

## Dear Competitor

Thank you for entering the St Ives 10k & Mayors Fun Run on Sunday 18th July 2010. Please read the following information carefully.

### RACE HEADQUARTERS

St Ives Outdoor Complex/Centre,  
California Road, St Ives,  
Cambridgeshire, PE27 6SJ (please turn over for map & directions)

ENQUIRIES - Email [stives10k@huntsac.co.uk](mailto:stives10k@huntsac.co.uk)

**CAR PARKING:** You will be directed by marshals to parking on the grass at the rear of the Outdoor Complex. The normal car park will not be available to competitors. **Note: Car park will be closed at 10.15 am, if late please do not park on California Rd.**

**DOGS** - The St Ives Outdoor Centre/Complex does not allow any dogs on the premises, indoors and outdoors, so please do not bring them.

**10k RACE PACK COLLECTION** – Please arrive in good time to collect your race pack from the collection desks. You will be asked for your race number so please make a note of it before (shown on the entries list on website) as this will speed up the collection process. The race pack will contain your race number and your ankle timing chip.

**FUN RUN RACE NUMBER COLLECTION** – Please arrive in good time to collect your race number from the fun run entries desk which will be situated near to the start on the Athletics Track. Please make a note of your race number as it will be required for collection.

**CHANGING & TOILETS** – There are toilets available at various locations that will be clearly signed, with a steward available to direct you to less busy toilets. 3 x men's & 2 x ladies changing/shower rooms will be clearly signed. A safe baggage area (tent) is available on the front grass. Stickers will be available to write your race number on.

**RACE NUMBERS** – Please write your name and any relevant medical conditions on the rear of your race number. Attach the race number to your front using safety pins. Spare safety pins will be available from the entries desk.

**NO ENTRIES ON THE DAY**- Sorry, please enter online before 17<sup>th</sup> July.

**STALLS** - ☺ Refreshments & Snacks, ☺ Massage Tents, ☺ Agility Triathlon Challenge for 5-14 year olds.

**START** – The fun run will start at 9.45am prompt on the Athletics Track behind the main building. The 10k race starts at 10.30am promptly near the Outdoor Centre car park entrance. A milk float will lead the race, with an onboard race clock. Please keep to the left hand side of the road unless informed to the contrary by an official. Water stations will be provided at the 2.5k and 7.5k, with marshals at every km marker.

**FINISH** – There will be an inflatable finishing arch on the grass next to the Leisure Centre. Please **remove your timing chip** and place it in the bins provided before leaving the finishing area. Remember to collect your medal and goodie bag.

**PRIZE GIVING** – Prizes will be awarded shortly after the last competitor has finished. **Fun Run:** 1st U9, U11, U13 & U15 boys & girls. **10k:** 1st 3 Men 1st 3 Ladies, 1<sup>st</sup> Man & Lady in all age categories from 15 to 65+ in 5 year groups. 1<sup>st</sup> Teams 4 x Men, 3 x Ladies. Please be patient and wait for the results at you may have won a prize!!

**RESULTS** – Live results will be shown on a large screen at the finish area.. Please wait and check the results as you may have won your age group, and be presented with a prize. Complete results will be posted on the Hunts AC web site at [www.huntsac.org.uk](http://www.huntsac.org.uk) on the race evening. Results enquires/corrections should be made by email: [stives10k@huntsac.co.uk](mailto:stives10k@huntsac.co.uk)

**THANKS** – To the following, without whom this event would not be possible

- ☺ **DAIRY CREST** -Loyal support & sponsorship.
- ☺ **ST IVES LEISURE CENTRE** - facilities & staff
- ☺ **JENCOL ENGINEERING** - race number sponsorship
- ☺ **ICENI WATERS**– For supplying the water stations, with English Natural mineral water.

- ☺ **ST JOHN AMBULANCE** -First Aid Cover.
- ☺ **ST IVES GIRLS VENTURE SCOUTS** -
- ☺ **BRAMPTON & WYTON AIR CADETS** - For marshalling along course
- ☺ **MEMBERS & FRIENDS OF HUNTS AC** –For their hard work in organising, helping.



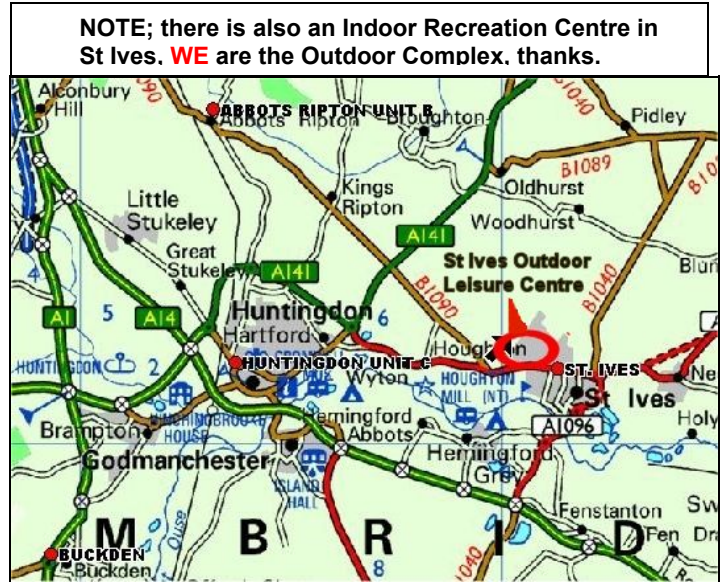
***ALL THE BEST & ENJOY THE RACE!*** Please Turnover for Location map/directions & Course maps

