

WANDLEBURY CROSS COUNTRY

5 mile race (proceeds to The Children's Society)

2½ mile fun run (proceeds to Newmarket Joggers long-jump fund)



Saturday 6th August 2011. 10am start.

Dear entrant,

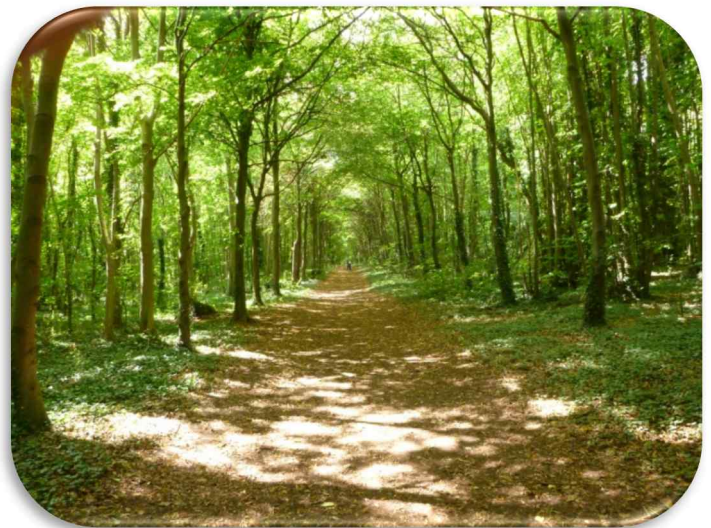
Thank you for entering this year's Wandlebury Race. We hope you will enjoy this event. Details on how to reach us and the course are shown on the following pages.

Your race number is enclosed. (If you have entered online, you will need to pick up your number on the day – **please allow plenty of time to do this.**)

I would welcome more volunteers to help direct runners around the course and thereby aid in the smooth running of this event. If you are able to suggest someone, perhaps your partner, please let me know beforehand and I'll be very grateful. They will see all the 5 mile runners at least twice.

Important information:

- Please wear your race number on the front of your running vest, so that the timekeepers can easily see your number.
- Please follow the race marshals instructions at all times.
- The event is subject to UK Athletics rules. No iPods/MP3 players are permitted.
- If you are unable to complete the race for whatever reason, please go back to, or continue forward to the next race marshal, who will be able to help you.
- On crossing the finish line, please continue in your finishing order along the finish funnel, where there will be water waiting for you at the end.
- There are no changing facilities at the race site but there are toilets.
- The route is mainly on well defined paths through the trees. However, a course of this type will have natural obstacles and hazards (such as gates, tree roots, rabbit holes and branches) and not all of these will be marked – please look out for these and take care!
- The 5 mile and 2½ mile events will start at the same time. We suggest that the faster runners start at the front and the slower runners and the 2½ mile runners start at the back.



Please enjoy running through the lovely woods and good luck!

Mike Sales, Race Director.

Newmarket Joggers 07876 220634 mike@newmarketjoggers.co.uk



Course Map

The start and finish for both the 5 mile race and the 2½ mile fun run is on the “Games Field” at Wandlebury Country Park. The Games field is approximately 100 metres from the entrance, along a tarmac path, and there will be marshals to point entrants in the right direction.

