

Final Race Day Details

We're looking forward to seeing you at the 4th Waterbeach Running Festival on Saturday 11th May. Here is some important information for the day:

Registration & Race Start Times

Competitors must collect their race number from Registration in the Sports Hall at least 30 minutes before their race starts. If you are picking up more than one number make sure you wear the right number! A list of runners and numbers will be on the board inside the Sports Hall door for you to check but you don't need it to register.

Those doing the 100m Toddle have only pre-registered so you must bring £3 per child to pay at the registration desk on the day. Numbers will be assigned at the desk.

Registration opens at 09:00 and closes 30 minutes before each race start time. Please leave plenty of time.

Distance	Registration closes at	Race starts at
2km Fun Run	10:00	10:30
100m Toddle	10:30	11:00
5km race	10:45	11:15
10km race	11:00	11:30

Race Warm Up

Don't forget to join in the fun group warm ups led by Nicola Ostler from Buggy Bootcamp. They will be at 10:20 by the 2km start/ finish line for the 2km and at 10:50 for the 100m Toddle, by the 100m Toddle start. Supporters are welcome to join in!

100m Toddle

Adult assistance is permitted for the 100m Toddle! You must ensure you accompany (or follow if they're too quick...) your child and please don't take a medal or water at the finish as these are for competitors only.

Children in 2km

The 2km course is 1km out and back and there will be marshals and first aiders along the course. A parent or guardian is permitted to accompany a child if needed – ideally enter too if you haven't already entered the 5k or 10k. If you run but haven't entered the 2km please do not take a medal or water at the end. If your child will be running unaccompanied you can choose to use our 'reuniting service' at the finish by requesting wristbands at registration. We will keep children with wristbands at the finish until an adult with the matching number comes to collect them.

On the day entries

People can enter all distances on the day and whilst we hope to be able to give everyone a finisher's medal we can't guarantee it. We will tell you when you register if you might not get a medal. If you know anyone who wants to enter on the day, they must complete an entry form and take it to Registration, together with correct payment at least 30 minutes before their race start. There will be entry forms available at Registration or you can download and print an entry form [here](#) to complete in advance.

Bag Drop

There will be an *unmanned* dedicated place to leave bags in the Sports Hall. Note that this will not be manned so please don't leave any valuables. The organisers cannot be held responsible for any lost or damaged property.

The Course

The final course map can be found [here](#). Waterbeach Brass Band will be playing on the course to give you some extra encouragement!

Water station

There will be a water station at about 5km for the 10km race only. Everyone will get a bottle of water at the finish.

Results

Individual chip times will be [available here](#) for the 2km, 5km and 10km distances soon after the race.

Prize giving

Prize giving will take place at 12:00 for the 2km and 5km winners and 12:30 for the 10km. There will be trophies for the 1st, 2nd and 3rd male and female in the 5km and 10km races and for the fastest girl and boy aged 4, 5, 6, 7, 8, 9, 10 and 11 in the 2km.

Photographer

There will be an official photographer taking photos during the day. These photos will be available at www.sportsinfocus.co.uk soon after the event. Pick up the username and password at registration to access the 100m toddle and 2k photos.

Facilities

There are male and female changing rooms and toilets in the Sports Hall and additional portaloos outside, just before the Sports Hall. Note: there are no showers (the ones there don't work!).

Enjoy the Festival Village

There will be lots going on in the Festival Village including:

- Homemade cake stall
- Sweet Ally's icecream van
- The Rural Coffee Company selling a selection of coffees, teas and hot chocolates as well as soft drinks
- Tin Kitchen serving hot filled Artisan ciabattas.
- Bouncy slide (under 12s only)
- Games & colouring corner
- Stands from Slimming World, EF Language School,
- Commentator and music

Do not worry if the weather is wet! Most of the Festival Village can be inside and there is a large viewing area to watch the runners from

Health and Safety

St Johns Ambulance is providing first aid cover for the event. There will cover on the course and a First Aid station near the finish.

If you need medical attention or you see someone else who does, please go directly to St Johns Ambulance or alert a marshal or the race organisers. Alternatively call 999.

To help us ensure your safety please:

- do not race if you are feeling unwell
- do not venture off the designated running route at any point
- do not attempt to enter any buildings other than the Sports Hall
- do not climb on any structures at the Barracks

Please pass this information on to your supporters and tell them that they are not allowed to walk around the course and must stay in the designated area fenced by crowd barriers. Spectators are only allowed on the course to accompany or support children in the 2km Fun Run and the 100m Toddle.

Lost Children

Please tell your children to go to someone wearing a fluorescent yellow jacket if they are lost and we will ensure they are reunited with you.

Buggies & Dogs

You are allowed to run with buggies but not with dogs! If you are running with a buggy please start at the back, ensure you have a suitable buggy for the terrain and be careful when overtaking other runners. You may bring dogs to the event but please ensure they are on a lead at all times and you clear up any dog mess.

Directions

The address is [Waterbeach Barracks, Waterbeach, CB25 9PA](#). Follow signs to the Barracks off Denny End Road, opposite the Brewery Tap pub.

There will be parking onsite. **No vehicles will be allowed into the main car park after 10:30 because access crosses the course. No vehicles will be allowed to exit the main car park between 10:30-11:00. After 11:00 you may exit the car park when marshals signal that it is safe to do so i.e. no runners approaching.**

There is limited parking available if you arrive after 10:30 but if this is full you will need to park considerably in Waterbeach itself. We do encourage people to travel by train and foot if possible. Waterbeach Barracks is only 1 mile from Waterbeach train station. There is bike parking next to the Sports Hall.

We hope that you enjoy your day! If you have any questions please check our 'Frequently Asked Questions' on our website first. If you can't find the answer there then do email us on waterbeachrunningfestival@gmail.com or phone 07939 068 128. We look forward to seeing you on Saturday 11th May.

***Jessica Kitt, Vikki Ashcroft & Miriam Christensen on behalf of
The Waterbeach Running Festival Team***

Raising money for Waterbeach Toddler Playgroup, Charity Number 292913

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A very big thank you to all of our sponsors and volunteers who have helped make our event possible:

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