

# South Cambridge Marathon and Half Marathon



5<sup>th</sup> June

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## Covid 19 – Symptoms

### **Do NOT attend this event if you feel unwell**

In line with our Covid 19 safety precautions if you do not feel well or are exhibiting any of the following symptoms then please DO NOT come to the event.

- A new continuous cough
- A high temperature
- A loss of, or change in, your normal sense of taste or smell

### **On the day**

- Registration for this event will be outside where you will collect your chip timing number and pins
- Toilets available in the club house, follow the one way system
- If you arrive more than a half hour before your start time, please stay in your car
- Look for registration where you will find your number and pins
- The Start and Finish line will be on the field

### **THINGS TO REMEMBER**

- **Bring a water bottle/cup/camel pack to refill at checkpoints**
- Use hand sanitiser before refilling water (we will provide sanitiser)
- Have a well charged mobile phone with you in case of emergency and put our number into it Race Director - 07704 443755
- Upload 'What 3 Words' app to your phone – very useful location app if we need to find you
- Wear bright/reflective colours, country lanes can be shadowy and restrict visibility of drivers
- Carry a face covering in case you need it

### **Briefing Section – IMPORTANT DO NOTs (these are set by England Athletics)**

- DO NOT – wear headphones whilst running on a road. Bone conductors are ok
- DO NOT – running on the wrong side of a road. Run on the **LEFT hand side** when on a road
- DO NOT – not being seen. Ensure you have at least one piece of clothing or kit that is bright/reflective.
- DO NOT – not having a mobile phone, a face covering and reusable cup/soft flask. We will be spot checking

### **How we are supporting you**

- checkpoints with water, roughly halfway and at the club. You need your own vessel
- marshals will be checking on your progress along the course
- First aiders. In emergency call 999
- Route signposting – make sure you keep your head up and look for the arrows
- We can use What 3 Words to find you if lost – download it free to your phone
- Snacks along with your medal at the end.

## Race number/Bib/Timing Chip

Please come to pick up your bib timing chip 'ready to run' as we will pass you your race number which has the chip attached and then start you immediately after chip pickup. Do not fold your number, it will damage the timing chip.

As we have chipped timing, we can be very flexible with start times and start you with small intervals and so we ask you to check the start grid and to come to pick up your timing chip 'within' the window given in the grid below.

If you are running with a spouse / partner / friend / loose acquaintance / someone you met yesterday and somehow, we've got you in different start windows, then don't worry, please still come together and in the earlier of the start windows.

## We are a covid secure site -

Help us stay that way and keep 'running'!  
Everyone knows the rules by now

When you register and collect number, please only approach the counter one at a time and move away swiftly to make room for the next person

Always stay 1 metre plus apart and ensure no more than 6 in any one area outside, unless at race briefing when social distancing must still be adhered to

## Social Distancing Etiquette whilst Running -

You will be running through villages please be courteous and follow strict social distance procedures when passing pedestrians or other runners. Take extra care when running back into base through the Shelfords villages. We want them to embrace our events and support us.

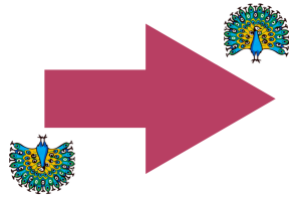
Occasionally there may be a narrow section. If you need to pass someone, please turn away from them and give some warning that you are approaching.

## The Route – Counter clockwise

We recommend you download the GPX to your watch or phone for your, the course is on open road, if you miss a sign this will help get you back on the course.

You can download the GPX file and view the course from **HERE**  
<https://osmaps.ordnancesurvey.co.uk/route/8497079/South-Cam-Half-2021>

We will be marking the route with A5 size arrows and Marshalls along the course.



Route direction arrows -

The check point is located approximately halfway at the front of the Ducati dealership in Harston, on the right-side pavement as you go through Harston, you will first pass the BP petrol. Check point is also located at the rugby club to top up your water and have snacks/fruit.

Detailed course information will be sent separately.

### **The Venue**

Shelford Rugby Club is located at:  
The Davey Field,  
Cambridge Rd,  
Great Shelford,  
CB22 5JJ

The entrance is opposite Scotsdales Garden centre.

Tea and coffee will be available from 8am at the hatch next to the main pitch under the stadium.

The Bar will be open from 12 noon till 4pm and

The Pizza & Kitchen will be open on site from 12 noon serving handmade pizzas

<https://www.pizzaattheplough.co.uk/>

When leaving the site please use the Westfield road exit at the bottom of the carpark.