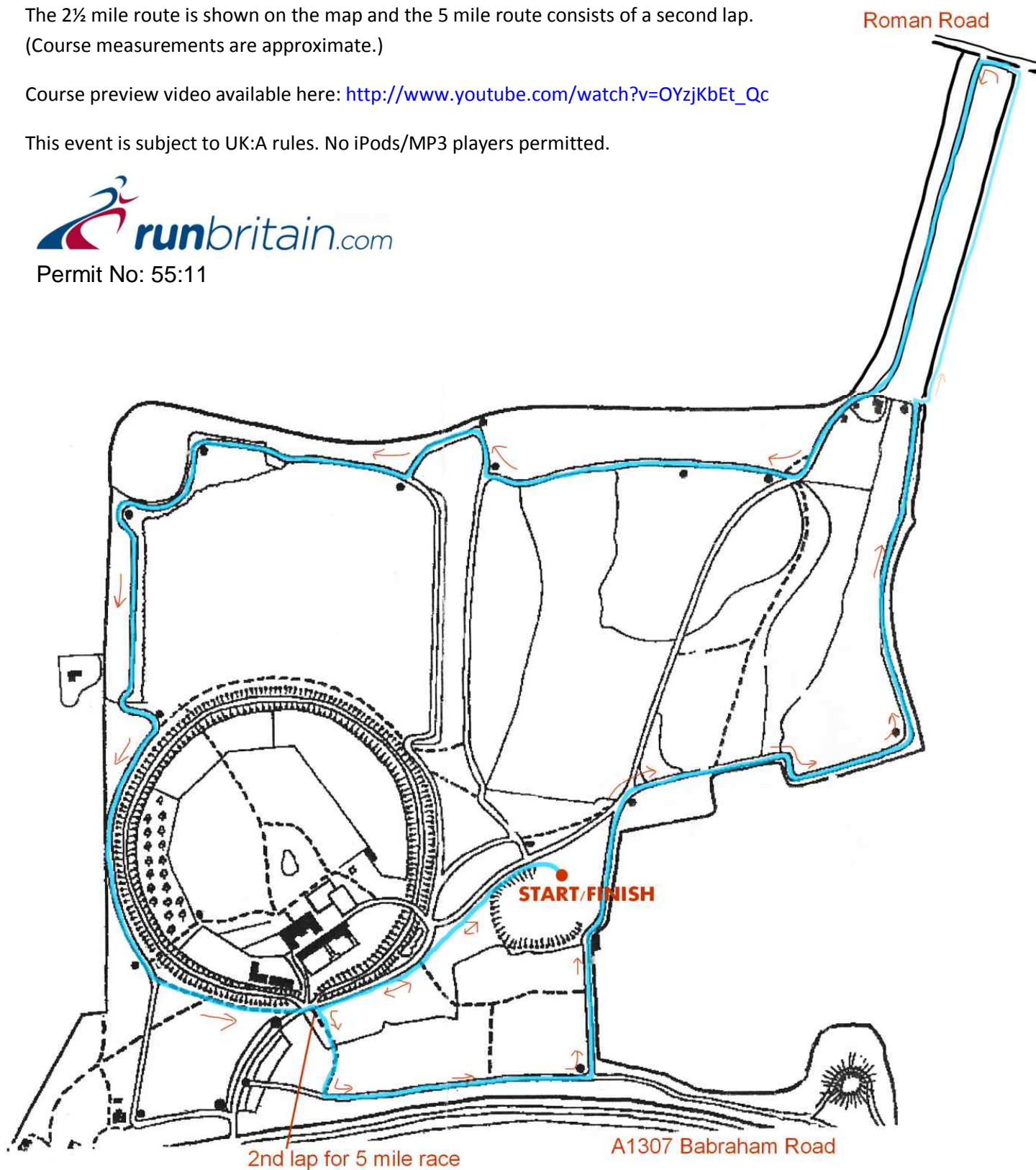
The 2½ mile route is shown on the map and the 5 mile route consists of a second lap.
(Course measurements are approximate.)

Course preview video available here: http://www.youtube.com/watch?v=OYzjKbEt_Qc

This event is subject to UK:A rules. No iPods/MP3 players permitted.



Permit No: 55:11



Directions to Wandlebury

Wandlebury is signposted with brown Country Park signs off the A1307 Cambridge to Haverhill Road ("Babraham Road"), 2.5 miles south of the Addenbrookes Hospital's roundabout.

By Bike

There is plenty of bike parking available at the Park.

By Bus

Use the Stagecoach Citiplus X13 and X13a service between Cambridge & Haverhill. It is also possible to use the Park & Ride bus to the Babraham Road P&R site. (See below for walking directions.)

By Train

From Cambridge train station walk down Station Road to Hills Rd, turn left and wait at nearest suitable bus stop for the X13 and X13A or Park & Ride bus. (See below for walking directions.)

By Car

Car parks are circled on the map.

The Babraham Park and Ride car park is free and well sign posted. From there, it is a 2km walk up hill: you should exit the car park south (the road the buses use) and then walk along the A1307 to Wandlebury (there are now footpaths all the way). Allow 40 minutes (a useful warm up?).

The Magog car park is approached on Haverhill Road. If heading north from Babraham/A11, this road is shortly after Wandlebury, and on the left. If heading south from Cambridge/Addenbrookes, go straight across the Park and Ride/Cherry Hinton Road roundabout and then turn first right. From the car park walk diagonally to the top left corner of the field in front of you and then follow the footpath for a short way until the gap on your left leads to the A1307. Cross the dual carriageway (carefully) and you are now at Wandlebury. Allow 15 minutes.

The Wandlebury visitor car park is at the Main Entrance as signposted off the A1307 (£2 parking charge which directly contributes to looking after the park; CambridgePPF members free). It is expected that this car park will rapidly get full, and we encourage entrants to use one of the preceding car parks.

With thanks to Cambridge Past Present & Future for permission to use Wandlebury Country Park. Further information about the Park is available at <http://cambridgeppf.org/wandlebury-country-park.shtml>

