



BRAINTREE & DISTRICT
ATHLETIC CLUB

Dear Runners,

Thank you for entering the Braintree 5 Annual 5 Mile Road Race.

**31st March 2019 – 10:30am start at Chelmsford City Racecourse,
remember the clock change!**

I just want to let everyone know that all race numbers with the chips attached are to be collected on the day. Please therefore allow yourself a little extra time, although we have lots of helpers on the day handing them out, so we don't expect any delays. We will be handing out numbers right up until the last minute if you do arrive late.

The main car park is 3-4 mins walk to race HQ which is then adjacent to the start line, so please allow yourself time on the day to collect your number and get to the start.

The course is undulating and the course map is overleaf and will be displayed on the day in the main pavilion. The roads are fairly quiet and there will be marshals at all crossing points and junctions but we ask that all runners stay on the left hand side at all times and follow the marshals' instructions.

There will be a mustering point adjacent to the start for a short briefing, so please be there at least 5 minutes before the race start time.

We have chip timing (Provided by Nice Work) and this will be stuck on the back of your race number. As we don't collect the chip back off you please don't walk back past the finish line as you will get a second result. Please do not remove the chip from your number or wear it anywhere else other than on the front of your vest or top.

There is free parking for over 1,000 cars at the racecourse. Please use the main car park off of the A131 dual carriageway, the entrance is from the left hand carriageway if you are coming from Chelmsford or if you are traveling from Braintree/A120 you will need to go to the next roundabout and come back on yourself.

There are plenty of toilets at the racecourse and room for us to provide a bag drop if you want to use it. The race course will also be offering a catering service for hot drinks and snacks such as Bacon Rolls, chips cakes etc.

Presentations will take place about 60 minutes after the race start time and once again we also have a team Trophy. The first 4 Men and the first 4 Ladies home for their club/team will score.

Hopefully this covers everything you need to know for race day but please let me know if you need any other information. I look forward to seeing you on the day.

Have a great Run

Best Wishes, Claire.

(Claire Blake, Braintree 5 Race Director)

