



CAMBRIDGE HALF MARATHON SUNDAY 9th MARCH 2014



FINAL RACE INFORMATION SAUCONY CAMBRIDGE HALF MARATHON

IN SUPPORT OF



PLEASE ENSURE YOU ARRIVE AT THE EVENT
NO LATER THAN 08:30

IF USING PARK & RIDE, THE 2 SITES
WILL BE OPEN FROM 07:30



UKA LICENCE NUMBER:
2014-11397

Certificate of
Course Accuracy - 13/337

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

SUNDAY 9th MARCH 2014 - RACE START 09:30

THANK YOU TO OUR SPONSORS & CHARITY PARTNER

HEADLINE PARTNER



Saucony - we are proud to announce Saucony as the headline sponsors of The Cambridge Half Marathon 2014.

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 once again be supporting Cancer Research UK, which is the world's leading charity dedicated to saving lives through research. They are the only ones fighting over 200 cancers – including the 1 that matters most to you. Every step they make towards beating cancer relies on every pound, every hour and every runner.

They would love to have you join their team. Visit cruk.org/running to request a sponsorship pack and help bring forward the day when all cancers are cured.

EVENT PARTNERS

Council Partners Cambridge City Council & Cambridgeshire County 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 also have runners and marshals out on the course!

Official Club



C&C was founded in 1961 from a merger of two clubs, Cambridge City Athletic Club and Coleridge Athletic Club. (Coleridge is a district of Cambridge.) It has been C&C ever since.

We have over 900 members around 850 of whom are active competitively. Just under 60% of the club's membership is young athletes, under 18 years old. Of the remainder over 350 focus on road running and other endurance events such as cross country and fell running. (Yes, fell running, there may be no fells anywhere near Cambridge - there aren't even any decent hills anywhere near Cambridge - but we poor flatlanders occasionally take to the fells and have occasionally been known to perform moderately well.)

In 2008 we began to set up a number of 'community clubs' for youngsters under 10. Members of these clubs are not full members of C&C but many join when they reach 10. Currently we have around 100 young people taking part in the community clubs.

If you would like to know more please go to www.cambridgeandcoleridge.org.uk

Support Partners



Progress is a consultant led service offering exemplary care in the fields of sports medicine and physiotherapy for musculoskeletal health and human performance. Operating from a state-of-the-art facility in Cambridge, Progress is suitable for a wide range of patients, including those suffering from sports related injuries, severe pain and arthritis, medical conditions requiring exercise for health related benefits, or those who want to improve their fitness levels as part of a training programme.

Utilising holistic models of care and multidisciplinary patient focussed programmes; Progress is overseen by a leading consultant in rheumatology and sport and exercise medicine working with high level physiotherapists and podiatrists.

Whether recovering from surgery, coping with pain, or an elite athlete striving for the next level of performance, we are here to help you make progress.



With over 30,000 students and 1,000 academic staff, Anglia Ruskin University is one of the largest universities in the East of England. They offer a wide range of both full and part-time degrees relating to sport, including sport science, sports coaching and physical education and sports journalism. They have excellent links with top local sports clubs, and associations, and offer sports scholarships for 60 talented students every year. No matter what course you study you'll have access to state-of-the-art facilities and the opportunity to get involved in their many sports clubs and activities. For more information visit www.anglia.ac.uk

EVENT PARTNERS

Support Partners - continued



Cambridge
Property
Lettings

Sunday Times Award winning agent Cambridge Property Lettings lets a range of houses and flats, both large and small, in and around Cambridge. We aim to take the hassle out of marketing and managing properties for landlords and to make the process of finding a home as smooth as possible for tenants, through our friendly, personal service. 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 contact us or have a look at our website www.cambridgepropertylettings.co.uk



As a new partner to One Step Beyond we are pleased to announce that ERDINGER Alkoholfrei will be supporting you at numerous events in 2014. These will include Cambridge Half Marathon, Clumber Park, Nottingham Triathlon and Outlaw. As you cross the finish line you will be rewarded with the cold, refreshing, isotonic taste of ERDINGER Alkoholfrei, which will aid you in your recovery. With a perfect balance of minerals and B-vitamins it is the ideal recovery drink for elite athletes and everyday competitors alike. Whatever your ambitions in 2014, ERDINGER Alkoholfrei will be on hand to help celebrate your victory!

