

hoohaah Barr Ellison 10K at Childerley

Address Please DO NOT put the postcode in your satnav as it will take you to the wrong place. Instead please follow the directions and map below. The Estate drive is 1.5 miles long so don't give up!

Directions to Childerley

From the West (Bedford/St Neots)

Follow A428 towards Cambridge
(The road is dual-carriageway from Caxton Gibbet roundabout).

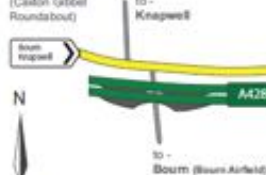
On dual-carriageway, take 1st exit for Cambourne.

At exit roundabout take exit signposted to Bourn / Knapwell.

Continue past the Bourn/Knapwell junctions and after about 2 miles turn left on the flyover, at the Childerley sign.
(If you reach the BP Garage, you have gone too far).

Childerley is 1½ miles down the hedge-lined private drive, passing through our farm fields and woods.

From - Bedford, Cambourne (Caxton Gibbet Roundabout)



Do NOT use postcodes on your SATNAV, please use the following GPS coordinates.
Degrees, Min, Sec: 52°14'11.4"N 0°01'02.0"W
Degree Decimal: 52.236491, -0.017211



From the East (Cambridge)

Head west on the A428 towards Bedford

About 5 miles west of Cambridge, immediately after passing under the blue footbridge, take exit signed Toft / Hardwick / Dry Drayton.

At exit roundabout take 2nd exit to Caldecote and Bourn Airfield.

At next roundabout (just past the BP garage), take 3rd exit for Bourn / Knapwell / Cambourne.

After ¼ mile, turn right on the flyover, at the Childerley sign.

Childerley is 1½ miles down the hedge-lined private drive, passing through our farm fields and woods.



Childerley, 1A Mill Yard, Childerley, Dry Drayton, Cambridge CB23 8BA

Tel: 01954 211433

Email: info@childerley.org

www.childerley.org

Please allow plenty of time for your journey and share lifts where possible.

Parking When you arrive at the farm buildings follow the parking signage as directed.

Entries We have a limited number of 'on the day entries' at £25. These are subject to chip availability.

Registration Race numbers and chips are collected on the day from the registration tent located by the race start. Please follow the signs from the car park to the RACE START. The registration desk will be open from 8.30am.

Race start The race starts at 10am with a pre-race warm up from 09:50 provided by the marvellous Dexter from <http://dexterpt.co.uk/>

Toilets There are portable toilets located at the back of the long barn. Please follow the signs

What to bring Please bring 4 safety pins or race magnets/clips with you to attach your race number to the front of your vest/t-shirt. It may well be chilly on Sunday morning so please make sure you have adequate clothing to keep you warm both before and after the run.

If you take any medication or use an inhaler please ensure you have that with you.

The route The course is a multi-terrain route involving just one lap . A water station is provided at approx. 5km. Parts of the route can be muddy particularly in the woods. We recommend trail shoes and that you exercise caution in these areas by running slowly for the short sections involved.

Chip timing Your chip will be attached to your race number. Please ensure that you wear it on the front of your running top/vest.
DO NOT REMOVE THE FOAM STRIP FROM YOUR NUMBER.
Please use the pens and table provided to fill in all emergency information on the back of the race number.

Baggage We will be providing a manned baggage store at the race start in one of our gazebos. To leave your baggage please pick up a luggage tag when you collect your race number or from the baggage store and write your name, race number and mobile number on the tag and attach it to your belongings. To retrieve your bag you will need to show your race number to the person supervising the bag store. Please note all valuables are left at your own risk.

Headphones The use of head/earphones are strictly prohibited as you will not be able to hear marshals' safety instructions or other warnings. However, we will allow **bone conduction headphones**. Parts of the route will include crossing the main driveway as well as private roads and tracks where cars are entering and leaving the estate. It is important you are able to hear any instructions given to you by our marshals.

Dogs Unfortunately, while we love dogs and have them ourselves, this event does not allow dogs. If you or a spectator are planning to bring a dog with you please note that all dogs should be kept under control and/or on a lead at the race start/finish area and near the race route.

Photography & filming We may take photographs and video of our events; a condition of entry to a hoohaah run is that you have given permission for us to use all footage in our marketing campaigns.

In addition to our own photographs, we have an event photographer on the day, the photos will be uploaded to both the hoohaah and ActiveTrainingWorld Facebook pages shortly after the event; www.facebook.com/eventsatw/photos

Prizegiving We aim to award prizes to the first 3 men and women at approximately 11-11:15am. Timing is subject to receiving the results from the chip timing company. We may read out the age category prizes if we have them at the time of the prize-giving but, will post them to winners, if they are not present at the time.

We award trophies for the winning categories on a 'cascading down' basis whereby any man or lady placed first, second or third is not entitled to the age group prize as well. Please do check the results as you may well win an age category even if you weren't one of the first 3 runners across the line.

Results Official results will be live on the EventChipTiming website results.eventchiptiming.com after the race. We will send out an email after the run announcing the winners and these are also posted on our social media.

Post- Run massage Post-run massage is kindly offered by Mark Bartley at Atlas Sports Massage. Massage is offered on a first-come-first served basis.

Refreshments Refreshments are available from The Rural Coffee Project truck from 9:00am.

Series runners This year we are awarding a Forest Green hoohaah hoodie for all those runners that have completed at least 3 out of the 4 of our 10km runs this year.

Hoodies will be awarded at either the hoohaah Barr Ellison Ickworth 10K or the hoohaah Barr Ellison Shuttleworth 10K depending on when your final event is.



A final word We put on our runs with the aim of raising funds for a charity. This year all of our runs are in aid of Power2Inspire whose founder John Willis will be sending you off and cheering you in!

Finally all of our marshals and helpers are volunteers who give up their time to help us put on this event. We thank all of you as well as them for your support. If you have the spare breath please do say hello and give the marshals a wave as you pass I know they really do appreciate it.

We look forward to seeing you all on Sunday!



Cambridge City Foodbank are currently appealing for the following items

BAGS FOR LIFE, VEGETABLE OIL 500ML/1 LITRE, STOCKS/GRAVY, NOODLES/PASTA 'N' SAUCE, RICE PUDDING, UHT JUICES/CORDIALS, JAM, TINNED VEGETABLES, SAVOURY SAUCES, BISCUITS, COFFEE, TEA, SWEETS, BEANS, UHT MILK

