



saucony[®]



CAMBRIDGE HALF MARATHON SUNDAY 11th MARCH 2012



FINAL RACE INFORMATION SAUCONY CAMBRIDGE HALF MARATHON

IN SUPPORT OF

CANCER RESEARCH UK



PLEASE ENSURE YOU ARRIVE AT
THE EVENT BY 8.00am

IF USING PARK & RIDE BE AT YOUR CHOSEN
P&R SITE BY 7.00am



UKA LICENCE NUMBER:
2012-103185

STEP BEYOND
PROMOTIONS
www.onestepbeyond.org.uk
Sports Event Management

SUNDAY 11th MARCH 2012 - START 09:00

THANK YOU TO OUR SPONSORS & CHARITY PARTNER



We are proud to announce Saucony as the headline sponsor of The Cambridge Half Marathon 2012.

At Saucony, we exist for runners. Runners inspire us, bring us new ideas, force us to be better. They drive our design and engineering. They keep us competitive. They keep us hungry. They keep us honest.

Whether it's in a conference room or out on a lunchtime run, we're constantly talking about and arguing about our sport, runners and the products that fuel them. We love our products and we run in everything we make.

This focus and passion fuels us as we strive to create the best running shoes and apparel on the planet. We leave work each day knowing we've done everything to make runners' lives just a little bit better.

At Saucony, a good day is when we get to run.

A great day is when we inspire someone else to run.

CHARITY PARTNER



The event will be supporting Cancer Research UK, which is the world's leading charity dedicated to saving lives through research. They receive no government funding and rely on people like you to help fund their groundbreaking work into preventing, diagnosing and treating cancer.

People's chances of surviving cancer has doubled in the past 40 years, however, more than one in three of us will still get cancer at some point. It is not too late to sign up for a fundraising pack visit: <http://running.cancer-researchuk.org/events/cambridge-half-marathon> and start saving lives.

EVENT PARTNERS



Progress

The Cambridge Centre
for Health and Performance
Part of Spire Healthcare

Progress the Cambridge Centre for Health and Performance is suitable for everyone whether you are an aspiring athlete wanting to improve performance, have a sporting injury or need some help with physiotherapy treatment.

Progress is led by Professor Cathy Speed, Consultant in Rheumatology, Sport & Exercise Medicine and is supported by Kirk Russell, ex England Cricket Team Physiotherapist and a team of highly experienced and recognised specialists.



**Anglia Ruskin
University**

Cambridge & Chelmsford

With around 30,000 students (9,000 of whom are part-time) and 1,000 academic staff, Anglia Ruskin is one of the largest universities in the East of England. They offer a wide range of degrees relating to sport, including sport science, sports coaching and sports journalism. For more information please visit www.anglia.ac.uk



**Cambridge
Property
Lettings**

Cambridge Property Lettings lets a range of houses & flats, both large & small, in and around Cambridge. We aim to take the hassle out of marketing and managing properties for landlords & to make the process of finding a home as smooth as possible for tenants, through our friendly, personal service. We even have a dedicated student website. In addition CPL offers a unique buy-to-let and renovation service for landlords. If you are interested in any of our services, please do call us on 01223 322277 or via our web site www.cambridgepropertylettings.co.uk



**Cambridge & Coleridge
Athletic Club**

C&C has over 600 members from ten years old to over 80. Over 200 members take part regularly in road running – at all standards. The club has a big membership of young athletes, under 18 years old, who take part mainly in track and field athletics and many senior athletes who also enjoy track and field. If you would like to know more please go to www.cambridgeandcoleridge.org.uk

Cambridge News

The Cambridge News is the area's leading paid-for newspaper, published six days a week and serving the community of Cambridge and beyond. With its award-winning mix of news, sport, entertainment and advertising, there is something for everyone inside. The Cambridge News is proud to support the Cambridge Half Marathon and will offer unrivalled coverage of the event.



**CAMBRIDGE
CITY COUNCIL**

We are very thankful for the support given to us from both Cambridge City and Cambridgeshire County Councils, quite simply the event could not happen without them. Please appreciate what they have done for us, their support is essential in the continued development of this event – they will both have runners out on the course!



**CAMBRIDGE
WATER
COMPANY**

Cambridge Water – proud to sponsor the Cambridge Half Marathon. Since our inception more than 150 years ago, Cambridge Water has been at the heart of the community we serve. While our primary aim is to supply high quality drinking water to homes and businesses in and around the Cambridge area, we are also committed to taking an active role in community issues. For more details visit www.cambridge-water.co.uk

PRE RACE

PLEASE READ ALL OF THIS RACE INFORMATION

This is the Final Race Info document and as such provides you with everything you need to know in the build up to the Saucony Cambridge Half Marathon. This information is subject to change on grounds of safety, however, it should be read carefully to ensure you know what is expected of you on the day of the event.

WELCOME

The Saucony Cambridge Half Marathon will have all the elements that you would expect from a high profile City Centre Running event, including online registration, chip timing, UKA certified distance, on course entertainment, professional event medical cover, high quality medals and goodie bags!

The course will consist of 2 loops and an out and back section along the River Cam. The event will begin on Victoria Avenue, passing some of Cambridge's most famous locations including The Backs, in front of King's College, the Market Square, the Round Church before finishing on Midsummer Common, for more information see the course maps and description in the 'Route' section.

