

Kymin Winter Hill Race. Sunday 19<sup>th</sup> January. 2pm.

Race day details.

Thanks for entering - there will be no EOD. Transfers close Friday midday.

Of course! You need to bring full kit. The weather is uncertain and we might insist you carry/wear it all. What you need to carry will be made clear at registration.

Race HQ is at Monmouth Prep School, Hadnock Rd, Mayhill, Monmouth NP25 3NG. The parking is in the school car park as usual. Please follow volunteer directions when you arrive:

<https://maps.app.goo.gl/ie9c8eEFDYJdVZ458>

Registration will open in the foyer from 12:30pm and will close at 1:50pm. Toilets are available at Race HQ, please do not wear muddy shoes inside the building.

The race starts on Offa's Dyke just up from the Mayhill Pub at 2pm. It's a 10-minute walk from the school car park. We will have the race briefing at the start. Please try to get in approximate speed order.

The route is marked. Follow arrows and pin flags and NOT RUNNERS IN FRONT. The course is a mixture of road and off-road. If the weather forecast is correct, it'll be less 'slippy' than usual but we still recommend off-road/fell shoes.

We have numerous marshals on the route. Please say hello. There will also be sweeps. If you get into difficulties, then, if possible, make your way to the nearest marshal who will get in touch with us.

Your race number has a chip on it. This is used to record your time on the way out and way back. Clothing over your number and/or hand/arms will inhibit the signal strength (and block your number from the back-up video). Start and finish with your race number visible and your hands/arms out to the side.

Results will be in the pub after the last runner has finished and we've walked down, got changed, bought a beer...

Inclusive sausages and chips will be served in the Mayhill Pub (vegan option) from about 3:20pm. Prize giving will be there too (after everyone gets their nosh). If you are coming to the pub please buy a drink. If we fill up the pub and they take less money than usual it puts the future of the event in jeopardy.

If you retire from the race once started you must see Cherry or Paul before you go home. It is not possible to get past the timing equipment on your return without registering your chip, so you will need to be removed from the results.

**Please note that the car park gate is locked at 4:30pm. Please make sure you remove your car before then or you'll need to pick it up Monday.**

We hope you enjoy the race. See you Sunday.

Cherry and Paul on behalf of Chepstow Harriers