



2025 RACE INFORMATION

Day
09

Month
03

Year
25

START TIME : 9.30AM

Please ensure you arrive at the event no later than 8.30AM.
For Park & Ride, the 7 sites will be open from 7.00AM.

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FREE RACE PHOTOS

ahead of race day

Scan here:



TTP are delighted to offer free personalised race photos as part of their sponsorship of the 2025 TTP Cambridge Half Marathon.

Download your gallery link today and share to your friends ahead of race day!

TAG US IN YOUR POSTS AND USE HASHTAG:

#TTPCambridgeHalf

Find us on Social:



<https://pic2go.co.uk/cambridgehalf>



WELCOME

Congratulations on securing your place in the 2025 TTP Cambridge Half Marathon! To help you prepare, we've put together this guide with all the key details about the event weekend with tips to ensure you have the best possible experience.

We know how much time and effort you've put into your training, so we encourage you to take a moment to read through this guide. It contains key information to help ensure a smooth and stress-free race day.

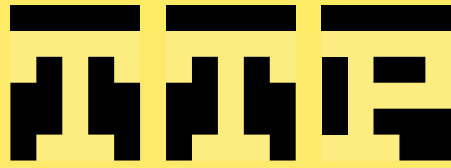
The route of the 2025 TTP Cambridge Half Marathon will be starting and finishing on Victoria Avenue, with Midsummer Common as the main event site. The beautiful route will take you through multiple University of Cambridge Colleges, before heading out into the picturesque villages of Granchester and Trumpington. You can find the route map on our website here, in both [PDF](#) and [interactive formats](#).

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!



A large, stylized yellow quotation mark icon consisting of two facing chevrons.

At TTP we understand what it takes to face and overcome challenges. Whatever your goals may be, we wish you the best of luck on the 9th.”



Redefine possible

Working at the intersection of science and engineering we create valuable new technologies and deliver breakthrough product design. For over 35 years clients world-wide have trusted us with their most technically challenging projects.

ttp.com

BEFORE YOU ARRIVE



RACE ENTRY CONFIRMATION

All successful entrants will have received a confirmation email direct from our entry providers, Let's Do This. If you are unsure of anything please let us know via info@cambridgehalfmarathon.com.

RACE PACK POSTAGE

If you paid for your race pack to be posted, these will be sent over an extended period, with the final batch being sent on 24 February, except for overseas and Non-UK mainland addresses, which will need to be collected.

If you're unsure of your selection, you can refer to the email we sent on 12 January for your specific race details.

Your Race Pack will contain:

- Race Number with integrated Timing Chip
- Bag Storage Tag
- Park & Ride Token (if purchased before 30 January)

If you were expecting your race pack in the post but haven't received it, please visit the Enquiries marquee on Friday 7 March or Saturday 8 March during the designated collection times or alternatively from the Enquiries tent on Sunday.

RACE PACK COLLECTION

Please make sure to bring your Photo ID with you to collect your pack as our volunteers cannot issue any pack without it. (A photo ID on your phone is acceptable.)

Race Pack Collection Opening Times & Location:

- Friday 7 March 12:00 – 18:00
- Saturday 8 March 10:00 – 16:00
- Midsummer Common
([W3W Location ///lows.sing.blast](#))

It is not possible to collect a race pack on Sunday 9 March.

Can Someone Else Collect My Race Pack?

Please email info@cambridgehalfmarathon.com with the name and email address of your authorised collection person, ensuring they are copied into the email. When your authorised collection proxy attends race pack collection, they will need to bring your photo ID (a digital copy on their phone is acceptable) along with the email response from our team.

Anyone found to be running under someone else's name or to have sold/given away their race number without using the official race channels will be banned from participating in the event in future years.

RACE RULES & APPEALS

The event will be held under the Rules of England Athletics.

If you require further information please visit England Athletics [here](#).



Event Permit Number: #28346

WITHDRAWALS & TRANSFERS

The date for transfers and refunds has now passed. Please let us know if you need to withdraw from the race. If you want to take a look at our race **Terms and Conditions**, you can find them, [here](#).

Please do not pass your number on to someone else as this can lead to disqualification and can be dangerous in the event of a medical emergency. Anyone found to have done this will be banned from participating in our event in future years.

Event Office Closure

The Event Office will be closed from Wednesday 5 March at 16:00, if you would like to make contact with our team after this point please use our social media channels or visit us at the Enquiries desk within the Pack Collection tent.



