

Kevin Henry League 5K Race (C&C), 2 August 2012, 7.30pm

Location of Race: Cambridge University Track, Wilberforce Road, Cambridge. CB30EQ

Course: A map of the route is attached. There will be marshals and signage to direct you around the course.

Race Start Time: 7.30pm.

Parking: There is limited parking at the Track, which is open from 6.30pm, as well as in the nearby streets. Please car share as much as possible. One lane of the approach road to the Track will be closed until the end of the race, so park outside the Track grounds if you want to leave in a hurry.

Changing/Toilets: Showers and changing facilities for men and women are available on the ground floor of the Pavilion at the Track. The toilets are also on the ground floor of the Pavilion.

Warm-Up: Thurs is a regular training night at the Track and there will be athletes using the running track and in-field. Please be considerate to the other track users. In particular do not warm up on the track or the in-field. Competitors may warm up on the path that runs around the circumference of the grounds. This is also the final kilometer of the race.

Minute Silence: There will be a minute silence before the start of the race in memory of our fellow competitor James Kew who died in tragic circumstances last week.

Medical Cover: Medical cover at the event will be provided by St John's Ambulance who will be based at the race start/finish at the Track. Please speak to a marshal if you are unwell or have a problem.

Refreshments: The Pavilion Bar will be open after the race. All competitors, marshals and friends are welcome to join us for a drink. As well the usual selection of beer, wine, soft drinks etc, there will be tea, sandwiches and cake on sale.

Physiotherapy: Richard Luddington and colleagues from the Fit for Sport will be holding an open Physio session after the race.

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