



The Technology Partnership

**CAMBRIDGE**

HALF  
MARATHON

# FINAL RACE INFORMATION

SUNDAY 3 MARCH 2024 - RACE START 09:30

ORGANISED BY



EVENTS



2024-47468



23/460

**PLEASE ENSURE YOU ARRIVE AT THE EVENT NO LATER THAN 08:30**  
IF USING PARK & RIDE, THE 7 SITES WILL BE OPEN FROM 07:00



THE UK'S MOST  
BEAUTIFUL  
HALF MARATHON

HOW DO YOU  
SHOW YOUR  
FRIENDS ?



*TTP are delighted to offer free personalised images as part of their sponsorship of the Cambridge Half Marathon.*

FREE RACE  
PHOTOS



SCAN HERE  
[PIC2GO.CO.UK](http://PIC2GO.CO.UK) /  
CAMBRIDGEHALF

Simon says - "Make sure both Pic2Go barcodes on your race number are clearly visible, flat and easy to see - to get your photos fast on race day."

Your race photos will be uploading from the first start and all through the day. Watch out for them!

[Pic2Go.co.uk/CambridgeHalf](http://Pic2Go.co.uk/CambridgeHalf)

Enjoy single click downloads, easy story writing and thank the sponsors - TTP

United Kingdom

**PIC2GO**

Sponsored Experience Sharing

Enjoy Free Race Photos on the day - direct to you  
- just register with [Pic2Go.co.uk/CambridgeHalf](http://Pic2Go.co.uk/CambridgeHalf)

# THANK YOU TO OUR SPONSORS & CHARITY PARTNERS

## HEADLINE PARTNER



## HEADLINE CHARITY PARTNER



## HOST VENUE



"It's a real privilege to welcome the TTP Half Marathon to the streets of Cambridge once again this year, with an exciting new route. More than 12,000 people will be running the half marathon, which is no easy feat, and participation is something that should be a source of real pride for everyone stepping on that starting line. The TTP Half Marathon helps to raise an amazing amount of money each year for charities, allowing them to continue to carry out important work on both national and local scales. I wish this year's runners all the best, and hope they enjoy the views Cambridge has to offer – including our scenic parks, which are cared for and maintained by our Streets and Open Spaces team alongside dedicated community volunteers."

**Sam Carling - Executive Councillor for Open Spaces and City Services**

## TIER 1 PARTNERS

### GOODIE BAG PARTNER



### VOLUNTEER PARTNER



### SUSTAINABILITY PARTNER



## NATIONAL CHARITY PARTNERS



## LOCAL CHARITY PARTNERS







“

We know what it's like to face and overcome a challenge. So, whatever your goals are, good luck with the race. See you on the 3rd.”



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## SIGN UP FOR THESE OUTLAW TRIATHLON EVENTS WITH ALZHEIMER'S RESEARCH UK.

Are you ready to turn your passion for running into a powerful force for good? Join the ranks of extraordinary individuals who are making a difference by participating in these Outlaw Triathlon Events – the ultimate challenge to help bring us closer to a cure!

### Why choose Outlaw with Alzheimer's Research UK?

- **Swim, Bike, Run:** Experience the ultimate triathlon challenge in stunning locations.
- **Personal Triumph:** Push your limits during the event and in training.
- **Fundraise for a Cure:** Your efforts directly support Alzheimer's Research UK – Driving breakthroughs and helping us move closer to finding a cure.

### Events coming up:

Outlaw Nottingham 2024: 28 July 2024  
Outlaw Half Nottingham 2024: 19 May 2024  
Outlaw Half Holkham 2024: 7 July 2024

Reg Fee: Starting from £50  
Minimum sponsorship: £185/220

Scan the QR code or visit [alzheimersresearchuk.org/get-active](https://alzheimersresearchuk.org/get-active) to find out more.



Registered charity numbers  
1077089 & SC042474

**ALZHEIMER'S RESEARCH UK** **FOR A CURE**



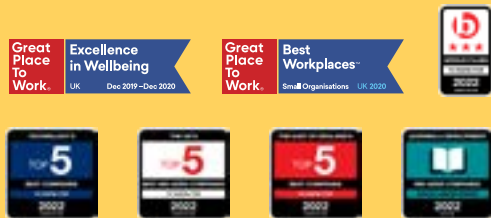


# Ready, Gearset, GO!



Join Cambridge's fastest growing tech scaleup.

[Gearset.com/careers](https://gearset.com/careers)



Memberships from **£32**



Open to everyone!  
The University of Cambridge

# SPORTS CENTRE

With a state-of-art Fitness Suite, Strength and Conditioning Room, Squash and Badminton Courts, and much more, we will always have the right tools to deliver the workout you want!