FINN JORDAN

BEAUTY • HAIR

Finn Jordan, tucked peacefully into a pretty central Cambridge crescent, has all your beauty needs covered. Though only moments from the bustle of the market square our salon is a serene haven where our super friendly, talented therapists and stylists are primed to pamper, polish and perfect. So whether you want to tame your tresses, pick up some pretty potions or unwind with a blissful massage Finn Jordan can deliver.

But if circumstances don't allow you to visit us then have no fear, we'll come to you! Our mobile service allows us to bring our beauty treatments to your home, hotel or chosen venue. We love what we do and we take huge pride in sharing our knowledge and skills. The world of beauty can sometimes seem like a bit of a closed shop but you can be sure that Finn Jordan's door is always open for professional and friendly advice.



Simple...isn't it?

Provided By



Eat Natural has been making bars in its Makery by hand, in small batches, in the heart of Halstead, Essex for 15 years...

Eat Natural pride themselves on their commitment to simple, uncluttered bars of juicy pieces of dried fruit, the chunkiest nuts, and the loveliest honey. A little dried coconut is added too, because it's naturally sweet and a fantastic source of fibre too. Eat Natural bars stand by the principle of 'natural nutrition', which means that they are naturally good for you because of the ingredients and the way that they make them.

Doughty Cakes is a family-run, wholesale distribution company, established in 1982. We supply the Eat Natural Bars to a wide number of local, independent convenience stores throughout Cambridgeshire and the surrounding counties.

EVENT PARTNERS

Support Partners - continued



Cambridge Water are 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

Media Partners

Cambridge News

The Cambridge News is the dedicated daily paper serving the community of Cambridge and the surrounding region. A winner of the UK's Regional Daily Newspaper of the Year award, it is packed with the latest news, sport, features, campaigns and advertising and offers something different for its readers every day. Our growing website, www.cambridge-news.co.uk, regularly attracts more than 40,000 unique visitors daily.

As proud supporters of the Cambridge Half Marathon, we will be publishing extensive coverage, with exclusive pictures, in the News the day after the event. And as a keen runner, don't miss our regular WalkRunCycle section, packed with tips and inspiration, in the paper every Wednesday and on our website.

Editor Paul Brackley said: "We are delighted to support this terrific event once again. Cambridge is a perfect location for a half-marathon and we are sure this will be another great occasion."

BBC

RADIO CAMBRIDGESHIRE

95.7 FM | 96.0 FM | Digital | bbc.co.uk/radiocambridgeshire

BBC RADIO CAMBRIDGESHIRE

Afternoon Show with Sue Dougan 12.00 - 3.00pm
proud to champion the Cambridge Half Marathon

Sue Dougan is a runner. A runner and a presenter. A runner, presenter and mother – but not necessarily in that order; usually juggling all three simultaneously! And she's very good at juggling! All three passions take her into the many walks of Cambridgeshire life and it's this passion and these people that she brings to life on air. It's a show for busy people who want more from their afternoons than a light snack. Great music, great people, great show – showcasing the best of Cambridgeshire.

Truly local, from dawn until dusk, BBC Radio Cambridgeshire is your radio station and proud to support The Cambridge Half Marathon. Sue Dougan in the Afternoon from 12.00 - 3.00pm.

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 2014. 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 has been adjusted slightly for 2014, it will continue to use the majority of the popular 2013 route but we have made some small changes which will hopefully help with the flow of the race, especially around the commons. The event will again 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 START LIST posted on the website - <http://www.onestepbeyond.org.uk/cambridge-half-marathon.php> to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post. If you believe you have entered the event but do not appear on the START LIST please contact us immediately via info@onestepbeyond.org.uk.

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)

RACE PACKS

All Race Packs will be sent out during February (except foreign addresses – see below), if you have not received yours by the 1st March please email info@onestepbeyond.org.uk.

