

Cambridge Cambourne 10K

Sunday 11th April 2010

Race Day Instructions and Information

Please read the instructions and abide by them. They are entirely for your safety and to try to ensure everyone enjoys the race:

- Please park only on the Business Park; marshals will direct you.
- Please use the race toilets; they are signposted and located in the small car park on the left of the main Business Park road, opposite the middle lake.
- Your race number and chip are enclosed; please ensure your number is securely fastened on your front and that the chip is placed around your ankle.
- 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 the baggage tag and tie it to your bag. 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 an MP3 player is **not** advised as you may not hear instructions given by the marshals.
- No dogs are permitted in the race.
- There is a water station just after the 5k mark at the Vine Inter-Church Primary School 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 Office 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..
- Above all - **enjoy the run!**
- And finally.... If, sadly, you need to withdraw from the race and you know someone who would like your place, the online race number transfer system is open at <http://register.cambridgefestivalofrunning.com/> until Sunday 28th March. Please remember that it is your responsibility to hand over this race pack to the new runner, and that transferring numbers without going through the official system is strictly forbidden. Unfortunately we can't refund entry fees, nor can we help you to arrange any re-imburement for transferred entries.

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.

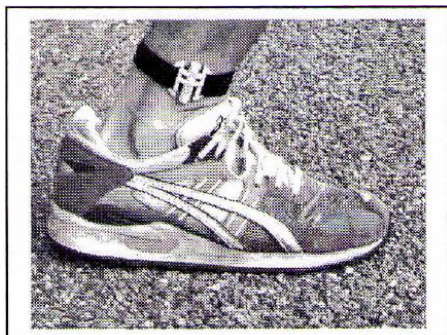
Public transport and Car sharing.

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 Citi4 service from Emmanuel Street at 09:50 gets to Cambourne at 10:25. The bus stops at the Business Park. Buses return to Cambridge once every hour throughout the day.

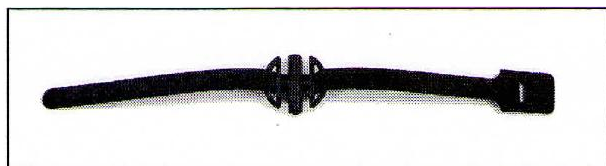
CHAMPIONCHIP Information

All entrants in this year's run will be issued with a ChampionChip around the ankle — see picture.



The chip can be worn against the skin as in the photograph, over your sock or under your tracksuit and on either foot — it doesn't matter, choose which ever is most comfortable for you.

The ChampionChip will accurately measure your time when you cross the mat at the Start Line and when you cross the mat at the Finish Line. In your race pack you will receive your RACE NUMBER, chip and Velcro strap which you can assemble as in the picture below.



When fixing the strap around your ankle please keep the SOFT side of the strap towards the skin

REMEMBER, NO CHIP = NO TIME

Finally, when you cross the finish line you will be directed to the area where you can take off your chip and strap.

Place both items in the receptacles provided for chip return.

If for any reason you do not run, please return your chip and Velcro strap to the following FREEPOST address (no stamp required)

ChampionChip UK
FREEPOST MID30661
Stoke on Trent
ST10 4BR