Join today at [sport.cam.ac.uk](https://sport.cam.ac.uk)





## A massive THANK YOU to all our TTP Cambridge Half Marathon runners

Every mile you run and pound you raise helps us save lives and transform outcomes for thousands of patients.

Run for ACT in 2025 and help make Addenbrooke's even better.

Visit [helpyourhospital.co.uk/cambridgehalf](https://helpyourhospital.co.uk/cambridgehalf)

or scan here:



# Helping make Addenbrooke's even better



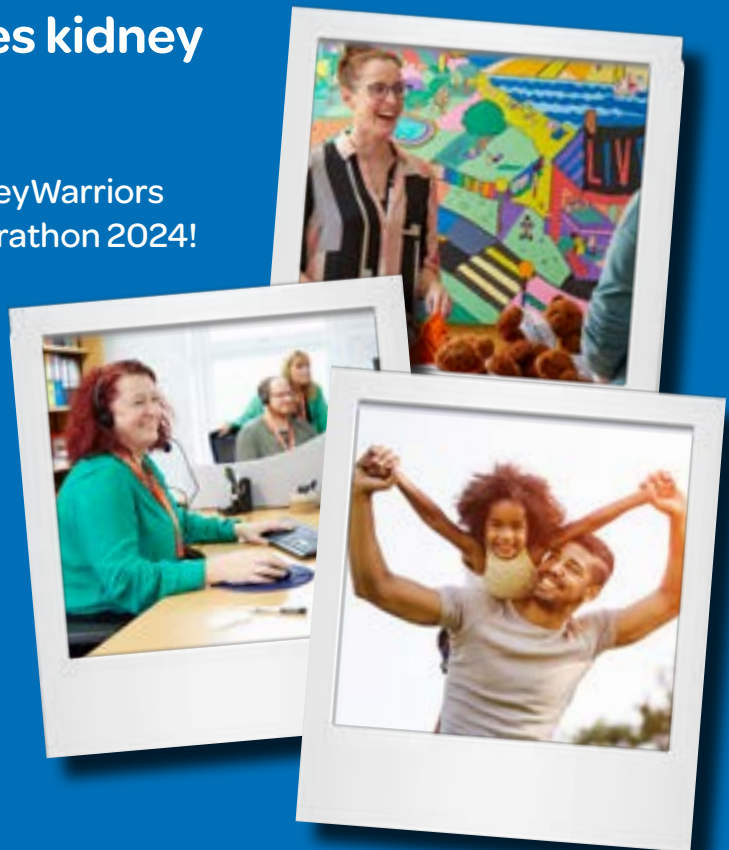
## Help ensure no one faces kidney disease alone

A huge **THANK YOU** to all our #KidneyWarriors running the TTP Cambridge Half Marathon 2024!

**With your help, we can improve life for kidney patients.**

Could you join us too?

If you have your own place, join our team, to help support kidney patients across the UK



Kidney Care UK is the operating name of the British Kidney Patient Association. Charity registered in England and Wales (270288), and Scotland (SCO48198)



WE ARE PROUD  
TO SPONSOR THE  
CAMBRIDGE HALF MARATHON



# SPRINGSTEAD VILLAGE

CAMBRIDGE

SET WITHIN 11 HECTARES OF PARKLAND

## A BRAND NEW COMMUNITY ON THE OUTSKIRTS OF CAMBRIDGE

- ✓ Brand new and chain free  
1, 2, 3 & 4-bedroom homes
- ✓ Underfloor heating on the ground floor  
to all houses
- ✓ Electric car charging points to all homes
- ✓ 10 year warranty for peace of mind
- ✓ Built by an award winning developer
- ✓ Plans for two onsite schools
- ✓ Less than 15 minutes' drive from  
Cambridge City Centre
- ✓ New community hub



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look inside!



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**LATIMER**  
by Clarion Housing Group

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Price correct at time of print.



for people affected by cancer

A massive thank you to all our runners helping us to raise thousands of pounds to help more people affected by cancer have 'Something To Look Forward To'.

We provide a charity website for people with cancer to access a variety of free gifts and experiences that are generously donated by companies and individuals.



[www.somethingtolookforwardto.org.uk](http://www.somethingtolookforwardto.org.uk)



## RUNNING FOR MENTAL HEALTH IN 2024

A huge **THANK YOU** to all our TTP Cambridge Half Marathon runners. We wish you the best of luck and will be there on the day to cheer you on.

Young people's mental health has never been more important.

You're helping us give young people the tools they need to look after their mental wellbeing.

We provide training and resources to schools and families, colleges and universities and the workplace.

[charliewaller.org](http://charliewaller.org)

Charity No 1109984

We're talking  
mental health.