THE MORNING OF THE RACE

WHAT TO BRING WITH YOU:



MAKE YOUR OWN CHECKLIST:

-
-
-
-
-

-
-
-
-
-

THE EVENT VILLAGE MAP

Getting to & from the event:

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

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)



There will be a number of road closures in place around the city due to the race route. View our Traffic Document [here](#) to see if your usual route will be affected.

WE HAVE 4 WAYS WE'D LIKE COMPETITORS TO TRAVEL TO THE EVENT:

1. WALK

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

2. CYCLE

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

3. 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.

4. PARK & RIDE

Departing Buses

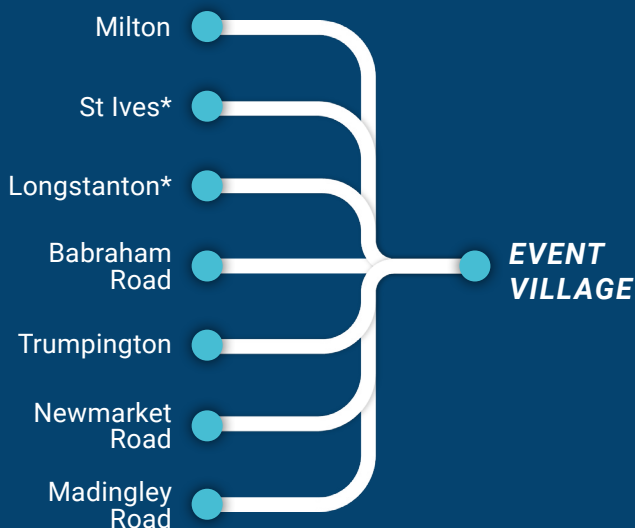
(Before Race Start)

FIRST BUS: 07:00
LAST BUS: 08.30*

Returning Buses

(After First Finishers)

FIRST BUS: 11:00
LAST BUS: 15.00



*St Ives and Longstanton Last bus before Race Start, will depart at 8.00AM (not 8.30AM).

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.

When Will I Receive My Tickets?

Anyone who purchased Park & Ride tickets before 30 January will receive these in their race pack. Purchases through the TTP Cambridge Half Marathon Shop after 30 January and before the pre purchase end date of Thursday 27 February will be sent out separately and will be posted by Friday 28 February.

After the 27 February you will be required to pay on the day of the event, if there are spaces.

What's the cost of Park & Ride Tickets?

Pre-purchased tickets through the TTP Cambridge Half Marathon Shop will be £7. Tickets purchased on the day will be £10 for Adults, £6 for 5 - 15yrs old, and Under 5s go free.

You can find details of locations of each Park and Ride site in our [FAQ's](#). Once the race has finished the buses will return to the Park & Ride sites until 15:00.

Where are the drop off and pick up Points?

Returning Park & Ride buses will depart from the drop-off point, except for Madingley which is on the opposite side of the road.

If you are returning to Milton, St Ives or Longstanton pickup points, please be aware that you will not be able to access these sites from Victoria Avenue, we recommend using the Fort St George Bridge, close to the river and Ferry Path to turn left onto Chesterton Road.

RETURN POINTS

WHAT3WORDS 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](#)

ENQUIRIES AREA - OPENS 7AM

There will be Enquiries, secure Bag Storage and Bike Storage areas at the event HQ on Midsummer Common, see map on page 9 for location.

BAG STORAGE RULES – OPENS 8AM

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.

BIKE STORAGE RULES – OPENS 8AM

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 or adults at risk, to the staff in our Enquiries area who will be on hand to help.

MEDICAL CONDITIONS

Please write next of kin and contact details on the back of your race number using a waterproof pen. If you have any type of medical condition 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 page 14 for detailed information).

HEADPHONES

Due to rules set out by England Athletics, you are not allowed to wear headphones (other than those medically prescribed) during the race, in the interest of athlete safety. We are instructed to disqualify athletes who break this rule.

Exceptions:

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

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.

There is a public first aid unit accessible from the event site, beside the stage.



THANK YOU ALL ALZHEIMER'S RESEARCH UK RUNNERS

Alzheimer's Research UK are proud to cheer you all on. We love turning our home city of Cambridge orange to support our team of 400 runners! We hope our cheer squads give you that little boost you need to get you over the line.

Alzheimer's Research UK simply wouldn't exist without the hard work and generosity of people like you. Every stride you have taken and pound you have raised brings us **closer to a cure for dementia**.

READY FOR YOUR NEXT CHALLENGE?

Scan the QR code or visit alzres.uk/camb-half-ryi to register your interest for Cambridge Half Marathon 2026!



