

CAMBRIDGE CAMBOURNE 10K AND FUN RUN

14TH MARCH 2024

9:30AM - 10K

9:35AM - FUN RUN

RACE INFORMATION



CAMBOURNE
TOWN COUNCIL



WELCOME

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.

VENUE

Cambourne Business Park, Cambourne, Cambs, CB23 6DW



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.

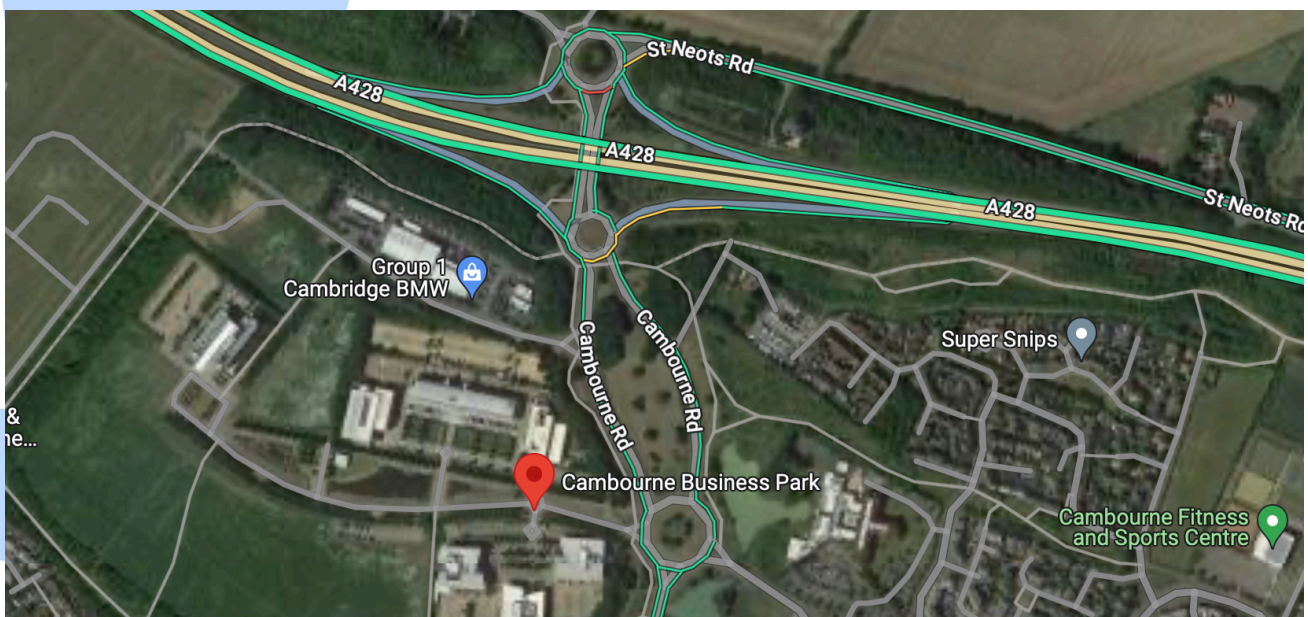
Public transport: If you are thinking of taking public transport to the event, the Stagecoach bus 4 will take you from Cambridge to Cambourne. If traveling from Huntingdon, you will need to

catch the X3 from Whippet coaches. More information can be found on the public transport providers websites.

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/

PARKING

There will be free parking at the business park. Please park only on the Business Park. Marshals will direct you when you arrive.



Shaw Sports Therapy



Post race massage with
Calum Shaw.



CHANGING AND TOILETS

There are no onsite changing facilities so please arrive ready to race.

Please use the race toilets, they are signposted. Please try to queue early.

BAGGAGE

There is a baggage tent where you can leave clothes etc whilst you race. Please do not leave valuables - we cannot be responsible for any losses.

Baggage labels can be found by the reception tent. Please fill it out with your race number, and attach it to your bag. You will need your race number / bib to collect your bag.

HEADPHONES

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.

Bone conducting headphones will be permitted, but it is the runners responsibility to listen out for marshal instructions, especially at the managed road crossing.

REGISTRATION

Registration/number collection is from 8:00am in the registration tent.

Please ensure your number is securely fastened on your front so that the number is visible.

Please write medical details and emergency contact details on the back of your number.

Registration will close at 9:25am, to allow time to get to the start line for a 9:30am start.



PHOTOGRAPHY

There will be a photographer at the race from the Cambridge independent. If for whatever reason you would not like your photo taken, please inform the race director and give them your race number.

SPECTATORS

Spectators are very welcome at the event, to cheer you on.

We ask that when the race is about to start that they clear the path to allow runners to get through. At the finish line, we also ask that any spectators do not cross over the course while runners are coming.

While you are running, there will be a coffee van and ice cream truck for them to grab a bite a drink, or something to eat.

RACE RULES

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.

No dogs or baby buggies are permitted in the race.