# Lucion

Protecting people and planet

## PROUD SUSTAINABILITY PARTNER



luciongroup.com



# You're incredible!

**We want to say a huge thank you to all our TTP Cambridge Half Marathon runners.**

Your support changes and saves women and girls' lives.

Thanks to amazing people like you, we offer free emotional, therapeutic and advocacy support to survivors of sexual violence across Cambridgeshire.

With your help, we can make sure no woman or girl has to cope alone with the impacts of sexual violence and abuse.

[cambridgerapecrisis.org.uk](http://cambridgerapecrisis.org.uk)



Registered Charity No. 1179871



Cambridge Rape Crisis Centre

HIGH 5



FUEL THAT  
**HIGH 5**  
FEELING







Thank you

# You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the TTP Cambridge Half Marathon.

It's not too late to join our team and fundraise for research into more than 200 types of cancer. Sign up today at: [cruk.org/team](https://cruk.org/team)



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024

Together we are beating cancer



**mind CPSL**  
At Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind we are passionate about positive wellbeing and provide support to local people who may experience mental health challenges.

During 2022/23 we supported more than 4,800 people

16,500 hours of one-to-one support to more than 3,100 people.

530 hours of training and workshops attended by 2,800 participants

To find out more and how you can support visit [www.cpslmind.org.uk](https://www.cpslmind.org.uk)

**BBC** RADIO  
**Cambridgeshire**

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**[bbc.co.uk/radiocambridgeshire](http://bbc.co.uk/radiocambridgeshire)**

Listen on **SOUNDS**

**MACMILLAN**  
CANCER SUPPORT

A registered charity

**Run for  
a reason**

## Macmillan Cancer Support

### National Charity Partner

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

A huge **thank you** to our Cambridge Half Marathon Team Macmillan runners. We couldn't do what we do without you!

### Have your own place?

Join Team Macmillan and fundraise to support the people living with cancer.



Scan to join!

To donate, volunteer, raise money or campaign with us, call 0300 1000 200 or visit [macmillan.org.uk](http://macmillan.org.uk)



# ACCOMODATIONS & ATTRACTIONS

## VISIT CAMBRIDGE

Visit Cambridge will be able to handle all your enquiries on what to do and where to stay when visiting Cambridge.

[www.visitcambridge.org](http://www.visitcambridge.org)

E. [info@visitcambridge.org](mailto:info@visitcambridge.org)

Visit  
Cambridge  
and Beyond



# WELCOME

Congratulations on securing your place in the 2024 TTP Cambridge Half Marathon! We hope your training has gone well and you're excited to run with us on Sunday 3 March. This guide contains everything you need to know about race day, so please take the time to read it thoroughly ahead of the big day.

The route of the 2024 TTP Cambridge Half Marathon will again be starting and finishing on Victoria Avenue, with Midsummer Common as the main event site. The beautiful route will again take you through King's and Jesus Colleges as in 2023, and for 2024 we are also introducing St John's and Trinity Colleges to the route prior to heading out to the picturesque villages of Grantchester and Trumpington.

Please note this information is subject to change on the grounds of safety. Good luck with your final weeks of training and we look forward to seeing you at the start line!

## MILTON ROAD IMPROVEMENT SCHEME

We are fully aware of the improvement scheme being undertaken on Milton Road. We are in regular contact with Cambridgeshire CC Highways, Greater Cambridge Partnership and the contractor Milestone Infra. We are working together to ensure you have a safe and clear route through this section of the course.

## RACE ENTRY CONFIRMATION

All successful entrants will have received an email direct from our entry providers, Let's Do This. This is your confirmation of entry. If you are unsure of anything please get in touch via [info@cambridgehalfmarathon.com](mailto:info@cambridgehalfmarathon.com). You were sent an email on 15 January reminding you which postage/collection option you chose. Details of how you can receive your race pack are below.

## RACE PACK POSTAGE

When you entered, you will have opted to either have your pack posted or collect your pack so that you have it ahead of race day. If you paid for your race pack to be posted these will be posted out, with the final batch being sent on the 19 February, except for overseas and Non-UK addresses.

### Enclosed within your race pack you should find:

- Race Number with Timing Chip attached
- Bag Storage Tag
- Park & Ride Token (if purchased before 25 January)

If you haven't received your race pack by the 27 February please visit the Enquiries marquee on either Friday 1 or Saturday 2 March between times shown for pack pick up collection.

### Please note, no packs will be issued on race day.

Pack collections can only be made during the times shown.