CONFIRMATION OF ENTRY

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post. For those people who have entered through Cancer Research UK please ensure that you have replied to emails sent from One Step Beyond requesting information otherwise you will not be placed in an age category.

RACE PACKS

Enclosed within your Race Pack you should find:

- Race Information including: Course Map and Site Plan (*Page 12-15*)
- Race Number with timing chip attached
- Bag Storage Tag
- Bike Frame Label
- Park & Ride Token (if purchased before the 2nd March)

DIRECTIONS TO THE START

The main HQ for the event will be Midsummer Common, this is where the stage, enquiries area, bag and bike storage, toilets, first aid and catering will be located. There will be signs clearly marking the route to the start which will be positioned on Victoria Avenue (CB4 1EH).

WHAT WILL YOU NEED TO BRING WITH YOU?

- Race Number
- TWO safety pins or a number band to ensure your race number is visible at all times
- Park & Ride email confirmation and token – *if using this service*
- Bag Tag – *if using this service*
- Bike Frame Label – *if using this service*

GETTING TO THE EVENT

Please Note - there is no parking at the start venue.

There are THREE ways we would like competitors to travel to the event:

1. **Walk** – if you are local please walk to the event, as this will greatly assist with the flow of traffic around the City.

PRE RACE

- Cycle** – its Cambridge... and with this in mind please get on your bike! We will have a secure free bike park for competitors. Please ensure you attach your bike frame label to your bike and we will look after your bike whilst you are racing. After the event display your race number and your bike will be returned to you.
- Park & Ride** - we have arranged with Stagecoach to run special event buses from both the Milton (North) and Trumpington (South) sites. Please arrive at 7.00am - do not leave it until the last minute as we cannot delay the start if competitors are late.
 - The Park & Ride will cost £3.00 p.p (under 5yrs old are free) and must be purchased before the 2nd March 2012 you will not be able to pay on the day.
 - Your P&R ticket will include both journeys to and from the event site - the buses will run from 07:00 from both sites. Once the race has finished the buses will return to the Park & Ride sites from the same locations you were dropped off at until 13:30.
 - Participants and supporters wishing to travel back to the Park & Ride sites after the final 13:30 departure can use their tokens on the scheduled Park & Ride services.
 - The Milton site is located just off the A10 to the south of Butt Lane, near Milton. Milton is ideally situated if you are coming from the North/A10/A14, (CB24 6DQ).
 - The Trumpington site is situated to the south of Cambridge on the Hauxton Road. Access to the site is either via a dedicated access lane from junction 11 on the M11, or a traffic signal controlled junction on Hauxton Road (CB2 9FT).

ACCOMMODATION AND ATTRACTIONS - VISIT CAMBRIDGE

Visit Cambridge will be able to handle all your enquiries on what to do and where to stay when visiting Cambridge.



Website: www.visitcambridge.org

Email contact: info@visitcambridge.org

Telephone contact: 0871 226 8006 (general enquiries)
01223 457581 (accommodation enquiries)



THE RACE

RACE RULES AND APPEALS

The event will be held under the rules of UK Athletics. Under these rules it is mandatory that all competitors are insured by third party civil liability insurance – Members are insured as part of their affiliation package. All other competitors should have paid a £2.00 non-affiliation fee when entering to ensure that they have the relevant civil liability insurance. If you require further information about affiliation please email info@englandathletics.org or telephone **UK Athletics** on **0870 9986700**.

MUSIC / I-PODS

Very simple – these are not permitted, anyone listening to music during the event will be disqualified.

We have a number of sections on the course where it is critical that runners can clearly listen to the instructions of our race marshals. In addition despite being a closed road circuit vehicles will be using the surrounding roads and emergency access onto the route will be maintained at all times, with both these points in mind and for the general safety of all the runners we have made the decision that i-pods/mp3 players are not permitted. We hope that you understand that this is done with the safety of you the runner in mind and your cooperation will assist in the continued delivery of this event.

RACE START - 09:00

The race will start at 09:00 prompt, please make sure that you arrive 1 hour prior to the start of the race, get there early and get yourself prepared.



RACE WARM UP AND BRIEFING - 08:30

The race warm up will be led by Danielle who has been involved in the Health & Fitness industry for many years, Essential Health & Fitness offer classes/sessions for large groups, small groups and on a 1 to 1 basis! For further information visit: www.essentialfitness.co.uk

RELAY EVENT

100 Relay Teams will be taking part in the event, the Relay process is really easy, all tags will take place near the start area and will be completed by passing a timing wristband.

When you receive your race pack you will find a wristband with a timing chip attached – this is your Relay Tag and must be **passed between team members at the Relay Tag Point which is a holding pen near the start line**. Please ensure that whilst you are running that the **chip is not covered by clothing or anything else**. Please ensure that the third runner gives the chip to a marshal at the end of the race – these are not disposable and you will be charged £10.00 if they are not returned.

If you cannot attend the race, please return your chip to One Step Beyond, White House Farm, Maltkiln Road, Fenton, Lincolnshire, LN1 2EW. Failure to do so will result in a charge of £10 by our service provider, OSB Timing.

