

# **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 emailed to you on 11 February. Get there in plenty of time and get yourself prepped. The last Park & Ride buses will depart from Longstanton and St Ives at 08:00 with buses from the remaining 5 sites leaving at approximately 08:30. Please arrive at least 15 minutes before those times.

You have been allocated a starting group and wave based on your predicted finish time. The start procedure is different this year. There will be 2 Start Gates and you will access the start via the gate allocated to your wave, as detailed in the table below. You can move back to a slower group if you would like to run slower or with slower friends, but you cannot move forward into a faster group. Sorry.

If you have a letter A on your Race Number you can access your Start Gate from 09:10 and will start at 09:30. All other letters please refer to the Wave Start Times table below for when you can access your gate. There will be information on which waves are loading in announcements and also on the screens on the stage. The colour of your number has been allocated randomly and has no bearing on your start.



# RACE START multiple starts from 09:30

## Wave Start Times

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