## PACK COLLECTION

Please note to collect your pack you must bring photo ID (again photos are fine) and your Let's Do This Entry Confirmation. It is possible to have someone collect your race pack for you, if you can no longer make it, but you must email their details to [info@cambridgehalfmarathon.com](mailto:info@cambridgehalfmarathon.com) and they must bring a copy of our reply email and your photo ID with them. Again photos are fine

In 2024 those who selected to collect your race pack will have two options to choose from:

DATE	LOCATION	TIME
Friday, 1 March	Race Expo Midsummer Common	12:00 - 18:00
Saturday, 2 March	Race Expo Midsummer Common	10:00 - 16:00





## RACE RULES & APPEALS

The event will be held under the rules of UK Athletics, under these rules it is mandatory that all competitors are insured by third party civil liability insurance. Members are insured as part of their affiliation package. All other competitors will be required to pay a £2 non-affiliation fee (when entering the event) to ensure that they have the relevant civil liability insurance. If you require further information please visit:

[www.englandathletics.org/about-us/about-us/contact-us](http://www.englandathletics.org/about-us/about-us/contact-us)

## WITHDRAWALS & TRANSFERS

The date for transfers and refunds has now passed. Please notify us if you need to withdraw from the race. For further information please read our [Terms and Conditions](#), which can be found on the event website.

## AGE RESTRICTIONS

In line with UKA rules, competitors must be at least 17 years old on or before the event date. In addition, anyone under 18 years old must have parental permission to take part in the event.

## EVENT OFFICE CLOSURE

The Event Office will be closed from Wednesday 28 February at 16:00. Please do not send emails regarding the event after this time, as we will be on site and unable to answer. Please use our social media channels and we'll do our best to respond or visit us at Enquiries at the times shown for Race Pack Pick Up.

## RACE VOLUNTEERS PLEASE HELP

No event like this can run smoothly without the help of many volunteers. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal?

All marshals will receive the opportunity to claim a 50% discounted guaranteed entry into the 2025 event. In addition on the day you will also receive an exclusive half marathon lightweight jacket and memento, plus food and drink.

For more information about becoming a race day marshal please visit the Volunteers section of the event website at [cambridgehalfmarathon.com/volunteer](http://cambridgehalfmarathon.com/volunteer) or email [volunteers@osbevents.com](mailto:volunteers@osbevents.com).



# ON THE MORNING OF THE RACE

## BRING WITH YOU

- Race Number with Timing Chip attached
- 4 safety pins or a number band to ensure your race number is visible at all times
- Park & Ride token - if using this service
- Bag Tag - if using this service
- Appropriate clothing to stay warm/dry pre & post race
- Refillable Water Bottle

## GETTING TO & FROM THE EVENT

The main HQ for the event will be Midsummer Common, Victoria Avenue (CB4 1EH). This is where the Stage, Enquiries Area, Merchandise, Charity and Sponsor Expo, Bag Storage, Toilets, First Aid and Coffee Vendors.

**Please note, there is no parking at the event HQ.**

The What3Words address for Midsummer Common is:  
[///zealous.fears.farm](https://www.what3words.com/zealous.fears.farm)

**We have 4 ways we would like competitors to travel to the event:**

### WALK

If you are local please walk to the event, as this will greatly assist the flow of traffic around the city.

### CYCLE

We will have a secure, free bike park for competitors. This will close at 15:00.

### PARKING

All of the City Centre Pay & Display car parks are available to use on a first come basis, there is no pre-bookable parking available in 2024.

### PARK & RIDE

**Please arrive early all sites will open at 07:00 - do not leave it until the last minute as we cannot delay the start if competitors are late.**

Anyone who purchased Park & Ride tickets before the 25 January will receive these in their race pack. Purchases through the Cambridge Half Marathon Shop after 25 January and before the pre purchase end date of Thursday 22 February will be sent out separately and will be posted by Friday 23 February. After the 22 February you will be required to pay on the day of the event, if there are spaces. On the day costs are Adults £10, Under 15yrs £6 and Under 5yrs free. When planning your travel to the event please bear in mind that the final special event Park & Ride service buses heading into the venue will leave Longstanton and St Ives at approximately 08:00 with the remaining 5 sites final buses leaving at approximately 08:30.

### THE MILTON SITE

Is located just off the A10 to the south of Butt Lane, near Milton. Milton is ideally situated if you are coming from the North/A10/A14, (CB24 6DQ).

### THE TRUMPINGTON SITE

Is situated to the south of Cambridge on the Hauxton Road. Access to the site is either via a dedicated access lane from junction 11 on the M11, or a traffic signal controlled junction on Hauxton Road (CB2 9FT).

### THE NEWMARKET ROAD SITE

Is situated to the east of Cambridge and is accessible from Junction 35 on the A14, head towards Cambridge on the A1303. At the first roundabout take the second exit signposted Airport, the Park & Ride site is on the right (CB5 8AA).