Registered charity numbers
1077089 & SC042474

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

ON THE COURSE

The TTP Cambridge Half Marathon is renowned for its fast and flat route. On the course, you'll have access through four historic University Colleges, scenic surroundings, and support from over 700 event marshals. There will be four water stations along the route, mile markers, as well as designated cheering points and music hot spots to help keep you going.

**CLICK TO VIEW
INTERACTIVE MAP, [HERE.](#)**

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



RACE START

Waves Begin From 9:30AM

Please make sure you arrive on site at least 45 minutes ahead of your 'Arrive at Start Gate time'.

- Your start wave is allocated based on your predicted finish time.
- There will be two Start Gate entrances, (Start Gate 1 and Start Gate 2)
- You will access the race start via the gate indicated on the table below:

RACE NUMBER LETTER PREFIX	WAVE ORDER	START GATE ENTRANCE NO.	PACER TARGET TIME	ARRIVE AT START GATE TIME
A	1	START GATE 1		9:10
B	1	START GATE 1		9:13
C	1	START GATE 1	1hr 30mins	9:16
D	1	START GATE 1		9:19
E	1	START GATE 1	1hr 45mins	9:22
F	1	START GATE 1		9:25
G	1	START GATE 1		9:28
H	2	START GATE 2	2hrs	9:38
J	3	START GATE 1		9:48
K	3	START GATE 1	2hr 15mins	9:51
L	3	START GATE 1	2hr 15mins	9:54
M	3	START GATE 1	2hr 30mins	9:57
N	3	START GATE 1	2hr 45mins	10:00
V	VIP Athlete	VIP CHANNEL	N/A	N/A

The colour of your race number has been randomly allocated (Dark blue, Light Blue, Pink) this does not have any relation to your starting time/start gate entrance. All VIP athletes will have a black number which will allow them to start in any wave they choose.

WHEN TO HEAD TO THE START GATE

If your race number starts with the letter A you can access Start Gate 1 from 09:10.

Please refer to the table to view your waves access gate and the time you should arrive. There will also be information on which waves are due to head to the start area on the screens on the main stage, in case you miss the announcements.

THE COURSE

This year's TTP Cambridge Half Marathon once again offers a fantastic opportunity to experience some of the city's most iconic highlights. The course runs on closed roads. However, please stay alert, as some adjoining junctions remain open, and in certain areas, the opposite carriageway may have live traffic. Staying aware of your surroundings will help ensure a safe and enjoyable race.

PACERS

For those aiming for a specific finish time, official event pacers will be available across the start waves pacing at 1hr 30mins, 1hr 45mins, 2hr, 2hr 15mins, 2hr 30mins, and 2hr 45mins, based on Chip Time. You can easily spot them by their distinctive t-shirts and flag backpacks displaying their target time.

You can see what pacers will be in your wave by checking the corresponding letters in the table above.

CHANGING WAVES

You can move back to a slower wave if you would like to, however, you cannot start in an earlier wave.

HOW TO BE SAFE ON THE COURSE

- Run within the designated route at all times / **Do not run outside of coned areas**
- Listen to Marshal instructions
- Do not wear headphones
- Take care on cobbled surfaces as they can be slippery when wet
- Be careful of vehicles travelling on the other side of the carriageway

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.



DRINK STATIONS & LITTER DROPS

There will be 4 drink stations based on the course (distances in table below).

DRINK STATION	DISTANCE (Miles)	LOCATION
Drink Station 1	3.5	St John's College
Drink Station 2	6.5	Barton Rd Layby
Drink Station 3	9.5	Grantchester Rd, Trumpington
Drink Station 4	11	Trumpington Street

WHAT IS AVAILABLE

All drink stations will offer water, in recyclable cups, and High5 Aqua Gels (orange & berry flavours) In addition, if you have chosen to be self-sufficient and are carrying your own bottle there will be fill-up points.

There are toilets and sanitary products available at each drink station.

HOW WE KEEP TIDY

In order to keep the city tidy we will be implementing set litter drops in between the drink stations, which will mean that there will be 4 extra opportunities to drop your recyclable cups and gel wrappers in recycling bins. The litter drop locations are outlined below. You will also find toilets and litter drops at all of the drink stations.

