

Cambridge Cambourne 10k

09:30 am Sunday 10th April 2022

Provisional 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. Your race number with timing chip is enclosed.

- Please park only on the Business Park; marshals will direct you.
- Please use the race toilets; they are signposted.
- Please try to queue early.
- 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.
- There will be a baggage tent where you can leave a bag with clothes etc. Please do not leave any valuables in your bag.
- 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. Please also try to leave space between yourself and the nearest runners. The race will start at 09:30 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.
- Water will be available at 5k and 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.
- There are two places where the course crosses roads. The first one is closed to all traffic but the second one, just after the half-way mark beyond the Vine School, has controlled lights to manage the traffic flow. We need to let traffic through from time to time during the race, which may mean that you are held up for a short period. **Please follow the marshal instructions at all times and do not try to dodge through the traffic to avoid being held up at the controlled junction.** We will try to minimise any hold ups for runners.

- The Race Information Point is at the Marketing Suite on the Business Park. Results will be available on the race website after the event (see below).
- 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 <http://results.eventchiptiming.com/> after you cross the finish line. Confirmed results will be posted on the race website www.cambridgecambourne10k.com/results/ as soon as possible after the race.

Please email cambourne10kcommittee@cambridgeandcoleridge.org.uk 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-imbusement 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 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 9.10 from the city centre arrives at Cambourne (Morrisons) at 9:39.