### THE BABRAHAM ROAD SITE

Is situated south east of Cambridge and is accessible from Cherry Hinton Road. From the A11 turn onto the A1307 in towards Cambridge, turning right at the Gog Magog Golf Club roundabout (3rd exit) and taking the 2nd left turn into the park & ride site (CB22 3AB).





### THE MADINGLEY ROAD SITE

Is situated to the west of Cambridge and is accessible from the A14 via Huntingdon Road/A1303, turn right onto Eddington Avenue and then right onto Madingley Road and follow the sign posts (CB3 0EU).

### THE ST IVES SITE

Is situated north west of Cambridge and is accessible from junction 26 on the A14, head towards St Ives on London Road, taking the 2nd exit at the island onto Harrison Way, turning right (3rd exit) and the next island with the Park & Ride accessed via Meadow Lane (PE27 4LG).

### THE LONGSTANTON SITE

Is situated north west of Cambridge and is accessible from junction 29 on the A14 taking the B1050 towards Longstanton. Follow the B1050 round Longstanton, at the 3 islands take 1st exit at the 1st, right – 2nd exit at the 2nd and 1st exit at the 3rd island, which is where the road now becomes Station Road with the Park & Ride site accessed on the right on the outskirts of the village (CB24 3DS).

Once the race has finished the buses will return to the Park & Ride sites until 15:00.

Participants and supporters wishing to travel back to the Park & Ride sites after the final 15:00 departure can use their tokens on the scheduled Park & Ride services.

## EVENT PARK & RIDE PICK UP POINTS

All Park & Ride buses returning to the sites will depart from the same locations which they dropped you off at pre event except Madingley which will be on the opposite side of the road.

### WHAT3WORD ADDRESSES

- Babraham Road: [///vase.lately.scales](#)
- Madingley Road: [///sketch.city.bench](#)
- Milton: [///bring.worth.cried](#)
- Newmarket Road: [///orders.senses.belly](#)
- St Ives / Longstanton: [///little.span.trail](#)
- Trumpington: [///mirror.images.crop](#)

When returning to Milton or St Ives / Longstanton pick up points, please use the Fort St George Bridge (entrance to the bridge is next to the pub) close to the river & Ferry Path turning left onto Chesterton Road. Do not attempt to use Victoria Avenue.

## FACILITIES AT MIDSUMMER COMMON

- Enquiries Area
- Merchandise
- Charity and Sponsor Expo
- Bag Storage Area
- Bike Storage Area
- Event First Aid
- Toilets
- Coffee Vendors
- Water Tanks for bottle refill

**Please note, no food vendors will be on site this year, just a great selection of coffee and cake. For more substantial post race food please visit one of our [Unlock Cambridge Offerings](#).**



# ON THE MORNING OF THE RACE

## ENQUIRIES AREA, SECURE BAG STORAGE & BIKE STORAGE

OPEN FROM 07:30

There will be enquiries, secure bag storage and bike storage areas at the event HQ on Midsummer Common. It is essential that you attach your bag tag before you put your bag into storage. Bags will only be returned when competitors present their race number post event. Likewise your bike frame label must be attached to your bike before you check it in, these will be issued from the Bike Check In Point. Please remember this is for your bike's security and our marshals will be strict!

## WELFARE

Please report all welfare issues, including lost/found children to the staff in the enquiries area.

## RACE NUMBERS

Your Race Number must be worn on your front during the event at all times. **Please do not forget to bring your own safety pins or number band.**

## MEDICAL CONDITIONS

We request that all competitors write their next of kin and contact details on the back of their race number using a waterproof pen. If you have any type of medical conditions or are taking any type of medication please write a large 'MC' on the bottom left of your race number (front). Please write your medical condition fully on the back of your number. This will only be used in the event of you being involved in an accident.

## RACE ANNOUNCEMENTS & WARM UP

Race Announcements will begin on the stage from 08:30. There will be 3 warm ups from 08:55 with competitors invited to the start line from 09:10 (see beginning of Route section for detailed information).

## MUSIC/I-PODS

The wearing of headphones is not permitted, as set out by the governing body on the 1 April 2016; "The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to the traffic."

The only exception to this is bone conducting headphones that do not go in or cover ears, which will be permitted.

[www.runbritain.com/news/wearing-of-headphones-in-road-races](http://www.runbritain.com/news/wearing-of-headphones-in-road-races)

## TIMING POINTS

You will be recorded at numerous points along the route, the approximate distances are:

POINT	LOCATION
0.0 KM	Start line
5.0 KM	Northampton Street
10.0 KM	Barton Road
15.0 KM	Grantchester Road
20.0 KM	Thompson's Lane
21.1 KM	Finish Line

## CUT OFF TIMES

The event has a cut off time of 3hrs 30mins from your start time, with the whole event cut off being 13:45. To enable us to meet the event cut off there are 2 on course cut off times which you need to hit:

POINT	LOCATION
9.5 Miles	Trumpington Road by 13:00
11.5 Miles	Silver Street Junction by 13:30

If you are not past these points by these times you will be asked to get into the Event Minibus which will bring you back to Midsummer Common.





