



Sodbury Slog – November 14th 2021

We are excited to be able to hold the Sodbury Slog again this year and look forward to welcoming you to Chipping Sodbury. It should come as no surprise that we have had to make a number of changes to the event this year due to COVID-19. These are essential changes to help us try and mitigate the risks of coronavirus at a time when case numbers in South Gloucestershire and surrounding areas are rising sharply. Please read this email very carefully.

We strongly encourage everyone to take a COVID-19 lateral flow test in the 72 hours prior to the race. Tests can be obtained for free at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>. If you receive a positive test result then you should isolate, obtain a PCR test, and do not attend the event.

If you or anyone in your immediate household has tested positive or is feeling unwell and experiencing symptoms of COVID-19 prior to the race do not attend the event.

Disposable face masks will be provided for free at Race HQ to be worn when gathered on the start line. Whether you would usually wear a mask or not, we strongly recommend you do so when gathering closely in a large crowd for the health and safety of all participants. Please be considerate of others and help us reduce the risk of infection as much as possible. Please continue to wear your face mask for the first 500 metres, up until the first right turn on the roundabout. At this point you can remove your mask, but please do not drop it here. At the 1KM point, just after Waitrose on the Wickwar Road, there will be specific drop bins for face masks where you can throw masks away. This location will be marshalled and signposted. Do not drop your mask at any other point. Littering of masks on the course is unacceptable and could jeopardise the future of the event.

There will be no changing or shower facilities at the Race HQ this year. As usual there will be a hosepipe to enable you to hose off the worst of the mud.

Bag storage will be available but operated using a one-way system and only accessed from outside the sports hall.

Refreshments, including tea, coffee, cake, and bacon rolls will be served as usual by the school PTA in the old gymnasium. This will also be operated using a one-way system with no facility to remain inside once you have collected your order. Face masks should be worn whenever you are inside.

Car parking is available this year at the Race HQ (BS37 6EW) and open at 09:00. Other car parking is available in the free town car park adjacent to Waitrose off the Wickwar Road (BS37 6AU) as well as in the adjacent long-stay area only of the Waitrose car park which will be given over just to Sodbury Slog parking and exempt from restrictions. Do not park in the short stay area of the Waitrose car park. The Race HQ is approximately a ten-minute walk from these car parks.

Please park legally and considerately and do not block pavements or driveways, and bear in mind walking time to the Race HQ when parking elsewhere. Also note that Chipping Sodbury High Street will be closed to traffic from 12:00 to 16:00. Please do not park in the High Street if you need to be away before 16:00.

Waitrose have kindly offered to take back all plastic bottles for recycling. Please ensure you use the recycling bins at Race HQ or take your plastic home with you.

RandR Photography will be on the course and at the finish taking photos. These images will be available to purchase from their website www.21cphotos.com the day after the race.

If you ordered a race t-shirt then it will be posted out to you in advance of the race. No t-shirts will be available or handed out at the Race HQ. No t-shirt swap facility will be available.

We will be continually monitoring local and national government guidance around coronavirus and outdoor sporting events and should anything change we will contact you via email.

We have worked very hard to ensure the race is able to go ahead as close to normal as possible this year, because while it is a year unlike any before, our primary motivation is still to get everyone out into the glorious countryside for a spot of muddy fun, but to do so as safely as possible.

We look forward to seeing you in Chipping Sodbury on race day and celebrating the return of the Sodbury Slog.