Enclosed within your Race Pack you should find:

- Race Information including: Course Map and Site Plan (this document)
- Race Number
- Timing chip with instructions for use (not Relay Teams – see Relay section)
- Bag Storage Tag
- Bike Frame Label
- Park & Ride Token (if purchased online)

Overseas entrants should collect their race packs from the Enquiries Area on Midsummer Common, either on Saturday 8th March between 10:00 -15:00 or on the morning of the race before 08:30.

PRE RACE - continued

RACE RULES & 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, and all other competitors will be required to pay a £2 non-affiliation fee (when entering the event) 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.

WITHDRAWALS

If you wish to withdraw from the event, please follow the guidelines contained within our 'Terms and Conditions of Entry'. Please note that under no circumstances will any refund/race credit be issued without following these guidelines. No race credits/refund will be issued to those withdrawing after the withdrawal date of the 10th February. Please note that you are not permitted to give your entry away, as the date for exchanging entries has now passed.

AGE RESTRICTIONS / CATEGORIES

In line with UKA rules, to be eligible to take part in this race, competitors must be at least 17 years old on or before the event date. In addition, anyone under 18 years old must have parental permission to take part in the event.

Male:

- Senior 17 – 39 yrs old
- Vet 40 – 49 yrs old
- Super Vet 50+ yrs old

Female:

- Senior 17 – 34 yrs old
- Vet 35 – 44 yrs old
- Super Vet 45+ yrs old

EVENT OFFICE CLOSURE

The Event Office will be closed from Thursday 6th March at 4pm. Please do not send emails regarding this event after this time, as we will be on site and unable to answer your messages.

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 give up a couple of hours to help marshal. All marshals will receive an exclusive half marathon lightweight jacket and memento, plus food and drink. If you would like further information about becoming a race marshal please email info@onestepbeyond.org.uk or sign up at <http://www.onestepbeyond.org.uk/volunteers.php>.



ON THE MORNING OF THE RACE

WHAT WILL YOU NEED TO BRING WITH YOU

- Race Number
- Electronic timing chip attached to your trainer
- x 4 safety pins or a number band to ensure your race number is visible at all times
- Park & Ride token – if using this service
- Bag Tag – if using this service
- Bike Frame Label – if using this service
- Appropriate clothing to stay warm/dry pre race

GETTING TO THE EVENT

The main HQ for the event will be Midsummer Common, Victoria Avenue (CB4 1EH). This is where the stage, enquiries area, bag storage, bike storage, toilets, first aid and catering will be located.

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

We have 3 ways we would like competitors to travel to the event:

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

Cycle – its Cambridge... and with this in mind please get on your bike! We will have a secure free bike park for competitors.

Park & Ride - we have arranged with Stagecoach to run special event buses from both the Milton (North) and Trumpington (South) sites. **Please arrive at 07:30 - do not leave it until the last minute as we cannot delay the start if competitors are late.**

- The Park & Ride will cost £3.50 p.p and must be purchased before the 9th February 2014 - <http://www.onestepbeyond.org.uk/cambridge-half-marathon.php>. Please note that Children under 5 years old can travel for free with a fee paying adult, but concessionary passes are not valid on this special service.
- Your P&R token will include both journeys to and from the event site - the buses will run from 07:30 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 15:00.
- Participants and supporters wishing to travel back to the Park & Ride sites after the final 15:00 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).

ON THE MORNING OF THE RACE - continued

FACILITIES AT MIDSUMMER COMMON (See site plan overleaf)

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

ENQUIRIES AREA / SECURE BAG STORAGE / BIKE STORAGE

There will be 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 safety our marshals will be strict!

WELFARE

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

MUSIC / I-PODS

Very simple – these are not permitted, anyone listening to music during the event will be disqualified. It is essential that you can hear our race marshals and that you are aware of traffic travelling on the opposite carriageway.

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.

RACE ANNOUNCEMENTS & WARM UP

Race Announcements will begin from the stage from 08:30, any emergency messages will be made between 08:30 – 08:50, there will be a warm up from 08:55 with competitors invited to the start line from 09:10 (see beginning of Route section for detailed information).

