ask people to consider car sharing if at all possible. We ask people to direct themselves to the car park closest to their direction of travel. Families with young children, feel free to park in the Fields car park.

For both car parks, white and red Relish Running signs will direct you to the car park, then small orange/pink multi directional arrows will guide you from the car park to the Race HQ.



Car Park - Whitehall Garden Centre From 09:00am ONLY (SN15 2LZ)

For 10km & 5km runners coming from the East - Bath, Bristol, Corsham, Box direction.

Please follow the white and red signs through the main car park into the overflow car park. There is a 15mins walk from this car park to the race HQ. It does involve crossing busy main roads so people with families are encouraged to use the fields car park. There is no charge for use of the car park.

Car Park - Fields (SN15 2LG)

For all 1km, Half Marathon runners, as well as 5km and 10km runners coming from the North, South & West - Chippenham, Melksham Devizes

Please follow the white and red signs through Lacock village and PAST the National Trust car park. Please do not duck into this car park, even if you are an NT member as we have agreed with the National Trust to keep this car park free for their regular visitors.

The fields car park is about 50m beyond the National Trust car park. This car park is £2 per car (compared to £3 in the National Trust car park) paid to the landowner of the fields. Please pay the parking attendant at the entrance to the field to ensure we keep everyone moving nice and quickly into the field.

If you are running in the 1km please note it may take time for you to be able to leave the car park again as runners for the longer distances will be arriving at the same time you may look to leave. Please consider taking some time to explore this beautiful village and maybe visit the cafes and attractions while you are here.

Arriving at the race site and the road closures

The placement of the road closures will mainly affect people arriving from the West. Road closures will be complete by 08:00, you may see signs going up earlier, as not all signs can go up simultaneously. Runners attending the race will be allowed through the road closures up until 09:00. At this point we need to secure the roads and ensure all vehicles are off the route, so please make sure you have arrived in good time.

To avoid the road closures entirely, plan a journey that brings you into Lacock via the A350, avoiding approaches from Bowden Hill (in the West) and Forest Lane (to the South, via Melksham)

Cars can leave the car park from 11:00. Cars can turn left and back onto the normal highway within 50m. If you are leaving the car park and turning right, you will be rejoining the road in the direction that the runners are travelling. The road is still closed at this point so you should not meet any traffic heading in the opposite direction. Please stick to the right hand side and give the runners lots of space until you leave our road closed area. Please then don't forget to move back to the left hand side of the road!

Music / Headphones

Runners can listen to music during this race, but only with Bone Conducing headphones as per UK Athletics rules. We do have splits on the course where 5km / 10km runners go in one direction and Half

Marathon runners go in another; we would hate for you to miss a marshal call because your music was too loud ;-)

The marshals will not be able to leave their post to chase after you if you miss a turn because you are listening to music so please be very mindful of this.

Refreshments

There are lots of excellent pubs and cafes within a close walk of the start/finish area, including a breakfast offering in the Village Hall which is just off the main High Street, where the runners are running out and back.

Sunday Lunch

There are a fine selection of local pubs offering Sunday lunches. Please see a list on our website [Lacock Road Races > Pubs](#). If you do make a booking please give the race a mention, and wear your medal with pride if you pop in for a post race drink!

Toilets

The race will be providing portaloos in the Start/Finish field. Please use the toilets only, do not use the village toilets.

Massage

There will be post race massage available at a good rate.

Shop

[Bosombuddies](#) sportswear will be on site exhibiting, chatting to runners and selling their kit. There will be 10% off all purchases made on the day at the event.

Registration 08:00 – 10:00

On the Day Registration will close at 10:00. Number collection for the various waves will remain open right upon til the start time for that particular wave. **Number Collection is by your EVENT WAVE eg Event Wave 4, and not your race wave eg 10km wave 3.** See below for details. Registration is on the Lacock Playing Fields. Please collect your number on the day. We have different colour numbers for the different events, this is for the benefit of the marshals who are directing you on the various routes. If you would like to switch race on race day, this will be possible, but please collect a new race number so we can direct you and record your result for the appropriate event.

PROVISIONAL Race Start Times - final times published Weds 6th June

Event Wave	Race Wave	Race Briefing	Warm Up	Start Time	Bib Colour	OTD Reg?
	1km - Wave 1	08:50	08:55	09:00	TBC	No
	1km - Wave 2	09:00	09:05	09:10	TBC	Yes
Wave 1	Half Marathon - Wave 1	09:20	09:25	09:30	TBC	No
Wave 2	Half Marathon - Wave 2	09:35	09:40	09:45	TBC	Yes
Wave 3	5km - All Waves	09:45	09:50	09:55	TBC	Yes
Wave 4	10km - Wave 1	09:55	10:00	10:05	TBC	No
Wave 5	10km - Wave 2	10:05	10:10	10:15	TBC	No
Wave 6	10km - Wave 3 & 4	10:15	10:20	10:25	TBC	Yes

OTD Reg? - On the day registration?

There will be a race briefing 10mins before each wave start, followed by a 5min warm up. All will take place in the vicinity of the start line, adjacent to the finish gantry.

1km Course Description

The 1km course is an out and back course along the main High Street in Lacock, with runners sticking to the right hand side at all times and making the U turn in an anticlockwise direction.

