

Race letter for Lightning Bolt 10k Sunday 14th April 2024

It's race time with i-Compete Events! We're very excited to be bringing you the first **Lightning Bolt 10k of 2024**.

Race Venue

Race HQ will be in the i-Compete Gazebo at Langley Burrell Village Hall (SN15 4LL).

Parking

Race HQ and Car Parking are located at Langley Burrell Village Hall, just a short distance from junction 17 of the M4. Please drive very carefully through the village and on arrival park as directed, the address is:

Langley Burrell Village Hall,
Langley Burrell,
Chippenham,
Wiltshire,
SN15 4LL

Please **DO NOT** park in the village. There is plenty of parking in the event field.

Registration

Race numbers and timing chips will be collected from the registration desk on the day of the event. Registration will be open from **08:45 to 09:40**. Please attach your race number to your front while racing so that it can be clearly seen - race belts may be used if required.

Please note that bibs, chips, race lists and all literature have gone to print, and no transfers, refunds or deferrals are available at this stage.

Timing Chips

Your timing chip will be attached to your race bib when you receive it. Please do not remove it and ensure that you do not pierce the chip with your safety pins. Please watch the [chip fitting instruction video here](#).

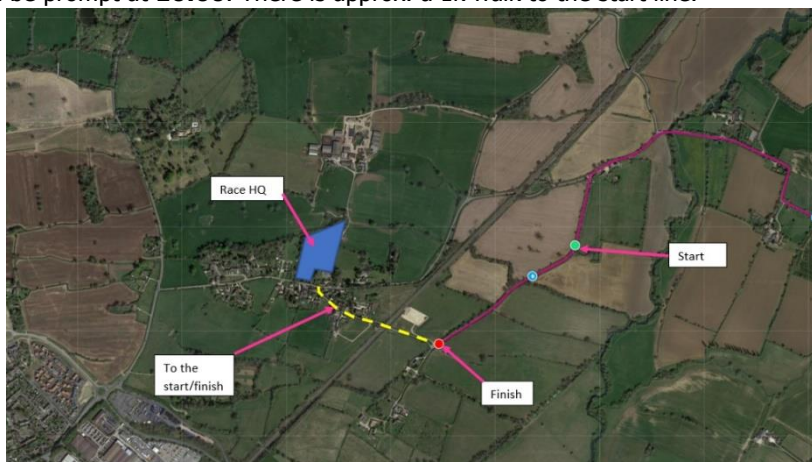
The timing chips will ensure that your finish results are collected by. Remember - **no timing chip, no results**.

Mandatory Pre-Race Briefing

There will be a mandatory pre-race briefing for all competitors 15 minutes before the race starts at the village hall. We will then walk competitors down to the start line (approx. 1k).

Start Times

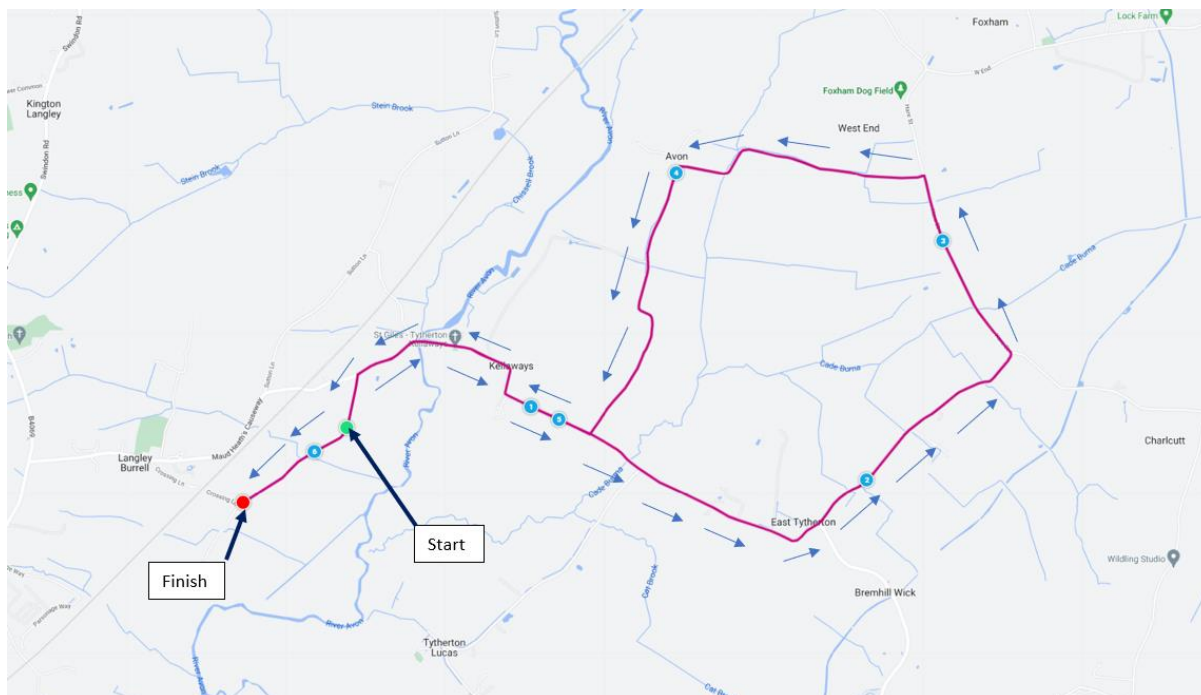
The race start will be prompt at **10:00**. There is approx. a 1k walk to the start line.