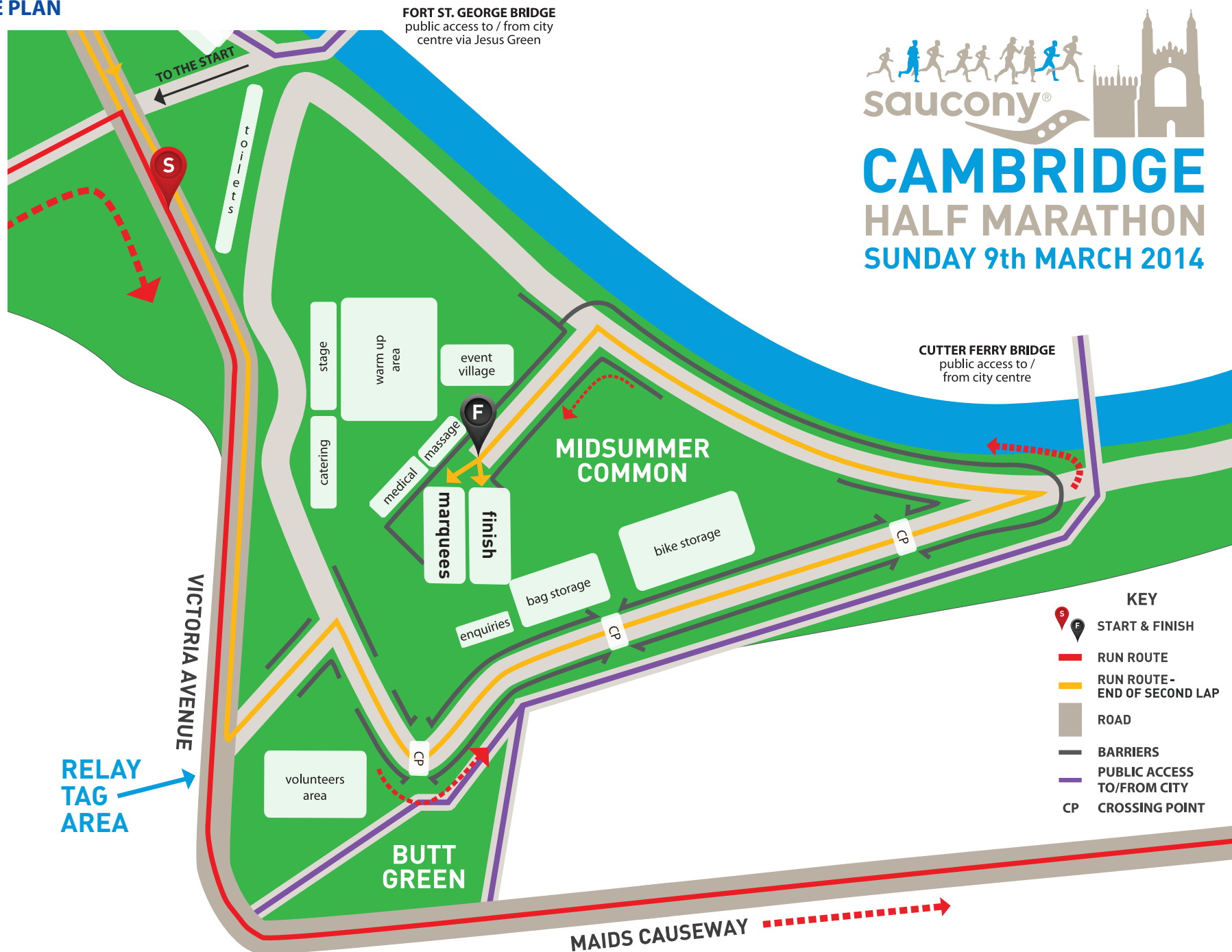
RACE START – 09:30

The race will start at 09:30 prompt, please make sure that you arrive on site a minimum of 1 hour prior to the start of the race, get there early and get yourself prepared.

RELAY EVENT

100 Relay Teams will be taking part in the event, the Relay process is different to last year so please read this information very carefully.