LITTER DROPS	DISTANCE (Miles)	LOCATION
Litter Drops 1	3.9	Outside Senate House
Litter Drops 2	5.1	Trumpington Street
Litter Drops 3	7.3	Barton Road Roundabout
Litter Drops 4	11.5	Trumpington Street

TIMING POINTS

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

<i>DISTANCE (KM)</i>	<i>LOCATION</i>
0.0	Start Line
5.0	Northampton Street
10.0	Barton Road
15.0	Grantchester Road
20.0	Thompsons Lane
21.1	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 two on course cut off times which you need to hit:

<i>DISTANCE (KM)</i>	<i>LOCATION</i>	<i>TIME TO HAVE ARRIVED BY</i>
15.3	Trumpington Road	13:00
18.5	Silver Street Junction	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.

TOILETS

There will be a large number of toilets & urinals available on Midsummer Common. You will also pass toilets at all four drink stations and as you enter the village of Grantchester on your way round the course.

In all areas with available toilets, designated facilities will be marked for women's use only. Out on the course every toilet marked for women's use will also have available sanitary products within. On the event site, women's toilets marked with an 'anitary Products Available' sign will have sanitary products available.

Please be respectful of the local community by using designated toilet facilities along the route. Public urination is considered indecent exposure and will result in disqualification. Toilets are always within easy reach.

A collage of four black and white triathlon images with an orange overlay. Top left: a crowd of spectators. Top right: two cyclists on a road bike. Bottom left: three runners in a race. Bottom right: a female triathlete celebrating with her arm raised.

YOUR NEXT FINISH LINE AWAITS

**OUTLAW HALF
NOTTINGHAM WEEKEND:**

May 17-18, 2025

**OUTLAW
NOTTINGHAM WEEKEND:**

July 26-27, 2025

**OUTLAW HALF
HOLKHAM WEEKEND:**

July 5-6, 2025

Triathlon and more – kids, run, aquabike, relays, short to long!

www.outlawtriathlon.com

AFTER THE FINISH LINE

After the finish line you will follow the process below:

- Collect your race medal, event finisher bag and finisher t-shirt, if you selected one, from the finisher tents
- Head to Erdinger for a can of Erdinger Alkoholfrei
- Go to the massage tent to begin your recovery process
- Exit the finish and meet your supporters at a meeting point

WHAT T-SHIRT SIZE DID I ORDER?

At the bottom of your race number it will show the size you requested, please use the overhead signs on our finisher's tents, to see which tent has your size t-shirt available.

Once you have collected your t-shirt, if you would like to change the size you may be able to do this at the Enquiries tent, subject to availability. There is no option to change from donating a tree to collecting a finisher's t-shirt on the day.





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 2026 and help make Addenbrooke's even better.

Visit helpyourhospital.co.uk/cambridgehalf

or scan here:



Helping make Addenbrooke's even better



Thank you!

from

#TeamArthur

A huge thank you to every runner taking on the TTP Cambridge Half Marathon for Arthur Rank Hospice Charity. You are incredible!

Thanks to your support, we can continue to care for around 3,600 patients each year for free at our Hospice in Cambridge, the Alan Hudson Centre in Wisbech and in patients' own homes.

Fancy your own challenge?

We have places in many running and cycling events, our Star Shine Night Walk and lots more.



Arthur Rank Hospice Charity

making every moment count

Registered Charity Number 1133354



SCAN TO JOIN! 

TRACKING & RESULTS

Race Tracking

On race day, spectators will be able to receive timing updates through the [TTP Cambridge Half Marathon](#) website. Please note the tracker is calculated on average predicted times through the check points along the route and is not appropriate for locating the whereabouts of specific athletes as a GPS system.

This system will supply live to web results based on chip times.

Please note that there will be a live feed at the finish line and at points along the route. This will be freely available from our website and anyone trying to sell access to this is a scammer.



PRESENTATION

The overall top 3 Male and Female competitors will receive prizes at 12:00-12:15 from the stage area.

AGE GROUP CATEGORIES

All Age group prizes will be posted in the month following the event, they will be sent to the address provided in the entry portal.

TOP MALE & 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 on chip times.

Cambridge is one of the UK's most unequal cities

Your race route passes through communities where the difference in life expectancy can be up to 12 years, simply based on which part of the city you live in.

Your support is helping us to fund vital community projects that are making Cambridgeshire a fairer, safer and more vibrant place to call home, so that all of us can have the best chance of leading a happy, healthy life.

Thank you to our runners for going the extra mile for our community



Cambridgeshire
Community
Foundation

For a better county



www.cambscf.org.uk

Registered charity no. 1103314

To find out more and
how you can support visit

cpslmind.org.uk

 **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.

CPSL Mind: Registered Charity Number 265087



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



Registered Charity No. 1179871



WOMEN'S INCLUSIVITY

We are dedicated to making our event as inclusive as possible, and have made several commitments to practices that will be put in place over the event weekend to provide support and ensure inclusive treatment for women. While some practices will be newly introduced, others have long been part of the TTP Cambridge Half Marathon.

