

# RACE START

MULTIPLE STARTS FROM 09:30

Please make sure you arrive on site at least 1 hour prior to your advised start time, as shown on the Online Start List. Get there in plenty of time and get yourself prepped. The last Park & Ride buses will depart Longstanton and St Ives Park & 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.



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There will be A and B numbers for each colour, please follow the times outlined below:

## WAVE START TIMES

WAVE	BIB COLOUR / LETTER	GATE OPEN TIME	START TIME
1	Blue A	09:10	09:30
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