The race packs will contain everything you need on the day except your Relay Baton. Relay runners will be running with a special timing baton, which must be passed between runners at the relevant tag point. Relay batons must be collected by a team member on either Saturday 8th March between 10:00 -15:00 or on the morning of the race before 08:30.



saucony®

CAMBRIDGE

HALF MARATHON

SUNDAY 9th MARCH 2014

ON THE MORNING OF THE RACE - continued

Runner 1: 6.1 miles – The first member of the team will begin with the 4,500 individuals and will start when the gun goes bang! They will complete a full loop of the course, passing back through the start line on Victoria Avenue. They will tag (pass the baton to) Runner 2 in the Tag Zone, which in 2014 will be on the right hand side of Victoria Avenue, approximately 100 metres prior to the roundabout (*see Route Map*).

Runner 2: 7.0 miles – Prior to the start or immediately after the main field of runners have exited Victoria Avenue Runner 2 should make their way to the Tag Area, which is accessible by exiting Midsummer Common at the toilet block and crossing into the Bus Stop on the right hand side of the road. The 2nd Runner will complete a full loop of the course with the addition of the final section along Victoria Avenue and around Midsummer Common.

ELECTRONIC TIMING

To ensure accurate times and results, every competitor will receive an electronic timing chip to use whilst racing. A set of instructions on how to fit your timing chip is included with this document.

The chips are disposable and do not need to be returned after the event.

TIMING POINTS

You will be recorded at numerous points along the route:

- 0.0 Miles Gun & Chip time
- 3.0 Miles Queen's Road
- 6.0 Miles as you run back through the Start Gantry for the first time
- 9.0 Miles Queen's Road
- 12.5 Miles as you run back through the Start Gantry for the second time
- 13.1 Miles As you cross the finish line

TOILETS

There will be a large number of toilets, including a block of urinals at Midsummer Common – Event HQ. In addition you will pass 6 sets of toilets along the route at each of the Drinks Stations, there are also permanent toilets along the route in Jesus Green and Midsummer Common.

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 and 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.

ON THE MORNING OF THE RACE - continued

CUT OFF TIMES

The event has a cut off time of 3hr 30 minutes; the organisers have the right to stop a competitor from the 6 mile mark onwards if they feel they are not going to make the cut off time.

DRINKS STATIONS

There will be 6 drink stations along the route.

Each station will be positioned on your right hand side.

Approximately 15 – 20 marshals will be manning each station.

All drinks stations will have Iconiq Water Pouches and High 5 Isotonic Gels. The water pouches will be open ready for you to drink, please view the video before race day so you know how the pouches work

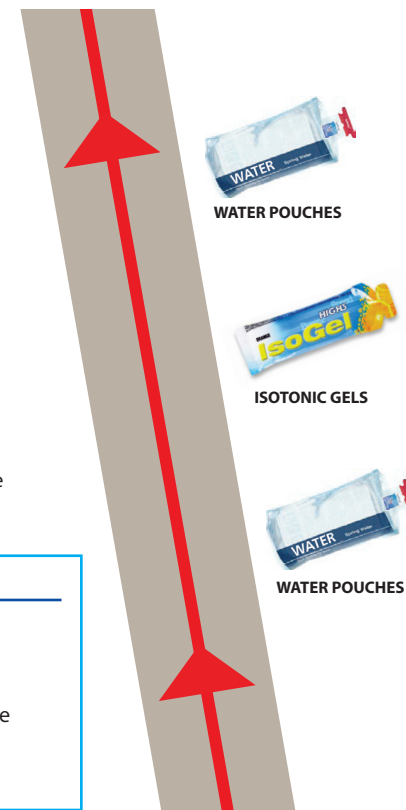
http://www.youtube.com/watch?feature=player_embedded&v=8IUPFtNbPTU

All drinks stations will be laid out, water pouches followed by isotonic gels, followed by water pouches.

Outlined to the right are the approximate distances / locations for the drinks stations, they are positioned so you are never more than 2.5 miles away from a station.

DRINKS STATIONS

- | | |
|---|--|
| → Drinks Station 1
2.3 Miles, Bridge Street | → Drinks Station 4
8.3 Miles, Bridge Street |
| → Drinks Station 2
4.8 Miles, King's Parade | → Drinks Station 5
10.8 Miles, King's Parade |
| → Drinks Station 3
5.9 Miles, Jesus Green | → Drinks Station 6
11.9 Miles, Jesus Green |



THE ROUTE

Please pay particular attention to the 'start' section as this is critical in enabling us to start the event on time.