**Directions to the St Ives Outdoor Complex, PE27 6SJ**

**From Huntingdon & North (A1 & A14 West)** – The St Ives Outdoor Centre/Complex is well sign posted and when travelling into St Ives from Huntingdon on the A1123 you should turn left at the first set of major traffic lights into Hill Rise and proceed for approximately half a mile taking the left turning into California Road opposite Thorndown School.

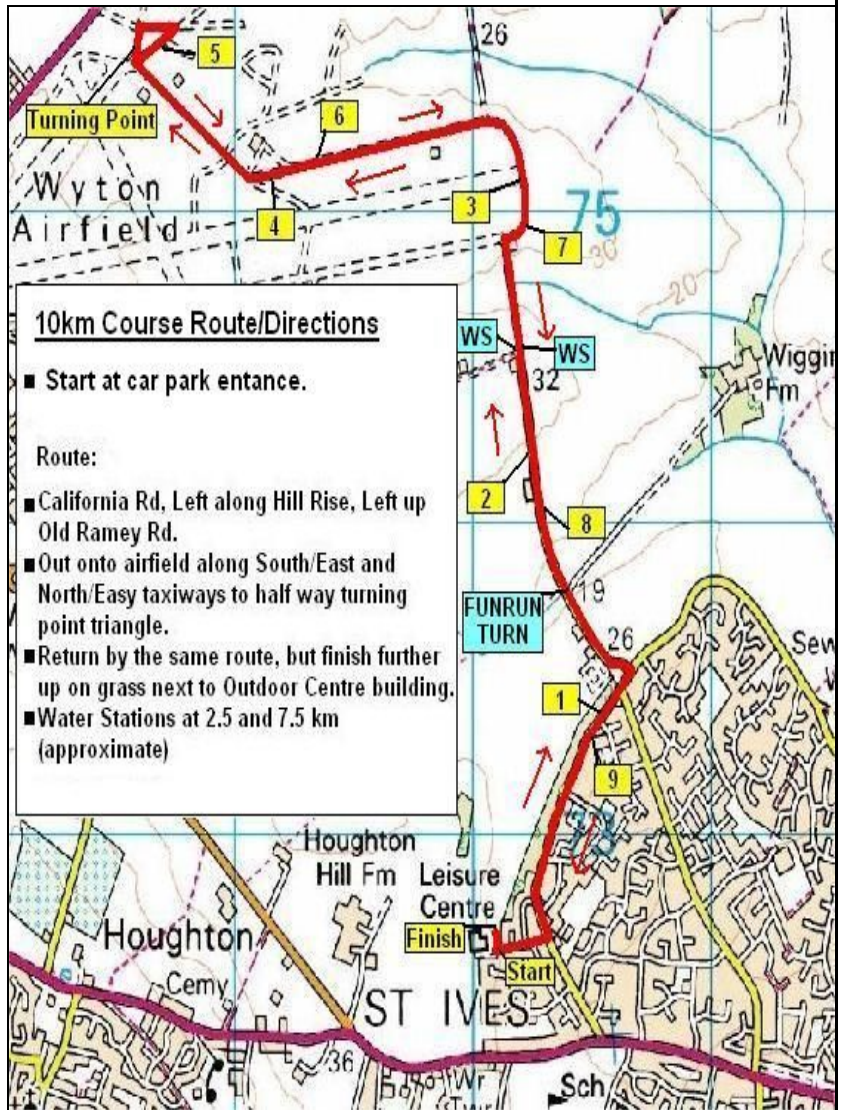
**From Cambridge & South/East (A14 East)**- If travelling in from Cambridge, Ely, St Neots areas you should drive along the A1123 through St Ives following the signs for Huntingdon. At the first set of major traffic lights at the Ramsey Road junction you should proceed straight ahead. At the next set of major traffic lights you should turn right into Hill Rise (Signed Outdoor Leisure centre/complex) then left into California Road. (See course map)

**Course Maps**



**3KM FUN RUN COURSE DESCRIPTION**

- The course is entirely flat, running on soft grass except for 400m on a synthetic athletics track.
- Start on Athletics track, completing 300m (3/4 lap) and exit through gate onto field.
- Complete two full laps of perimeter of fields, passing through the 10k finish arch, and water station twice.
- After the 2nd lap, turn left, back onto the track, with 100m straight to the finish line
- The course will be fully marshalled directing runners, with water stations at 1km and 2km approx.



**St Ives 10km Course Gradient**