Runner 1 Yellow Number: 3.61 miles – The first member of the team will begin with the 3,000 individuals and will start when the gun goes bang!

Runner 2 Blue Number: 4.82 miles – The second member of the team will wait in the 'Relay Pen' next to the start line, as the first member of his/her team approaches they need to pass the wristband and off you go!

THE RACE

Runner 3 Red Number: 4.67 miles – Once the second member of your team has left the 'Relay Pen' the third member can enter, as the second member of your team approaches they need to pass the wristband and off you go, you obviously have the glory leg of passing through the finish line!

FACILITIES AT MIDSUMMER COMMON

- Enquiries Area
- Bag Storage Area
- Bike Storage Area
- Toilets
- Food Vendors

ENQUIRIES AREA / SECURE BAG STORAGE / BIKE STORAGE

There will be an enquiries, secure bag and bike storage areas at the event HQ - Midsummer Common, it is essential that you attach your bag tag when you put your bag into storage. Bags will only be returned when competitors present their race number post event. Likewise your bike frame label must be attached to your bike before you check it in. Please remember this is for your security our marshals will be strict!

WELFARE

In relation to any Welfare issues, including lost children please report to the Enquiries Area.

RACE NUMBERS

A Race Number must be worn on your front during the event at all times. NB Please do not forget to bring your own safety pins or number band. The number should be secured at the top only using safety pins or a number band.

MEDICAL COVER

The safety of our competitors is paramount. Onsite during the event will be a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders, nurses, state registered Paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. 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.

MEDICAL CONDITIONS

We request that all competitors write their next of kin & contact details on the back of their race number using a waterproof pen. If you have any type of medical conditions 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.

ELECTRONIC TIMING

INDIVIDUALS ONLY - When you receive your race pack you will find your race number inside. We are using the latest RFID chip timing system to time the race and your 'chip' is already attached to the back of your race number.

To help ensure that we capture your time there are 3 things you need to do:

1. Wear your race number visible to the front at all times
2. Do NOT tamper with the chip in any way
3. Secure your number at the **top only**

THE RACE

The chip that we are using does not contain a battery and is fully biodegradable and as such does NOT need to be handed in at the end of the race.

Using this cutting edge technology will mean results and category positions will be updated live as competitors cross the finish line. There will be plasma screens providing live results to all competitors and spectators at the finish area. Please ensure that you only cross through the timing gates, which register your times, when you are competing. To avoid this problem do not climb over barriers as they are put in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger the chip and will invalidate your result.

TEAM

See Relay section on page 6.

TOILETS

There will be a large amount of toilets on Midsummer Common – Event HQ. In addition you will pass 5 sets of toilets along the route at Drinks Stations 1 – 4 and as you run across Midsummer Common between Miles 10 – 11.

TIMING POINTS

You will be recorded at various different points along the route:

- 0.00 Miles – Gun and Chip time
- 3.61 Miles – Back through the Start Gantry
- 8.43 Miles – Back through the Start Gantry
- 11.9 Miles – At the turn point, so make sure you don't try to turn early
- 13.1 Miles – As you cross the finish line

So you will have some great data to see how your race went!

CUT OFF TIMES

The event has a cut off time of 3hr 30 minutes; competitors must be through the 10 mile mark by 11:40 (2hr 40 minutes after the start time).



THE ROUTE

THE COURSE – SEE COURSE MAP - Page 12-13

So, this is what you can expect from the course: closed roads, over 200 event marshals, 5 drinks station points, UKA Certified Mile markers and music hot spots lining the route.

The following text provides an overview of the route highlighting some of the key safety areas and the positions along the route – please make sure you read this information so that you enjoy your race and do not go wrong on the day. Special attention should be paid to Miles 4 – 5, 5 – 6 and 9 – 10.

THE START

- All competitors will be fed into the start pen from Midsummer Common. There will be time zone signs based on how quickly you believe you can complete the course, so try to start in the correct area.

Mile 0 - 1

- For the first 0.3 miles you will have both carriageways of Victoria Avenue, before being filtered into the left hand lane where you will make a left turn onto Chesterton Road.
- **BEGINNING OF LOOP** - Remain on Chesterton for approximately 0.6 miles where you will turn left onto Magdalene Street.

Mile 1 – 2

- Shortly after the first mile marker you will reach **Drinks Station 1**.
- Right turn at a mini roundabout (by the Round Church) onto St John Street continuing onto Trinity Street. This is quite a tight turn but you must remain on the road do not use the pavement.
- 3 tight turns so be careful - right turn onto Trinity Lane followed by a left turn and right on Garret Hostel Lane.
- Up and over Garret Hostel Bridge, left turn onto Queen's Road – runners must use the road not the pavement.

Mile 2 – 3

- Left turn onto Trumpington Street/King's Parade – this area will have barriers on both sides of the route.
- For the next 0.5 miles you will have barriers on both sides, passing through Market Street and Sidney Street.
- At the end of the barrier section there will be a right turn, followed 100 metres later by a left – **please take extra care in this section as vehicles will have controlled entry/egress from the car park.**
- From Park Parade you will make a right turn into Jesus Green.