## ELECTRONIC TIMING

To ensure accurate times and results every competitor will have an electronic timing chip attached to the back of their number. Please do not remove or damage this.

## MEDICAL COVER

The safety of our competitors is paramount. Onsite during the event there will be a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. There will be a team of specialist medical practitioners and support vehicles which can transfer directly to hospital should the need arise. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

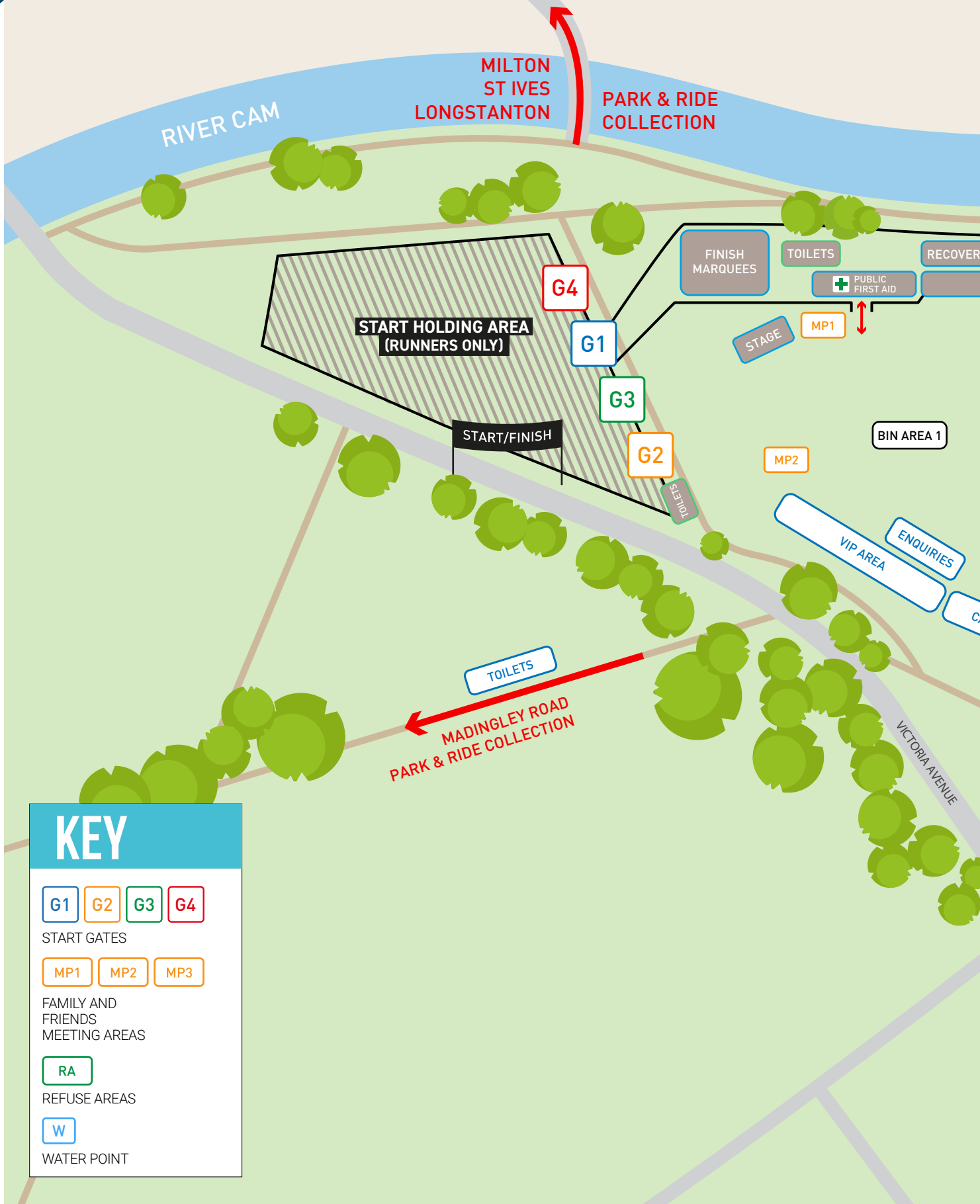
## TOILETS

There will be a large number of toilets & urinals available on Midsummer Common. You will also pass toilets at all 4 drink stations and as you enter the village of Grantchester on your way round the course. The permanent toilet blocks in Jesus Green and Midsummer Common will also be available on the morning of the event.