THE COURSE – SEE COURSE MAP ON PAGE 15-16.

So, this is what you can expect from the course: closed roads, over 200 event marshals, 6 drinks station points, UKA Certified Mile markers and music hot spots lining the route.

Before race day view the interactive map at <http://ridewithgps.com/routes/2258246>

ROUTE ACCESSIBILITY

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

PACERS

If you are looking to secure a set time for your half marathon why not run with one of our pacers, they will have clearly identifiable running kit on. We have pacers running at 1hr 30mins, 1hr 45mins and 2hr.

THE START

Due to the size of the field we will be operating a pen system at the start. Prior to the start all competitors will be situated on Midsummer Common, at approximately 09:10 from the stage the Race Commentators will invite runners to make their way to the start in the following order:

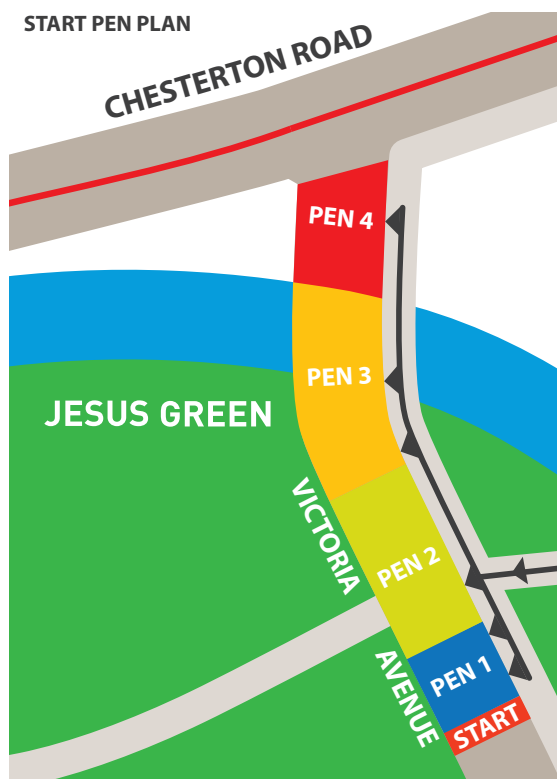
1st to the start - Pen 4
Red Race Numbers

2nd to the start - Pen 3
Yellow Race Numbers

3rd to the start - Pen 1
Blue Race Numbers

4th to the start - Pen 2
Green Race Numbers

Team Member 1 of the Relay Team will have a white number and should use the signs on the day to slot themselves into the appropriate time zone i.e. Sub 1hr 30mins.



THE COURSE

The following text provides an overview of the route highlighting some of the key safety areas and the approximate distances they are situated on the route – please make sure you read this information so that you enjoy your race and do not go wrong on the day. We have made some small but sufficient changes from 2013 so even if you raced last year still make sure you read it!

Mile 0 – 1

- The first 500 metres are on Victoria Avenue which is 12 metres wide, however after approximately 100 metres there is a pedestrian crossing (central island), please take care as the field will obviously still be very bunched at this stage.
- CHANGE FOR 2014 - After 500 metres you will be filtered AROUND the roundabout onto Maids Causeway / Newmarket Road, which will be closed in both directions for the 1st lap only. You will remain on this road for approximately 650 metres.
- At the roundabout you will be filtered left onto Elizabeth Way and into the bus lane.

Mile 1 – 2

- After crossing over the bridge you will reach the first Mile marker, at this point on lap 1 you will remain on the carriageway.
- At 1.2 miles you will be filtered left at the roundabout onto Chesterton Road, be aware that this is the first point where traffic will be flowing in the opposite direction.