Mile 3 – 4

- The route through Jesus Green will be signed and the 2 turns will have barriers on both sides.
- You will reach **Drinks Station 2** as you exit Jesus Green onto Victoria Avenue, barriers will force you to turn right heading back through the start area, where 'Relay' runners will make their tag.
- Once through the start gantry you will make a left turn at the Roundabout onto Maids Causeway.

Mile 4 – 5

- 100 metres after passing Mile Marker 4 you will reach a Roundabout where you will turn left onto Elizabeth Way – **please take extra in this section as vehicles will be travelling in both directions, only the Bus Lane will be closed for the event.**
- As the Bus Lane filters down you will be guided onto the pavement for 50 metres, before being filtered back out into the left hand carriageway – this is for your own safety, please follow the cone line.
- At the end of Elizabeth Way you will turn left onto Chesterton Road.

THE ROUTE

Mile 5 – 6

- **START OF 2ND LOOP** - 100 metres after passing Mile Marker 5 you will be faced with 2 lanes; straight for 2nd loop or left for 10 miles, obviously on your first loop you need to continue straight on (right hand lane). **At this point you will be rejoining the loop and will follow the same instruction as Miles 0 – 5.**
- You will reach **Drinks Station 3** on Bridge Street (same location as **Drinks Station 1**).

Mile 8 – 9

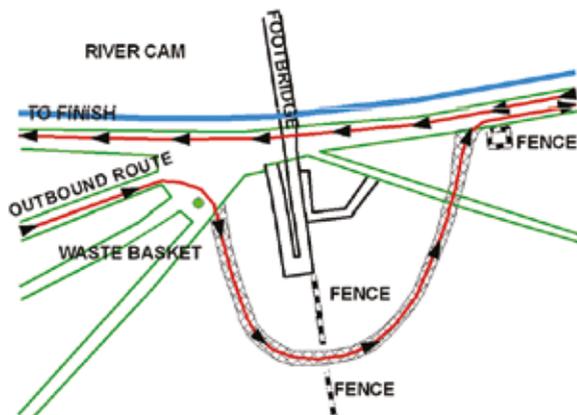
- You will reach **Drinks Station 4** as you exit Jesus Green onto Victoria Avenue, barriers will force you to turn right heading back through the start area for a 2nd time, where 'Relay' runners will make their 2nd tag.

Mile 9 – 10

- Please take extra care through the section where you are guided onto the pavement as faster runners will undoubtedly be overtaking slower runners at this point. At the end of the tenth mile you will once again be faced with 2 lanes; straight for 2nd loop or left for 10 miles, obviously after your second loop you need to turn left onto Victoria Avenue (left hand turn).

Mile 10 – 11

- Just over the bridge, 150 metres after the 10 Mile Marker barriers will force you to turn left onto Midsummer Common.
- Similarly to Jesus Green, the route through Midsummer Common will be clearly signed and all turns will have barriers on both sides.
- You will exit Midsummer Common by looping around the Foot Bridge as shown below, this will also be the start of the out and back section along the River.
- Upon exiting Midsummer Common you will reach **Drinks Station 5**, which will serve runners in both directions.



Mile 11 – 12

- The route to Stourbridge Common (turn point) runs along 'Riverside' this is a quiet road which has a fair amount of residential housing. **Only half of the carriageway will be closed, so that entry/egress for residents can be maintained, so please take extra care in this area.**
- On Stourbridge Common, like Jesus Green and Midsummer Common before it, the route will be clearly signed and all turns marked with cones/barriers.
- The turn point will be marked with barriers, a red gantry and a timing arch, you execute the turn by running anticlockwise round a fenced tree and a bench seat together to the left of the riverside path a few yards short of a cattle grid protected footbridge, as shown overleaf. please be careful at this turn point.

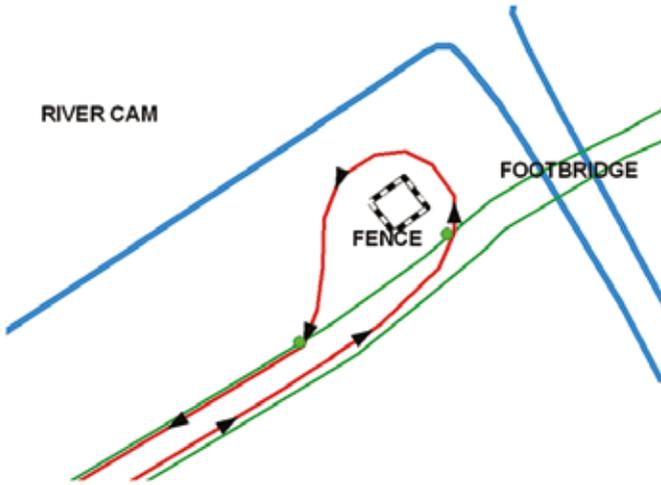
THE ROUTE

Mile 12 – 13

Towards the end of the 13th mile you will have the opportunity to grab a final drink from *Drinks Station 6* before sprinting onto Midsummer Common for a Hero's welcome!