Please respect the local community and families by NOT urinating along the route, you are never far from a toilet. It counts as public indecency and YOU WILL BE DISQUALIFIED if reported to us.



# OVERVIEW SITE PLAN



## KEY



START GATES



FAMILY AND FRIENDS MEETING AREAS



REFUSE AREAS



WATER POINT





The Technology Partnership

# CAMBRIDGE HALF MARATHON

FINISH AREA (RUNNERS ONLY)

BAG STORAGE

FINISH  
AREA  
EXIT

URINALS

TOILETS

BIN AREA 2

EVENT VILLAGE

MP3

ATERING

GROUP FLAG ZONE

BIKE  
PARK

VOLUNTEERS

PARK & RIDE  
COLLECTION

BABRAHAM  
TRUMPINGTON  
NEWMARKET  
ROAD

AUCKLAND

BRUNSWICK TERRACE

BRUNSWICK GARDENS

# THE ROUTE

**PLEASE PAY PARTICULAR ATTENTION TO THE 'START' SECTION AS THIS IS CRITICAL IN ENABLING US TO START THE EVENT ON TIME.**

## THE COURSE SEE MAP ON PAGE 27

This is what you can expect from the course: closed roads, access to four beautiful historic Colleges, eye catching scenery, over 500 event marshals, 4 water stations, UKA Certified Mile markers and music hot spots lining the route.

Before race day, view the interactive map [here](#).

To view details of the traffic management that will be in place for the event please view the traffic information document [here](#).

## ROUTE ACCESSIBILITY

The course is fully accessible for wheelchair use. However, please be aware there are a number of tight turns and some cobbles through the City Centre.

## PACERS

If you are looking to secure a set time for your half marathon why not run with one of our pacers. They will have clearly identifiable running kit on and a timing backpack with flag. We have pacers running at 1hr 30mins, 1hr 45mins, 2hr, 2hr 15mins, 2hr 30mins and 2hr 45mins based on Chip Time.

## RACE START MULTIPLE STARTS FROM 09:30

Please make sure you arrive on site at least 1hr prior to you start time which will have been emailed to you. The last Park & Ride buses will depart Longstanton and St Ives at approximately 08:00 with the final buses leaving the other 5 event park and ride sites leaving at approximately 08:30.

You will be allocated a starting wave based on your predicted finish time. There will be 4 different coloured Start Gates, you will access the start via the gate which matches the colour of your race number. You can move back to a slower wave if you would like to run slower or with slower friends, but you cannot move forward into a faster wave. Sorry.

If your race number has a letter A you can access your Start Gate from 09:10 and refer to the Wave Start Times for your expected start time. If your race number has a letter B or C refer to the Wave Start Times table for when you can access your gate and your expected start time. There will also be information on which waves are loading on the screens on the stage, in case you miss the announcements.

## WAVE START TIMES

WAVE	BIB COLOUR / LETTER	GATE OPEN TIME	START TIME
1	White	09:10	09:30
1	Blue A	09:10	09:30:20
2	Orange A	09:10	09:34
3	Green A	09:10	09:38
4	Red A	09:10	09:42
5	Blue B	09:30	09:46
6	Orange B	09:34	09:50
7	Green B	09:38	09:54
8	Red B	09:42	09:58
9	Blue C	09:46	10:02
10	Orange C	09:50	10:06
11	Green C	09:54	10:10
12	Red C	09:58	10:14



## THE COURSE

This year's TTP Cambridge Half Marathon is yet again a great opportunity to take in some of the city's highlights, and one not to be missed! The event is on fully closed roads, however, please be aware that due to the number of adjoining junctions and the fact the opposite carriageway is often open to live traffic you need to be aware of what is going on around you.

Here are a few safety areas we need you to be aware of (all distances are approximate):

### 0.7 MILES

You will be filtered from Newmarket Road into the bus lane on Elizabeth Way, please be aware that the field may 'bunch' at this point, where the course goes from 10 metres down to 6 metres in width. Please be careful and keep the cones on your right hand side, traffic will be flowing in the same direction as you on Elizabeth Way.

### 1.5 MILES

Significant road works are currently in place on this stretch of the course. Please take extra care on this section, remembering that live traffic will be travelling in the opposite direction, do not move out of the cone line.

### 2.3 MILES

After reaching Mitcham's Corner at 2 miles you will head east-bound where you will make a u-turn at 2.3 miles, please be careful on the turn.

### 3.3 MILES

You will turn left into St John's College to do a loop round St John's Meadow prior to crossing a temporary bridge to cross straight into Trinity College. Turning left as you exit Trinity College onto Garret Hostel Lane. Please be careful on this narrow section, where you will wind your way onto Trinity Lane then onto Trinity Street.

