

Cambridge Cambourne 10k 11.00 a.m., 7th April 2019 Race Day Instructions and Information

Welcome to the Cambridge Cambourne 10k! Please read the instructions and abide by them. They are for your safety and to try to ensure everyone enjoys the race. **Please note that race numbers and chips are to be collected again this year and will not be posted** (details are below):

- Please park only on the Business Park; marshals will direct you.
- Please use the race toilets; they are signposted. Please try to queue early.
- **Your race number and chip will be available for collection from the Marketing Office at Cambourne Business Park, or in the marquee next to it, at the following times:**
 - **Friday 5th April 10.00-16.00**
 - **Saturday 6th April 10.00-13.00**
 - **Sunday 7th April from 8.30 onwards available from the MARQUEE only; please pick up your number and chip by 10.30**
- Please ensure your number is securely fastened on your front so that the number is visible. (You'll need four safety pins. Please remember to bring them.)
- Please write medical details and emergency contact details on the back of your number.
- If you wish to leave your kit in the baggage tent, please write your race number on a baggage tag and tie it to your bag. Tags will be available with race numbers. It saves time and frustration if you do this before arriving at the baggage tent. Your bag will be returned on receipt of your race number.
- Please note there is also a fun run taking place and runners in the fun run will be asked to wait in an area, near to the start, in order to start immediately after the 10k. This area should not be used by 10k runners.
- **Please line up at the start in the area marked for your expected finishing time. As in races like the London Marathon, it may take a minute or two to get to the start line but the race is chip-timed which means you will be given an accurate time from crossing the start line to crossing the finish line. There is no need to push to the front to ensure your time is accurate. It is dangerous and causes tempers to fray when slower runners are mixed in with quicker runners. The race will start at 11.00 and a minute or so before the start, runners will be moved forward a few metres. After the start the running area widens out and should enable you to run easily.**
- Running with earphones is **not** permitted as you may not hear instructions given by the marshals or in an emergency. The race is run under UKA rules and this requirement is set out in rule 240 in the Competition Rules for use in the UK. Runners who do not abide by this rule do so at their own risk and will have no recourse if problems arise due to the use of headphones.
- No dogs or baby buggies are permitted in the race.
- There is a water station just after the 5k mark and at the finish.
- Please note that the course is mostly off road on bridle ways and gravel paths; please be aware of uneven ground caused by horses and rabbits.
- The Race Information Point is at the **Marketing Suite** on the Business Park.
- The prize giving for the first three men and first three women, plus the first runner in veteran categories M40, M50, M60, W35, W45 and W55 will take place at the Race Information Point as near as possible to 12.15 p.m.
- **Please arrange to meet loved ones/team mates ON THE OPPOSITE SIDE OF THE LAKE FROM THE FINISH and not in the finish area. Meeting in the finish area can severely disrupt the race for other runners.**
- Above all - enjoy the run!
- **Your result** will be available at <https://www.fullonsport.com/result> immediately you cross the finish line. Provisional results will also be posted at the marketing suite as the event proceeds. Confirmed results will be posted on the race website

<http://www.cambridgecambourne10k.com/results/> as soon as possible after the race.

- Please email entries@cambridgecambourne10k.com for transferring queries. Without going through the official system is not allowed. Unfortunately we can't refund entry fees, nor can we help you to arrange any re-imbursement for transferred entries.

Relay Rules. In addition to the rules above, the following apply to the runners in the relay:

- Runners must make their own arrangements to travel to and from the changeover point. There is a car park at the changeover point.
- Second leg runners must wait for changeover in the designated area at the 5k changeover point.
- Please decide who is the first leg runner, and second leg runner. Please wear your numbers according to the leg you will be running. The numbers will be different so that we can make sure everyone is in the right place. There are goody bags for the first leg runners at the changeover point when you finish your leg. Second leg runners can pick up their goody bag at the end.
- Runners must run with the baton which contains the race chip.
- If a relay runner is unable to compete, it is permissible for the other team member to compete as an individual but this must be agreed in **advance** so that the race results are accurately recorded. Failure to notify the race organisers in advance will result in disqualification.

Travelling to Cambourne



Cambourne is located just off the A428 between Cambridge and St Neots, approximately 9 miles west of Cambridge city centre. Please use the A428 route into Cambourne even if travelling from the south. The race will be sign posted from the A428 exit.

Public transport and Car sharing.

If you wish to find someone to share your car journey to the race you can log onto Camshare, the local car sharing site and search for potential partners, either as a driver or passenger. The Camshare url is <http://www.camshare.co.uk/>.

If you are travelling from Cambridge, the Stagecoach Citi4 service has a scheduled Sunday service to Cambourne. The bus stops at the Business Park. Buses return to Cambridge once every hour throughout the day. The 9.55 from the city centre arrives at Cambourne (Morrisons) at 10.20.