ROUTE ACCESSIBILITY

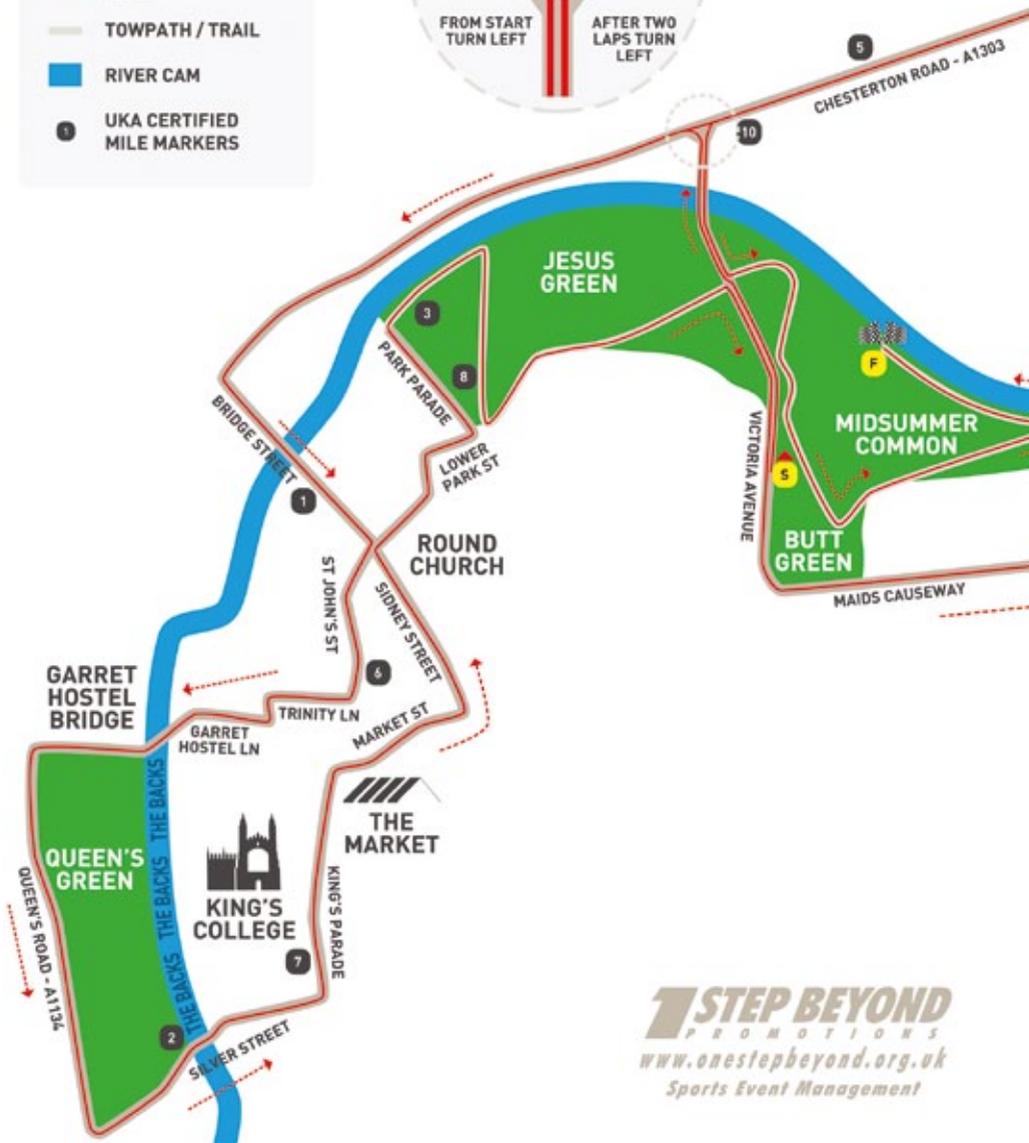
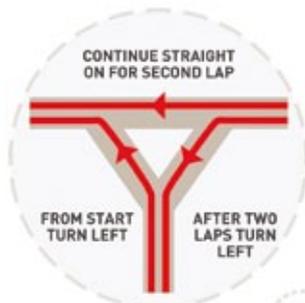
The course is fully accessible for wheelchair use, however please be aware there are a number of tight turns, some cobbles through the City Centre and a small ramp between Miles 12 - 13.