### 3.8 - 4.5 MILES

Without question the most technical section of the course, despite it's beauty be warned that the surface is slippery if wet, this is particularly true of the cobbles prior to the entrance to King's and the flag stones in King's College.

### 5.1 MILES

You will reach two small roundabouts taking you out of the city. You will turn right onto The Fen Causeway as returning runners are heading straight across over the islands.

### 8 - 9.5 MILES

Is a fantastic part of the course; However, it is also the most residential. Despite the road being closed in both directions, please be aware that there may be a number of parked cars on the road and we cannot legislate for members of the public exiting their properties during the race.

### 9.6 - 11.3 MILES

As you rejoin Trumpington Road to head back into the City, please take extra care as vehicles will be travelling on the opposite side of the road in an unfamiliar contraflow system.



# THE ROUTE

## DRINK STATIONS & LITTER DROPS

There will be 4 drink stations based on the course (distances in table below). All drink stations will offer water in recyclable cups and High5 Aqua Gels (orange & berry flavours) In addition, at Drink Stations 2 & 3, if you have chosen to be self-sufficient and are carrying your own bottle there will be fill up points at these two locations.

In order to keep the city tidy we will be implementing set litter drops outside of the water stations, which will mean that there will be 4 opportunities to drop your recyclable cups and gel wrappers in the recyclable bins provided at the side of the course. The Drink Station and Litter Drop locations are outlined below. You will also find on course toilets and litter drops at all of the Drink Stations.

### DRINK STATIONS

Drink Station 1	3.5 miles	St John's College
Drink Station 2	6.5 miles	Barton Road Layby
Drink Station 3	9.5 miles	Grantchester Road, Trumpington
Drink Station 4	11.0 miles	Trumpington Street

### LITTER DROPS

Litter Drop 1	3.9 miles	Outside Senate House
Litter Drop 2	5.1 miles	Trumpington Street
Litter Drop 3	7.3 miles	Barton Road Roundabout
Litter Drop 4	11.5 miles	Trumpington Street

# POST EVENT

## RESULTS

We will be supplying live to web results. Tell your friends and family we will be displaying instant results via the live tracker on our website, which will appear on the event weekend.

## ON THE DAY PRESENTATION

Presentation will take place on the stage area between 12:00 - 12:15; prizes will be issued to the top 3 male and female competitors.

## UNLOCK CAMBRIDGE

Celebrate in style post-race with a local business. All you'll need to do is show your medal on race day to apply your discount! Click here to find out the offers available: <https://cambridgehalfmarathon.com/unlock-cambridge/>

## PRIZE CATEGORIES

All age group prizes will be issued in the month following the event and will be posted out to the address given when entering the event. Please ensure we have the correct address for you.

### TOP 3 MALE AND FEMALE IN THE FOLLOWING CATEGORIES

17 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 74
25 - 29	50 - 54	75 - 79
30 - 34	55 - 59	80 - 84
35 - 39	60 - 64	

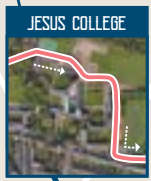
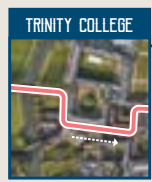
All prizes will be awarded based on chip times

Those entered into the Business Challenge will be fighting it out to see who is Cambridge's Fastest Business. Prizes will be awarded to the top three female, male and mixed teams.



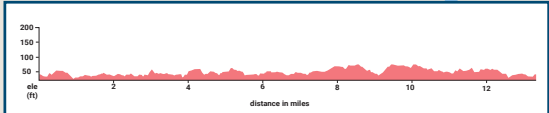
**UKE**  
The Technology Partnership

# CAMBRIDGE HALF MARATHON



**KEY**

- START & FINISH
- RUN ROUTE
- ROAD/TARMAC
- RIVER CAM
- UKA CERTIFIED MILE MARKERS
- ST JOHN'S COLLEGE
- BRIDGE OF SIGHS
- GARRET HOSTEL BRIDGE
- TRINITY COLLEGE
- THE MARKET
- KING'S COLLEGE
- QUEEN'S COLLEGE
- CORPUS CHRISTI COLLEGE
- FITZWILLIAM MUSEUM
- CAMBRIDGE DISTILLERY
- ORCHARD TEA GARDEN
- ST. MARY & ST. MICHAEL CHURCH
- WAR MEMORIAL
- CAMBRIDGE UNIVERSITY BOTANIC GARDEN
- ROUND CHURCH
- JESUS COLLEGE





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**CAMBRIDGE**  
HALF  
MARATHON

ORGANISED BY



SUNDAY 3 MARCH 2024

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