



RACE INSTRUCTIONS

Sunday 20 September 2009

Race starts at 9.30am

In aid of Cam-mind



Cambridge News

www.chariots-of-fire.co.uk

Registration

All team managers must register their teams in the registration marquee on Queens' Green between 7.30am and 9.00am on Sunday 20 September. Please make sure you know your team number (a list of all team numbers will be displayed at your meeting zones and on the outside of the registration marquee). If you have not already returned your disclaimer form, please hand this in when you register.

The team manager will be given a running pack comprising six t-shirts, your team numbers for your team members to attach to their t-shirts, safety pins and a baton.

Meeting zones

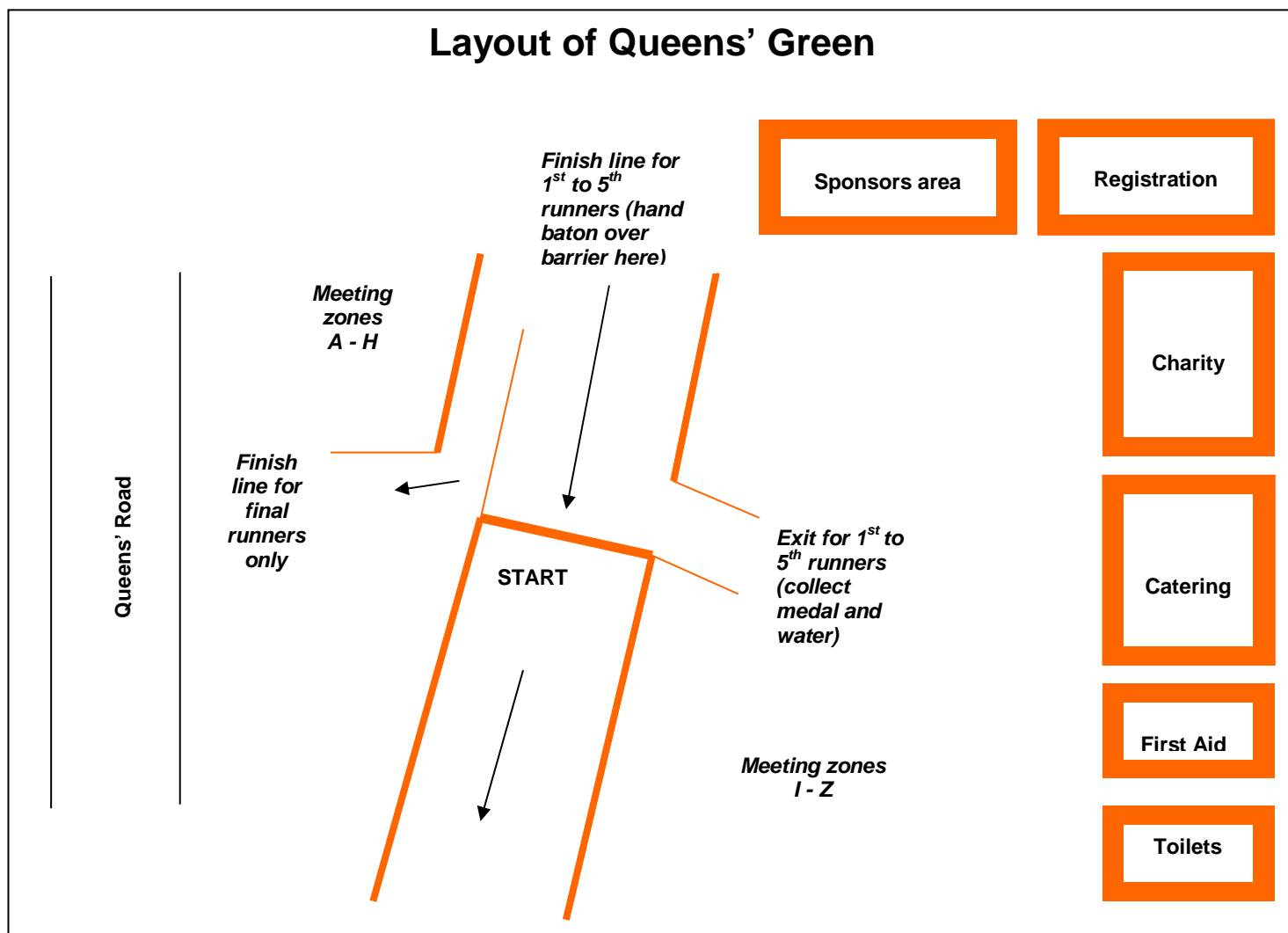
Queens' Green will become very congested during the morning of the race, so to assist you in meeting up with the other members of your team there will be meeting zones marked out on Queens' Green as follows (also shown on the map below):