ROUTE MAP

KEY

- START & FINISH
- RUN ROUTE
- ROAD
- TOWPATH / TRAIL
- RIVER CAM
- UKA CERTIFIED MILE MARKERS



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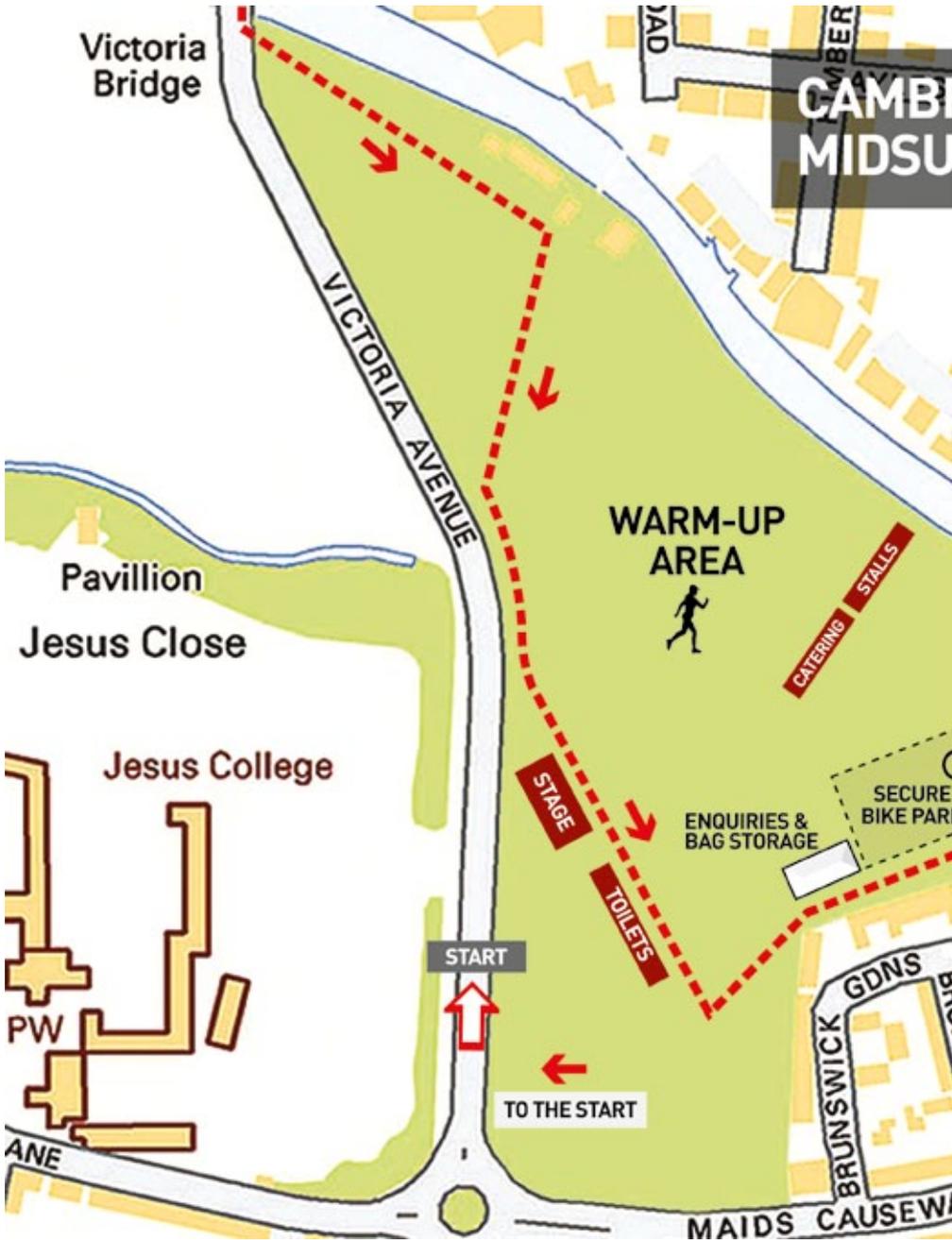
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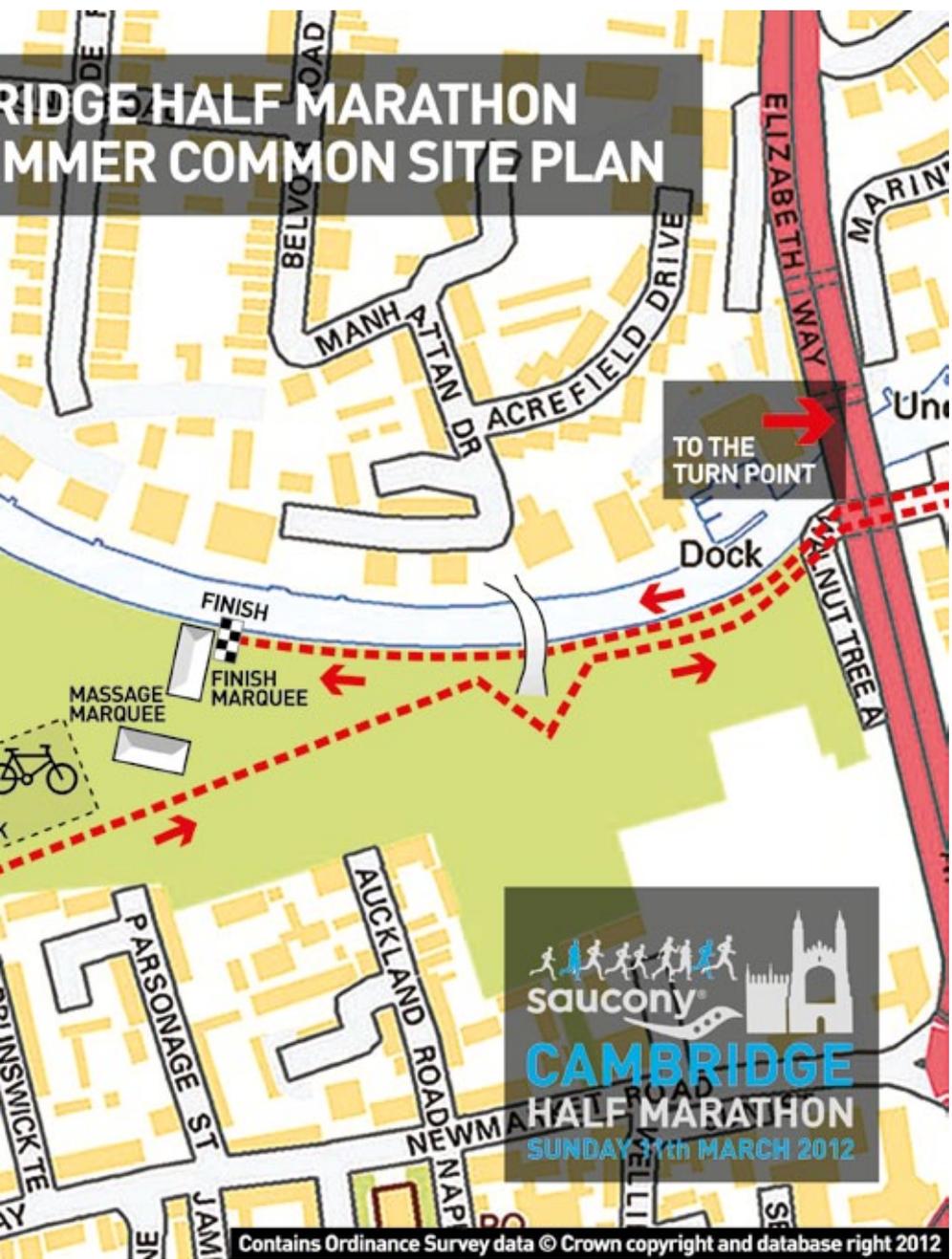
CAMBRIDGE