5km & 10km Course Description

There will be KM and Mile distance markers out on the route. The KM distance markers are for the 5km/10km race, the Mile markers are for the HM race. We are only putting out 1 laps worth of markers, as all laps are repeated. Each lap of the course is 5km, ie 1km marker = 6km marker. There is a map on the last page of this document which may be helpful to view alongside the route description.

0km – 1km

The runners will make a right hand turn out from the playing fields and on to the road. There is a pedestrian crossing point approximately 50m along this road so please keep an eye out here. This has two lovely stone bridges over the river avon as it climbs ever so slightly to Bewley Lane.

1km – 2km

Bewley Lane is quite country lane with a few houses dotted along the route and is a very flat road.

2km – 3km ** Course Split **

The third km brings runners into Reybridge. Here you will be directed onto the Right Hand Side of the road and pass the drinks station on your right hand side. This section has 2 way traffic of runners so it is important runners keep right at this point.

3km – 4km

About 30m after passing the 3km sign there is a left turn for the 5km and 10km runners and the HM runners go straight ahead. You complete a small loop before emerging onto Mons Lane, and pass the aforementioned drinks station heading in the opposite direction. This small loop is on private ground belonging to Lackham College and we ask that you do not use this road at other times. Runners will now pick up a tarmac footpath across some fields which is on a slight gradient up to the village.

4km – 5km

Once onto Nethercott Hill the road starts to descend and you will see a sign saying Wet Feet (Left Arrow) and Dry Feed (Right Arrow). Here we have a Ford ahead, is a good length at 12m-15m and about ankle height. If you branch left at this point you will be running into the Ford, if you branch right you will take the footpath around the edge. Both routes are the same distance. The ford will be slippery underfoot, please take care at this point.

You are now running through the heart of Lacock Village. Please be very aware of other visitors to the town. We are stopping short of laying barriers along the length of the route, for everyone's convenience, so please be polite and considerate to other people who are moving out and about around the town.

After the Ford runners will bear right onto Church Street, shortly followed by a left along East Street which leads runners up to the main High Street. Here runners will turn right and run an out and back length along the High Street and start heading back towards the Race Village area.

All runners will go back into the Race Village area. 5Km runners will head direct for the finish. 10Km runners will make a U turn at the white flags, pass another drinks station on their left hand side before heading out for another lap. Upon completion of the 2nd lap, the 10km runners will head straight for the finish.

Half Marathon Course Description

There will be KM and Mile distance markers out on the route. The KM distance markers are for the 5km/10km race, the Mile markers are for the HM race. We are only putting out 1 laps worth of markers, as all laps are repeated. Each lap of the course is 4.4miles. There is a map on the last page of this document which may be helpful to view alongside the route description.

1Mile – 2Miles ** Course Split **

The second mile brings runners into Reybridge. Here you will be directed onto the Right Hand Side of the road and pass the drinks station on your right hand side. This section has 2 way traffic of runners so it is important runners keep right at this point. About 30m after passing the 3km sign there is a left turn for the 5km and 10km runners and the HM runners go straight ahead.

2 Miles – 3 Miles

Half Marathon runners carry straight along the track for about 500m before, running a short out and back section to make the event up to distance. They then branch right to head along a farm track. Here we are running on the private roads of Lackham College so please do not run on these roads at any other times. You will skirt along the edge of the farm and it's buildings, reaching the 3 Mile mark just before the rejoining onto normal roads at Mons Lane.

3 Miles – 4 Miles

In a short while you will repass the first drinks station. Please stick to the right hand side at this point to allow runners to keep moving in both directions. Runners will now pick up a tarmac footpath which is on a slight gradient up to the village.

Once onto Nethercott Hill the road starts to descend and you will see a sign saying Wet Feet (Left Arrow) and Dry Feed (Right Arrow). Here we have a Ford ahead, is a good length at 12m-15m and about ankle height. If you branch left at this point you will be running into the Ford, if you branch right you will take the footpath around the edge. Both routes are the same distance. The ford will be slippery underfoot, please take care at this point.

4 Miles – 4.4 Miles

You are now running through the heart of Lacock Village. Please be very aware of other visitors to the town. We are stopping short of laying barriers along the length of the route, for everyone's convenience, so please be polite and considerate to other people who are moving out and about around the town.

After the Ford runners will bear right onto Church Street, shortly followed by a left along East Street which leads runners up to the main High Street. Here runners will turn right and run an out and back length along the High Street and start heading back towards the Race Village area.

All runners will go back into the Race Village area. 5Km runners will head direct for the finish. 10Km runners will make a U turn around the white flags after 1 lap and head for the finish after 2 laps. HM runners will need to complete 3 full laps before heading to the finish on the 3rd time of returning to the Start/Finish area.

Prizes

All runners will collect a Lacock medal and be offered our usual buffet of fresh fruit and tasty treats.

As there are multiple waves for each event we will follow up with the prize winners the following week, from Weds onwards. There will be prizes for the 5km, 10km and Half Marathon in the following categories for both male and female runners; Top 3 Overall, 1st U20, 40-49, 50-59, 60+

After the race please stay around and enjoy the beautiful setting. Lacock has a many quaint and interesting shops throughout the village, after the race, please do have an explore and see everything the village has to offer.