Here's some highlights of what you can expect to see over the weekend:

Women's Toilets

In all of our toilet blocks you will find facilities marked specifically for women's use. Women's toilets will be available by the event start, within the event village and also at each drinks station.

Sanitary Products

Will be available in each area where there are women's toilets. The specific facilities with sanitary product boxes will be identified with a bright sticker.

Breast Feeding & Baby Changing

There will be a specific private breast feeding and baby changing area located next to the Enquiries tent.

If you wish to use the facility please check in with our enquiries team to ensure the area isn't occupied and they will be happy to show you in.

Men's & Women's Finisher T-shirts

There will be both Men's & Women's t-shirt sizing available in the finish tents.

Race Buddy Scheme

The Race Buddy Scheme was introduced after hearing from a number of women that feel apprehensive when attending an event for the first time or on their own. The unknowns of what to do, where to go and when to do it were reasons women may not choose to get involved in a sporting event.

Our goal is to reduce athlete anxiety in the week before and on the race day. We aim to give our athletes the knowledge about how the event will run, and offer the opportunity to ask questions to a real person. The scheme will be hosted in two parts:

Online Seminar

Our host will run through the timings of the event, including details about race packs, park & ride as well as some advice for managing pre race day nerves. The host will also accept questions that participants may have surrounding the event.

Date: 19 February Time: 18:00 Location: Zoom

Event Site Walk Through

We will host a walk through of all the facilities on the event site, including where to find our meeting points, which start gate to enter through and much more.

Date: 8 March Time 11:30 Location: Event Stage
[\(Sign up to the Event Site Walk Through here\)](#)

We're proud to say that these aren't all of the initiatives that we've put in place for this years event. You can read in further detail [here](#).



**Cardiac
Risk in the
Young**

Got your own place?

Help us save young lives
by fundraising for CRY!



scan to join!

Registered Charity in England & Wales
(1050845) & in Scotland (SC052581).

A huge thank you to our wonderful #TeamCRY Cambridge Half Marathon runners!

CRY works to reduce the frequency of young sudden cardiac death (YSCD) through awareness, screening and research, and supporting affected families.



Ready, Gearset, GO!

Join Cambridge's fastest
growing tech scaleup.

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



Great
Place
To
Work.

Excellence
in Wellbeing

UK Dec 2019-Dec 2020

Great
Place
To
Work.

Best
Workplaces™

Small Organisations UK 2020





Kidney Care UK is the UK's leading charity supporting kidney patients, and their families, with practical, financial and emotional support, as well as campaigning to improve care.

THANK YOU to our incredible team of #KidneyWarriors

With your help we can ensure that the 7 million people with kidney disease in the UK do not have to face it alone.

Have your own place?
Its not too late to join our team!



Registered in England and Wales (1228114). A charity registered in England and Wales (270288) and Scotland (SCO48198).



RUN FOR EVERY KIND

Before Team Animal races to the finish line at TTP Cambridge Half Marathon, you can take the next step and donate today to help change animals' lives.



Donate or join Team Animal!



Registered charity no. 219099.



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



UNIVERSITY OF CAMBRIDGE



PROUD PARTNERS OF THE TTP CAMBRIDGE HALF MARATHON

Open to everyone!

Cambridge Sport membership includes access to:
Gym, Strength&Conditioning Room, Fitness Classes, Badminton Courts, Squash Courts, Athletics Track at Wilberforce Road, and discounted Padel Court bookings!

Memberships cost £44 monthly, or £440 annually

JOIN ONLINE
Visit
sport.cam.ac.uk

THANK YOU

We would like to express our gratitude to the numerous individuals and organisations that helps to make this event possible. The TTP Cambridge Half Marathon is a much anticipated event for many participants, providing them with a training goal and contributing to the physical and mental well-being of the Cambridgeshire communities.

Host Venue

Cambridge City Council

University of Cambridge Colleges

Jesus College, King's College, Trinity College, St John's College

Volunteers

We would like to say a special Thank You to all the wonderful volunteers with us over the weekend. This year we will have a team of over 700 people, some of whom commit their time over several days, to ensure that every athlete has the most enjoyable event day possible.

All the information here is believed to be true at the time of going to press. Changes may be required to ensure that the event is organised safely and within the law. Any changes may be made without notification. The organiser has the final decision. This information is the Copyright of Wasserman Mass Participation, reproduction of this text or style is forbidden.