HALF MARATHON

SUNDAY 11th MARCH 2012



RIDGE HALF MARATHON COMMON COMMON SITE PLAN



saucony



CAMBRIDGE
HALF MARATHON
SUNDAY 11th MARCH 2012

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POST EVENT

PRESENTATION

The presentation will take place on the stage area between 12:00-12:15; prizes will be issued to the top 3 male and female competitors.

PRIZES

All age group prizes will be issued in the week following the event and will be posted out to the address which you gave when entering the event.

Individual - Male and Female: 1st – 5th:

- Senior
- Vet
- Super Vet

Relay Team: 1st – 3rd

Saucony Vouchers	1st	2nd	3rd	4th	5th
Male - overall	£200	£100	£75		
Female - overall	£200	£100	£75		
Male - Senior	£75	£50	£40	£30	£20
Female - Senior	£75	£50	£40	£30	£20
Male - Vet	£75	£50	£40	£30	£20
Female - Vet	£75	£50	£40	£30	£20
Male - Super Vet	£75	£50	£40	£30	£20
Female - Super Vet	£75	£50	£40	£30	£20

RESULTS

The results will be available to download from the race website from Tuesday 13th March.

PHOTOGRAPHY

Marathon-photos.com is the official photography partner for capturing your exciting moments at The Saucony Cambridge Half Marathon. Every competitor will find their photos within 24 to 48 hours after completion of the event, and will be able to search by entering either their race number or family name.

Each photo is available either with their finishing time or as a photo certificate for download, or a printed copy. A picture album "Digital Super Pack" will be on offer at a special price. For one fixed price Marathon-Photos will supply all the identified photos of each runner in these ready-to-print formats either to download onto their computer or on a CD. This includes: Photo Certificate, Race Time Photo, Commemorative photo original camera file and web ready images.

Marathon-photos.com will email all competitors with a direct link to their personal photos.



OTHER KEY INFORMATION

EVENT TECHNICAL T'S

Why not grab yourself one of our event branded Technical T's. The t-shirts are made of high quality material which will keep you cool whilst running.

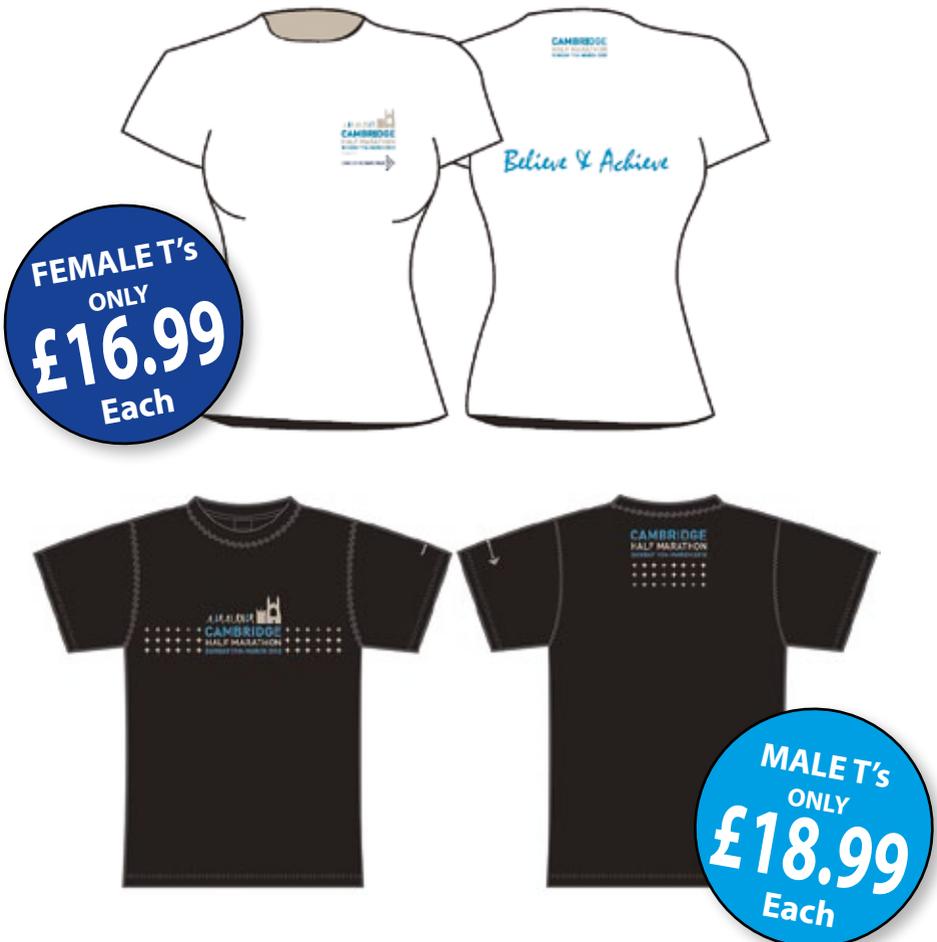
They come in two colours, male – black or female – white.