Mile 2 – 3

- At 2.2 miles you will make a left hand turn onto Magdalene / Bridge Street.
- As you cross over the bridge your first drinks station will be positioned on your right hand side at 2.3 miles.
- At 2.4 miles turn right at a mini roundabout (by the Round Church) onto St John Street continuing onto Trinity Street.
- 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 3 – 4

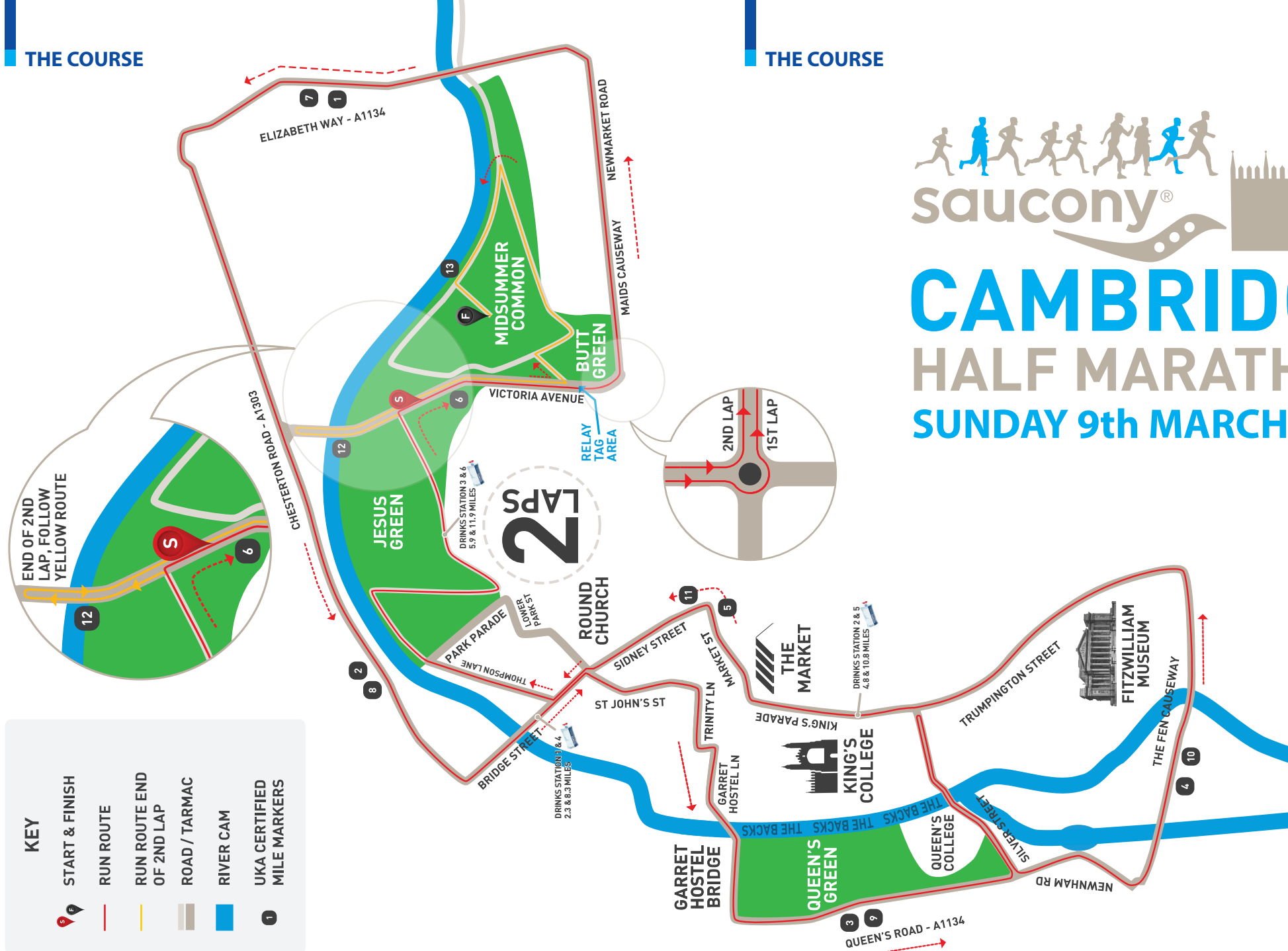
- CHANGE FOR 2014 - At 3.2 miles turn left turn onto Silver Street, where you will continue all the way to the end of the road (junction with Trumpington Street) before making a U-Turn and heading back out, turning left onto Newnham Road. Please be aware this section will be tight with runners in both directions.
- We expect this to be the point at which our fastest runners catch the tail end of the field.
- At 3.6 miles turn left onto The Fen Causeway.
- Just prior to the mini roundabout please be aware that vehicles may be trying to exit/access the Royal Cambridge Hotel car park, this will be marshal controlled.
- Left turn at mini roundabout and head straight onto Trumpington Street be careful as vehicles will be travelling in the same direction in the right hand lane.



