

Abington 10k & Fun Run 2015

Race-Day Information



Sunday 4th Oct. 2015, Start 10:30am at Granta Park

We are looking forward to seeing you for the Abington 10k & Fun Run 2015. This leaflet contains important information for the day.

Arrival

The start and finish for both races is near the Cricket Pavilion in Granta Park. There is plenty of parking, please set your SatNav to CB21 6GP. For additional directions see www.grantapark.co.uk. Please note that Pampisford Road will be closed between the top of Great Abington High Street and the Granta Park roundabout.

Before the Start

You can pick up your race numbers from 8:45 to 10:15am from the Race Headquarters near the Cricket Pavilion.

Please quote your race number, which you have received in the email with this information leaflet.

- **Please fix your race number to the front of your shirt in four corners. Spare safety pins are available.**
- **We have printed some of the information you have provided on the back of the race number. May we please ask you to check this information and correct/complete as appropriate.**
- **Please notify us of any medical conditions which were not included in your registration form.**
- We are introducing chip timing. The timing chip is fixed to your race number and we'll take your time over the start and finish line.
- A baggage facility will be available for you which will also offer to hold car keys during the race.
- Toilets are available near the start.
- Should you drop out during the race, please inform the nearest Race Marshal.
- Unfortunately, we will not be able to give you a refund, if you are unable to compete. However in this case we would appreciate, if you could notify us of your plans. Your race numbers may not be swapped with someone else.

Risk Advice

- Runners are advised to warm-up before the start to reduce the risk of injury.
- Children at the event as spectators or participants are the responsibility of their parents/carers at all times, including during the Fun Run.
- Should children get lost, please contact the Race Headquarters for help.
- Part of the 10k route takes the runners on public roads, and runners are advised that they do not have priority over other road users and must give way in the event of conflict or if police or emergency vehicles require access to the route.

On the Start Line

- **All runners are requested to assemble in the start area 10 minutes before the start.**
- The start time for the 10k race is 10:30am. At the start we provide signs with expected race times, **we ask all runners to line-up according to their expected race times.**
- The 2k Fun Run will start a few minutes after the 10k race. No doubt we will find the most ambitious young runners at the front.

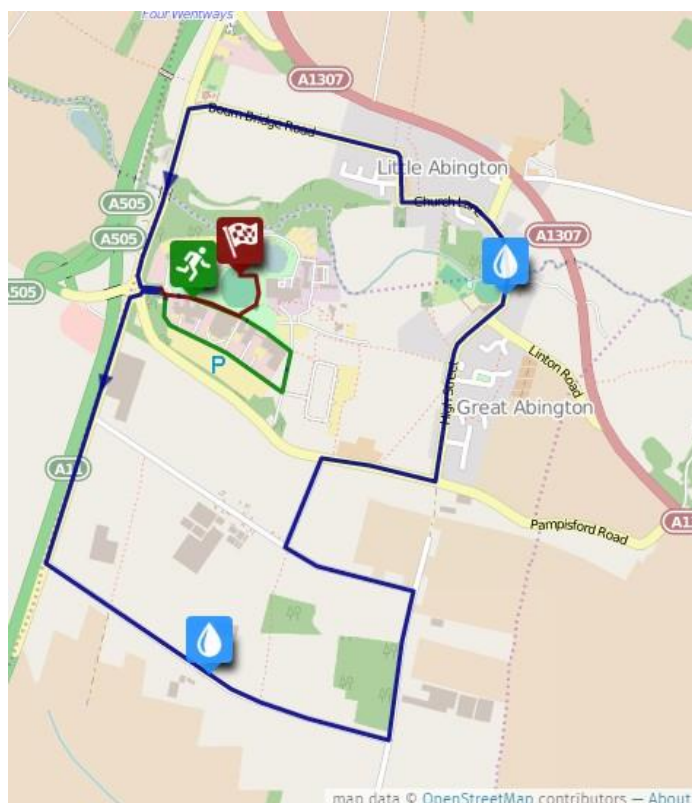
GO!

- Marshals will be on duty to direct and assist on both the 10k and Fun Run, their instructions must be observed at all times.
- The 10k course has distance markers every kilometre; water stations just after 3km and before 7km.
- **In the interest of safety we ask that you do not wear headphones**

Finish

- **When you are really exhausted and pass the Cricket Pavilion ... keep going!** You have to run past the Pavilion onto the cricket pitch, where the Finish is marked.

10k Course



2k Fun Run Courses



Refreshments

- Refreshments will be provided in the finish area and back at the Pavilion you can again look forward to the Abington Pre-School's cake stall.

Trophies & Results

	Men	Women
10k	1 st , 2 nd & 3 rd overall winner 1 st Veteran 40+ 1 st Veterans 50+ 1 st Veterans 60+ 1 st Abington/Hildersham Resident 1 st Granta Park Championship	1 st , 2 nd & 3 rd overall winner 1 st Veteran 40+ 1 st Veterans 50+ 1 st Veterans 60+ 1 st Abington/Hildersham Resident 1 st Granta Park Championship
Fun Run	1 st , 2 nd & 3 rd Under 16 1 st , 2 nd & 3 rd Abington Primary School KS1 1 st , 2 nd & 3 rd Abington Primary School KS2 1 st Abington Fun Run Cluster Schools	1 st , 2 nd & 3 rd Under 16 1 st , 2 nd & 3 rd Abington Primary School KS1 1 st , 2 nd & 3 rd Abington Primary School KS2 1 st Abington Fun Run Cluster Schools
Best Fancy dress		

- Prizes will be announced at the Pavilion after the race at approx. 11:45am.
- All results will be available from www.swifttiming.co.uk or alternatively on www.abington10k.org.uk.

Privacy

- We would like to take this opportunity to point out that Granta Park have kindly agreed to let us use their grounds solely for the purpose of the race. At other times this remains private property only allowing access for their employees and Abington residents.

More Questions?

- Please email Abington10k@gmail.com

We welcome comments/suggestions to improve future events.

Enjoy the race!

Great Abington Primary School PTFA