The male t-shirts are £18.99 and the **female t-shirts are £16.99**, including postage and packaging.

Place your order before 1st March to guarantee receipt of your shirt ready for race day.

With only limited edition stocks available, do not delay, place your order today!

Visit: <http://www.onestepbeyond.org.uk/merchandise.php>



OTHER KEY INFORMATION

RACE VOLUNTEERS – PLEASE HELP

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to help marshal. All marshals will receive an event jacket, food and drink. If you would like further information about becoming a race marshal please email cambridge@onestepbeyond.org.uk

EVENT OFFICE CLOSURE

The Event Office will be closed from Thursday 8th March at 5pm, up until this point any questions related to the event can be answered by emailing cambridge@onestepbeyond.org.uk Please do not send emails regarding this event after this time, as we will be on site and unable to answer your messages.

NEED SOME INSPIRATION

Bleeding Nipples: What it takes to be a successful runner by Rocco Giordano, Every runner wants to get to the finish line quicker and set a personal best. Bleeding Nipples tells you how, for information <http://www.lulu.com/product/paperback/bleeding-nipples-what-it-takes-to-be-a-successful-runner/13621119>

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Sports Event Management

THANKS AND WE HOPE YOU ENJOY THE EVENT!

All the information here is believed to be true at the time of going to press.

Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.

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OTHER EVENTS

OTHER ONE STEP BEYOND EVENTS

One Step Beyond Promotions will be organising a number of other running and multisport events throughout 2012. These range from children's fun runs to high profile City centre running events. For more information about One Step Beyond Promotions and our events please visit www.onestepbeyond.org.uk

EVENT DATE	EVENT	RACE	REGION
24-Mar	CLUMBER DUATHLON	SPRINT & CLASSIC DUATHLON	NOTTINGHAMSHIRE
22-Apr	SOUTHWELL	POOL SPRINT TRI	NOTTINGHAMSHIRE
28-Apr	MANSION HOUSE	SPRINT & CLASSIC DUATHLON	BEDFORDSHIRE
13-May	DAVID LLOYD - LINCOLN	POOL SPRINT TRI	LINCOLNSHIRE
25-May	NOTTINGHAM WORK PLACE CHALLENGE	OPEN WATER SPRINT TRI	NOTTINGHAMSHIRE
26-May	NOTTINGHAM TRI	OPEN WATER SPRINT TRI	NOTTINGHAMSHIRE
03-Jun	WOODHALL	POOL SPRINT TRI	LINCOLNSHIRE
17-Jun	LAKESIDE TRI	OPEN WATER SPRINT TRI	ESSEX
30-Jun	BIG SWIM: NOTTINGHAM	OPEN WATER SWIM	NOTTINGHAMSHIRE
01-Jul	OUTLAW	LONG DISTANCE TRI	NOTTINGHAMSHIRE
25 & 26-Aug	NATIONAL CLUB RELAY CHAMPS	RELAY TRIATHLON EVENT	NOTTINGHAMSHIRE
15-Sep	BIG SWIM: SHEFFIELD	OPEN WATER SWIM	SHEFFIELD
15 & 16-Sept	ROTHER VALLEY TRIATHLON FESTIVAL	MULTI-EVENT DAY - TRIATHLON	SHEFFIELD
23-Sep	LAST MINUTE TRI	POOL SPRINT TRI	NOTTINGHAMSHIRE
07-Oct	THE RUN - NORTHAMPTONSHIRE	CLOSED ROAD TOWN CENTRE - 10K	NORTHAMPTONSHIRE
28-Oct	RUNNING SHOW	10K	SURREY
11-Nov	ROBIN HOOD ADV. CHALLENGE	MULTI-EVENT DAY - RUN & DUATHLON	NOTTINGHAMSHIRE



**CAMBRIDGE
HALF MARATHON
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