Race Route

The run route is one lap of 10k. The race starts on Peckingell Lane. From here, you head down to the River Avon and cross Mauds Heath Causeway before doing a lap round the local villages, coming back to finish on Peckingell. Please do note that the start and finish are separated by 600 metres. The race is held entirely on open roads, so please run with due care and attention and listen to marshals instructions at all time.

A small version of the route is pictured below and can also be viewed in full by clicking on the map



Presentations and Awards

There is no presentation on the day and competitors will be emailed details of their prizes in the days after the event.

Awards will be presented as follows:

Overall: 1st, 2nd & 3rd M & F

Vet 40-49: 1st M & F

Vet 50-59: 1st M & F

Vet 60-69: 1st M & F

Vet 70+: 1st M & F

Junior : 1st M & F

iPods and MP3 Players

Competitors are **NOT** permitted to wear iPods or MP3 players at any time whilst running.

Race Timing

DB Max Sports Timing will be producing live race results. The race line up and link to the results is [HERE](#)

Toilets

Toilets for runners will be located around the village hall.

Bag Drop

There is no bag drop available at this event. Race HQ is right next to the car park, so please leave all valuables and bags in your car.-

Water Station

There will be 1 water station on route at approx. 5k. When you collect your water you must move away from the water station and take on your fluid. When you have finished you **MUST** place the cup in the bins provided as you are not permitted to run with the cup.

Pacers

There will be pacers at this event with the following times.

38/40/42/45/48/50/52/55/58/60/62/65/70/75 minutes. Pacers will be identifiable from the T-Shirts they will be wearing.

Cut Offs

There is no official cut-off for the event, however you will be expected to complete the event in less than 1 hour 15 minutes in total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event.

Litter

Littering is obviously not acceptable at any time. If you use gels you must return to the finish with the wrappers and take your litter home with you, if you can carry a full gel, you can certainly carry an empty one. Littering incurs immediate disqualification.

Race Photography

[Charles Whiton Photography](#) will be on site taking photos from the day. These are available to buy after the event. Please feel free to smile for the camera and make sure your race bib is clearly visible. You will be able to view your photos on your individual results page once the photographer has uploaded them to his site. The bib recognition means you can access your own photos quickly and easily.

Marshals

As with all i-Compete Events, we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending, why not ask them to get involved – they will have great fun and will also earn a free entry to a similar i-compete event. If you are interested in helping, please email james@icompete.co.uk

Horses and Horse Riders

As we are sure you are aware, the Lightning Bolt 10k takes place in a rural area. In this area, there are many horses and horse riders. We do ask that if you come across a horse rider whilst out running, that you follow these simple pieces of advice.

If approaching from behind, call out to the rider so the horse and rider are aware you are there. Calling 'Runner behind' is perfect. Should the horse be startled, stop running and wait for the rider to signal it is safe for you to pass. Remember, please pass as wide as possible and do not come up directly behind a horse and rider.

If there is a passing place, such as a drive or layby the horse rider can get to, wait for them to get to safety and signal for you to pass. Communicate politely with each other.

Remove any bright, or flapping garments, such as flags or coats around the waist. Tuck these out of the way when passing. Pass the horse and rider, in single file, wide and slowly, avoiding any sudden movements.

If approaching from the front, call out to the rider so the horse and rider are aware you are there. Calling 'Runner approaching' is great. Slow down and ask if it's OK to continue. Should the horse be startled, stop. Wait for the rider to signal it's safe to continue.

Being higher up on a horse, there are factors to consider like clarity of hearing with the elements, the sounds of the hooves and horses can not see immediately behind them. Give plenty of room to avoid kicking. Should you be unsure of what to do, stop. Communicate with the rider, ask what you can do to help.

One Last Thing...

We have made the Lightning Bolt 10k a race which is affordable for everybody. You would have chosen before you entered whether you will get a medal on the day or not. We also have really stripped the race right back to make entries cheap and affordable for all, so with this in mind, there will be none of the usual i-Compete bells and whistles... No start and finish gantry, no samba band, just a super fast, super flat route for a fun night out... We hope you like what we are trying to do and don't forget the future races throughout the year.

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you in Langley Burrell on Sunday 14th April.
