



THE ROOD RAMPAGE

Sunday 14th July 2024

Introduction

It's nearly time for the super-exciting **Rood Rampage**, race 5 in the **UK OCR Series 2024**.

Please read this **race letter** carefully as it includes all the details for race day at our superb venue in **Rood Ashton**, near **Trowbridge**.

Venue and Arrival

The **race venue** is **Home Farm in Rood Ashton** and the postcode for Sat Navs is **BA14 6BL**. The **What3Words** exact location for the car park entrance is **officers.outcasts.master**.

As you approach the venue please switch and follow the **DB Max car park signs** instead of your Sat Navs until you reach the main entrance. We have set up a system to get you round the area with the minimum amount of hassle on the narrow country lanes. Ignoring these signs could cause congestion. Please also help us to maintain our good relationship with the community and drive with due care and attention through the villages and lanes around the local area. **Access to the venue will be from 07:45**.

Car Parking

On arriving at the venue, please have your £5 parking fee ready for the attendants. Please park as directed by the attendants.



Registration and Timing Chip collection

Registration for this event is in the main arena. After collecting your timing chip, securely attach it to your ankle, using the Velcro strap provided. There will be one red chip for most participants, but the competitive wave will also have a second purple chip.

Your timing chip will enable us to calculate your finish results and display them live online at [DB Max Sports Timing \(dbmaxresults.co.uk\)](http://dbmaxresults.co.uk).

Remember, no timing chip, no results folks, so don't forget to wear it. It cannot come off accidentally if fastened correctly and it is your responsibility until you return it in the finish funnel after your race.

Warm Up and Mandatory Pre-Race Briefing

There will be a warm-up for all participants in the open waves and youth/kids wave, with Coach Lucy. After your warm-up there will be a short pre-race briefing just before the race start.

There will be a video briefing posted a few days before race day, once the course is built.

Wave Start Times

The wave times for the event are as follows:

- **Wave 1 Competitive F – 08:40**
- **Wave 2 Competitive M – 08:45**
- **Wave 1 Open – 09:45**
- **Wave 2 Open – 10:15**
- **Wave 3 Open – 10:45**
- **Wave 1 Youth and Kids – 11:45**

Please ensure you are in the start pen area, around 15 minutes before your wave start time.

The full race line-up can be viewed on the results page at [DB Max Sports Timing](http://dbmaxresults.co.uk)

Route

The race starts and finishes in the main arena. The route will be approximately 4.5 miles for open participants, 9 miles for competitive participants (two laps) and approximately 3.5 miles for the kids' race.

You can view the [2023 route online here](#). The 2024 route will be very similar and will be confirmed once built a few days before race day.

The route is predominantly flat, but with a few hills thrown in too. There will be several water sections, one of which is a lake. If you are a weak or non-swimmer, we would ask that you do not complete this section. Being set on farmland and woodland, there are sections where participants need to be careful with their footing. Ruts, branches and other natural trip hazards, will all be present on the course, so take care at all times.

Obstacles

The race will see the return of many Rood Rampage favourites. Whilst we would love everyone to complete each obstacle, it is not compulsory for open athletes at this inclusive race. If there is an obstacle you do not feel comfortable attempting, you are welcome to take a pass and move round the obstacle in question.

Athletes in the competitive wave however, will be subject to a standing penalty at certain obstacle they fail to complete. This will be policed by the **British Obstacle Sports** Technical Officials. Further details on race rules for competitive wave athletes, will be sent by Friday July 12th.

Arena and Finish

As you enter the main arena at the end of your race, you will be welcomed by an array of awesome finish obstacles, combined with the main man on the mic, **Paul Warburton (@realpwarbs)**, bringing you home.

The finish is on top of the all-important **Rood Rampage Hea-Van**. The timing point for the open races is just before the van, so you can stop on top to have your photo taken with your buddies.

The actions shots will be taken by the amazing **David Perks Photography** ([@davidperksphotography](#)) and will be available for free on our Facebook page the week following the event.

Once down from the van you can cross the line and swap your timing chip for your medal.

Spectators

Spectators are encouraged to come and support, either in the main arena or at one of the other spectator points on course (the spectator route will be marked by orange arrows). Spectators must stick to these viewing areas only and are not permitted to use any of the obstacles.

Charity Partners

This year we are again supporting **Wiltshire Air Ambulance** who provide an essential Helicopter Emergency Medical Service (HEMS) for anyone who lives, works or travels in Wiltshire and the surrounding counties.

We are also supporting **Bath Cats and Dogs Home**, who home cats and dogs from the public, RSPCA Inspectors, the Police and Dog Wardens covering Bath, Northeast Somerset and parts of Wiltshire. They reunite stray animals with their owners and manage the adoption of rescue pets to loving new homes across the south-west.

Body and Head Cameras

Participants are welcome to use recording devices, understanding that they are solely responsible for any personal equipment at all times.

Results

DB Max Sports Timing will be providing race results which you can follow live on the race day at [DB Max Sports Timing \(dbmaxresults.co.uk\)](http://dbmaxresults.co.uk)

Refreshments

There will be a bar on site for post-race refreshments along with awesome steaks and burgers from [Costy at Velicious](#). We'll also have [Emma and Big Al from the Bun Box](#) will also be selling top-quality coffee, their amazing cakes and sausage rolls too.

Toilets, Changing and Bag Drop

There will be portable toilets on site as well as a changing gazebo. A bag drop facility is provided free of charge. To reduce handling of belongings, you will write your number on a tag and attach it to your bag, then place it in the bag drop yourself. When collecting your bag after your race, you will be able to enter the bag drop area and collect your bag yourself. The staff on bag drop will then check your race number against that of your bag to ensure that it is the correct bag. Please do not put any valuables in your bag when leaving it at the bag drop.

Litter

Please use the bins provided for any rubbish used at the event and do not discard gel wrappers anywhere on the course. Littering anywhere on course incurs immediate disqualification.

And finally...

Thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at [Rood Rampage](#) for some mud and fun on Sunday 14th July.