As race numbers are assigned to you, these are not transferable, so you will not be able to give your race number to anyone else



10K RACE

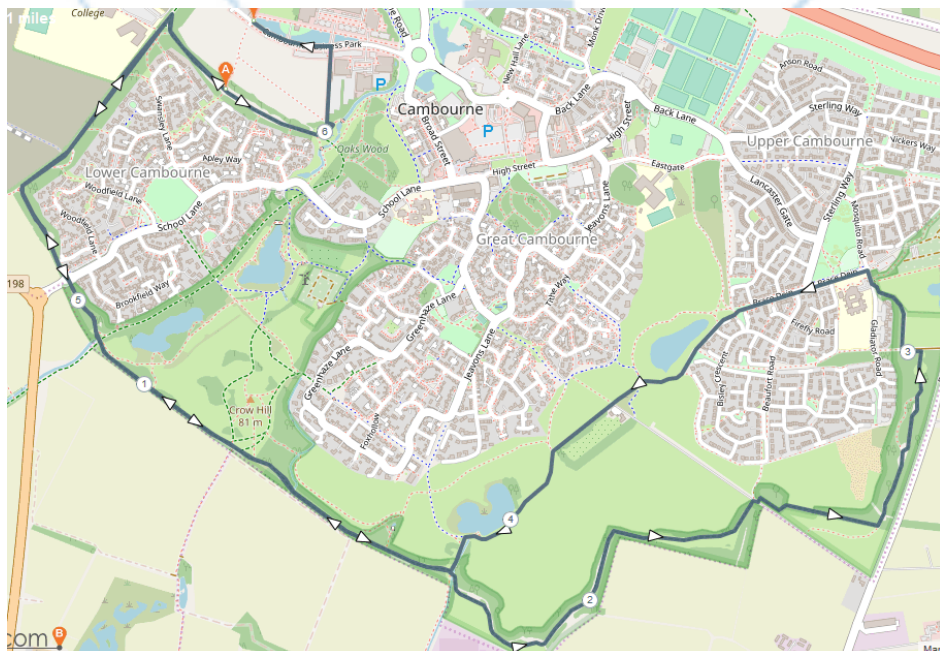
The race will start at 9:30am and follow a route which is a mixture of paved and trail running.

Please line up at the start in the area marked for your expected finishing time. 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. 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.

You will follow the footpaths round the outside edge of Lower Cambourne, then crossing the road and heading up and round the edge of Cambourne Nature reserve. Then passing through Upper Cambourne, where there will be a traffic managed stop / go point. Please take care when crossing this road and listen to marshal instructions. 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 marshals 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.

Once passing through Upper Cambourne, you will re-enter the Nature Reserve, and join the path that will take you back round Lower Cambourne, past the start point, round the field and onto the business park for the finishing few hundred metres.

Please watch out for the delivery robots while running along the streets of Cambourne.

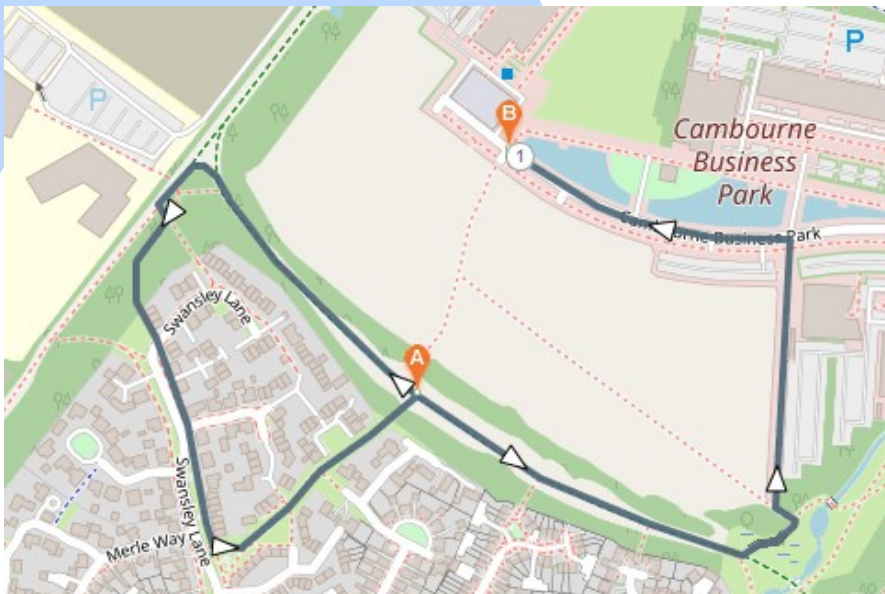


FUN RUN

When the 10k runners have set off, we will line you all up for the start of the fun run. This will be at about 9:35am.

The course will start off going on the same route as the 10k, but will loop round through Lower Cambourne, and rejoin the track just before the start line. It will then carry on round the field and onto the business park road for the final few hundred metres.

Anyone running the fun run who is 9 years old and younger, **MUST** be accompanied by an adult.



KEY RACE RULES/INFO

Water will be available at the water station just after the 5k mark and also at the finish. If you would like to bring your own water, then please do.

Please note that the course is mostly off road on bridleways and gravel paths; please be aware of uneven ground caused by horses and rabbits.

Littering on the course is prohibited – please ensure that you carry all litter with you to the next bin, or to the finish line.

If you pull out of the race for any reason after starting, please inform a marshal and head to race HQ to inform the timing team / race director.

Please remember that all marshals around the course of volunteers and are there to cheer you on, please be nice to them as they are there to help you have the best race possible

The Race Information Point is at the Marketing Suite on the Business Park.

TIMING

The race is chip-timed which means you will be given an accurate time from crossing the start line to crossing the finish line.

LOST CHILDREN

While on site, please make sure you have your children with you. If for whatever reason you get separated, the Marketing Suite next to registration is our lost child point. Please make your child / children aware of this when you arrive.

AFTER THE RACE

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.

Calum Shaw of Shaw Sports Therapy will be supporting the run by providing sports massage in the registration tent at the end of the event.

RESULTS

Your result will be available at <http://results.eventchiptiming.com/> after you cross the finish line. Confirmed results will be posted on the [Cambridge and Coleridge website](#) as soon as possible after the race.

There may be a slight delay with some results. Where this happens, we will work to resolve this as quickly as possible.

PRIZE GIVING

Prizes will be presented to the winners in the different age categories at around 10:45am outside the Marketing Office.

FINAL WORD

Whether this is your first race, first 10k, or one of many that you have participated in, we hope that you enjoy the run!