CAMBRIDGE

HALF MARATHON

SUNDAY 9th MARCH 2014



KEY

- START & FINISH
- RUN ROUTE
- RUN ROUTE END OF 2ND LAP
- ROAD / TARMAC
- RIVER CAM
- UKA CERTIFIED MILE MARKERS

THE COURSE - continued

Mile 4 – 5

- At 4.3 miles be careful of vehicles crossing the course, vehicles will be exiting from the Double Tree Hotel across Trumpington Street onto Pembroke Street, this will be marshal controlled.
- Head straight onto King's Parade – this area will have barriers on both sides of the route.
- At 4.8 miles just prior to King's College you will reach Drinks Station 2, which will be positioned on your right hand side.
- For the next 750 metres you will have barriers on both sides, passing through Market Street and will pass the 5 Mile Marker as you turn onto Sidney Street.

Mile 5 – 6

- CHANGE FOR 2014 - At the end of the barrier section you will continue over the mini roundabout (The Round Church) before making a right turn onto Thompson Lane. You will continue straight onto Saint John's Road, before turning left onto Park Parade and right into Jesus Green.
- The route through Jesus Green will be signed and the 2 turns will have barriers on both sides.
- At 5.8 miles you will pass over a short section of temporary surface (20 metres) so be careful underfoot.
- At 5.9 miles you will pass Drinks Station 3 within Jesus Green.

Mile 6 – 7

- CHANGE FOR 2014 - On exiting Jesus Green at 6.0 miles you should turn right onto Victoria Avenue and will pass through the start arch, heading straight back onto the course to complete a second lap.
- Relay Runners will make their tag at 6.1 on the right hand side of Victoria Avenue.

From this point you will repeat all the hazards in Miles 1 – 7, with the edition of the following hazards.

- 7.0 miles – Elizabeth Way, 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 (2nd lap only).
- 8.3 miles – on Bridge Street you will reach Drinks Station 4 (same location as Drinks Station 1).
- 10.8 miles – on King's Parade you will reach Drinks Station 5 (same location as Drinks Station 2).
- 11.9 miles – on Jesus Green you will reach Drinks Station 6 (same location as Drinks Station 3).
- CHANGE FOR 2014 – the 12 mile point, marks the most sufficient change from the 2013 route, as you exit Jesus Green for the second time you need to turn left, heading up over the bridge to the Chesterton Road junction. Where you will u-turn onto the other side of the carriageway, a line of cones will separate you from the runners on their first laps, giving you a clear run for the final mile.
- At 12.7 miles you will turn left into Midsummer Common (domed toilet block), from this point the route will have barriers on both sides. As you come onto the Common you will make a series of small turns, heading across the Common towards Cutter Ferry Bridge. At this point you will make a tight left hand turn, heading along the path with the river on your right hand side.
- At 13.0 miles you will reach the left turn into the finish funnel, make sure you soak up the atmosphere and the applause.

POST EVENT

ON THE DAY PRESENTATION

The presentation will take place on the stage area between 13:00-13:15; prizes will be issued to the top 3 males, females and relay teams.

PRIZES

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

Individual - Male and Female: 1st – 5th: → Senior → Vet → Super Vet

RESULTS

The results will be available to download from the race website on Monday 10th 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 INFO

OTHER ONE STEP BEYOND EVENTS

One Step Beyond Promotions will be organising a number of other running and triathlon events throughout 2014. These range from children's fun runs to high profile televised triathlon events, including an exciting new event in Cambridge – The City of Cambridge Triathlon. For more information about One Step Beyond Promotions and our events please visit www.onestepbeyond.org.uk





CAMBRIDGE HALF MARATHON SUNDAY 9th MARCH 2014



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

All the information here is believed to be true at the time of going to press. Changes may be required to ensure that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision. This information is the Copyright of One Step Beyond Promotions, reproduction of this text or style is forbidden.

CAMBRIDGE HALF MARATHON - SUNDAY 9 MARCH 2014