Zone A: teams 1 - 17
Zone B: teams 18 - 34
Zone C: teams 35 - 51
Zone D: teams 52 - 68
Zone E: teams 69 - 85
Zone F: teams 86 - 102
Zone G: teams 103 - 119
Zone H: teams 120 - 136
Zone I: teams 137 - 153

Zone J: teams 154 - 170
Zone K: teams 171 - 187
Zone L: teams 188 - 204
Zone M: teams 205 - 221
Zone N: teams 222 - 239
Zone O: teams 240 - 256
Zone P: teams 257 - 273
Zone Q: teams 274 - 290
Zone R: teams 291 - 308

Zone S: teams 309 - 323
Zone T: teams 324 - 338
Zone U: teams 339 - 353
Zone V: teams 354 - 368
Zone W: teams 369 - 383
Zone X: teams 384 - 398
Zone Y: teams 399 - 409
Zone Z: teams 410 - 420

Layout of Queens' Green



The race

The first runner will complete the course before handing the baton onto the second runner over the barrier. This continues until the sixth runner finishes the course. All team members will wear their team number on their shirts, although each member will wear a different coloured number. The team must run in the correct order as indicated below:

| | | | | | |
|-----------|-------------|-----------|---------------|-----------|--------------|
| Runner 1: | RED | Runner 3: | YELLOW | Runner 5: | GREEN |
| Runner 2: | BLUE | Runner 4: | PINK | Runner 6: | BLACK |

Important:

- ◆ Please ensure that each team member is wearing the correct colour number on their front and back
- ◆ Teams running in the wrong order will be DISQUALIFIED
- ◆ Handover only takes place when the baton is passed to the next runner
- ◆ Please follow the instructions of the race marshals at all times

The course – see map below

The course follows a route through the streets of Cambridge, through Trinity, King's and Clare colleges and along the backs. Each runner will begin and finish on Queens' Green taking the same route shown on the attached map. The sixth runner will be directed to a finishing area just to the right of the main baton handover area so we can correctly record the finishing time.

Race director

The race director will be Charles Hewitson, Senior Partner at Hewitsons.

Route bulletin

The race director will give a race briefing between 9 and 9.10am on the day of the race. Please listen carefully as any information regarding roadworks or changes to the route will be announced at this time.

Prize giving

The prize-giving ceremony will take place at approximately 12 noon on Queens' Green. Prizes will be presented to the overall fastest three teams and the fastest teams in the following categories: female, male, mixed, male veteran and female veteran. The Inter-Collegiate Cup will be presented to the fastest college team. The People's Cup will be presented to the team who can provide the most entertainment to the crowd on the day. The Red Balloon charity cup will be presented to the fastest charity. No team will qualify for more than one prize (to view the prize rules please visit the event website).

Finishing times

The Cambridge News will publish the race finishing times and a full race report on Monday 21 September (the finishing times will also be uploaded to the event website).

Road closure

Silver Street bollards will commence operation at 9am on the race day.

Car parking

There is some parking on Queens' Road and the surrounding streets, close to Queens' Green (please do not park on the coach parking on Queens' road, which is clearly marked - you are likely to receive a parking fine). Lion Yard & the Grand Arcade are the town centre car parks closest to the event.

Refreshments & facilities on Queens' Green

Catering facilities and a bar will be available on Queens' Green.

First aid

First Aid cover will be available during the event, provided by The Red Cross.

If you have any further questions about the race please contact:
Hazel Kraus, Hewitsons, Shakespeare House, 42 Newmarket Road, Cambridge, CB5 8EP
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